

# Traralgon Harriers

Traralgon Harriers Athletic Club Inc

## Weekly Newsletter

Volume 38 issue 37

September 15<sup>th</sup> 2005

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

**Traralgon Harriers King & Queen of the Mountain 30km Road Race from Traralgon Football Club Showgrounds to the T. V. Towers the top of Mt. Tassie**

**Sunday September 18<sup>th</sup> 2005 9:00 A.M.**

### **Winter Championships Standing's after 14 completed races.**

#### **Men's Open.**

- 1. Shinichi Taniguchi 938.**
- 2. Steve McLeod 807.**
- 3. Ian Heafield 802.**
- 4. Roger Maximiw 789.**
- 5. Kev Piercy 721.**
- 6. Jason Mulvogue 687.**
- 7. Sam Frankland 684.**
- 8. Peter Grixti 662.**
- 9. John Jervis 650.**
- 10. Chester Goulter 649.**

#### **Women's Open.**

- 1. Anna Cardillo 943.**
  - 2. Pauline Lindsay 883.**
  - 3. Jackie Nelson 860.**
  - 4. Belinda Issell 834.**
  - 5. Paula Lucas 750.**
  - 6. Joelene Gathercole 712.**
  - 7. Marissa Schill 610.**
  - 8. Andrea Henderson 511.**
  - 9. Denise Strang 508.**
  - 10. Carmel Quirk 481.**
- Juniors and more details inside pages 2, 3, 4, 5 & 6.*

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## ***Winter Championship Series race summary.***

**Race 6 Newborough Track 5km 09/06/2005.** Record numbers of runners turn out for this run with many runners breaking their handicap. A good course to test your speed and see how well you are running. Belinda Issell was the star breaking her handicap by over one minute and scoring 160 points. Many runners broke their handicaps and received 140 points. They included Matthew Franke, Courtney French, Carmel Quirk, Mick Bridle and Peter Gixti. It was good to see new runners Anna Cardillo, Paula Lucas, Joelene Gathercole and Rhona MacLean all improve enough to also smash their handicaps and receive 140 points. With leaders Jason Mulvogue and Jackie Nelson having the night off consistent runners in Roger Maximiw and Anna Cardillo took over the lead. **Open men-** Roger Maximiw 554, Bruce Salisbury 529, Ian Heafield 525. **Open women-** Anna Cardillo 483, Paula Lucas 482, Carmel Quirk 463. **Junior boys-** Brad McAuliffe 303, Sam Quirk 264, Matthew McKendry 213. **Junior girls-** Courtney French 498, Tanya Eagle 240.

**Race 7 Liddiard Road 6km course 30/06/2005.** This proved a tough night for runners with 11 failing to score points. Some may have had trouble with their new handicaps not so Rhona MacLean who beat her new handicap by over 1min to score maximum points of 160 to follow her 140 from the Newborough runs. Denise Strang and Andrea Henderson were the only other runners to beat their handicaps and scored 140 points. Of the leaders Anna Cardillo 31 and Ian Heafield 100 were the only ones to score reasonable points. **Open men-** Ian Heafield 625, Roger Maximiw 554, Bruce Salisbury 529. **Open women-** Anna Cardillo 514, Paula Lucas 482, Carmel Quirk 481. **Junior boys-** Brad McAuliffe 303, Sam Quirk 264, Matthew McKendry 213. **Junior girls-** Courtney French 498, Tanya Eagle 240.

**Race 8 Rangeview Drive 5km course 07/07/2005.** Was an interesting night with lots of runners scoring well and others struggling? Joelene Gathercole continued the fast improvement that Rhona MacLean and her had displayed since joining the harriers. Another great run breaking her handicap again scoring 140 points. Anna Cardillo 57 and Jackie Nelson 104 settled into their new handicaps well and continued the battle out front by scoring well. In the men Sam Frankland had a great run breaking his handicap and scoring 140 points. Ian Heafield missed the run giving Roger Maximiw 50 and Bruce Salisbury 29 a chance to catch up. In the juniors Matthew McKendry 32 was the only one to score. **Open men-** Ian Heafield 625, Roger Maximiw 604, Bruce Salisbury 558. **Open women-** Anna Cardillo 571, Jackie Nelson 557, Paula Lucas 482. **Junior boys-** Brad McAuliffe 303, Sam Quirk 264, Matthew McKendry 245. **Junior girls-** Courtney French 498, Tanya Eagle 240.

**Race 9 Clubrooms Donut 5km Course 21/07/2005.** A better result for runners with many scoring top points. No stopping Joelene Gathercole and Rhona MacLean with their rapid improvement though with Joelene breaking her handicap for the third time. She scored 140 points again with Rhona who had already broken her handicap twice

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also scoring 112 points. In two months these girls have brought their 5km time down by nearly 4 minutes. Dave French, Georgia Shaw and David Griffiths all scored 140 points after breaking their handicaps. Jenny Prucino in heavy Marathon training showed she is also in good form breaking her handicap and also scoring 140 points. With many of the leaders failing to score or run on this night fast improvers and big scores like Joelene Gathercole and Sam Frankland have moved onto the leader boards with many other consistent runners not far behind. In the Junior Boys Matthew McKendry scored a big 120 points to move to 6 points behind the leader Brad McAuliffe who scored 68 points. **Open men-** Roger Maximiw 651, Ian Heafield 625, Sam Frankland 588. **Open women-** Anna Cardillo 571, Jackie Nelson 557, Joelene Gathercole 485. **Junior boys-** Brad McAuliffe 371, Matthew McKendry 365, Sam Quirk 264. **Junior girls-** Courtney French 611, Tanya Eagle 240.

**Race 10 Flinders P.S. 6km Course 28/07/2005.** There was a fair difference in performances on this night with some runners really running well and others struggling to score points. Anna Cardillo and Jackie Nelson both ran outstanding races to break their handicaps again, Anna scored 140 points while Jackie broke her handicap by over 1 minute to score the maximum points 160. This run will be very handy for our two leaders. Karen O'Keefe was back to her best breaking her handicap and scoring 140 points. Pauline Lindsay 140 and Marissa Schill 160 both getting ready for their Marathon debuts at Melbourne both showed big improvements by breaking their handicaps. Chester Goulter 160 also smashed his as he recovered from an operation and began to find form for the City to Surf. Darrel Cross 140 after some slow runs after Traralgon Marathon put him back regains his handicap position with a good run. Col Hardy 140 also has puts some consistent runs together, which saw him also break his handicap. Kay Leed 160 in her second handicap run blew her starting mark away as she improved a lot on her first run. Jackie Nelson and Anna Cardillo have kicked away in the open women's but there are still 6 races to be counted. This is where it gets interesting as runners can make up ground quickly with good runs and if they have completed more than 10 Championship races they will drop there lowest scores and replace them with a high one. In the open men's it has tightened up with Shinichi Taniguchi and Steve McLeod entering the mix. **Open men-** Roger Maximiw 661, Ian Heafield 660, Sam Frankland 635, Steve McLeod 618, Shinichi Taniguchi 617. **Open women-** Jackie Nelson 717, Anna Cardillo 711, Pauline Lindsay 558. **Junior boys-** Brad McAuliffe 421, Matthew McKendry 365, Sam Quirk 264. **Junior girls-** Courtney French 611, Tanya Eagle 240.

**Race 11 Liddiard Road 6km course 04/08/2005.** Belinda Issell made a big move with 160 points in the women's open and Ian Heafield 84 points in the men's open. Jackie Nelson still holds the lead in the women's open but struggled to score big points with her new handicap. Belinda Issell will be in the same boat after being re-handicapped after her great run that saw her beat her handicap by over one minute. Courtney French was the only other runner to beat her handicap on a night where most runners scored but not high points. **Open men-** Ian Heafield 744, Roger Maximiw 676, Shinichi Taniguchi 667. **Open women-** Jackie Nelson 725, Anna Cardillo 711, Belinda Issell 683. **Junior boys-** Brad McAuliffe 421, Matthew

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McKendry 365, Sam Quirk 264. **Junior girls-** Courtney French 751, Tanya Eagle 240.

**Race 12 Rangeview Drive 5km course 25/08/2005.** Anna Cardillo made a big move here by breaking her handicap for the third time to score 140 points. The challenge for Anna will be to adjust to her new handicap and still score points. Jackie Nelson 54 has done that and is still in the contest. Joelene Gathercole broke her handicap for the fourth time in the 5-championship races she has contested. How much talent has this girl got? When she last ran this course 6 weeks ago she ran 27:09 compared with 25:48 a huge improvement. Pauline Lindsay 110 is in good form and is also challenging the leaders. When you break your handicap it is an indication that you are running a lot faster than your previous runs with the club. Rob Embelton 140, Col Hardy 140 and Chester Goulter 160 would all have been happy with their improvement. In the open men Shinichi Taniguchi 109 has taking over with a consistent performance over the whole winter season. **Open men-** Shinichi Taniguchi 776, Ian Heafield 744, Steve McLeod 696. **Open women-** Anna Cardillo 851, Pauline Lindsay 784, Jackie Nelson 779. **Junior boys-** Brad McAuliffe 529, Matthew McKendry 365, Sam Quirk 264. **Junior girls-** Courtney French 751, Tanya Eagle 240.

**Race 13 Tennis Court 5km course 01/09/2005.** Incredibly 10 runners broke their handicap on this night. Breaking your handicap is an indication your form is heading in the right direction as your handicap is an accurate picture of your last couple of runs with the club. Chester Goulter ran 31:14 for 5km 6 weeks ago he ran 25:14 on this night and smashed his handicap by over a minute for the third run in a row an improvement we would all like. The other big improver Joelene Gathercole didn't break her handicap this time but she was awfully close running 24:33. The big improvers on this night were Brent Davidson 140, David Graham 160, Chester Goulter 160, Paula Lucas 140, Bill Rutherford 140, Kevin Piercy 140, Luke McKendry 140, Mark Peek 160, Craig Morris 140, Rob Donaldson 140. Congratulations all and I will gladly re-handicap you all. In the Championships things will tighten up as some runners haven't completed 10 runs and others have. Anna Cardillo 84 and Jackie Nelson 82 both scored well as they have both been re-handicapped several times. They both have completed 10 runs so it is a matter of eliminating low scores with high scores over the last couple of runs to improve their final score. Pauline Lindsay is a real danger as she has only completed 9 runs. In the men it is an interesting battle between the consistent Sinichi Taniguchi and Steve McLeod. **Open men-** Shinichi Taniguchi 848(10), Steve McLeod 758(10), Ian Heafield 747(10). **Open women-** Anna Cardillo 928(10), Pauline Lindsay 883(9), Jackie Nelson 860(10). **Junior boys-** Brad McAuliffe 529, Matthew McKendry 365, Sam Quirk 264. **Junior girls-** Courtney French 791, Tanya Eagle 240.

**Race 14 Newborough Track 5km 08/09/2005.** Sinichi Taniguchi broke 20 minutes for the first time over 5km and consequently almost took an unbeatable lead in the men's open after scoring 140 points. Having completed 10 races Sinichi had a low score of 50 points, which highlights his consistent running throughout the season. His 140 points replaced the 50 points and increased his final total by 90 points.

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In the open women's Anna Cardillo scored 46 points, which replaced a 31-point total run and increased her total by 15. Belinda Issell was the only other top female to run and her 116 points replaced a 0 point run. In the junior boy's Matthew McKendry had an outstanding run scoring 160 points and moving close to the lead. Junior boy's totals Brad McAuliffe 529, Matthew McKendry 525, Sam Quirk 264, Luke McKendry 225 and Brent Davidson 160. There were no junior girls competing last Thursday night so the totals remain the same. Junior girl's- Courtney French 791, Tanya Eagle 240.

**The final two championship races will be any of the final three races left and remember every second can mean a point so run as fast as you can.**

## ***Last Thursday Race Results.***

On a night just made for running, on a course that is exact, on a surface just made for running 26 people just made for running, sweated, cursed, spat and ran all for the sheer joy of being able to. While a majority of the populace of the valley sat eating their evening meal, swilling beer in the pubs or just sitting around scratching themselves dreaming of what they could accomplish if they were fit these 26 were doing it. Often when you view people doing sporting events you feel proud for them, you feel like you want to have a go, you feel like you want them all to be winners and this, well this just wasn't one of those times. As I gazed upon this sweating, spitting gaggle of humanity I thought I'm glad I'm not out there. I looked at their styles of running and thought do I look that bad?, do I look that smooth? does my face contort like that when I run? does satin underwear really feel nice against your skin? do my bum cheeks wobble like that? does my chest bounce up and down like that? Whoops, sorry, getting carried away a little. Got to keep my mind on the running. The stand out of the night was Peter Grixti, but after a bit of a discussion it was decided that you can't look spectacular and keep count as well Matt Franke put in a good effort considering the emotional stress he has been under. Shinichi did well considering his last few Sundays. Good to see Duncan back on the track and Nicole. Surprised to see Richard C running as I thought he would be too tired after washing and polishing the car after having it out for a run on Sunday, or did the girls get that job? Stupid me of course not. That's Jennys job!

**Bruce Salisbury.**

### **Winter Championship Series 2005**

| <b>Race</b> | <b>Date</b> | <b>Course Description</b>  | <b>Dist.</b> | <b>Course Marker</b> |
|-------------|-------------|--|--------------|----------------------|
| 25          | 15/09/2005  | Christopher Court.   | 5km          | Bruce Salisbury.     |
| 26          | 22/09/2005  | Rooms (Gilmour Giddy).   | 5km          | Rick Mann            |
| 27          | 29/09/2005  | Old Traralgon East P.S. (Flinders<br>P.S. Cnr of Liddard Rd and<br>Landsdown Road. | 5km          | Ian Heafield         |

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## *Last Thursday Race Results.*

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#### Race No 20 Newborough Track 5km Course 08/09/2005

| SURNAME       |         | RUN TIME | TARGET TIME  | POINTS |
|---------------|---------|----------|--------------|--------|
| CROSS         | Darrel  | 17:01:00 | 16Min-18Min. | 59     |
| MAXIMIW       | Roger   | 18:38:00 | 18Min-20Min. | 82     |
| FRANKE        | Matthew | 18:44:00 | 17Min-19Min. | 16     |
| McKENDRY      | Matthew | 19:44:00 | 22Min-24Min. | 160    |
| TANIGUCHI     | Sinichi | 19:45:00 | 20Min-22Min. | 140    |
| COMBER        | Richard | 20:06:00 | 20Min-22Min. | 114    |
| McLEOD        | Steve   | 20:25:00 | 20Min-22Min. | 95     |
| GRIFFITHS     | David   | 22:29:00 | 21Min-23Min. | 31     |
| MORRIS        | Craig   | 23:09:00 | 21Min-23Min. | 0      |
| GRIXTI        | Peter   | 23:28:00 | 1 lap short  | 0      |
| ORR           | Duncan  | 23:39:00 | 21Min-23Min. | 0      |
| DAVIDSON      | Brent   | 23:40:00 | 22Min-24Min. | 20     |
| HENDERSON     | Andrea  | 23:00:00 | 22Min-24Min. | 60     |
| HEAFIELD      | Ian     | 24:05:00 | 23Min-25Min. | 55     |
| MORRISON      | Nicole  | 24:07:00 | 24Min-26Min. | 113    |
| CARDILLO      | Anna    | 24:14:00 | 23Min-25Min. | 46     |
| JERVIS        | John    | 24:45:00 | 24Min-26Min. | 75     |
| MANN          | Rick    | 24:50:00 | 23Min-25Min. | 10     |
| GOULTER       | Chester | 24:57:00 | 24Min-26Min. | 63     |
| EATON         | Simon   | 25:00:00 | New.         | 0      |
| GRAHAM        | David   | 25:34:00 | 23Min-25Min. | 0      |
| ISSEL         | Belinda | 26:16:00 | 26Min-28Min. | 104    |
| VAN DEN BRAND | Adam    | 27:34:00 | 23Min-25Min. | 0      |
| LUCAS         | Paula   | 27:53:00 | 26Min-28Min. | 7      |
| GRAHAM        | Cameron | 31:05:00 | 28Min-30Min. | 0      |
| GRAHAM        | Lee     | 31:09:00 | 22Min-24Min. | 0      |

Walkers Luke McKendry, Carol Summersgill,  
Margaret Salisbury, Ray Ellis, Doris Ellis,  
Melissa Comber, Natalie Comber.

## *Proposed Summer Championship Season Program 2005/2006.*

### Summer Championships 2005/2006.

| Race | Date      | Course Description      | Dist. | Course Marker    |
|------|-----------|-------------------------|-------|------------------|
| 1    | 06-Oct-05 | Retreat Rd              | 6km.  | R.Mann           |
| 2    | 13-Oct-05 | Rose Rumble             | 5km   | B.Salisbury      |
| 3    | 20-Oct-05 | Churchill               | 5km   | B.Salisbury      |
| 4    | 27-Oct-05 | Grevillia Way           | 6km.  | R.Mann           |
| 5    | 03-Nov-05 | Club Rooms (Watertower) | 5km   | I.Heafield       |
| 6    | 10-Nov-05 | Glengarry               | 6km.  | S.Eagle/D.Graham |
| 7    | 17-Nov-05 | Railway Reserve         | 5km   | B.Salisbury      |
| 8    | 24-Nov-05 | Clarkes Road            | 6km.  | R.Mann           |

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|    |   |      |             |
|----|---|------|-------------|
| 9  | 01-Dec-06 Scales Road                     | 5km  | R.Mann      |
| 10 | 08-Dec-06 Morwell Golf Club               | 5km  | R.Mann      |
| 11 | 15-Dec-06 Cochranes Road                  | 5km  | B.Salisbury |
| 12 | 22-Dec-06 Rooms ( Tour De West)           | 6km  | I.Heafield  |
| 13 | 29-Dec-06 Rooms ( Tour De West)           | 6km  | B.Salisbury |
| 14 | 05-Jan-06 Rose Rumble                     | 5km  | B.Salisbury |
| 15 | 12-Jan-06 Wirilda Park Tyers              | 6km. | B.Salisbury |
| 16 | 19-Jan-06 Scrubby Lane                    | 5km  | R.Mann      |
| 17 | 26-Jan-06 Club Rooms (Watertower)         | 5km  | I.Heafield  |
| 18 | 02-Feb-06 Scales Road                     | 5km  | R.Mann      |
| 19 | 09-Feb-06 Traralgon South                 | 5km  | I.Heafield  |
| 20 | 16-Feb-06 Clarkes Road                    | 6km. | R.Mann      |
| 21 | 23-Feb-06 Edward Hunter Reserve Moe       | 5km  | B.Salisbury |
| 22 | 02-Mar-06 Railway Reserve                 | 5km  | B.Salisbury |
| 23 | 09-Mar-06 Club Rooms (Christopher Court). | 5km  | I.Heafield  |
| 24 | 16-Mar-06 Chook Hill Morwell              | 6km. | R.Mann      |
| 25 | 23-Mar-06 Retreat Rd                      | 6km. | R.Mann      |
| 26 | 30-Mar-06 Hobsons Park                    | 6km. | I.Heafield  |

## *Thursday Night Duty Roster.*

| Date       | Race Location                         | Duty Roster                                     | Media           |
|------------|---------------------------------------|---|-----------------|
| 15/09/2005 | Christopher Court.                    | Ian Twite, Denise Twite, Melissa Jones.         | Ian Twite.      |
| 22/09/2005 | Rooms (Gilmour Giddy).                | Denise Strang, Barry Summersgill, Sandra T/A.   | Nicole Morrison |
| 29/09/2005 | Old Traralgon East P.S.<br>(Flinders) | Fay Tomholt, Keith Tomholt, Jeff Van Der Brand. | Neil Griffiths. |

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.

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**It has been brought to my attention that there are still a large number of members not bothering to report to duty or let anyone know they can't make it. This makes it difficult for the few that take on the responsibility of running each run. It has been suggested we take on the line of some other organisations that fine members \$100 for failing to report to duty and banning them from competing until they do their turn. Should we take on something this drastic?**

## ***Training Sessions.***

**Monday Nights-** 6 P.M. Rob Embelt on'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 Percy'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.

## ***Run Coming up this Sunday.***

### ***King and Queen of the Mountain***

***Race Start 9:00am Sunday September 18 2005***

***Can everyone who is helping or running please bring a plate to share after in the clubrooms.***

***Will a female win this years race outright.***

With no Tim Cochrane, Steve Quirk or Darrel Cross the men's result is going to be an open affair this year. Our biggest fear will be Sandra Timmer-Arends who will be out to win her 7<sup>th</sup> Queen of the mountain title and maybe be the first outright winner also. Roger Maximiw will be favourite but has been struggling lately. Shinichi Taniguchi has been running exceptional well and will be interesting to see how he goes. Good Luck All.

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## ***Race History:***

**Male:** 1969-, 1970-, 1971-, 1972- Paul O'Hare 1:48:00,  
1973-, 1974- Martin Thompson 2:09:00, 1975-,  
1976- Geoff Duffell 2:10:00, 1977-, 1978-, 1979-,  
1980- Glen Ford 2:03:50, 1981- Keith Tomholt 2:01:02,  
1982- Bruce Inglis 2:03:30, 1983-, 1984- David Laws 1:55:48,  
1985- D. Campbell 1:56:32, 1986- Rob Gilfilan 1:53:03,  
1987- Rob Gilfilan 1:58:57, 1988-, 1989-,  
1990- Dave Collins 1:51:58, 1991- Ian Cornthwaite 1:49:38,  
1992- Dave Collins 1:50:59, 1993- Morgan Tucker 2:00:17,  
1994- Bruce Salisbury 2:01:42, 1995- John Duck 1:57:06,  
1996- Nenet Susa 1:58:11, 1997- Darell Cross 2:01:48,  
1998- Ian Twite 2:05:23, 1999- Darell Cross 2:03:12,  
2000- John MacKenzie 1:57:14, 2001-John MacKenzie 1:55:03,  
2002- Steve Quirk 2:05:46, 2003- Tim Cochrane 2:05:32, 2004- Tim Cochrane  
1:54:36

**Female:** 1969-, 1970-, 1971-, 1972-, 1973-, 1974-, 1975,  
1976-, 1977-, 1978-, 1979-, 1980- Gaye Thompson 4:28:00,  
1981-, 1982-, 1983-, 1984- Georgann Peterson 2:20:37,  
1985- Heather Batza 2:32:19, 1986- Linda Thompson 2:14:02,  
1987- Anne Wilson 2:34:34, 1988-, 1989-,  
1990- Anne Wilson 2:40:44, 1991- Robin Nielson 2:29:56,  
1992-, 1993-, 1994- Sandra Potochi 2:18:41,  
1995- Sandra Timmer-Arends 2:04:02, 1996- Sandra Timmer-Arends 2:22:42, 1997-  
Birgit Schkmann 2:23:00, 1998- Kylie Fox , 1999-,  
2000- Sandra Timmer-Arends 2:27:19, 2001- Jackie MacKenzie 2:56:16,  
2002- Julia Thorn 2:50:52, 2003- Sandra Timmer-Arends 2:31:21, 2004- Sandra  
Timmer-Arends 2:25:29.

**Note:** The race was first run starting from the Traralgon P.O. in 1969 until 1987.  
After then it was shifted to the new course which is a little shorter starting opposite  
the Harriers old clubrooms. A lot of the race history is incomplete so any contribution  
updating it will be appreciated.

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## ***Teams for La Trobe Valley Relay for Life.***

Those not contemplating doing the Olympic Dream on the 13<sup>th</sup> of November should contemplate doing this event. A fun event that requires teams of ten or more to carry a baton around the Joe Carmody Athletic track for twenty-four hours. The event is organised to bring awareness to cancer and the battle to find a cure. Our club has supported this event well over the last three years and it is hoped we will continue with enough support coming from our members. The person who the local athletic track was named after Joe Carmody passed away recently after loosing his battle with cancer. There should be no more incentive than this than wanting to join in and help this great course. Cost to sign up is \$15:00 and you will receive a participant kit that consists of a fund collection box and other ideas. You also receive a nice long sleeve polar neck shirt well worth the \$15:00. The event starts at 12:00 Noon Saturday the 12<sup>th</sup> of November 2005 and concludes at 12 noon Sunday the 13<sup>th</sup> November 2005. There is no need to stay the whole 24 hours and can run at times that suit you. Be a part of a team and a great cause. Contact myself on 51744965 or Carol Summersgill on 51273842.

## BABBA

When: 2<sup>nd</sup> December 2005

Where: Italian Australian Social Club, Morwell

Cost: \$43.00 dinner & show

\$25.00 show only

To register your interest, please contact Marissa Schill before 21/9/05 on 0417 110 819.

Date for payment to be advised upon confirming numbers.

Be involved to make it a fun night!

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## *Lamington classic report from Penny Burgess.*

### **CONGRATULATIONS MATT & MEGAN**

Neil & I are on a huge high at the moment after taking part in the fantastic 22km x 2 Lamington Classic. It really had the feel of 4 peaks about it and was a weekend of fun and frolicking as well as 2 huge races.

On the Saturday all the runners rendezvoused, loaded up one car with all the camping gear and then drove up and up to a lodge called Binna Burra. here the views are stunning and you can see miles away across the ranges your destination, O'Reillys. The 22km race is mainly up, and more up and all along a bushwalking trail. National Park regulations meant we had to head off in 5 min intervals in groups of 5. With only 25 or so runners everyone was very chatty (yippee) and Neil and I were happy to plod along in the last group. We'd nearly pulled out earlier in the week with colds so were happy just to be there and not expecting any great results. As we climbed higher the weather became very EXTREME and we felt we were going to be blown off the sheer cliffs we were running along. (Of course its NEARLY always warm and sunny here, this ice block of a day was a fluke!) We were told to expect to have a time similar to a 25km road race time but we were miles slower.....just had to peep out of all the amazing viewpoints. One of the most scenic runs I've ever run. We were very happy to reach the end where massages and free lunch were on offer.....but there the fun began. The wind had rendered many a tent flat and the rain was coming in so everyone headed to the only dry warm spot, the bar. Now Neil and I are no wimps.....many may disagree but we are usually pretty rugged but I'm afraid we wooed out big time and decided to opt for stand by lodge accommodation rather than set up our tent. The sledging we received was unprecidented and I'm afraid we may have ruined the reputation of Traralgon Harriers forever. The atmosphere was jovial all afternoon and we certainly made a lot of new friends. Many didn't manage to leave the warmth of the bar.

We were both looking forward to the Sunday run.....downhill along the same track and a trophy for me, so we thought, as the other female had only run Saturdays run. Unfortunately a skinny, fit looking 'real runner' arrived 5 mins before the start of the race and I knew I was relegated to 2nd .....(or realistically.....last!) It was a sensational run, so much easier and everyone felt a real bond having spent the whole weekend together. At the finish at Birra Burra clean towels, hot showers and lunch awaited.

This was a FANTASTIC event, a whole weekend of fun in one of the most beautiful areas of Queensland. Next years date is set so I'd really recommend anyone coming up this way for some SUN to consider including this race in their itinery. Our Fav race since being here.

We still love reading all your news everyone.....great PB's to all the girls, well done, knock Richmond off the ladder!!!!

I could write a report on the Noosa half, which Neil ran quite well and Micaela and Chloe zoomed along in the 5km but I was ready to die at the end so best, left unsaid. Thank you to Neil who ran the 5km after the half with the girls whilst I "recovered" with a latte. Its just not easy anymore!!!! Am I getting old??

# **Traralgon Harriers**

Traralgon Harriers Athletic Club Inc

## ***Masterman- Smith boy's doing well.***

Caught up with Adrian at the local leisure centre recently and it is good to hear the boy's have been doing fine. All are still busy with other interest, which have made getting to harriers difficult. Adrian has now got his licence and is busy working at the Leisure centre as well as umpiring. Jade has been doing extremely well at umpiring and will run the boundary in the main Gippsland La trobe Grand Final between Maffra and Traralgon this Saturday at Traralgon. Adrain and Jay will be doing the reserves the game before. So all those going to the footy on Saturday be sure to give the boundary umps a cheer.

## ***Chris Peek says Hi.***

Chris Peek came over for a visit this week and he would like to let everyone know he is doing fine with his studies in Hobart Tasmania. He has brought himself a car and is working hard and misses the harriers a lot.

## ***Melbourne Marathon Sunday 9<sup>th</sup> October 2005.***

Could everyone who is doing either the Full Marathon or Half Marathon please let me know so I can put a report and list together so everyone can read about who is doing what. I plan to have a bit of a social get together on the Sunday before with Pancakes ect after the Sunday run to get everyone together to put some last minute plans together. Some first time runners may be looking for some ideas other s may be looking for a ride ect. Also don't miss the traditional wake at La Porchetta's after the run. Everyone is welcome and they are becoming extremely popular after event social gatherings.

## ***Sunday 2<sup>nd</sup> October 2005.***

Traditionally the last final serious training run for most runners before the big event the following weekend. Come and join in.

**7:30 A.M.** Group training runs from 12km to 25km.

**9:00 A.M.** Pancake Breakfast \$2:00 a head.

## ***Sunday 9<sup>th</sup> October 2005.***

***Melbourne Marathon Wake.***

***La Porchetta's Traralgon.***

***3:00 P.M. onwards.***

***Everyone welcome to join in.***