

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Volume 38 Issue 12

Weekly Newsletter

24th March 2005.



***Winners are Grinners. Bruce displays that most sort
after piece of Bluerock from Saturday's Bluerock
Classic.***

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

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Parade.

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



Embo runs well in Scri-Chimony 15km race.

Rob Embelton gearing up for Canberra Marathon in 3 weeks ran 61;50 to finish second in the 50-59 age group on the weekend. Bruce Salisbury after running for the winning vets team on Saturday at Bluerock journeyed to Eaglehawk for their annual half where he ran 88 minutes.

Saturday's Bluerock Classic.

Many Traralgon Harriers ran, rode, swan and paddled in last Saturdays Bluerock Classic. Some like Ros Nicolson and Jeff Van Der Brand did two legs. Deb Piercy is pictured leaving the water after her swim that turned more into a rescue mission. I have more pictures to put in of last Saturdays Bluerock Classic and of the Community Fun Run hopefully I can publish the full results of both events next week. Also I will endeavour to post all the pictures in thumbnail form on the web-site and you can download any you want from there.





Staggfair fun run results.

A few harriers journeyed to Sale for the Annual Staggfair fun run on Sunday 20th March 2005. The best performance was from Denise Twite who won the over 40 3.3km run in 15:51. Richard Clavarino juts missed the Open Men in the 6.6km with the winner doing 23:55 and Richard running 24:00. Tyson Popplestone set a new record for the 3.3km running 9:34. Joshua and myself did the 2.4km in 20:07.

Results **2.4km** Under 9 Male Jake Mead 10:51, Female Heidi Bedgould 13:08.

Under 12 Male Hayden Mead 8:59, Female Brodie Brunt 10:19.

3.3km Under 15 Male Jordan Smith, Female Kimberley Lennon 13:36.

Open Male Tyson Popplestone 9:34, Female Paula Davies 15:20.

40+ Male Bruce Johnson 13:11, Female Denise Twite 15:51.

6.6km Under 15 Male Chris Porter 46:22.

Open Male Jeremy Mannix 23:55, Female Fiona Bratfield 31:56.

40+ Male Colin Clarke 24:45, Female Ruby Luxford 31:57.

Last Thursdays Race results.

While the limelight was momentarily stolen by those great Marathon, Ultra Marathon runners in Ken Lancaster and Mark Peek as they filled the first two places. Nothing can be taken away from the performances of Neil Griffiths, Steve McLeod, Duncan Orr, Carmel Quirk, Karen O'Keefe, Pauline Lindsay, Luke McKendry, Cameron Graham and Courtney Franch. They have set the scene for an exciting finish to the summer championship series. In the men's Neil Griffiths has a score of 1014 and needs to run 23:39 or better to add to his score. Steve McLeod is on 994 and must run 25:13 or better to add to his score. Duncan Orr is on 981 after smashing his handicap last week and is faced with a new handicap. If he runs 26:34 or better he will add to his score. In the females all top three girls went all out for top points. Karen missed being re-Handicapped by 1 second whereas Carmel and Pauline both scored top points and will have to face a new handicap, the second week in a row for Carmel. Carmel is on 834 and must run better than 31 minutes. Karen is on 702 and must run better than 30 minutes. Pauline is on 688 and must better 33 minutes to improve her score. In the junior boy's Luke McKendry 667 points made a big move on Matthew McKendry by scoring top points he has been re-handicapped and must run better than 27 minutes to score more points. Matthew is on 728 points and only has to break 29 Minutes to score. Cameron Graham has put in a great performance for an eight year old and it must be hard to deal with being re-handicapped for running well when you are only that young. He is on 552 points and must run under 38 minutes to score points. In the junior Girls Courtney French has made a late surge on Tanya Eagle in the last two races to sit only 41 points behind her. Tanya 391 points must run 33 minutes or better to improve her score, while Courtney 350 points must break 29 minutes. As well as those fighting out the summer championship series there has also been some great running by many other runners as they return to form. Returning to form and scoring big points and a being re-handicap were Ken Lancaster, Mark Peek, Louise McMahon, Brad McAuliffe, Ben Quirk, Mick Bridle, Lynda Jones, Ross Jones, Fay Tomholt, Bill Rutherford, Nicole Morrison. New runners making a big impression and unfortunately running that well they are re-handicapping themselves regularly are Andrea Henderson, Sean Kennedy, Kerrie Nathan and Paula Lucas who ran a lot faster than she thought she would.

Summer Championship Series

2004/2005.

Race No 25 Retreat Road 6km Course 17/03/2005

Name	Race Time	Points	6km Target Time.
KEN LANCASTER	28:23:00	160	31Min-33Min.
MARK PEEK	28:49:00	160	31Min-33Min.
LOUISE McMAHON.	26:53:00	160	28Min-30Min.
BRAD MACAULIFFE	26:14:00	140	27Min-29Min.
LUKE McKENDRY.	25:31:00	140	26Min-28Min.
ANDREA HENDERSON.	28:35:00	140	29Min-31Min.
BEN QUIRK	26:42:00	140	27Min-29Min.
SEAN KENNEDY.	27:49:00	140	28Min-30Min.
DARREL CROSS	21:53:00	67	21Min-23Min.
DUNCAN ORR	25:59:00	140	26Min-28Min.
ROGER MAXIMIW	22:01:00	119	22Min-24Min.
KAREN O'KEEFE	28:01:00	119	28Min-30Min.
BOB BICKETT.	29:14:00	106	29Min-31Min.
COURTNEY FRENCH.	27:17:00	103	27Min-29Min.
NEIL GRIFFITHS.	23:18:00	102	23Min-25Min.
JASON MULVOGUE	24:24:00	96	24Min-26Min.
DAVID FRENCH.	29:25:00	95	29Min-31Min.
STEVE MCLEOD	24:26:00	94	24Min-26Min.
BRETT VAN DER VELDEN.	22:35:00	85	22Min-24Min.
CARMEL QUIRK.	29:46:00	140	30Min-32Min.
BARRY SUMMERSGILL.	28:46:00	74	28Min-30Min.
JEFF VAN DEN BRAND	22:51:00	69	22Min-24Min.
KEVIN PIERCY.	23:58:00	62	23Min-25Min.
BRUCE SALISBURY.	24:07:00	53	23Min-25Min.
KIM ESSEX.	28:10:00	50	27Min-29Min.
BLAIR TURNBULL	23:13:00	47	22Min-24Min.
ROD ATKINSON.	28:16:00	44	27Min-29Min.
PAULINE LINDSAY	31:22:00	140	32Min-34Min.
DEREK EVANS.	30:56:00	64	29Min-31Min.
MICK BRIDLE	31:57:00	140	32Min-34Min.
LYNDA JONES.	34:09:00	140	35Min-37Min.
ROSS JONES	34:12:00	140	35Min-37Min.
RICHARD CLAVARINO.	24:19:00	0	22Min-24Min.
PETER GRIXTI	32:33:00	87	32Min-34Min.
FAY TOMHOLT.	34:41:00	160	36Min-38Min.
ROS NICOLSON.	34:43:00	77	34MIN-36MIN.
ANNA CARDILLO.	32:50:00	70	32Min-34Min.
BILL RUTHERFORD.	35:17:00	140	36Min-38Min.
DEB PIERCY.	33:23:00	0	24Min-26Min.
GEORGIA SHAW.	33:32:00	28	32Min-34Min.
KERRIE NATHAN	37:49:00	140	38Min-40Min.
CRAIG MORRIS.	31:27:00	0	27Min-29Min.
PAULA LUCAS.	34:41:00	160	36Min-38Min.
WARREN HARRISS.	29:57:00	0	24Min-26Min.
NICOLE MORRISON.	29:58:00	140	30Min-32Min.
SUSANNE RYAN.	43:38:00	0	41Min-43Min.

Walkers Carol Summersgill, Margaret Salisbury, Gillian Van Der Brand,
Matthew McKendry, Louise McKendry and Bill Van Der Brand.

Thursday Night Race Calender.

Summer Championship series 2004/2005

Race	Date	Course Description	Dist.	Course Marker	Champ Y/N
26	24/03/2005	Hobson Park(Railway res Start)	6km	I. Twite.	Y

Winter Championship Series 2005

Race	Date	Course Description	Dist.	Course Marker
1	31/03/2005	Security Commision Car Park	5km	Bruce Salisbury.
2	07/04/2005	Hobsons Park(Railway res Start)	6km.	Ian Twite
3	14/04/2005	Rooms. (Large Loop)	6km.	Ian Twite
4	21/04/2005	Newborough Track	5km	
	28/04/2005	Rooms.	5km	Bruce Salisbury.

Please note the Hobson Park runs will start from Railway Res.

Winter Championship races start next week,
Scratch start early runners 5:50 P.M. start.
6:00 P.M. for all other runners.

Duty Roster.

Date	Race Location	Duty Roster	Media
24/03/2005	Hobson Park	Trevor Ronalds, Bill Rutherford, Georgia Shaw.	Barry Higgins.
31-Mar-05	Security Commision Car Park	Denise Strang, Barry Summersgill, Sandra T/A.	Ian Twite.
07-Apr-05	Hobsons Park(Railway res Start)	Fay Tomholt, Keith Tomholt, Jeff Van Der Brand.	Nicole Morrison
14-Apr-05	Rooms. (Large Loop)	Brett Van Der Velden, Jenny Ryan, Kerrie Nathan.	Neil Griffiths.
21-Apr-05	Newborough Track	Ian Twite, Denise Twite, Melissa Jones.	Rick Mann.
28-Apr-05	Rooms.	Rod Atkinson, Bob Bicket, Mick Bridle.	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.

ATHLETICS VICTORIA 2005 WINTER FIXTURE

Sat 30th April 2005- Yarra Bend Park, Fairfield *D2 E5* Cross Country Relay *6km & 3km*.

Sat 14th May 2005- Belvoir Park Golf Course, Bendigo *521 D9* Cross Country *8km, 4km, 3km & 2km*.

Sat 28th May 2005- Sandown Racecourse *80 C10* Road Race. *10km & 3km*.

Sat 4th June 2005- Vic All Schools Cross Country Relays, Coburg *18 A10* Cross Country Relay *4km & 3km*.

Sun 5th June 2005- Healesville - Mt St Leonards Mountain Run *270 K11* Mountain Run *13km*

Sat 18th June 2005- Vic All Schools Cross Country, Bundoora Park *19 F4* Cross Country *8km, 6km, 4km, 3km*.

Sun 26th June 2005-Albert Park *2K H11* Road Race *15km & 5km*.

Sat 9th July 2005- Sandown Racecourse *80 C10* Road Relay *6. 2km & 3. 1km*.

Sat 16th July 2005 Vic All Schools Road Relays, La Trobe Uni *19 H6* Road Relay *3km & 2km*

Sat 23rd July 2005- Bundoora Bark, Bundoora *19 F4* Cross Country *12km 8km, 6km & 4km*.

Sat 6th August 2005- Ballam Park, Frankston *103 B4* Cross Country *16km 6km, 8km, 4km 3km*.

Sat 20th August 2005- Harcourt - Bendigo, Coliban Relays *609 D5* Long Relay *48. 8km & 32. 3k*.

Sun 4th September 2005- Yarra Boulevard, Burnley - Half Marathon *59 B1* Road Race *21. 1km*

Sun 18th September 2005- King's Domain, Melbourne *2G A9* Tan Relays *3. 827km*

Sun 9th October 2005- Frankston - Albert Park - Marathon *99 D11* Road Race *42. 2km*

The Traralgon Harriers invites all interested runners to represent the club in all of the above Victorian championship Races. Age groups represented are Men and Women OPEN & O/ Age U20 U18 U16 U14

More details next week.

March 28th.	Mt Nowa Nowa Challenge Fun Run (14km & 4km) Nowa Nowa Hall 10:00 A.M.	Ph 51 557305 B/H.
April 1st.	OXFAM Trailwalker Melbourne. 100km trail walk from Jells Park to Mt. Donna Buang.	Ph 1800088110 Web-www.oxfam.org.au
April 3rd.	The Athlete's Foot Geelong Half Marathon.	Tom Blood 03 52435374.
April 3rd.	Frankston to Portsea Road Race. 55km 7:00 A.M. start Cnr Davey St & Nepean Hwy Frankston.	Kevin 0425733336 Web-www.coolrunning.com.au/ ultra/frankston.
April 3rd.	Self Transcendance Princes Park Run (15km, 10km, 5km) Princes Park Carlton 8:00 A.M.	Ph 96500114.
April 10th.	Canberra Marathon. Includes Marathon and 50km event on Sunday and 10km & 5km events Sat eve.	Web-www.coolrunning.com.au/ canberramarathon.
April 17th.	Mars Challenge. 20km Run, 79km Ride, 32km Paddle. Ballarat to Barwon Heads.	Ph 03 53343080. Web-www.ballaratcanoecclub.org.au
May 1st.	The Great Train Race. 13.2km starts 9:30 Belgrave and races Puffing Billy to Emerald.	Ph 97570775.
May 8th.	Wahalla Wound-Up. 50km, 37km, 19km trail runs from Walhalla Star Hotel. 8:00 A.M. start.	Bruce Salisbury 51749869. Web-www.traralgonharriers.org
May 15th.	Great Ocean Road Marathon. 45km starts 8 A.M. Lorne P.O. 23km event also, 6.5km & 14km events Saturday.	Web-www.greatoceanroadmarathon.com.au
May 21st.	Mount Beauty 25th Anniversary Marathon. Full Marathon, Half Marathon, 10km and 3km kids race Mt Beauty High School 10:00 A.M.	Bob Flower 57544469. Web-www.visitmtbeauty.com.au/ events/halfmarathon
May 29th.	Run to the "G" 10km & 4km events.	Event Management 98199225. Athletics Victoria.
June 5th.	Victorian Mountain Running Championships. Course has changed to match The World Mountain Championship format (see note below)	Web-athsvc.gov.au
June 18th.	Australian Mountain Running Championships. Mt Majura Canberra ACT.	John Harding.
June 19th.	Traralgon Harriers 38th Annual Marathon. 42.195km, 21.1km and 10.548km events. 8:00 A.M. Traralgon Tennis Center.	Rick Mann 0427343568. Web-www.traralgonharriers.org
July 3rd.	Gold Coast Marathon. Marathon, Half Marathon, 10km run, 7.5km walk.	Ph 0755648733. Web-www.goldcoastmarathon.com.au
July 16th.	Gold Coast 100km. National 100km Championships. 16 x 6.5 km laps Runaway bay sports center.	Ph Ian 0755378872. Web-www.goldcoast100.com
Aug 28th.	Prom Country Challenge. 5km, 10km & 30km Toora Vic.	Angela 56862326.
Sept 18th.	Traralgon Harriers King & Queen of the Mt. 30 run from Traralgon Showgrounds to Mt Tassie.	Web-www.traralgonharriers.org
Sept 25th.	DINGLEY DOZEN. 12km Run, 6km Run/Walk & 3km Walk. 9:00 A.M. start Braeside Park center.	E-mail kc130860@hotmail.com
Sept 25th.	World Mountain Running Championships Mt. Victoria Wellington N.Z.	

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| Oct 1st. | Snowy Hydro Upper Murray Challenge.
29km MTB, 26km Paddle and 26km Run.
8:00 A.M start Geehi (Kosciusko National Pk). | Pete 0409022242.
E-mail thedixies1@optusnet.com.au |
| Oct 9th. | Melbourne Marathon festival.
Frankston to Albert Park. | Event Management 98199225. |
| Oct 23rd. | Brindabella Classic.
55.5km run. | Mick Corlis. |
| Oct 29th, 30th,
31st & Nov
1st. | Bright Alpine Four Peaks.
Bright Victoria four Mountain Climbs over four
days. (More Details Soon) | Ian Twite 51744965.
Bruce Salisbury 51749869. |

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