

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Traralgon Harriers Weekly Newsletter Volume 39 Issue 11

Thursday 16th March 2006.

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Parade.

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

ABN 52 867 093 654

Dates to Remember.

*18th March 2006- final of
the summer track handicap
series.*

*24th March 2006- End of
season Karaoke night.*

*26th March 2006- Boolarra
Rail Trail Run.*

*9th April 2006 Canberra
Marathon.*

*9th April 2006 RCH Run for
the Kids.*

*22nd April 2006 AGM in
Clubrooms at 7:00 P.M. All
nominations to Carol for
any positions on the
executive, race committee
and social committee by
this date.*

*Final Summer Handicap
Series Race.
Saturday 18th March
6:00 P.M. at Davidson st.
Track 6,000m (15 laps).
Adults \$2:00,
Juniors \$1:00.*

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Club Profile Vice President Belinda Issell.



*Belinda Issell
pictured left
running the King
of the Mountain
with running
partner Fay
Tomholt.*

My Running Story by Belinda Issell.

I started running infrequently in my late 30's having had a fairly long stint playing netball once a week, but not much else. Running was never an option – I think I was told by the boys at high school that I ran funny. After a marriage break up fifteen years ago and with three young children, decided I wanted to do something for me! I saw an ad in the Express for harriers, rang the number, that was it, I was hooked. I won my first trophy at the Rosedale Fun Run in 1992 and once I turned 40 I was winning heaps of trophies..... A lot of older runners will recall in the early 90's there were fun runs nearly every weekend including Inverloch, Trafalgar, Erica, Prisoner on the Run Boolarra etc. I have run only one marathon in Melbourne in 1996, aged 43, in a time of 3hrs 45 mins. It was the biggest thrill and will always be one of my greatest achievements. During that period I was very motivated with training and entering veteran races. People like Laurie Edmondstone, Steve Postlethwaite, Rob Embleton, Jim Reid all helped as training partners at that time. Other PB's were 20.18 for 5km, 25.11 for 6km, 43.39 for 10km at Albert Park, the half at Princes Park in 1hr 38mins, also Mal Hill 16km in 1hr 18mins, 25km Road championship in 2hr 1min and Mt Tassie 30km in 2hr 55mins. I have run with AV and have held positions on the executive for years as President, Secretary, Treasurer and now vice..... I really enjoy my running although the pb's are a while back now but the highlights are maintaining a level of fitness, Sunday training with the group, the lifelong friends, meeting Ian and the social aspect of the club. Thank you to all for making it a great club and a big part of my life.

THE 6 FOOT TRACK MARATHON

(Race report by Neil Griffiths)

I had been looking forward to this famous run known as "the toughest off-road Marathon in Australia" for months. Twitey & I met in Katoomba the day before & had the compulsory

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pre-race pasta pigout, before deciding to be sensible and get an early nights sleep in preparation for the run. Unfortunately for me, a quickly developing cold & an uncomfortable bed meant only about 1 hours sleep (this is becoming a habit for me before big races).

The atmosphere at the start line was incredible with over 1000 people crammed into a small clearing in the bush. However, the queue for the porta-potties went almost half way back to Melbourne! It was great to catch up with ex-harriers Penny & Neil who had made the trip down from Woodenbong for their 2nd attempt at this run. Twitey was a bit embarrassed to be showing off his special yellow number 29 race number, showing to everybody that he was in the "elite" top 100 group. So it remained covered up until just before the start.

The starters gun went off at 8:00a.m & Twitey shot off down the hill with his 99 "elite" mates. 5 minutes later, Neil & Penny headed off with about 200 others in the "semi-elite" group. I was left to go another 15 minutes later with the remaining 500 or so in the "general riff-raff" group. A short way down the hill we came to a stand still for 5 minutes as we lined up for the single file descent down the long staircase to the valley floor.



PENNY FLYING DOWN THE STAIRCASE

It wasn't until about half an hour later that I could get

into a proper rhythm. The next 15km was great running on bush tracks, 4WD tracks and through paddocks before reaching Cox's River. Here we had a choice of wading through or crossing over the rocks. I decided to do the sensible thing & keep my feet dry by crossing at the rocks. Yes, you guessed it.....I slipped & fell in anyway!



IAN "AQUA-MAN" TWITE

Next was the long climb up to the Pluviometer (whatever that is??). I was still feeling O.K here & was aiming for a 5 hour finish. 3 hours into the run, I caught up with Penny when I spotted her squatting behind a 4WD. We walked up the hill together for a while before I took off again. Soon after, I ran out of energy, had stomach cramps, heatstroke, blisters, headaches.....and every other excuse under the sun. So the last 15km was spent walking or shuffling along & really not having a great time. Penny & I overtook each other a few times, but she wasn't too impressed with my attitude when I said "it actually feels better

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when I run.....but I really can't be stuffed!" I thought I was hallucinating when I looked ahead & saw a cow on the track. Some guy was actually dressed up as a cow for charity, complete with horns, running (or walking) 45km in the 30C heat! (he looked udderly ridiculous). The cow had to stop a few times & seemed to be doing it even tougher than me.

Way up ahead, Twitey & Neil Burgess were doing it easy. Twitey's new "less is more" training program is really paying off. He is getting back to his form of a few years ago, finishing 62nd overall, 5th in his age group & was the 4th Victorian to finish in 4 hrs 37min! That means he gets to stay with his "elite" mates next year! The fresh Woodenbong air must be doing Neil Burgess a lot of good. He powered home in 225th place in 5hrs 21min.



NEIL BURGESS



**GRIFFO CROSSING THE
FINISH LINE AT JENOLAN CAVES**

I dragged myself over the line in 339th place in 5hrs 44min and Penny cramped up in the last 10km, crossing the line in 434th place in 6hrs 1min. The performance of the day must go to the female winner, Emma Murray, who has only been racing for 2 years. She put in an amazing performance by finishing 4th overall in 3hrs 37min only 10 minutes behind the overall winner!. She has already taken 25 minutes off the old course record & won the world long distance mountain running championships by 19 minutes. The way she is going, next year she will have a good chance of being overall winner.

After the run, I saw something that really surprised me....Twitey having a beer! (he's really getting into his new training program). On the bus back to Katoomba, I felt like death warmed up & Twitey asked whether I'd do it again. At the time I thought, "not in a million years", but now after 3 days recovery, I can't wait to line up at the start line again in 2007!

Thanks for the race report Griff I have been hoping to share this race experience with fellow harriers for many years and it was good to catch up with Penny and Neil also. Kelvin Marshall also ran running 4:29:18 and finished 53rd and Pam Jonas ran 6:08:14 to finish 465th. Let's get a big crew next year.

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Jesse Maximiw wins 2005/2006 Junior athlete of the year & Shannon McCurley runs some great times.

On the back of 46 P/Bs in the under 8 age group in the Moe little Athletic 2005/2006 season Jesse won the Perpetual trophy for the Junior Athlete of the year. He also won the under 8 championship. Brother Hayden had 31 P/B's and won the under 11 achievement award. Shannon McCurley also had a great weekend in Bendigo winning a silver and bronze medal in the state little Athletic Championships. Shannon was second in the under 14 800m in 2:22:03 and 3rd in the under 14 1500m in 4:56:85. She also ran the 400m heats but didn't make the final.

Community Fun Run Results.

5km Run

1st Outright Male - Ben St Lawrence 16.24
2nd Outright Male - Ian Twite 18.34
3rd Outright Male - Richard Comber 19.02

1st Outright Female - Andrea Henderson 22.33
2nd Outright Female - Georgia Shaw 22.49
3rd Outright Female - Carol Hanratty 25.47

Open Male - Ben St Lawrence
Open Female - Andrea Henderson

Under 16 Female - Tanya Eagle 27.48
Under 14 Male - Rohan Eagle 30.10
Under 14 Female - Natalie Comber 41.36

5km Walk

1st Outright Female - Sharon Maximiw 39.40
2nd Outright Female - Denise Twite 39.44
3rd Outright Female - Kerrie Lowden 39.45

1st Outright Male - Simon Komen 40.21
Under 16 Male - Ben Maunder 47.20
Under 16 Female - Hannah Maunder 47.28

1.5km Run

Under 12 Male - Hayden Maximiw 6.43
Under 12 Female - Alanah French 6.33
Under 10 Male - Jesse Maximiw 6.48
Under 10 Female - Lydia Marino 9.45
Under 8 Male - Nicholas Lowden 10.10
Under 8 Female - Cailin Lowden 7.40

1.5km Walk

Under 8 Male - Joshua Twite

(Full list of all participators next week there were some great times by many harriers).

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Last Thursdays Race Results.

A flat fast course certainly brought everyone's times down with some big scores. Unfortunately there will be a few people not happy with me as they broke their handicaps and will be re handicapped. That what all about getting better well done all and here is the newspaper report they may get in the paper.

Outstanding performances by younger runners a highlight in Harriers results.

One of the most pleasing aspects of running with the Harriers lately has been the influx of runners in the under 25 age group. Not only are they adding youth to the club but also running some outstanding times. Tom Crosby, Andrew Nicolson and Greg Semmler made up one of these groups who had a good race to the line with all runners breaking 19 minutes for 5km. Greg Semmler in particular has improved rapidly with his four runs with the club. Another runner having her first run with the club Lauren Isles ran 24:05 and it was great to have three teenage girls running together with Courtney French 22:14 and Shannon McCurley 20:23 the other two. Fastest male on the night was John Mackenzie who is making a rapid return to form with Daryl Cross and Tom Crosby the next two. Fastest female was Sandra Timmer-Arends from Cindy Nielsen and Shannon McCurley.

Rosters & Calenders

Race	Date	Course Description	Dist.	Course Marker
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

Duty Rosters.

Date	Race Location	Duty Roster	Media
16-Mar-06	Chook Hill Morwell	Marissa Schill, Jenny Prucino, Trevor Ronalds.	Nicole Morrison
23-Mar-06	Retreat Rd	Mick Bridle, Bill Rutherford, Georgia Shaw.	Neil Griffiths.
30-Mar-06	Hobsons Park	Rhona MacLean, Joelene Cathercole, Cindy Neilsen	Rick Mann.

Next week winter calendar for 2006.

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Summer Championship Series 2005/2006.

Race No 22 Christopher Court 5km Course 09/03/2006.

SURNAME		RUN TIME	TARGET TIME	POINTS
CROSBY	Tom	18:48:00	New	0
NICOLSON	Andrew	18:50:00	20Min-22Min	160
SEMMLER	Greg	18:54:00	20Min-22Min	160
JERVIS	John	24:46:00	25Min-27Min	140
CLAVARINO	Richard	19:50:00	19Min-21Min	70
HIGGINS	Barry	25:51:00	27Min-29Min	160
GRIFFITHS	David	19:57:00	20Min-22Min	140
ISLES	Lauren	24:05:00	New	0
MAXIMIW	Roger	19:06:00	19Min-21Min	114
GOULTER	Chester	23:06:00	23Min-25Min	114
McLEOD	Steve	20:10:00	20Min-22Min	110
NIELSEN	Cindy	20:12:00	20Min-22Min	108
FRENCH	Courtney	22:14:00	21Min-23MIN	46
TIMMER-ARENDS	Sandra	19:14:00	19Min-21Min	106
GRAHAM	David	24:15:00	24Min-26Min	105
SUMMERGILL	Barry	22:16:00	22Min-24Min	104
McCURLEY	Shannon	20:23:00	20Min-22Min	97
SALISBURY	Bruce	20:28:00	20Min-22Min	92
LUCAS	Paula	26:31:00	27Min-29Min	140
MackENZIE	John	17:32:00	17Min-19Min	88
KEATING	Leanne	23:41:00	23Min-25Min	79
GRIXTI	Peter	26:43:00	27Min-29Min	140
TANAGUCHI	Shinichi	19:57:00	19Min-21Min	63
ORR	Duncan	23:02:00	22Min-24Min	58
MANN	Rick	24:04:00	23Min-25Min	56
ISSELL	Belinda	26:05:00	26Min-28Min	115
MULVOGUE	Jason	20:07:00	19Min-21Min	53
EVANS	Derek	25:32:00	24Min-26Min	28
BICKETT	Bob	26:24:00	25Min-27Min	36
NICOLSON	Ros	27:38:00	27Min-29Min	82
MORRIS	Craig	25:43:00	24Min-26Min	17
O"KEEFE	Karen	23:47:00	22Min-24Min	13
EAGLE	Steve	28:14:00	29Min-31Min	140
BRIDLE	Mick	28:22:00	27Min-29Min	38
SCHILL	Marissa	28:52:00	28Min-30Min	68
CROSS	Daryl	18:26:00	17Min-19Min	34
EAGLE	Rohan	30:56:00	29Min-31Min	4
HENDERSON	Andrea	23:22:00	23Min-25Min	98
ELLIS	Ray	37:01:00	34Min-36Min	0

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Paula Lucas and Richard Clavarino take big leads into final Summer Handicap Track Series on Saturday the 18th March 2006 at Davidson St Track at 6:00 P.M.

Paula Lucas has improved significantly over the summer months and fully deserves her lead in the Summer Track handicap series with some impressive performances. Richard Clavarino was consistently one of the fastest runners over the series and also deserves his lead.

Points total so far for handicap series:

59 Paula Lucas, 55 Richard Clavarino, 39 Ian Twite, 36 Alan Timmer-Arends, 34 Bruce Salisbury, 29 Melissa Jones, 27 Cindy Nielsen, 25 Jim Timmer-Arends, 25 Jason Mulvogue, 20 Duncan Orr, 19 Kim Essex, 18 John MacKenzie, 17 Sandra Timmer-Arends, 17 Blair Turnbull, 16 Neil Griffiths, 15 Richard Comber, 14 Roger Maximiw, 14 Tanya Eagle, 11 Steve McLeod, 11 Rod Atkinson, 11 Anna Cardillo, 11 Steve Eagle, 9 David Griffiths, 8 Leanne Keating, 7 Helen Orr, 7 Deb Piercy, 6 Andrea Henderson, 5 Lee Graham, 4 Courtney French, 3 Mick Bridle, 1 John Jervis, 1 Michael Jones, 1 Peter Grixti.

Run for the Kids Run April 9th 2006. (Run for your club).

Athletic Victoria is getting behind the promotion of this run by making it part of the Athletic Victoria Winter Championship series. Athletic Victoria sees the need for the survival of Athletics in Australia is too encourage as many fun runners and social runners to join Athletic Clubs like ours and run for their clubs at A.V. runs. For its part Athletic Victoria is not taking any of the funds for the run they are all being forward to the organiser who are guaranteeing so much of each entry to the Royal Children's Hospital. Points will be awarded to clubs whom have runners registered to run for them. **Here how it works.** Fill out an official entry form and pass it onto Melissa or myself with the race entry fee. (Do not enter directly) I will then fill in an Athletic Victoria club entry form listing your name as a registered club runner. I will then hands deliver them to Athletic Victoria on the 27th March 2006. They will then send your entry onto the organisers with the full entry fee advising them that you are a registered Athletic Victoria runner. A separate tent will be set up for Athletic Victoria runners issuing them with separate numbers and guaranteeing them a priority start up the front. Just think 10,000 runners will be behind you. Also it only cost you \$25:00 this way as there is no postage or handling cost. For more details see Melissa or myself. Our team so far is Kim Essex, Courtney French, David French and Paula Lucas. There is plenty of time to get organised you have until the 26th of March to get them to me. Entry forms are in the clubrooms **Your Commitment.** To become a competing Athletic Victoria Athlete by the 29th April 2006 for the season 2006/2007 (Membership details are attached to this newsletter). You will be eligible to run in any of the A.V. runs highlighted in bold print in the local A.V. calendar at the end of the newsletter. Only extra cost will be joining the team at Hungry Jacks or some similar place to reflect on the days run. I will be there after tonight's run and back at the rooms if you want anymore info or you can ring Melissa or me on 51744965 for more info.

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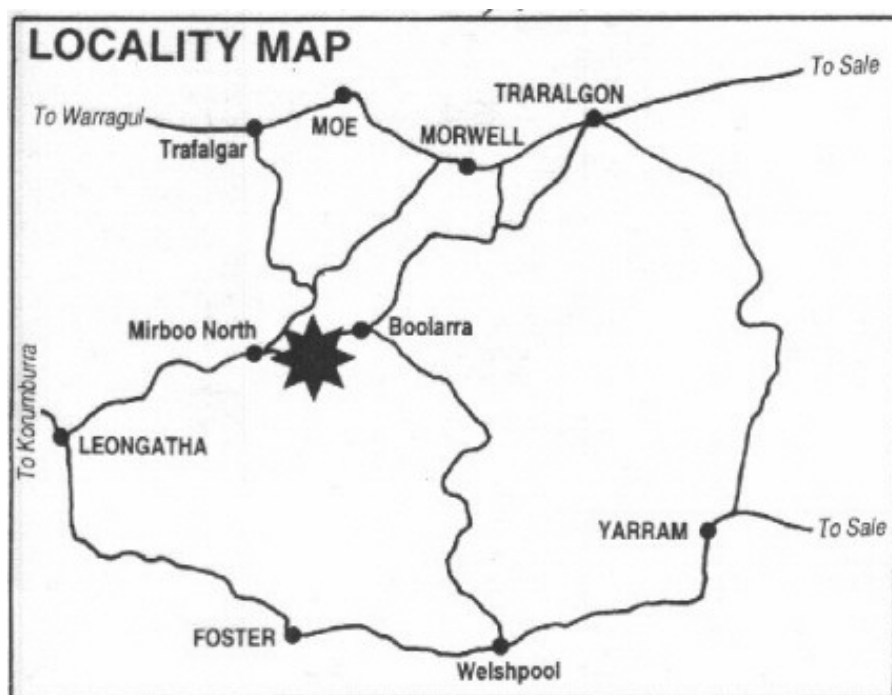
Boolarra Rail Trail Run March 24th 2006.

The run will take in the Boolarra Rail Trail and will be an out and back course of 12km. All runners will be given a random envelope at the start which will signify their handicap. It will be a scratch start with the number you pick coming of your time. There will be two races in one, the fastest male and fastest female as well as the scrambled handicap winners which will be a mystery until handicaps are taking off.

Race Start 9:00 A.M.

Entry cost \$5:00 Adults \$2:00 Juniors and \$10:00 Families:

Location:



The race will start from the Boolarra end and head towards Mirboo North. Just follow the map to Boolarra Township and look for the Harriers tent set up, Boolarra is not a big town so we should be easy to find. Entries taking from 8:00 A.M. onwards.

From the social Club.

Any songs you want for the Karaoke call Chester.

Dates to be confirmed Bus Trip Wallaby Rise.

Family BBQ Sunday/ Pancakes games and stuff

A.V. Bus Trips Bendigo/ Ballarat.

Other ideas

-June Trivia night

-August Pizza/ Pasta night (Thursday Night) raffle.

-October, December (Please pass on any ideas to Carmel, Roger or Melissa).

Karaoke Night

When - Friday 24th March 2006

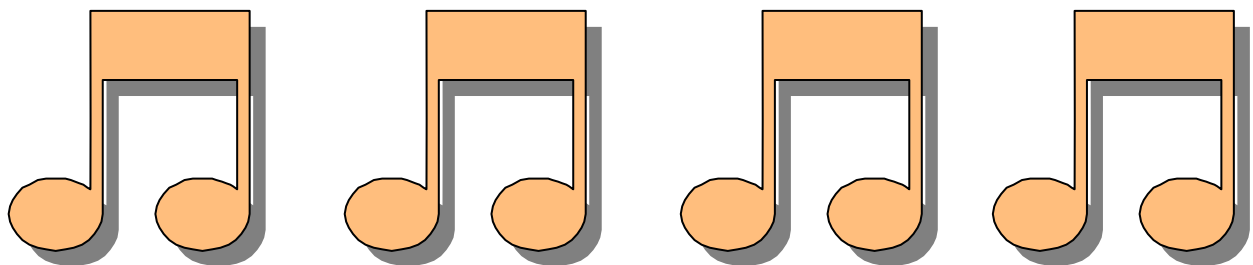
Where - Harriers Clubrooms

Time – 7.30pm



- \$5 single, \$10 family
- BYO nibbles/plate to share and drinks
(also BYO cups/glasses)
 - Lucky Door Prize
- Prizes for best singers and categories

Be There or be square



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Full Club Membership with Competing Athlete Victoria Registration.

- \$90:00 Senior Membership.**
- \$75:00 Pensioner or Unemployed.**
- \$55:00 Junior Under 20 and Non-Registered Little Aths.**
- \$45:00 University Students.**
- \$20:00 Junior Under 20 Registered Little Aths.**

Full Club Membership with Associate Athlete Victoria Registration.

- \$55:00 Senior Club Membership.**
- \$40:00 Pensioner & Unemployed.**
- \$30:00 University Student.**
- \$20:00 Junior.**

Club Memberships for the season 2006/2007 will remain the same as the past two years. Membership forms will be available on the last race of the summer season on the 30th March 2006 (hopefully sooner). All runners are required to sign a new membership form before running the first winter series race on the 7th April 2006. Membership will cover you until March 31st 2007. Those selecting A.V. competing membership will have the eligibility to run in all the A.V. winter series races at no extra costs. All the prices above include A.V. registration charges whether associate or competing there is no extra cost on the above costs. There are though family discounts and junior subsidies outlined on the back of a membership form giving families cheaper membership options. Payment is due on the 27th April 2007 and must be paid to the club treasurer by then. After this date an invoice will be issued to those who have not paid monthly until payment is received. Remember to sign an A.V. registration form as all members are registered with A.V whether associate or competing a form and money registering you are sent to A.V. out of your membership costs.

Please if you have any queries or questions now the time to ask me before it gets too busy and we have forms and people going everywhere.

Club Registrar Twitey.

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A. V and Local racing Calender

Date.	Event.
Sun March 26th 2006.	Boolara Rail Trail Run (Scrambled Handicap)
Sun April 9 th 2006	Run For The Kids 14.7km & 4.5km City link.
Sat April 22nd 2006.	Geelong Road Championships Deakin Uni. 6km Open Road Race 3km Junior.
Sat April 29th 2006.	Athletic Victoria Club 6km X/C Relays Yarra Bend Park Fairfiled.
Sat May 13th 2006	Athletic Victoria 10km Road Championships Sandown.
Sun May 14th 2006	Wahalla Round-Up 50km, 37km and 19km Mountain Trail Runs
Sun May 28th 2006	Athletic Victoria Mountain Run Healsville (Mt St. Leonards).
Sat June 3rd 2006	Athletic Victoria Men's 16km X/C & Female 4km X/C Championships Ballam Pk Frankston.
Sat June 10th 2006	Ballarat Charles Suffren 6km X/C Championships Ballarat.
Sun June 11th 2006	Traralgon Harriers Men's 12km, Female 8km and Junior & Novice 4km X/C Edward Hunter Moe
Sun June 18th 2006	Traralgon Harriers Marathon, Half Marathon and Quarter Marathon.
Sat June 24th 2006	Athletic Victoria Coliban Long Course Club Road Relays Hardcourt to Bendigo.
Sat July 8th 2006	Athletic Victoria 6.2km Club Road Relays Sandown.
Sun 16th July 2006	Traralgon Harriers 25km & 10km Road Championships
Sat 22nd July 2006	Athletic Victoria Men's 12km X/C & Female 8km X/C Championships Jells Park Wheelers Hill.
Sun 30th July 2006	Keith Huddle 6.5km Road Race Bendigo.
Sun 30th July 2006	Traralgon Harriers Swaggy Wilosn 12km & 6km Road Championships
Sat 5th August 2006	Athletic Victoria Men's 8km X/C & Female 6km X/C Championships Ballarat Uni Mt Helen.
Sun 13th August 2006	Traralgon Harriers Swaggy Ray & Doris Ellis 16km & 8km Hill Runs. Wirilda Park Tyers
Sun September 3rd 2006	Athletic Victoria 21.1km Road Championships Burnley.
Sat September 16th 2006	Athletic Victoria Club 3.827km Tan Relays Kings Domain Melbourne.
Sun September 17th 2006	Traralgon Harriers King and Queen of the Mountain 30km Road Race.
Sun 7th October 2006	Melbourne Marathon, Half Marathon and Mara Fun.

Event coming up Mount Nowa Nowa Challenge 14km & 4km runs 4km walk and Kid of the Hill great day Monday April 17th 2006 more details next week.