

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Weekly Newsletter Thursday 29th June 2006
Volume 39 *Issue 26.*

Traralgon Harriers Women's Division 2 and Division 3 teams move up the winter premiership ladders after strong shows at Bendigo.



Karen Ashton pictured left takes on to tackle the third leg of the Coliban Long Course Road Relays at Bendigo last Saturday the 24th June 2006. Karen's leg was the 7.5km Sedgwick Valley leg. She has just changed with Andrea Henderson who completed the 5km Coliban Water Race Leg. Race Reports Page 3.

General meeting in clubrooms tonight 7:00 P.M.
Thursday 29th June 2006.

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Club President – Carol Summersgill

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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

General Meeting.

Traralgon Harriers Clubrooms.

29th June 2006.

7:00 P.M.

Agenda.

39th Marathon Wash-Up.

40th Marathon planning ideas.

General Business.

**(All sub-committees to get
together and prepare a report
back for this meeting in the
meantime)**

**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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Our women do us proud at the Athletic Victoria Victorian Long Course Road Relay Championships Bendigo 24th June 2006.

Women's Division 2: Our Girls have moved into third place on the premiership table after a strong third placing on Saturday. **Kathryn Ewels** started the 32.3km relay race that follows the back roads from Harcourt to Bendigo. Kathryn leg was the 6.3km Orchard leg that has some nice little undulations. She changed over with **Andrea Henderson** who had the flat but rocky bush trail 5km Coliban Water race leg. Andrea changed over with **Karen Ashton** who completed the 7.5km Sedgwick Valley leg. **Deb Piercy** took over from Karen to complete the toughest leg the 8.6km Hogan Road leg. Final leg which finished on the Bendigo University Athletic track was completed by **Charlotte McShane**. This is a 4.9km leg called the One Tree Hill leg which starts with a nice climb along the side of the famous One Tree Hill in Bendigo. Our Girls took some big scalps including Collingwood and Glenhuntly.

Women's Division 3: An outstanding performance from these girls who were not far behind our Division 2 team. They finished second and now have moved to equal first on the Women's Division 3 premiership table. **Courtney French** ran the 6.3km Orchard leg, **Lauren Isles** the 5km Coliban Water race leg, **Anna Cardillo** the 7.5km Sedgwick Valley leg and **Kim Essex** the tough 8.5km Hogan's Road leg. **Paula Lucas** did a great job bringing the team home on the 4.9km One Tree Hill leg.



*The Orange Hat starts our Men's Division 4
team off at Coliban on Saturday.*

Men's Division 2: Missing three of our fastest runner's things were always going to be tough for our seven man team on this 48.8km course. **Keve Piercy** started the team of with the 5.2km Orchard Leg. **Matthew Franke** ran the toughest leg the 8.3km Mt Alexander Leg. Matt drew the short straw for this leg as he trains up

the hills around Trafalgar all the time. **Tim Cochrane** after his great performance in the Traralgon Marathon ran the longest leg the 9.3km Gap Leg. The last four legs are

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the same as what the women run. **Greg Semmler** ran the 5km Coliban Water race leg, **Darrel Cross** the 7.5km Sedgwick Valley leg and **Ian Twite** the 8.5km Hogan's Road leg with **Franke McShane** the final 4.9km One Tree Hill leg. The team finished 10th overall and now sits in 6th place on the Winter Premiership table.

Men's Division 4: The team was topped up by Georgia Shaw and Nicole Harriss to give all who wanted a run a run without worrying about leaving runners out of teams. The Men's Division 4 team did the same distance as the women's teams and **Bruce Salisbury** ran the first leg the 6.3km Orchard leg. **Georgia Shaw** 5km Coliban Water race leg, **Nicole Harriss** 7.5km Sedgwick Valley leg and **Shinichi Taniguchi** the 8.5km Hogan's Road leg with **Stephen McShane** the final 4.9km One Tree Hill leg. The team finished 9th and now sit in 7th place on the Winter Premiership table.

Coliban Relays Shorts:

1. The men have been supported by the women teams for a long time but now it is time for the men to support the women as they begin to perform well. Courtney French, Lauren Isles, Charlotte McShane and Anna Cardillo have added some youth to the team with Karen Ashton and Paula Lucas doing well in their first season.
2. 22 runners in four teams to be shuttled out to 6 different locations is a task but everyone arrived early got organised and everything went well. A big commitment by everyone involved, long day but great event, thank you all.
3. Thank you to Carol Summergill for travelling with the team and helping Athletic Victoria with the Marshalling duties.
4. Leanne Keating's father Spike did a great job driving the bus and we thank him very much.
5. Social animals Anna Cardillo & Greg Semmler fired up the oldies in Matthew Franke, Darrel Cross, Kim Essex, Andea Henderson and Paula Lucas which made for a noisy long trip home with many a pit stop. Jolly Roger would have been proud of them.
6. How well did the Women's Division 2 team go they beat the Men's Division 4 team by 27 seconds?

Team entries for Sandown Road Relays Saturday afternoon the 8th of July 2006 must be sent in on Friday the 30th June 2006. As with all relays we must have an exact number committed to fill all teams entered please give your commitment to Melissa Jones this Thursday or ring 51744965.

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Australian Marathon Championships Gold Coast Marathon 2nd July 2006.

As you may be aware a number of Harriers will be making the journey north to participate in this event. **Georgia Shaw** has seized the opportunity to represent Victoria in the Australian Marathon Championship team's event. She will run for the Victorian team another advantage of being an A.V. member. We will also be meeting up with former harriers Neil and Penny Burgess as well as Nick and Eran Schilling. Neil Burgess is recovering from a broken fibula. He dropped some cartons on it two weeks before the six foot track. He ran the six foot track OK but the leg still was sore two weeks later. X-rays showed a break but even with 6 weeks off he still reckons he will be Ok for the Marathon. Tough runners certainly come from South Africa. Deb's rocket squad make up most of the field and a lot of planning has gone into this trip. Here is the list of who will be running in the Sunshine this weekend. **Half Marathon** Deb Piercy, Leanne Keating, Lee Graham, Marissa Schill, Carmel Quirk, Richard Clavarino, Nick Schilling and Kim Essex. **Full Marathon** Steve Quirk, Ian Twite, Georgia Shaw, Penny Burgess and Neil Burgess. The Quirks boy's will probably run the shorter races.

Due to the Gold Coast trip there will be no Rocket Squad training Tuesday the 4th of July 2006.

Here is a story from a friend of Penny's in South Africa where they take their running seriously.

I was telling this story to my clients and thought you might get a giggle from it, especially as Christopher has now redeemed his sporting prowess and just got his colours in Gymnastics although he just missed the selection for the Limpopo team, which is still not bad for his 3rd competition.

Anyway this happened when he was 6 and he were living in Port St Johns and gave me a whole different view of the Pondo's which up till then had not struck me as either the most compassionate or humoristic nation.

But back to the story of Christopher the Marathon runner. We had the big Port St Johns spring festival, which included paddle racing and a full on Marathon, with some pretty big names doing the running, the winner and the runner up of the 2 Oceans and is is Miccle john who did the comrades a number of times, anyway what do I know, there was also the more gentle 10 Km for the not so ambitious.

The race started on the other side of the river, 5 km upstream over the river and then back again and ending through town. I was part of the catering team so did not have to exert myself at all and Chris was to join my sister who was walking and sweeping for the younger children cousins among them and respectively 4 and 5 years older than Chris.

Initially it was a bit of a problem, as Chris was not allowed to start as he was too young, but there was no way he could come back as all the roads had been closed for

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the duration, so he was eventually given a number, and my sister and friends promised to carry him if he could not manage it all.

Next point is when I get fetched from the catering tent" You have to see this Chris is by himself, at a very good time and he is now coming through town for the finish", big to do, Lots of prizes, he was greeted by everybody, carried around on the shoulder of the Minister of Sport, phone call of congratulations from Bruce Fordyce (he is a friend of my youngest sister), and ended up on National Tv. wow proud happy and a bit confused as to how he managed to do that.

The next 3 weeks in the car he keeps telling me about intimate bits of police cars, but I thought he might have picked this up when he was being carted around by the minister of Sport, and then the crunch about 3 weeks later " Mummy, when the police tells me that I am not allowed to tell anybody, is it alright to tell you.? " Well you can imagine, I managed not to hit a tree, drive into the river, or develop an instant falsetto voice while screeching for an explanation, but managed to say that I was sure the police could not possible have meant you mother as well, but tell me when you are ready.

This is what transpired, he had set of with his cousins and had then been left behind, I can imagine a lot of tears at this stage all by himself, when the police car arrives, they pick him up and make this plan, whereby they will take him to before the next checkpoint, let him out, where he must run through and then they will pick him up again on the other side and do that for all the checkpoints, but the amazing thing is that they never said a word to anybody, so Chris still has this reputation of a major marathon contender.

Thanks Penny.

Last Thursdays Race results:

The Newborough track is a great place to run in the winter and it also a great place to see how runners are performing. **Richard Comber** was outstanding nearly breaking 19 minutes. **Shinichi Taniguchi** and **Greg Semmler** are consistently breaking 20 minutes and veteran **Keith Tomholt** can have months off and still break 20 minutes. Not so for another club veteran in **Bruce Salisbury** who had to battle hard to hold off the fast improving **Courtney French**. What a run by Courtney she will soon be under 20 minutes look out **Sandra. Bianca Craddock** in only her second run knocked 2 minutes of her 5km time, great running. Youngster **Matthew Nelson** continues to impress and looks like going under 25 minutes soon. What great runs by **Paula Lucas** and **Belinda Issell**. Welcome to new runner **Julieanne Brenner**.

Handicappers Report

First home in the handicap were. **For men**, 1st Richard Comber, 2nd Rick Mann and 3rd Bruce Salisbury. **For woman**, 1st Nicole Harris, 2nd Bianca Craddock and 3rd Belinda Issell. **For Boys**: 1st Matt Nelson. **For girls** 1st Courtney French

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Newborough Track

HANDICAPPED					New	New Target
Place Points	With Handy	RUNNER	Time Points	Total Points	Handicap	Time
40	29:02.0	Richard Comber	58	98	11:00.0	19:00.0
39	29:08.0	Nicole Harriss	52	91	07:00.0	23:00.0
38	29:08.0	Bianca Craddock	60	98	06:00.0	24:00.0
37	29:25.0	Rick Mann	35	72		
36	29:25.0	Matt Nelson	60	96	05:00.0	25:00.0
35	29:31.0	Bruce Salisbury	29	64		
34	29:32.0	Courtney French	28	62		
33	29:37.0	Ian Heafield	23	56		
32	29:44.0	Shinichi Taniguchi	16	48		
31	30:00.0	Chester Goulter		31		
30	30:01.0	Belinda Issell	59	89		
29	30:04.0	Roger Maximiw		29		
28	30:12.0	Paula Lucas	48	76		
27	30:16.0	John Jervis		27		
26	30:31.0	Kim Essex		26		
25	30:37.0	Mick Bridle	23	48		
24	30:41.0	Nick Bogshaw		24		
23	30:53.0	Greg Semmler		23		
22	30:57.0	Keith Tomholt		22		
21	31:44.0	Steve Quirk		21		
20	32:35.0	Julieanne Brenner		20		

Newborough Track

AS THEY CAME IN		
Place	RUNNER	Time
1	Steve Quirk	18:44.0
2	Richard Comber	19:02.0
3	Roger Maximiw	19:04.0
4	Shinichi Taniguchi	19:44.0
5	Greg Semmler	19:53.0
6	Keith Tomholt	19:57.0
7	Bruce Salisbury	20:31.0
8	Courtney French	20:32.0
9	Chester Goulter	22:00.0
10	Rick Mann	22:25.0
11	Kim Essex	22:31.0

12	Nicole Harriss	23:08.0
13	Bianca Craddock	23:09.0
14	Ian Heafield	23:37.0
15	Nick Bogshaw	24:41.0
16	John Jervis	25:16.0
17	Matt Nelson	25:25.0
18	Belinda Issell	26:01.0
19	Paula Lucas	26:12.0
20	Mick Bridle	26:37.0
21	Julieanne Brenner	29:35.0
22		

Walkers

Margret Salisbury

23	Sam Quick	3km	10:14.0
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Thursday Night runs coming up.

***29th June 2006- Clubrooms Donut 5km Course.
(Corner of Douglas Parade and Grubb Ave Traralgon)***

Course Marker- Bruce Salisbury

Media- Belinda Issell.

***Timekeeping and Clubrooms- Ross & Linda Jones, Joelene
Garthercole.***

***6th July 2006--Liddiard Road P.S. 6km Course (cnr Liddiard Rd and
Shakespear St)***

Course Marker- Rick Mann.

Media- Barry Higgins.

***Timekeeping and Clubrooms- Cindy Neilsen, Sandra & Alan Timmer-
Arends***

13th July 2006-Rangeview Drive (St Gabriels P.S.)

Course Marker- Jen Pruscino.

Media- Nicole Harriss

***Timekeeping and Clubrooms- Kathryn Ewels, Melissa Jones & Jason
Mulvogue.***

20th July 2006- Flinders P.S. 6km Course.

(Corner Liddiard Road and Lansdowne Road Traralgon)

Course Marker- Ian Heafield

Media- Neil Griffiths.

***Timekeeping and Clubrooms- Ian Twite. Denise Twite & Trevor
Ronalds.***

27th July 2006- Clubrooms Parkwood Way 6km Course.

(Cnr of Douglas Parade and Grubb Ave Traralgon)

Course Marker- Bruce Salisbury

Media- Kev Piercy.

***Timekeeping and Clubrooms- Keith & Fay Tomholt & John
MacKenzie.***

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Social News

Saturday, July 8th - Lingerie Party and Dinner at Andrea place commencing at 6:00 P.M. Curious you can get more info from Andrea or Melissa. (Note this is after the popular Sandown Road relays).

Next Harrier Championship Events.

Sunday July 16th Traralgon Harriers 25km & 10km Road Championships.

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(Corner of Douglas Parade and Grubb Ave Traralgon)

Race Start: 9:00 A.M.

Race Entries 8:00 A.M. onwards;

Entry cost Adults. \$5:00.

Juniors under 18 \$2:00.

Family Entries \$10:00.

Race Entry forms after next weeks Thursday night run.

Sunday July 30th Swaggy Wilson Memorial incorporating the Traralgon Harriers 12km & 6km Road Championships.

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(Corner of Douglas Parade and Grubb Ave Traralgon).

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A. V and Local racing Calender

Date.	Event.
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 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.

General Race Calender.

Date.	Event Details.	Contact.
July 23rd	Sri Chinmony Princes Park 30km. 30km run, 21.1km run, 10km Run/Walk & 5km Run/Walk. Nortnen Pavillion Princes park Royal Parade	Contact Veeraja Uppal 9421 2747 E-mail melbourne@srichinmoyraces .org
Aug 13th.	Sun-Herald City2Surf Sydney 14km Run	www.city2surf.sunherald.com.au/ Info line 1800 5555 14 or see or phone Chester 51 696 771 Angela 56862326. www.Promcountrychallenge.org.au
Aug 27th.	Prom Country Challenge. 6km, 12km & 30km Toora Vic. Plus 4 x 6km relay for teams ect.	David Power 95432999 Email info@decastellarun.com.au Bruce Salisbury 51749869. E-mail Harriers@net-tech.com.au Web-site traralgonharriers.org
Aug 27th.	De Castella Run. 15km run, 7.5km run, 5km run, 5km walk. 9:00 A.M. Burke Hall Nolan Ave Kew.	
Sept 17th.	Traralgon Harriers King & Queen of the Mt. 30km run from Traralgon Showgrounds to Mt Tassie.9:00 A.M. Start enter on day \$15:00.	