

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Weekly Newsletter Thursday 25th May 2006
Volume 39 **Issue 21.**



The Start of the Walhalla Wound-up 2006. One of our first Walhalla Wally's gives his race report on pages 4,5,6 & 7.

Presentation in Clubrooms tonight for all Summer Championship winners including track events. Plenty of Pizza for everyone bring the whole family:

Family \$5:00

Singles \$3:00.

A-M Salads to Share.

N-Z Sweets to Share.

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Traralgon Harriers Athletic Club Inc

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Complex cnr. Grubb Ave & Douglas
Parade.

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

ABN 52 867 093 654

**Meeting tonight for Traralgon
Marathon Committee of
Management. Also any other
interested party who wishes
to help.**

**Current Season memberships
(April 1st 2006 until March 31st
2007) are now due and should
be paid as soon as possible. All
financial members will be
issued with two membership
cards. One from Athletics
Victoria outlining the type of
membership you have joined
(Athlete or Associate). And a Traralgon Harrier
Membership card entitling you to 15% discount from La
Porchetta's in Traralgon.**

Stop- Before you run have you signed a current
membership form. It is the responsibility of all
harriers to make sure all new runners are made
welcome and are familiar with membership
requirements.

Stop- Are you wearing light coloured clothing.

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The Great Ocean Marathon Weekend May 20th & 21st.

Running certainly takes you to all places and it was with great pleasure that I found myself spending three days in Apollo Bay. Apollo Bay was a great choice as it turned out. The fact that the main two races finish there on the Sunday and thus required just a short walk to our motel room certainly was a winner. The other plus was all the action on the Saturday is in Apollo Bay. The first event of the weekend is the 6.5km run up to Marriners lookout and back. Denise had elected to walk! this event to be part of the weekend. At 10 A.M. Saturday morning she was joined by 185 other runners for the run which included a steep 1.5km climb. Kenyan Julius Rotich was home first in a time of 21:10 to win a \$1,000 first prize. A.V. runner Kate Seibold-Crosbie was first female home in 26:12 to also win a \$1,000. Race walker Brian Glover was 112th in 44:46 with Denise just behind in 115th place in 45:24 and 3rd in her age group.

In the afternoon we were treated to a real treat with the 14km run to Paradise Point and back. It is a flat run following the river surrounded in parts with some of the old Otway's rainforest. The treat was watching Steve Monaggetti cruise to an easy victory in 41:51 with the fastest female Bronwen Cardy a 50-54 age group runner helping herself to an easy \$1,000 running 54:27. There were 302 runners in this event but no harriers or anyone we knew. Also the afternoon saw all the harriers who were running get together. Rod Atkinson amazingly went for a swim in the surf he also went for one after the Marathon when it was even colder. Ros, Andrea, Ken, Mark, Denise, Paula with her uncle & aunty myself and all the kids went out for tea together and there was the usual harrier bunter. I caught the 6:15 A.M. bus with Mark and Ken the next morning to Lorne and Ken was still in fine form. The run is a spectacular, challenging and a most rewarding experience. All runs are unique and have there own challenges that draw you back year after year. The fact that you are running along one of Victoria's tourist icons the Great Ocean Road should be an attraction in itself let alone its spectacular scenery and challenging course. Plenty of other runners to talk too and plenty of atmosphere with people cheering on the side of the road. Only had one bad spot between 35km and 40km where it is fairly exposed to the wind and became very cold and struggled a bit. Once I reached the 40km mark and Apollo bay was in sight it became quite easy again with plenty of cheering as you ran into town it was truly great experience.

Highlights were the female winner Nadelle Legge (formley Nadelle Gregg Morwell) who ran 3:15:24 to win an easy \$4000. Another Kenyan James Kariuki ran 2:43:55 for the 45km course to win the race outright. Kelvin Marshall backed up an outstanding week after wining Wahalla 50km to run 3:15:47. Brian Glover also did remarkable to back up also to do two races on the weekend after the Walhalla 50km. Times of harriers and friends: 8th Mal Grimmet 3:06:18, 13th Nadelle Legge 3:15:36, 15th Kelvin 3:15:47, **77th Ian Twite 3:41:05, 150th Ken Lancaster 4:06:48, 183rd Kevin Cassidy 4:13:11, 194th Rod Atkinson 4:15:01, 258th Mark Peek 4:38:37, 323 Brian Glover 5:26:38, 340 Peter Gray 6:00:30. There were 345 finishers in this year's event. The organisation was first class and the local hospitality around Apollo Bay was good. There is also a promise the events will continue next year with the roads close again. Next page Andrea Henderson reports on the 23km event.**

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A 'Great' Weekend.

Last Friday as students walked out the door from school to embrace the weekend ahead so did one particular teacher from Flinders. (It was the earliest I'd ever left school on a Friday!) The reason was to meet Ros and her girls so we could over to Lorne for the Great Ocean Road Marathon/ Half Marathon that weekend. (Actually it was a little more than 21kms, it was 23kms and that was a big deal for me as I'd never gone further than 21kms.)

On the way over we stopped for dinner at a particular Turkish restaurant in Geelong (a.k.a Miss Piggy's Place). On Saturday afternoon we went to Apollo Bay to pick up our timing transponders and meet the other 'Great' Traralgon Harrier competitors. Over dinner rivalry was stirred up and bluffed about.

Sunday morning started a lot earlier than usual. The bus taking us to the start (at Kennet River) left Lorne at 6:15am. I got up in time to get dressed and splash my face, nothing else seemed important to do at that time of day. It wasn't as cold as I'd expected, and we made it to the bus in plenty of time. On the bus I devoured my breakfast (yoghurt and banana-thanks to advice from Bruce). Kerry McCann and Lee Troup were interviewed before the start of the Half Marathon. I think they were supposed to be inspiring...they were scary!

The Half Marathon started at exactly 8am with a big crowd count down. There were about 860 participants in the half marathon alone. The run itself I loved. I got to the 10km marker and couldn't believe it was nearly half over! Before I knew it I was at the 21km timing point and was within a minute of my 21km P.B. and felt like I still had plenty left within me, so I raced home for the last 2kms, finishing in a time of 1:57 something. I was rather pleased with myself at the end. I'd almost felt like a flying kiwi, but they don't exist; so I just put it down to the great views, scenery and great company. It was a 'Great' weekend.

The Half Marathon was won by Julius Rotich who won the 6.5km event the day before. He picked up another \$2,000 running 1:11:08 for the 23km to beat Lee Troop who ran 1:11:18. Kerry McCann won the female section in 1:24:04. Harriers and friends times 38th Colin Sing 1:35:08, **310 Andrea Henderson 1:57:28, 479 Ros Nicolson 2:11:43, 600 Paula Lucas 2:27:21.**

Kevin Cassidy Walhalla Wound-Up Report.

In a town known for its rainfall, the law of averages clearly inform us that the sunny conditions of the previous four years were somewhat of a bonus that simply couldn't last. Mother nature well and truly started squaring the ledger this year with a persistent drizzle that had no desire to let up.

Commitments elsewhere on the Saturday night necessitated a break with tradition and forcing an early morning drive from Melbourne. I've never grown weary of driving into Walhalla, a town steeped in history and utterly devoid of the crass commercialism that has so ruined our modern world. I even felt a tad guilty taking a

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car into the area, strongly suspecting that a horse and buggy would have been more appropriate.

As always, the breathtaking autumn flora was the prominent feature commanding attention as the car park began filling up behind the Star Hotel whose owner, Micheal Leaney, so generously hosts this annual Traralgon Harriers event.

Just making it to the start was to be an epic in itself for me this year. Up until four weeks prior, I hadn't run a step for two months courtesy of a lingering virus. Deciding that I had to sneak in some urgent training, I managed six or seven runs in the Dandenong Ranges in those final weeks but not before my fitness had dropped to the point where my belt had shifted in an outward direction to the tune of two notches, a fact with which I was miserable in the extreme. I tried to justify the sad situation by reminding myself how unfair it was that only one hole in my belt seemed to get all the action and sharing it around was the only fair thing to do!! Yes, a pathetic attempt at some sort of self justification.

With the usual suspects gathering on Walhalla's main street, Race Organiser, Bruce Salisbury, issued a couple of quick last minute course instructions then announced the introduction of a "Walhalla Wally" tee shirt for those seriously demented souls who have so doggedly slugged themselves through all five events to date. Along with Rob Embleton and Kelvin Marshall, I guess I have to sheepishly admit to making up the trio that forms this "Illustrious Club"

In the early morning drizzle, Micheal Leaney sent us on our way with the traditional firing of a Bon-Bon. Approximately 60 runners headed northward toward the mining area and hit the spectacular trails. The 50 kilometre field totalled 13, another seven made up the 37 kilometre event while the 19 kilometre course lay ahead for the bulk of the field.

Twelve months ago, I ran the early kilometres with a talkative group whose main topic of discussion was old television programs and the various brands of ice cream! This year was to be a complete contrast when I linked with a group who somehow managed to turn the discussion to the subject of depression! As we negotiated our way through the valley and around the Thomson River, the discussion took on a variety of twists. Crossing the old steel bridge, the river meandered below in a shadowy chasm of saplings and rocks. Pushing on through to the 14km aid station, the group had stretched out, by which stage we had all quite distinctly qualified as grief counsellors!

Heading passed the lovingly restored Thomson Railway Station, I was alone with most of the field up ahead, a few behind and others heading in a variety of directions in the shorter options. Not expecting to see anyone again until the finish, I pushed on along the old tramway bed to Coopers Creek passing a large collection of bulldozers sitting idly in a muddy churned up bog. A slow shuffle up the consistent climb that followed allowed me some occasional sightings of Rob Embleton and David Styles up ahead but I soon lost all contact with them. Four kilometres of twisting muddy trail certainly made for difficult progress and I was suitably surprised to find myself passing Bruce Salisbury during this section. Gulping down some water and two jelly beans at 24km, the next hour or more involved a relatively flat dirt road with the "highlights" being the annoying and irritating noise of trail bike riders emanating from deep in the forest and, soon after, a couple of four wheel drive vehicles cruising passed bearing those moronic "I Hunt, I Vote" bumper stickers in a proud display of their redneck attitudes and vast tracts of vacant expanses between their ears. They

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would not have looked out of place adorning the front cover of "Shoot em Dead Weekly". For a brief moment, I feared the possibility of a "deliverance" episode.

The ever dependable Margaret Salisbury spends each year handling the most remote aid station on the course.

"How far is this?" I asked as I mournfully trudged up to her table of goodies. It was only when she replied bemusedly with "33km" that it dawned upon my forgetful self that I have asked her that exact same question every year!

I was also to learn that there were only three runners behind me and I was a long way behind anyone else. I trudged on down into the valley towards Bruntons Bridge thinking that perhaps a personal worst 5:30 finish may be something worth aiming for.

With the local authorities having condemned the old bridge at Bruntons, the river crossing was negotiated via the rather novel method of being ferried across by a four wheel drive vehicle. Such ingenuity by Michael Leaney [*and the driver, whose name I didn't get*] is to be highly commended as this allowed the run to remain on the original course.

Gingerly and slowly climbing out of the vehicle and taking full advantage of the treats on offer at the 38km aid station, I braced myself for the final 12 kilometres which consisted of a steady 8km ascent to the top of the ridge with the final kilometres being the descent into Walhalla. Negotiating the continual upward trail afforded glimpses through a canopy of leaves of the gorgeously forbidding mountains and their disorderly ranks of trees, truly a sight to behold.

I soon had the surprise of catching sight of another runner up ahead and immediately recognised the blue attire as that worn by Nic Thompson. We chatted briefly and I pushed on ahead. Passing someone in the later stages of a run generally means you will not see that particular runner again, so imagine my surprise 40 minutes later while still dragging my body ever upwards, to have Nic re appear. We conversed and exchanged places constantly. I mentioned my possible hope of sneaking under 5:30 and Nic also seemed to think of it as a pretty reasonable goal for himself. A little further on, another blue singlet made an appearance in the distance with the wearer being the familiar figure of Garry Wise.

"Where does this mother of a climb end?" grumbled Nic as we pushed on ahead of Garry,

"About another 2km" I snorted back.

I've never been so relieved to have been wrong when only minutes later, we reached the top. Nic had well and truly gotten away from me as the roll down into the finish commenced. Slushing through the mud and narrow trails, I had given up on ever seeing Nic again but stranger things have happened. Being so familiar with this trail, I was well aware that barely 800 metres remained despite Walhalla not being visible through the thick scrub. Suddenly, Nic was again in view and I started a late charge to the line. Flying down the final bitumen road and almost shirt fronting a couple of highly startled tourists, I was closing on Nic rapidly but was still some 20 metres adrift as we crossed the finish. With my finishing time of 5:29:56 and Nic several seconds quicker, we had narrowly pulled each other under the mid race aim of five hours and thirty minutes which was sublimely gratifying in an odd sort of manner.

The inexhaustible Kelvin Marshall had pulled off a win in the dying stages with long time leader, Tim Cochrane, hitting the wall but hanging on for second from the fast finishing David Bradford. Traralgon legend, Sandra Timmer-Arends, stormed

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home just seconds behind in fine form with my other “Wally” team mate in Rob Embleton just missing the five hour mark. Another local in Ian Twite was his usual model of consistency while David Styles also performed creditably after a lengthy injury induced lay off. Bruce Salisbury slugged it out to the finish while Brian Glover proved a picture of focus and determination charging home strongly. Peter Gray, in his 190th Ultra, rounded out the field.

Slumping my exhausted body onto the deck of the Star Hotel and feeling far from robust, I was oblivious to the fact that I had planted myself in front of a trumpet player with the local brass band who saw it as an opportune moment to partake of a vital practice session. The blast into my eardrums almost sent me reeling across the road and head first into the rotunda. “Oooh, Sorry”, she said in a confessional tone.

Hitting the showers and peeling off my filthy socks revealed numerous trickles of blood, a visual indication that a family of leeches had decided that my feet and ankles would provide an ideal picnic location. Still snoozing happily in my socks with their fat contented bellies, it had obviously been a veritable smorgasbord.

Sadly, the miserable weather put paid to the traditional post race gathering and very few people remained. A quick Diet Coke from the local store and it was onward back to Melbourne broken only by a stop to refuel in a suburb on the city’s south-eastern fringe where the local department stores clearly do a roaring trade in flannelette shirts.

The “Walhalla Wound Up” is an event to behold. A picturesque course, beautiful surrounds, plentiful aid stations and so much more. All this for a princely entry fee of ten dollars!



Ken, Mark and Rod in Lorne for the start of the GOR Marathon on Sunday.

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Juniors do well in cross-country zone finals.

Allanah French and Ben Quirk will be on their way to Bundoora for the Schools Cross-Country finals after doing well in the zone finals on Tuesday. Allanah finished 6th and Ben finished 2nd in their races. Kimberley French also competed even though she was feeling that well.

Report from Barry Higgins in Turkey.

Its good to read the newsletter in Istanbul !!

Congratulations to everyone who did the 50, 37 and 19 at Walhalla, and to all the organisers, esp Bruce and Margaret.

Congrats to Kevin and Rob on the streak of 5 - I'm sure they both finished well.

We are paddling the Dardenelles and Gallipoli peninsular - did 42 km on Day One, ran into a storm.

Had a few runs with my mate Peter Cronk - the Turks think we are strange? We have been in touch with the Istanbul Hash Harriers - a fun mob !!!

Best wishes to all Barry.

Nicole runs P/B at Jells Park Lake Run Sunday 21st May 2006.

I had a great run at Jells Park Lake on Sunday. It was an event to raise money for young people completing their Duke of Edinburgh award.

I was inspired to run a little faster than I had expected as one of the older guys I was running with passed a comment that he couldn't 'let a girl beat him!'

Anyway I am happy to say, that not only did I end up thrashing him, I ran a PB for 10km and the course was not completely flat. I finished in 44:46. Numbers were down a little, I assume partly due to the fact that there were so many other events on the same weekend. The organisers had a problem with volunteers who were designated to assist in the event but they did not actually turn up. This seems to be a common problem as I have just read the AV media release that the mountain run has been postponed for a number of reasons including lack of volunteer support. I hope this trend does not continue to get worse in the future, as more great events will be lost. It was great to hear a few of the competitors at Jells Park are planning to participate in the Traralgon Marathon events as they have heard such good reports from others who have completed the events. The Traralgon Harriers really have build up a great reputation among the running community. Keep up the good work!

Nicole makes an interesting point about volunteers and how important they are. Our Marathon has a huge reputation as one of the best and we must continue this by everyone pitching in and helping. I have made a list for you all to consider on how you all can help.

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39th Annual Traralgon Marathon Weekend Sunday 18th June 2006.

How can you help?

- 1. Helpers:*** Calling on all non competitors, ex harriers, injured harrier's 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 8th of June or Thursday 15th 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.
- 4. Distribution of Entry Forms:*** Grab some entry forms and leave them with friends, work places, Gyms or any organization which may be a good place to leave entry forms.
- 5. Media Contacts:*** Exploitation of any media contacts to plug the event would be much appreciated.

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La Porchetta Pre-Marathon pig out.

The traditional pre -race pig-out will again take place on the 17th June 2006 at 6:00 p.m. at Traralgon La Porchetta's restaurant. Please give your name and numbers attending to Melissa Jones, Andrea Henderson, Roger Maximiw and Chester Goulter so booking may be made.

Post Marathon Sulk.

Will take place at La Porchetta's at approx 2:30 P.M. Sunday 18th June 2005 at the same venue no bookings required.

Everyone has the ability to make this a great event.

The Kokoda Trek.

One of our newsletter recipients from Sale Kyle Williams is organising a trip over the Kokoda Track in September. He just got back from taking a group of 20 people over and it was an awesome, life-changing experience! Kyle can be contacted directly on 0423 192 129 or email bodyscience@gmail.com. Positions are limited for this 96 kilometre life changing experience. See flyer for full details in clubrooms.

Last Thursday Night's Results

Handicappers Report

First home in the handicap were.

For men, 1st Matthew Nelson (scoring maximum points), 2nd Richard Clavarino and 3rd Derek Evans.

For woman, 1st Leanne Keating, 2nd Kathryn Ewels and 3rd Nicole Harriss.

For boys 1st Cameron Graham.

For girls 1st Courtney French and 2nd Lauren Isles and 3rd Tanya Eagle.

Very good run by Matthew Nelson, Richard Clavarino, Derek Evens, Leanna Keating, Greg Semmler and Nicole Harriss all re handicapped, Seona Conway and Rick Mann just missed being re handicapped by a couple of seconds.

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Flinders P. S. Run

HANDICAPPED					New	New Target
Place	Time With Handy	RUNNER	Time	Total Points	Handicap 6Km	Time 6Km
Points			Points			
40	33:58.0	Matthew Nelson	60	100	02:00.0	38:00.0
39	34:16.0	Richard Clavarino	60	99	13:00.0	23:00.0
38	34:59.0	Derek Evans	60	98	09:00.0	27:00.0
37	35:01.0	Leanne Keating	59	96	09:00.0	27:00.0
36	35:06.0	Greg Semmler	54	90	13:00.0	23:00.0
35	35:09.0	Rick Mann	51	86		
34	35:11.0	John McKenzie	49	83		
33	35:26.0	Kathryn Ewels	34	67		
32	35:27.0	Nicole Harriss	60	92	07:00.0	29:00.0
31	35:38.0	Kevin Percy	22	53		
30	35:39.0	Karen O'Keefe	21	51		
29	35:41.0	Richard Comber	19	48		
28	35:42.0	Andrea Henderson	18	46		
27	35:43.0	Seona Conway	60	87		
26	35:54.0	Shinichi Taniguchi	6	32		
25	36:12.0	Roger Maximiw		25		
24	36:18.0	Craig Morris	42	66		
23	36:27.0	Peter Grixti	60	83		
22	36:27.0	Courtney French		22		
21	36:28.0	Sandra Timmer-Arends		21		
20	36:48.0	John Jervis	12	32		
19	36:51.0	Steve McLeod		19		
18	36:52.0	Steve Eagle	60	78		
17	36:53.0	Lauren Isles		17		
16	37:10.0	David Graham		16		
15	37:13.0	Tania Eagle	47	62		
14	37:21.0	Jason Mulvogue		14		
13	37:34.0	Bob Bicket	26	39		
12	37:48.0	Belinda Issell	12	24		
11	37:59.0	Ian Heathfield		11		
10	38:15.0	Paula Lucas		10		
9	38:16.0	Cindy Nielson		9		
8	38:17.0	Deb Percy		8		
7	38:44.0	Joelene Gathercole		7		
6	39:00.0	Jackie Nelson		6		
5	39:07.0	Faye Tomholt		5		
4	39:25.0	Lynda Jones	35	39		
3	39:26.0	Mick Bridle		3		
2	39:26.0	Ross Jones	34	36		
1	39:32.0	Marissa Scholl		1		
0	40:40.0	Bill Rutherford		0	02:00.0	38:00.0
0	41:50.0	Cameron Graham		0		
0	24:43.0	Shawn Cattanach	New Runner	0	12:00.0	24:00.0

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Bill Rutherford was re handicapped forward being in the bottom 5, 3 weeks out of 5 in a row.

Flinders P. S. Run			Early Starters *
AS THEY CAME IN			
Place	RUNNER	Time	
1	Karen O'Keefe	27:39.0	
2	David Graham	30:10.0	*
3	John McKenzie	20:11.0	
4	Seona Conway	30:43.0	*
5	John Jervis	30:48.0	*
6	Peter Grixti	31:27.0	*
7	Richard Clavarino	22:16.0	
8	Bob Bicket	32:34.0	*
9	Joelene Gathercole	32:44.0	*
10	Belinda Issell	32:48.0	*
11	Matthew Nelson	32:58.0	*
12	Jackie Nelson	33:00.0	*
13	Greg Semmler	23:06.0	
14	Roger Maximiw	23:12.0	
15	Paula Lucas	33:15.0	*
16	Kathryn Ewels	23:26.0	
17	Kevin Percy	23:38.0	
18	Richard Comber	23:41.0	
19	Steve Eagle	33:52.0	*
20	Shinichi Taniguchi	23:54.0	
21	Tania Eagle	34:13.0	*
22	Mick Bridle	34:26.0	*
23	Marissa Scholl	34:32.0	*
24	Shawn Cattanach	24:43.0	
25	Steve McLeod	24:51.0	
26	Jason Mulvogue	25:21.0	
27	Courtney French	25:27.0	
28	Sandra Timmer-Arends	25:28.0	
29	Faye Tomholt	36:07.0	*
30	Cindy Nielson	26:16.0	
31	Deb Percy	26:17.0	
32	Andrea Henderson	26:42.0	
33	Derek Evans	26:59.0	
34	Leanne Keating	27:01.0	
35	Rick Mann	27:09.0	
36	Lynda Jones	37:25.0	*
37	Ross Jones	37:26.0	*
38	Bill Rutherford	37:40.0	*
39	Lauren Isles	27:53.0	
40	Cameron Graham	38:50.0	*
41	Craig Morris	30:18.0	
42	Ian Heathfield	30:59.0	
43	Nicole Harriss	29:27.0	

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Racing Coming up.

Thursday Nights-

25th May 2006- Rangeview Drive 5km (St Gabriels P.S.)

Course Marker- Jen Pruscino.

Media- Neil Griffiths.

Timekeeping and Clubrooms- Nicole Harriss, Ros Nicolson & Barry Higgins.

1st June 2006-Liddiard Road P.S. 6km Course (cnr Liddiard Rd and Shakespear St) Course Marker- Rick Mann.

Media-Nicole Harriss.

Timekeeping and Clubrooms- Leanne Keating, David Griffiths & Neil Griffiths.

8th June 2006- Tennis Courts 5km Course.

(Corner of Franklin St and Davidson Street Traralgon)

Course Marker- Bruce Salisbury.

Media-Kev Piercy.

Timekeeping and Clubrooms- Grahams Family

15th June 2006- Flinders P.S. 6km Course.

(Corner Liddiard Road and Lansdowne Road Traralgon)

Course Marker- Ian Heafield

Media- Neil Griffiths.

Timekeeping and Clubrooms- Courtney French, Lauren Isles & Ben Quirk.

All runs will be scratch start from the 6th of April will early group

5:50 P.M. and main group 6:00 P.M.

Weekends-

Sunday 28th May 2006- Williamstown Marathon, 21km, 10km and 4km. Harriers Rob Embelton full Marathon and Neil Griffiths 21km will be in attendance.

Sunday 28th May 2006- Gippsland Athletics Springwood Park 8km & 4km Cross-Country runs Springwood Park Warragul. Commencing at 10:00 A.M. a fun Cross-Country set in the rolling farm land between Warragul and Drouin. Plenty of paddocks with real manure and hopefully some mud. Follow Freeway to Melbourne, take the second Warragul exist that is also for Korumburra and the Lardner Field Days. At big round

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about proceed straight through onto the road that runs parallel to the freeway past the Warragul Hospital towards the Lardner Field days site. Follow this road out of Warragul until its T-intersection with Lardner Track. Instead of turning left to the Lardner Field day site turn right and follow the road back towards the Freeway. (Don't travel all the way back to the freeway you have gone to far). Springwood Park is on your left at the corner of Lardner Road Drouin and Lardner Track which is about 2km after you turn into Lardner Track (Look for flags and markers in paddocks). Good Luck if you can follow my directions the Cross-Country is the easy part.

Saturday 3rd June 2006- Ballam Park Frankston Victorian 16km Cross-Country Championships. Men's open 16km, under 20 6km, under 18 8km, under 16 4km and under 14 3km.

Female open 4km, under 20 3km, under 18 6km, under 16 6km and under 14 3km. The harriers A.V team will be at it again and all interested competitors should fill out an entry form tonight or contact Ian Twite 51744965 (402802520), Melissa Jones 51744965 (0439389980) by Sunday 26th May 2006.

Sunday 11th June 2006- Traralgon Harriers Men's 12km Cross-Country Championship, Women's 8km Cross-Country Championship and Junior and Novice 4km Cross-Country Championships Edward Hunter Reserve Moe. Commencing at 9:00 A.M.

Sunday 18th June 2006- Traralgon 39th Annual Marathon, 18th June 2006, Traralgon Tennis Centre Traralgon, Vic.

MARATHON, HALF MARATHON & QUARTER MARATHON

Start for all races 8:00 am

Distances. Marathon 42.195 Km. Half Marathon 21.097 Km. Quarter Marathon 10.548 Km.

Australian Marathon Championships Gold Coast Marathon 2nd July 2006.

Victoria's distance running community is keen to raise our state's participation in national events so Athletics Victoria has appointed a Team Manager to coordinate and encourage Victorian athletes both male and female to run the marathon.

It isn't necessary to be an elite athlete to compete, males under 2:45 and female under 3:20 are guaranteed a priority start and at least reserve status in the Victorian team, but they must be registered with Athletics Victoria. If anyone at your club, male or female is interested in running the marathon, or has already entered please contact the Team Manager, Phil Bowes

(H) 9589 4123 (MOB) 0437 989 233 email) philbowes@westnet.com.au for more information ASAP, as championship entries close WEDNESDAY 7th JUNE.

Regards Jade Bodalla.