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# *Traralgon Harriers*

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Volume 38 Issue 10

*Weekly Newsletter*

10th March 2005.

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## *Latrobe City Community Fun Run and Walk*

*10am Sunday 13th March 2005*

Harrier members are needed to assist with entries and marshalling duties.

**Please see Nicole Morrison.**

The Latrobe City Community Fun Run and Walk to be held on Sunday is the seventh since the run began in 1999.

Fun Run co-ordinator Nicole Morrison is inviting intending participants to arrive early to register for the event and ensure an enjoyable and relaxed start.

“With the under 8, 10 and 12 age-group categories for the junior 1.5km events – run and walk - starting separately from the under 12, 16, and open 5km walk and run, and with large numbers expected to take part, we don’t want anyone to miss the start,” Morrison said.

“There is always a buzz before events like this, with some of the adults almost as excited as the children,” she said.

A relatively recent convert to distance running herself, but with a keen sporting background, Morrison began running with the Harriers in 2003, and completed three half-marathons that year. After competing in the Athletics Victoria Winter series she completed her first Marathon, the Melbourne, last October, followed by the gruelling Mt Hotham Four- Peaks Alpine Challenge.

The Monash Gippsland student had previously competed in multi-sport events, including the Mars Challenge, Blue Rock Classic and Omeo Winter Classic.

“After arriving in Gippsland and learning of their activities I joined the Harriers to meet people and do some exercise,” Morrison said.

“The Harriers provide a great source of motivation and inspiration - since joining Harriers I have gone from running five kilometres to completing a marathon!”

The events start at 10.00am and entries open at 9.00am in the park behind the Traralgon Pizza Hut. The modest \$5 entry fee for all age groups and categories (family entry \$10) supports the club’s Junior Development Fund.

For further information contact Ken Lancaster, 5133 9950, or Barry Higgins, 5174 3712.

**Club President** –Ken Lancaster  
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**Vice President-** Matt Franke  
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**Clubrooms-** Traralgon West Sports  
Complex cnr. Grubb Ave & Douglas  
Parade.

P.O. Box 1225 Traralgon 3844  
Victoria Phone 51745657 Thursdays  
after 7:00 P.M.



***Steve Quirk wins harriers  
10,000m championship with  
Darrel Cross pictured  
bottom left making it an  
entertaining and tough  
race.***

A good field turned up to Tuesday nights 10,000m Track championship at Newborough. There was the usual friendly harrier atmosphere with the added support and cheering from Margaret Salisbury, Carol Summersgill, Barry Summersgill, Ray Ellis and Doris Ellis. The only absence was a female competitor but the men got out and had a go and it turned out to be a great race. Darrel Cross made his intention clear right from the start that he was going to run hard and from the front as much as possible. With Quirky and him taking turns out in front it made an interesting spectacle. Roger Maximiw tried to hang on as long as he could and surprised himself by breaking 18mins in the first 5km. This resulted in him running a P/B for 10,000m on the track. Darrel reward for his hard work was also a P/B and the first time he has run under 35 minutes. Matthew Franke ran a strong second 5km to break clear of Dan Kirby to fill 4<sup>th</sup> and 5<sup>th</sup> places. Dan is running exceptional well. Bruce Salisbury became the 6<sup>th</sup> runner under 40mins with a solid run. Richard Comber dusted off the runners and cruised around the 25 laps to finish just in front of the hard working Rick Mann. Ken Lancaster came out of retirement and ran a cagey race to run past an impressive young Troy Love who was running his first 10,000m. Mark Peek worked hard to hold out Bob Bickett who was also running his first 10,000m. John Jervis and the ever reliable Peter Grixti worked hard also.

### ***10,000m Championship Results:***

1<sup>st</sup> Steve Quirk 34:47:46, 2<sup>nd</sup> Darrel Cross 34:54:33, 3<sup>rd</sup> Roger Maximiw 36:37:54, 4<sup>th</sup> Matthew Franke 37:19:98, 5<sup>th</sup> Dan Kirby 38:12:19, 6<sup>th</sup> Bruce Salisbury 39:21:74, 7<sup>th</sup> Richard Comber 46:00:59, 8<sup>th</sup> Rick Mann 46:31:72, 9<sup>th</sup> Ken Lancaster 47:53:10, 10<sup>th</sup> Troy Love 48:06:53, 11<sup>th</sup> Mark Peek 49:19:02, 12<sup>th</sup> Bob Bickett 49:51:25, 13<sup>th</sup> John Jervis 50:29:92, 14<sup>th</sup> Peter Grixti 55:43:44.

### ***Last Thursday's Results.***

**Adrian Mastermna-Smith** and **Shaun Kennedy** led the field home but it was **Courtney French** who impressed everyone with her natural free flowing style. **Andrea Henderson** had her first run and looks very much a runner as did **Anna Cardillo**. Youngers **James & Natasha Shaw-Driver** also had their first run and did well. Having their first run after a long spell were **Nicole Morrison** and **Chester Goulter**. Gester has finally written an article about the City to Surf which I will publish next week. New walkers were **Carmel Griffiths** and **Megan Griffiths**. The highlight was the finish with Kaz getting freak out with everyone swamping her at once. "The handicap system does work reasonably well"

#### **Results-**

Adrian Masterman-Smith 21:29, Shaun Kennedy 24:37, Courtney French 24:04, Andrea Henderson 25:09, Luke McKendry 23:11, Nicole Morrison 26:17, Derek Evans 25:18, Matthew Franke 20:20, Neil Griffiths 20:25, Matthew McKendry 23:36, Kevin Piercy 20:52, Shinichi Taniguchi 22:04, Nick Macreadie 21:04, Jason Mulvogue 21:05, Ian Heafield 26:06, Luke Morse 26:09, Rick Mann 24:10, Brett Van Der Velden 19:13, Roger Maximiw 19:24, Bob Bickett 26:29, Mark Peek 26:31, Bruce Salisbury 20:33, Steve McLeod 21:36, Darrel Cross 18:38, John Brennan 18:52, Ken Lancaster 25:55, Barry Summersgill 25:58, Duncan Orr 22:59, Brad McAuliffe 24:00, Sandra Timmer-Arends 21:02, Richard Comber 24:17, David Graham 28:20, Ros Nicolson 28:29, Kim Essex 24:32, Pauline Lindsay 27:43, Blair Turnbull 20:56, Peter Grixti 28:20, Anna Cardillo 29:26, Alisha Twite 29:27, Fay Tomholt 29:38, Dan Kirby 20:42, Jenny Prucsino 30:10, Denise Twite 30:10, Bill Rutherford 32:42, James Shaw-Driver 35:06, Trevor Ronalds 32:11, Col Hardy 33:35, Chester Goulter 32:54, Cameron Graham 40:42, Natasha Shaw-Driver 42:44, Georgia Shaw 26:45.

Walkers Dave Griffiths, Carmel Griffiths, Megan Griffiths, Louise McKendry, Jeff Van Der Brand, Margaret Salisbury, Carol Summersgill.

### ***Thursday Night Race Calender.***

#### **Summer Championship series 2004/2005**

<b>Race</b>	<b>Date</b>	<b>Course Description</b>	<b>Dist.</b>	<b>Course Marker</b>	<b>Champ Y/N</b>
<b>24</b>	10/03/2005	Chook Hill (Morwell)	6km	R.Mann	Y
<b>25</b>	17/03/2005	Retreat Road (Cnr Liddiard/ Landsdowne Rd)	6km	B. Salisbury	Y
<b>26</b>	24/03/2005	Hobson Park	6km	I. Twite.	Y

## ***Duty Roster.***

<b>Date</b>	<b>Race Location</b>	<b>Duty Roster</b>	<b>Media</b>
10/03/2005	Chook Hill (Morwell)	Deb Piercy, Kev Piercy, Sam Quirk.	Neil Griffiths.
17/03/2005	Retreat Road (Cnr Liddiard/Landsdowne Rd)	Carmel, Ben and Steve Quirk.	Rick Mann.
24/03/2005	Hobson Park	Trevor Ronalds, Bill Rutherford, Georgia Shaw.	Barry Higgins.



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See Ken Lancaster if you want to try on a pair. Prices range from \$119.00 to \$139.00.

### **Need a Runner for Blue Rock Classic.**

Anyone who may need a runner or may know someone who might need one Luke Yeatman says he is available to fill in for a team. Luke is a handy runner having run under 15 minutes for 5km on the track several times. I do not know what sort of form Luke is in at the moment but he intends to do the 100km trail walk in April. If anyone wants to contact Luke just let me know and I will pass on you his email address.

<b>March 12th.</b>	<b>Blue Mountains Six Foot Track Marathon.</b> 45km run from Katoomba to Jenolan Caves. 8:00 A.M. start Katoomba NSW.	E-mail <raceorganiser@sixfoot.com Web- www.sixfoot.com
<b>March 13th.</b>	<b>Patrick King Island Imperial 20.</b> 32km Coast to Coast footrace across King Island Bass Strait.	Ph 0364611015. Web- www.kingislandrace.org.au
<b>March 13th.</b>	<b>Latrobe City Community Fun Run.</b> 1500m Walk/Run 5km Walk/Run ASC Carpark Traralgon (More Details Soon)	Web-www.traralgonharriers.org
<b>March 19th.</b>	<b>Blue Rock Classic.</b> Multi-sports team event including 10km run.	Web-www.bluerockclassic.com
<b>March 20th.</b>	<b>Eaglehawk YMCA AC Half Marathon.</b> 8:00 A.M. start	Annette 0354469696 B/H 03544675158 A/H.
<b>March 20th.</b>	<b>Staggfair Lake Challenge Fun/Run Walk</b> Lake Guthridge, Sale Distances 2.4k, 3.3k & 6.6km. (More Details Soon).	

I return to work next week so the newsletter will return to its normal size.