

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Weekly Newsletter

Volume 38 issue 50

December 15th 2005

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P.O. Box 1225 Traralgon 3844
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after 7:00 P.M.

***This Saturday 17th
December 2005 Bunnings
Warehouse BBQ.
More help needed
especially between 11:30
A.M. and 2:30 P.M.
If you cannot help at
least come and have some
food.***

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Belinda Issells Diaries
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Summer Handicap Track
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***Kornalla Training run
Monument to Hoggs Bridge
and Back Sunday 18th
December 2005 details
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***Harriers Tri Results
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Remember

Coming up

**Xmas break- up Thursday
22nd December 2005.**

Free BBQ.

Kids games and races.

**Dress up theme something
starting with**

“B”

***Note December 20th
Track Run Newborough
Cancelled.***

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Belinda Issell's Diaries Part 2.

Day 8 - 12/11/05 Sat

Bright Rest Day

Carol & Pete came to spend the night with us. Took a drive up to Mt Buffalo Chalet as they have never been to the area before. As always the views are fantastic and the rhodies and azaleas are just beautiful at this time of the year. We strolled around Bright and our friends were suitably impressed. The Alpine pub for tea finished off a great day.

Day 9 - 13/11/05 Sun

Bright to Beechworth - 62km, avg 15.4km ph

After a late big brekkie with our friends we hit the road. The Bright rail trail is a must for all pushies. It is bitumen the whole way from Bright to Wangaratta (90kms). We headed off in the sun to past Myrtleford and then hit the Buckland Gap Road up to Beechworth. Fantastic scenery and yes, another big hill. Did I tell you, I had to walk again! Also, those bloody magpies attacked nearly every day on the road. We arrived in Beechworth with a Celtic festival in full swing. Irish dancers and live music - had to have a drink in the Irish pub. We then went to a brother in law's place for tea, a walking tour, and a bed on the floor for a night.

Day 10 - 14/11/05 Mon

Beechworth to Yackandandah - 28km. avg 17.2km ph

After we saw the relatives off to school and work we then went into town to check out the Bakery and then did a historical tour which was very interesting. Not much riding today with a great hill down into town. We pitched our tent in a lovely green, scenic caravan park. Showered and walked to town to have a drink at the local and check out the place. Beautiful old buildings and saw where Paul Hogan and Michael Cronin drank whilst filming 'Strange Bedfellows'. Tea at the pub and early to bed.

Day 11 - Yackandandah to Wodonga - 27km. avg 20.3km ph. Tue

Woke at 6am with torrential rain, thunder and lightening. We quickly dragged all our gear to the camp kitchen and tried to pack it all in to the panniers. By the time we packed the rain had started to ease and we rode up to the bakery for brekkie. The sun came out for our scenic ride along the valley. Met my parents and settled in for a few days of motel living with all our camping gear out to dry. That night we drove to my relatives in Tallangatta for tea and a bit of catching up of the past year.

Day 12 - Wodonga rest day Wed

Ian and I went for a 5km walk and then went off with parents to see an uncle at Wangaratta. Quiet day with reading and the cricket on tv.

Day 13 - Wodonga rest day Thu

Ian and I were starting to have withdrawal symptoms from not being on our bikes, so took off for a ride around Wodonga of 13km. After we drove again to Yack and did a tour of where my mum was born and her old place of residence etc. Most enjoyable, especially for mum. My sister, who lives in Melbourne caught a train that afternoon to Wodonga, and that night we attended a reunion of my relatives at an old hang out of the Blazing Stump Hotel with 25 relatives - great to catch up with all my cousins.

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Day 14 - Wodonga to Rutherglen - 50km. avg 22.3km ph Fri

On the road again.... Left early and headed down the Hume to get onto the Murray Valley Highway. Fast riding and were booked for a motel again. Hit the bakery and pub and Pam and Frank Ward came up from Melbourne to join us that night.

Day 15 - Rutherglen - 35km Sat

Had brekkie and the four of us hit the road on our bikes and visited 6 wineries in about 30km. The only trouble is you can't buy it to bring home, heck, we had to drink it!!!! Another couple of friends also came up from Traralgon and we all had tea at a lovely restaurant in town with more wine.....

Day 16 - Rutherglen to Yarrawonga - 47km. avg 19.4kmph Sun

The six of us all had brekkie together and we farewelled our friends and then headed off to Yarrawonga. Camping again in a great spot and walked over the border to Mulwala. Early tea and bed to recuperate.

Summer Handicap Series Race 1.

18 runners attended last Saturday evenings first Handicap series race. Rod Atkinson made the trip from Warragul to run the 2km event which was much appreciated. Also the effort by all runners to attend was appreciated as you never know who is going to turn up. With a good number of runners and conditions tough we sure some good times recorded. Paula Lucas continues to show a great deal of determination in everything she does by being the bolter. Apart from Paula all other runners finished within 48 seconds of each other highlighting another fine effort by the handicapper. Helen Orr did a great job in her first competitive run and I gave her our maximum handicap and she managed to place well. Also I would like to thank the timekeepers Duncan Orr and Cindy's husband Jens for their help also. The second race of the series which was schedule for the Newborough Track on the 20th December has been cancelled due to a clash with Deb's Rocket Squad Xmas break up. I have re-scheduled the race for Thursday the 29th December 2005 as there is no Championship run schedule that night and it a run from the clubrooms. You can meet at the clubrooms and run down to the Davidson Street track or meet at the track. Race will start at 6:00 P.M. and will be a 3,000m run of 7.5 laps.

Name	Handicap Time	Run Time	Points
Paula Lucas	5:39:36	10:09:36	20
Melissa Jones	6:04:06	8:04:06	19
Richard Clavarino	6:05:27	7:05:27	18
Sandra Timmer-Arends	6:19:09	7:29:09	17
Allen Timmer-Arends	6:19:40	7:39:40	16
Ian Twite	6:20:08	7:10:08	15
Bruce Salisbury	6:20:22	7:30:22	14
Jason Mulvogue	6:29:59	7:39:59	13
Jim Timmer-Arends	6:30:11	8:10:11	12
Rod Atkinson	6:32:06	8:12:06	11
Cindy Nielsen	6:32:57	7:52:57	10
Anna Cardillo	6:37:47	9:07:47	9
Leanne Keating	6:46:59	8:46:59	8
Helen Orr	6:47:00	12:37:00	7
Andrea Henderson	6:47:10	8:27:10	6
Kim Essex	6:49:59	8:29:59	5
Courtney French	6:51:59	8:11:59	4
David Griffiths	6:52:19	8:02:19	3

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Sam Quirk and Steve Quirk continue to run P/B.s at the Track.

Last Tuesday Track meet at Newborough saw Sam Quirk run a P/B of 6:40:98 for the 2,000m and Steve a 2:11:40 for the 800m. The next Track meet at Newborough will be the 3rd of January 2006 at 6:00 P.M. featuring a 400m and 1500m event.

Results:

800m- Dean Huffer 1:57:27, Chris Barret 2:05:89, Steve Quirk 2:11:40, Sam Quirk 2:33:46, Ian Twite 2:40:28, Tanya Eagle 2:51:02.

200m- Steve Quirk 28:20, Chris Barret 28:71, Dennis Huffer 28:75.

Javelin- Tanya Eagle 21:54.

90m Hurdles Tanya Eagle 19:12.

2000m- Dean Huffer 5:53:39, Sam Quirk 6:40:98, Steve Quirk 6:40:98, Ian Twite 7:01:74, Dennis Huffer 7:05:62, Chris Barret 7:06:15.

Another Harrier Nick Schillings is reported to burning up the track in Queensland some recent times have been 4:18 1500m, 9:10 3000m and 2:06 800m. As the season progresses up there we are sure to see some faster times.

Tanya Eagle of to National Titles.

Tanya Eagle will be off to Canberra this weekend to contest the National Heptathlon Championships. Tanya competed well last year and hopes to improve on last year's performance. Being a member of the Gippsland Academy Tanya has improved on many of her throwing and jumping disciplines. Good luck Tanya.

Harriers at Glenmaggie Tri.

Many Harriers were seen at Glenmaggie last weekend contesting the local Tri Athlon there. In the fun tri a 200m swim, 10km bike ride and 2km run Shannon McCurley did well to finish 2nd overall and first female. Shannon did the bike/swim in 25:39: 69 and finished with a 10:40:42 run. Joelene Gathercole was part of a team in the Fun Tri and was doing her first Tri. Joelene did the bike ride and run. She managed in her excitement to go the wrong way several times after the transition from bike and run but still had a good run of 11:34:13 and her team was first in 37:50:28.

In the main Tri a 500m swim, 20km bike ride and 5km run Blair Turnbull finish 4th with a bike/swim of 36:10:22, run 22:44:83 total time 58:55:05. Neil Griffiths finished 21st with a bike/swim 43:39:98, run 23:06:25 total time 1:06:46:23. Kim Essex was next in 34th place with a 48:01:17 bike/swim, run 26:36:80 and total time of 1:14:37:97. In the teams event Denise Twite and Andrea Henderson combined together with Denise doing the bike/swim in 47:48:56 and Andrea Henderson had the fastest run time of all the teams of 25:08:25. Their time of 1:12:56:81 had them the second female team home.

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Sunday December 18th 2005.

Prepare for the festive season training run.

Kornalla Monument to the Hoggs bridge and back 18km.

Handicap start so all runners will finish at

The same time (not a race) with an all you can eat BBQ Breakfast to follow of sausages, egg and bacon sandwiches and pancakes. (\$3:00 a head).

Starting Times:

1st Group 7:30 A.M. (6:30 a km pace).

2nd Group 7:40 A.M. (6:00 a km pace).

3rd Group 7:50 A.M. (5:30 a km pace).

4th Group 8:00 A.M. (5:00 km pace).

5th Group 8:10 A.M. (4:30km pace).

Just choose a group you can keep up with and join in but make sure you are at the Kornalla Monument by your groups starting time. It is a very enjoyable run along the banks of the upper Traralgon Creek. You can bring your own food along or salads if you prefer.

Last Thursday Race Results.

Rob Embleton brought new runner John Moll along and he was the bolter in his first run. He denied Melissa Jones her only chance to lead the field home as I am sure to bring her back after scoring top points. Rob will also be happy to know that he will now start with Sandra again after she also scored top points. The 20Min-22Min group certainly pushed each other along with the six of them filling the first eleven places and all scoring top points. Along with Sandra, Adrian Masterman-Smith will be back with Embo while Richard Comber (Certainly picking up speed from Deb's speed sessions) ran a smart race clocking 20:00 min and missing being re-handicapped by one second. All I wrote about Belinda last week about her being tough is all wrong. As soon as Claire turns up for a run she backs off and decides she will run easy with Fay or something like that. Claire hasn't run for awhile but she certainly has giving her mother something to chase with a 26:15. What is Ian Heafield up too running slower every week? If I keep putting him back he will be starting of scratch and then he will fly and make us all look silly finishing before the last group starts. Good to see plenty of walkers out there with seven having a walk last week. I wonder how many will have a walk this week especially up the hill at Cochranes Road.

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Summer Championship Series 2005/2006.

Race No 10 Morwell Golf Club 5km Course 08/12/2005

SURNAME		RUN TIME	TARGET TIME	POINTS
MOLL	John	22:10:00	New	0
JONES	Melissa	22:45:00	23Min-25Min.	140
MASTERMAN-SMITH	Adrian	19:46:00	20Min-22Min.	140
TIMMER-ARENDS	Sandra	19:56:00	20Min-22Min.	140
COMBER	Richard	20:00:00	20Min-22Min.	120
TANIGUCHI	Shinichi	20:01:00	20Min-22Min.	119
NIELSEN	Cindy	21:08:00	21Min-23Min.	92
ISSELL	Claire	26:15:00	New	0
GRIFFITHS	Neil	19:16:00	19Min-21Min.	94
SALISBURY	Bruce	20:28:00	20Min-22Min.	92
MULVOGUE	Jason	20:31:00	20Min-22Min.	89
MANN	Rick	23:42:00	23Min-25Min.	78
SUMMERSGILL	Barry		23Min-25Min.	0
EMBELTON	Rob	19:56:00	19Min-21Min.	64
KIRBY	Dan	19:57:00	17Min-19Min.	0
MacKENZIE	John	17:58:00	17Min-19Min.	62
FRANKE	Matthew	19:05:00	17Min-19Min.	0
ESSEX	Kim	23:18:00	22Min-24Min.	42
FRENCH	Courtney	22:25:00	21Min-23Min.	35
VAN DEN BRAND	Jeff	20:30:00	19Min-21Min.	30
RUTHERFORD	Bill	27:36:00	27Min-29Min.	84
MAXIMIW	Roger	19:39:00	18Min-20Min.	21
FRENCH	David	24:45:00	23Min-25Min.	5
GRIFFITHS	David	21:50:00	20Min-22Min.	10
KEATING	Leanne	24:56:00	23Min-25Min.	4
GOULTER	Chester	24:13:00	23Min-25Min.	47
BRIDLE	Mick	28:16:00	27Min-29Min.	44
MORRIS	Craig	26:23:00	22Min-24Min.	0
LINDSAY	Pauline	27:23:00	25Min-27Min.	0
EWELS	Kathryn	21:29:00	19Min-21Min.	0
LE	Suong	28:32:00	27Min-29Min.	28
PRUCSINO	Jenny	27:39:00	26Min-28Min.	21
EAGLE	Rowan	30:41:00	30Min-32Min.	79
ISSELL	Belinda	28:50:00	26Min-28Min.	0
TOMHOLT	Fay	29:14:00	27Min-29Min.	0
LUCAS	Paula	29:22:00	29Min-31Min.	98
HEAFIELD	Ian	27:27:00	24Min-26Min.	0
EAGLE	Tanya	30:01:00	26Min-28Min.	0
ORR	Duncan	30:06:00	21Min-23Min.	0
GATHERCOLE	Joelene	28:36:00	24Min-26Min.	0

Walkers Bill and Gillian Van Den Brand, Carol Summersgill
Denise Strang, Maragret Salisbury, Jenny and Melissa Comber.

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Duty Rosters.

Date	Race Location	Duty Roster	Media
08-Dec-06	Morwell Golf Club	Steve Mcleod, Jason Mulvogue, Ian Duncan.	Neil Griffiths.
15-Dec-06	Cochranes Road	Peter Grixti, Pauline Lindsay, Craig Morris.	Rick Mann.
22-Dec-06	Rooms (Tour De West)	Courtney French, Dave French, Brad McAuliffe.	Barry Higgins.
29-Dec-06	Davidson Street Track 3,000m.	Rick Mann, Roger Maximiw, Chester Goulter.	Ian Twite.
05-Jan-06	Rose Rumble	Duncan Orr, Anna Cardillo, Melissa Jones.	Nicole Morrison
12-Jan-06	Wirilda Park Tyers	Ian Twite, Denise Twite, Kim Essex.	Neil Griffiths.

Course Coming up.

Race	Date	Course Description	Dist.	Course Marker
10	08-Dec-05	Morwell Golf Club	5km	R.Mann
11	15-Dec-05	Cochranes Road	5km	B.Salisbury
12	22-Dec-05	Rooms (Tour De West)	6km	I.Heafield
13	29-Dec-06	3,000m Davidson St Track	3km	
14	05-Jan-06	Rose Rumble	5km	B.Salisbury

This Weeks run Cochranes Road 5km.

Location- Cochranes Road is on the left along Mittinglyhill Road coming from Traralgon and right coming from Morwell. Runs Pararrel with Clarkes Road unfortuantely someone has knocked of the Clarkes Road sign. I will make sure Cochranes Road is marked. Please ring me on 51744965 if you are not sure where to go.

The Experience- Starts of with a nice little down hill then do a loop that takes you back up Cochranes Road before turning left on a nice bush track. Good running for awhile until you reach a steep hill that goes on and on for about 1km. After this it is a fantastic downhill run amongst the pine trees for about 2km. Definitely another must do run. Good Luck.

Next Weeks run Clubrooms 5km Fancy Dress run.

Location- Clubrooms

The Experience- Scratch start non seriuos run come and have a bit of fun.

29th December 2005 run.

Location- Davidson Street Track.

Distance- 3,000m (7.5 laps) full details next week.

ROCKET SQUAD TRAINING BREAKUP

Tuesday 20th December is our last training session before Christmas so we will be having our annual Christmas breakup

The night will consist of an exhausting 3km warm-up, some stretching then the main fun begins. Teams will compete in all sorts of games from wheelbarrow races to tunnel ball, with the odd surprise thrown in.

Afterwards we'll be going to La Porchetta's

Come one, come all and join in the fun

*Please bring a Chris Kringle present to the value of \$5 to exchange

Silver and Bronze to Traralgon Harriers at Melbourne Marathon.

As part of the Athletic Victoria Championships the Melbourne Marathon doubles as the Country Victoria Marathon Championships. Country Athletes who are registered with Athletics Victoria and run in the Melbourne Marathon are eligible. Rob Embelton picked up bronze for third Country Athlete and I picked up Silver for second Country Athlete. It is a event which Traralgon Harrier Athletes have dominated with many female runners recently like Lee Graham and Nicole Morrison doing well.