

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Volume 38 Issue 21.

Weekly Newsletter

May 26th 2005.



Kevin Piercy works through the field at last years Sandown 10km.

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

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Stop-

With Daylight Savings finished all runners must wear white clothing. Anyone not wearing white clothing after this week will not be allowed to run.

Stop-

All new runners must sign a Club Membership and Athletic Victoria Membership Form before running.

No need to pay until you decide whether to join or not after a couple of runs but please sign one please.

Victorian Road Championships Sandown Racecourse 28th May 2005.



Deb Piercy pictured left at the Yarra Bend 6km Cross-Country relay looks set for a good run at the Sandown Victorian 10km Road Championships on Saturday.

23 Traralgon harriers will compete at the Victorian Road Championships at Sandown this Saturday 28th May 2005. Leading the Men's team will be Steve Quirk who will be looking for another Gold in the Men's 45+ age group.

The Teams are- **Victorian Men's open and over age 10km Road Championships race start time 3:00 P.M.**

Steve Quirk, Roger Maximiw, Darrel Cross, Peter Grixti, Dan Kirby, Richard Clavarino, Derek Evans, Bruce Salisbury, Ian Twite, Robert Embelton, Brett Van Der Velden and Matthew Mullens.

Victorian Women's open and over age 10km Road Championships race start time 2:30 P.M.

Carmel Quirk, Georgia Shaw, Pauline Lindsay, Nicole Morrison, Andrea Henderson, Deb Piercy, Kim Essex and Julie Smith.

Victorian Women's under 16 3km Road Championships race start time 1:30 P.M.

Courtney French.

Victorian Men's under 14 3km Road Championships race start time 1:30 P.M.

Ben Quirk and Sam Quirk.

Sandown Racecourse Directions.

Beware that when entering Sandown Racecourse follow Dandenong Road to Springvale Road. Turn left into Springvale Road and then turn left into Sandown Road just before the Springvale Station this is the only way into Sandown refer to Melways Map 80-C10 or check page 59 of the A.V. Winter 2005 Handbook.



Sam Quirk pictured receiving his Silver medal at the Victorian Cross-Country Championships in Bendigo. Sam and father Steve will be hoping to medal again at Sandown this Saturday

All A.V competitors must wear their issued Athletic Victoria Numbers when competing.

If you haven't receive your number yet I will have it for you before Saturdays run.

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

38th Annual Traralgon Marathon Weekend
Sunday 19th June 2004.

How can you help?

- 1. *Helpers:*** Calling on all non competitors, ex harriers, injured harriers family and friends who may be able to spare some time to help out with marshalling, drink stations, kitchen duties and timekeeping. Please let Rick Mann know A.S.A.P.
- 2. *Food Donations:*** One of the greatest aspects of our Marathon has been the quality of food available to competitors after they have finished the race. If you can donate cakes, slices or make a pot of soup to help out please do so and let Rick know.
- 3. *Competitors:*** If you intend racing in either the Marathon, Half Marathon or Quarter Marathon please fill in an entry and enter at the clubrooms this Thursday 3rd of June or next Thursday 10th June to help avoid big queues on race day. Also if you are racing the Half or Quarter you may be able to relieve some of the helpers at the drink stations or Marshall's after you have finished and showered let Rick know.

La Porchetta Pre-Marathon pig out.

The traditional pre -race pig-out will again take place on the 18th June 2005 at 6:00 p.m. at Traralgon La Porchetta's restaurant. Please give your name and numbers attending to Rob Embelton.

Post Marathon Sulk.

Will take place at La Porchetta's at approx 2:30 P.M. Sunday 19th June 2005 at the same venue no bookings required.

Mount Beauty 25th Anniversary Marathon.

Bob Bickett, Andrea Henderson, Warren Harriss, Nicole Morrison and Ros Nicolson made the long journey to Mt. Beauty on the weekend fro their annual Half Marathon, which included an original marathon that was discontinued several years ago. Here is a race report from Ros.

MT BEAUTY

Andrea, Warren, Nicole and I travelled up to Mt Beauty last weekend to run in the 25th Annual Run. To celebrate it being the 25th run, they were holding a marathon as well as the usual half and 10k. We travelled up on Friday night and found Nicole had actually booked us into a comfortable unit with a great view. The run did not start until 10 a.m. and was only a 5-minute drive from our unit. It looked like being a nice day with plenty of blue sky. At the registration, we met up with Bob who was planning to run the marathon. Andrea, Nicole and I had planned to run the half. Warren was going to run but decided staying in bed was a better option. The course was to run out of the town along a country road and back the same way. The marathon was doing the same run twice. The roads were not blocked off so you need to keep an eye out for vehicles even though the traffic was light. There were not a lot of runners. The majority seeming to be running the 10k. The marathon had 15 runners. Andrea had a really good run and enjoyed it. She finished 17th in a time of 1.52. Nicole did lots of complaining about not feeling good but managed to speed past Andrea and finish 13th in a time of 1.48. I had lots of problems and found myself walking before the 5k mark which was not good. I asked the first three marshals if there was any first aid and the final one offered to ring them for me. They caught up with me about the 9k mark with some desperately needed ventolin. A couple of puffs and I was a new person. By this time I was well and truly last. With a new lease of life I took off in an effort to catch up with someone. It took about 1k to catch up with the next person, which I happily ran passed. The next person was a lady who was looking for someone to run and chat with so we stuck together for the last 10ks and had a good old conversation. I thought Penny would be proud of me! We crossed the line together in a time of 2.15. Not good but considering I was going to have to pull out in the first 9ks, I was happy to finish. I finished about the time Bob was heading out for his second half. We did not envy him as it looked like he was in for a long time out there on his own. We went home for showers and food and came back to cheer Bob over the line. Unfortunately they did the presentations at exactly the same time as Bob crossed the finish line so we missed him. Bob (No time available) did not do the time he was hoping for but it was a good effort considering the course. There was supposed to be an afternoon tea due to it being the 25th run but it amounted to some crackers in a plastic bowl. Not a run with any atmosphere and I don't think I would bother to travel that far to do it again. On Sunday, we got up early to do the staircase climb up Mt Bogong. That involved a three-hour climb upwards (not easy!). It was again a really nice day so once we got to the top we had a fantastic view. It was also not an easy climb down due to the steepness. Some hikers we came across thought we were crazy considering what we had done the day before. It was a very quite drive home due to some very tired muscles!

Ros Nicolson

Last Thursday's Race Results.

The mild late autumn weather certainly brought a large number of runners out for last week's run. Due to an error in judgement by the course marker runners were treated to a 4.2km run and most found this a nice change. **Darrel Cross** continues to burn the courses running a fast 14:27. **Matthew Mullens** made a welcome return to running and showed he hasn't lost any of his potential by running the second fastest time. **Dan Kirby, Roger Maximiw, Matthew Franke, Jeff Van Der Brand, Richard Clavarino, Kevin Piercy, Jason Mulvogue and Steve McLeod** all continue to put in some solid good racing every week. **Keith Tomholt** showed 2 years of bike riding and only a couple of months of running since nursing a bad injury hasn't dampened any of his running brilliance. He ran the 5th fastest time and looked pretty fresh after. **Kathryn Ewels** ran 16:12 to be the fastest female from **Sandra Timmer-Arends**. Third fastest female was **Andrea Henderson** who is improving rapidly since joining the club early this year. Junior **Courtney French** was the 4th fastest female and fellow junior female **Natie Comber** is improving quickly. **Ros Nicolson, Georgia Shaw and Carmel Quirk** put in every week and are all starting to run some good times. **Anna Cardillo, Jackie Nelson and Paula Lucas** are all making good progress after a short time running with the club. **Bradley McAuliffe, Luke McKendry and Matthew McKendry** continue to impress with some solid running every week. **Rick Mann** made a welcome return after a lay off with injury. The club would like to welcome new runners **Helen Orr, Christine Embry, Glenda Scammell, Joeline Gathercole and Rhona Maclean.**

Winter Championship

Series 2005

Race	Date	Course Description	Dist.	Course Marker
9	26/05/2005	Rangeview Drive (St. Gabriels P.S.)	5km	Ian Twite
10	02/06/2005	Rooms (Parkwood Way)	6km	Bruce Salisbury.
11	09/06/2005	Newborough Track	5km	
12	16/06/2005	Rangeview Drive (St. Gabriels P.S.)	5km	Bruce Salisbury.
13	23/06/2005	Tennis Courts	5km	Bruce Salisbury.
14	30/06/2005	Liddiard Rd P.S. (cnr Liddiard Rd and Shakespear St.)	6km	
15	07/07/2005	Rangeview Drive (St. Gabriels P.S.)	5km	
16	14/07/2005	Newborough Track Novelty Relay)		
17	21/07/2005	Rooms (Donut Large Loop & Small Loop)	5km	
18	28/07/2005	Old Traralgon East P.S. (Flinders P.S. Cnr of Liddard Rd and	5km	
19	04/08/2005	Liddiard Rd P.S. (cnr Liddiard Rd and Shakespear St.)	6km	
20	11/08/2005	Newborough Track	5km	
21	18/08/2005	Rooms (Parkwood Way)	6km	Bruce Salisbury.
22	25/08/2005	Rangeview Drive (St. Gabriels P.S.)	5km	
23	01/09/2005	Tennis Courts	5km	
24	08/09/2005	Newborough Track	5km	
25	15/09/2005	Christopher Court.	5km	
26	22/09/2005	Rooms (Gilmour Giddy).	5km	
27	29/09/2005	Old Traralgon East P.S. (Flinders P.S)	5km	

Thursday Night Duty Roster.

Date	Race Location	Duty Roster	Media
26-May-05	Rangeview Drive (St. Gabriels	Colin Hardy, Belinda Issell, Lyn Hardy.	Rick Mann.
02-Jun-05	Rooms (Parkwood Way)	Paula Lucas, Seona Conway, Jackie Nelson.	Barry Higgins.
09-Jun-05	Newborough Track	Nick Macreadie, Andrea Henderson, David Griffiths	Ian Twite.
16-Jun-05	Rangeview Drive (St. Gabriels	Shinichi Taniguchi, Sam Frankland, Brett Van Der Velden.	Nicole Morrison

Each week three members out of our list of about 100 members will be assigned to be on duty that evening. Their responsibilities although not time consuming will help make the club run better and take the work load of the same individuals each week.

- **Important-** Look for any strangers or new runners and make sure they are made to feel welcome. Introduce them to other runners and make sure they are given a handicap and are familiar with the club racing procedures. Make sure they fill out a Club Membership form before running and understand they have two free runs before deciding to join the club. They don't have to pay the first night but they must sign a membership form before running. Give them a Club Membership flier to take home and read. All forms are available at the race start with the newsletters.
- **Timekeeping-** Check that there are enough people around to time keep. Usually there are enough spectators around to time keep but check first before deciding whether to run or not.

Clubroom Maintenance- The one thing that really needs to be done is when on duty make sure you are available to help clean up after everyone has finished their cuppa etc. Wash dishes, clean kitchen and clubroom floors if necessary.

It would be good to let the Club President, Secretary or myself know that you are not available to do your duty on that particular night

Last Thursday Race Results.

Winter Championship Series 2005.

Race No 8 Clubrooms 4.2km Course 19/05/2005

Name	Race Time		
FRENCH Courtney.	19:37:00	KIRBY Dan.	15:18:00
FRENCH Dave.	20:34:00	MAXIMIW Roger.	15:20:00
NICOLSON Ros.	20:50:00	TOMHOLT Keith.	15:31:00
JARVIS John.	21:15:00	FRANKE Matthew.	15:40:00
SHAW Georgia.	21:22:00	VAN DER BRAND Jeff.	15:48:00
BRIDLE Mick.	22:23:00	CLAVARINO Richard.	16:09:00
NELSON Jackie.	22:39:00	EWELS Kathryn.	16:12:00
LINDSAY Pauline.	22:41:00	PIERCY Kevin.	16:22:00
CARDILLO Anna.	23:07:00	TANIGUCHI Shinichi.	16:42:00
LUCAS Paula.	23:22:00	TIMMER-ARENDS Sandra.	16:46:00
PRUSCINO Jenny.	23:27:00	MULVOGUE Jason.	16:53:00
STRANG Denise.	23:27:00	McLEOD Steve.	16:54:00
TOMHOLT Fay.	23:43:00	EVANS Sue.	29:05:00
ISSELL Belinda.	23:49:00	McAULIFFE Bradley.	17:32:00
ORR Helen.	24:29:00	FRANKLAND Sam.	18:13:00
COMBER Natelie.	24:34:00	EVANS Derek.	18:25:00
EMBRY Christine.	24:35:00	McKENDRY Luke.	18:28:00
SCAMMELL Glenda.	24:36:00	GRIFFITHS David	18:35:00
COMBER Richard.	24:37:00	McKENDRY Matthew.	18:37:00
HARDY Colin.	24:57:00	MANN Rick.	18:59:00
GATHERCOLE Joelene.	25:09:00	HENDERSON Andrea.	19:11:00
MacLEAN Rhona.	25:09:00	HIGGINS Barry.	19:34:00
GRAHAM Cameron.	25:52:00	HEAFIELD Ian.	19:49:00
GRAHAM David.	25:56:00	QUIRK Carmel.	20:30:00
CROSS Darrel.	14:27:00	MORRISON Nicole.	21:08:00
MULLENS Matthew.	15:14:00	ORR Duncan.	18:23:00

**Walkers Gillian Van Der Brand, Carol
Summersgill,
Bill Van Der Brand and Margaret
Salisbury.**

Farwell for Vivian Stipani.

Location- Key Rsetaurant Mowell.

Date: 9th June 2005.

Time: 7:00 P.M.- 7:30 P.M.

All welcome please let Carmel Quirk know that you are interested so she can book numbers on 51631389.

Winter Championship Series 2005.
Race No 7 Newborough Track 5km 12/05/2005

Name.	Race Time 12/5/2005	Last Time 21/4/2005
QUIRK Steve.	16:24:00	16:10:00
CROSS Darrel.	16:28:00	16:22:00
VAN DER VELDEN Brett.	16:33:00	17:08:00
FRANKE Matthew.	17:29:00	18:24:00
MAXIMIW Roger.	18:05:00	17:41:00
VAN DEN BRAND Jeff.	18:28:00	18:17:00
SALISBURY Bruce.	18:29:00	18:26:00
CLAVARINO Richard.	18:31:00	18:33:00
QUIRK Sam.	19:06:00	18:28:00
QUIRK Ben.	19:15:00	D.N.R.
McCURLEY Shannon.	19:41:00	D.N.R.
TANIGUCHI Shinichi.	19:54:00	D.N.R.
ONKEN Marcus.	19:57:00	D.N.R.
McLEOD Steve.	20:22:00	20:42:00
EVANS Derek.	21:47:00	22:34:00
ORR Duncan.	21:48:00	D.N.R.
GRIFFITHS David.	21:59:00	22:16:00
McKENDRY Luke.	22:02:00	20:47:00
HARRISS Warren.	22:11:00	22:35:00
McAULIFFE Bradley.	22:24:00	21:22:00
ESSEX Kim.	22:26:00	D.N.R.
MORRISON Nicole.	22:36:00	22:10:00
McKENDRY Matthew.	23:09:00	22:21:00
BICKETT Bob.	23:21:00	23:47:00
HEAFIELD Ian.	23:24:00	23:32:00
QUIRK Carmel.	23:37:00	23:52:00
SHAW Georgia.	24:33:00	2:02:00
NICOLSON Ros.	24:35:00	1:52:00
LINDSAY Pauline.	25:25:00	1:48:00
BRIDLE Mick.	26:05:00	2:18:00
LUCAS Paula.	26:19:00	3:15:00
NELSON Jackie.	26:30:00	D.N.R.
CARDILLO Anna.	26:34:00	D.N.R.
HARDY Colin.	27:43:00	D.N.R.
CONWAY Seona.	27:51:00	D.N.R.
ISSELL Belinda.	27:59:00	D.N.R.

Note unfortunately there was a a runner missing in the results so I have fixed it up and these are now your official times for the last run at Newborough. I have included the times for those who have run both to compare.

Training Sessions.

Monday Nights- 6 P.M. Rob Embelton's 28 Dunbar Ave Morwell,
Ph 51337568.

Tuesday Nights- Sandra's Speed Sessions meet at Davidson
Street Athletic Track 5:20 P.M Ph 51740045.

Deb Piercy's Speed Session meet at Davidson Street Athletic
Track 6:30 P.M. Ph 51977335.

Wednesday Mornings- Long run with Louise Lee and Karen Ph
Lee 51924844. Karen 51745584.

Thursday Nights- Traralgon Harriers Winter Championship
Races.

Saturday Morning- Long run contact Lee Graham 51924844.

Sunday Mornings- Harriers Clubrooms 15km, 20km, 34km 7:30
A.M. start. Check with other member's Thursday nights on
what may be going on.

Racing Calender 2005.

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

Proposed Gippsland Racing Calender.

- May 29th Gippsland Athletics** Springfield Park 4km and 8km
Cross-Country Championships.
- June 12th Traralgon Harriers 12km & 6km Cross-Country**
Championships Edward hunter Reserve Moe.
- June 19th Traralgon Harriers 38th Annual Marathon.** Rick Mann 0427343568.
42.195km, 21.1km and 10.548km events. Web-www.traralgonharriers.org
8:00 A.M. Traralgon Tennis Center.
- July 17th Traralgon Harriers 10km & 25km Road**
Championships. (Venue to be decided).
- July 31st Swaggy Wilson Memorial 12km Incorporating**
The Traralgon Harriers 6km & 12km Road
Championships. (Venue to be decided).
- Aug 14th Traralgon Harriers Ray & Doris Ellis 8km and**
16km Hill Runs. Wirilda Park Tyers.
- Aug 28th. Prom Country Challenge.** Angela 56862326.
5km, 10km & 30km Toora Vic.
- Aug 28th. Gippsland Athletics** Geoff Watt Half Marathon
Championships 4km and 8km support events.
- Sept 18th. Traralgon Harriers King & Queen of the Mt.**
30 run from Traralgon Showgrounds to Web-www.traralgonharriers.org
Mt Tassie.

Quirk Boy's do well in Primary School regional Cross-Country Championships.

Sam and Ben both had wins in the regional Primary School cross-country championships on Monday. Sam won the 12-13 3km in a time of 10:48 and Ben won the 11 and under in 11:55. Both boys' will progress to the All Schools to be held at Bundoora on the 16th June 2005. Any other juniors who have been doing well at school competitions feel free to ring me on 51744965 to pass on the results for the newsletter.