

Traralgon Harriers

Traralgon Harriers Athletic Club Inc



Weekly Newsletter.
Volume 39
Issue 37- 14th September
2006.



History and Tradition will continue this weekend with the running of the Traralgon Harriers King and Queen of the Mountain. Pictured above is the start of the 1984 King of the Mountain opposite the Traralgon Post Office right where the Pedestrian crossing is. They use to then run down the main street Franklin St. Imagine doing that today? This year's event promises to have some interesting highlights with the men's event being a real open contest and Sandra Timmer-Arends trying to win her 8th title in the females.

Race Details page 3.

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Club President – Carol Summersgill

56352293

Vice President- Belinda Issell 51339036

Secretary- Jason Mulvogue 51489180

Treasurer- Rick Mann 51343568.

Editor- Ian Twite 51744965.

Email-harriers@net-tech.com.au

Website:-www.traralgonharriers.org

Pastor- Colin Hardy-
Traralgon Harriers Chaplain
Telephone 03 56552510

Clubrooms- Traralgon West Sports 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

*King of The Mountain
preview page 3.*

Itchy's send off page 5.

*Last Thursday's race
results Page 9.*

Individual Honour Roll.

Australian Titles:

2000- Melissa Jones under 20
2,000m steeplechase.

2002- Peta Mullens under18 female
mountain running Champion.

2003- Roger Maximiw Australian
100km Champion.

2006- Charlotte McShane under18
female mountain running Champion.

Australian Records:

1998- Sandra Timmer-Arends
50km Track Record 3:38:18.

1999-Sandra Timmer-Arends 50km
Road Record 3:22:23.

Athletic Victoria Individual

Winter Champions

2005- Steven Quirk
Men's 45-49 Age Group.

Athletic Victoria Winter Premierships.

2000- Men's Division 6.

2001- Men's Division 4.

2001- Men's Division 7.

2002- Men's Division 3.

2002- Men's Division 6.

2002- Men's Division 7.

2005-Women 40+ Age group.



Sandra Timmer-Arends off to Korea for World 100km Championships.

As well as trying to win her 8th Queen of the Mountain title on Sunday Sandra will be using the race as a final preparation for the World 100km Championships. Sandra has been chosen to represent Australia at this years world titles in Korea on October the 8th 2006. It is the second time Sandra has been chosen to represent Australia at these titles the last time in France. Sandra will do the unthinkable and attempt to run back down the mountain after completing the race. A total run of over 5 hours.

King and Queen Of the Mountain

9:00am Sunday September 17 2006

A tough 30 Kilometre run, walk or crawl from Traralgon to the T.V. towers on top of Mt Tassie.

The start is from the Traralgon Football Club Showgrounds in Whittakers Road. Follow Whittakers Rd crossing the roundabout with Shakespear St. and enter the Traralgon Creek Rd heading towards Loy Yang and Traralgon South. (Turn right at the lights near Loy Yang) Follow the Traralgon-Balook Rd until the final turn off with 700 meters to go to the lookout on Mt Tassie. [Vic roads Country Directory ref Map 98 b8] Arrows will be marked on the road at all major turns and Marshalls will be stationed at major intersections. Drink stations will be available along the route.

After the race:

Limited transportation provided from finish to Harriers clubrooms in Douglas Pde.

Hot showers available. Free refreshments provided Awards ceremony. Approx

1.00pm. Trophies for male & female in Veteran & Open categories.

Enter at the start on the day between 8.00 & 8.45 am.

ENTRY FEE \$15.00

Enquiries: Bruce Salisbury 51749869 (Race Director).

***Your chance to participate in a historic event that
challenges the mind and body as you pass through
some spectacular scenery.***

King and Queen of the Mountain 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, 2005- Jeremy Mannix 2:10:16.

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 Schkman 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, 2005- Sandra Timmer-Arends 2:23:46.**

. Tan Relays Saturday 16th September 2006.

With the King of the Mountain the next day it has been tough getting teams together for the final Athletic Victoria event. The females of the club have rallied along with many juniors to make sure the harriers have team representing us in our main divisions. Thank you to all who have made themselves available.

Men's Division 2- Sam Quirk, Steve Quirk, Steven McShane, Frank McShane, Greg Semmler and Jason Mulvogue.

Men's Division 4- Bruce Salisbury, Ian Twite, Paula Lucas, Ros Matheson and Ben Quirk.

Women's Division 2- Melissa Jones, Kathryn Ewels and Karen Ashton.

Women's Division 3- Kim Essex, Carmel Quirk and Georgia Shaw.

**Women's Under 18- Charlotte McShane, Lauren isles and Courtney French.
Marshalls- Carol Summersgill and Margaret Salisbury.**

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Itchy's Farewell.

FROM THE DESK OF BAZZA "THE MAYOR OF WILLOWGROVE".

Greetings from the Summersgill Summer Palace in sunny uptown Willowgrove. On Sunday the peace and tranquillity of this large vibrant community was shattered when a rowdy rabble of runners descended on my palatial abode shattering my quiet day. I was willing to tolerate the freeloaders as they were here to give ITCHY a send off as he prepares to head back home to Japan, but their behaviour was atrocious as they ran up and down the main street holding up the traffic and standing in a No Standing zone. The bus and tram services were delayed. As a matter of fact they were that delayed that they haven't gotten into service still. Some people were complete animals, like Barry Higgins. He swaggers in and immediately wrecks one of my best antique lounging chairs. It had been in the family for years. The kids got it at



a bargain price from Coles for me one Christmas. Then he proceeded to drink all my beer that my "MATE" Roger was supposed to help me drink, by the way Roger it was last Sunday that you were expected, so don't bother coming any other Sunday, "MAAATE". I was then obliged to allow them to use the royal bathroom for showering, and by the way, some of you forgot to put your

money in the jar for this service, as a matter of fact you all did. What, do you think that water falls out of the sky and gets hot for nothing? Then most of them wouldn't leave and hung around to watch the footy and my mate EDDIE was going to watch the game with me and drove all the way down from Sydney then saw all the cars parked outside the "PALACE" and couldn't get a park so continued on to Melbourne and had to endure watching the game from a corporate box. I was then obliged to act like a gracious host and leave the game on for its entirety instead of switching it off at quarter time like I would normally. Then after the game they all swarmed off having trashed the "PALACE" , eaten all the food, dirtied the royal barby and consumed all the drinkable liquid on the premises. The maid is still trying to get the place back in order. I think ITCHY will be glad to be going home after seeing the behaviour of his fellow Harriers and Willowgrove will never be the same. Well that's all for this communiqué and I will see you in the far distant future. Don't hurry back.

The MAYOR OF WILLOWGROVE.

President of the Willowgrove Collingwood supporters group.

President Willowgrove Run Group.

President Willowgrove Beer Appreciation Group.

And All Round Great Bloke.

BAZZA.

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10 September 2006

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Dear All friends in Traralgon Harriers,

Although I have to move to Japan soon, I can not find a right word to express my deep appreciation for all of your hospitality and friendship given to me and to my family since I joined Harriers about 2 years ago. I have been really encouraged and supported in resuming, continuing, and enjoying running. Now that I have to leave, I realised how indispensable you are with whom I shared the same interests and experiences over the past 2 years.



I can remember all the Thursday night runs, annual events, marathons, cross-countries, four peaks, and A.V. runs quite vividly, which makes me always happy. I have been able to enjoy running for the first time since I started running. Before then, I thought running as a way of training or competition. What a wonderful experience it was!

As Bruce introduced me in the last week's news letter, I started running about 11 years ago after retiring from the competition rowing with completing the study for sciences accordingly. When I was transferred to Tokyo about 7 years ago, my running was interrupted due to the busy work, and then, my running was deteriorated over 5-6 years. But it was really fortunate for me to be assigned a role at Loy Yang A station, which gave me a great chance to start what I could not have done in Tokyo.

Harriers taught me about the attractive nature of running in the bush, on the hill, and together with the other runners, which I had dreamed of but never came true when I was in Tokyo. Especially, running with the other fellow runners was excellent, by which I have been greatly motivated. You all friends are really good entertainer and indispensable. The time after the run was very nice and unforgettable as we shared our experiences and developed our friendships, which was really beautiful.

My family and I are leaving Traralgon to move to Tokyo on 16th September, which is really sad to me and to my family, and we will miss you all when we go. It is a shame that I have no choice but to follow the decision by the company to send me back. I am so sorry for not being able to stay here with you any longer. Hopefully I could come back to Latrobe Valley for another assignment in the future, otherwise I will come back regularly to run some events. I will make sure to continue running after I go in order to run with you anytime in the future.

Before leaving Traralgon, I would like to donate a new GPS watch to the club. It has the function of satellite navigation as well as the accurate distance measurement. It can supply various measurements of distance, elevation, pace, and speed, which data

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can be downloaded onto the computer and can be uploaded to the Harriers website. If a race reporter use it during the race, it would be interesting to see how the race goes.

I would like to give you my contact details in Tokyo as follows. If you have any chances to visit Japan, please send e-mail to me or just ring me up so that I can organise something and I can catch up with you again. I will send reports from Japan when I run some races over there so that I can continue to be a member of Traralgon Harriers after I move.



May I send you all my best wishes for the future of Traralgon Harriers; I shall keep in touch so will continue to follow the club's progress with great interests!
Yours

Shinichi Taniguchi
2-24-15-214 Nishiarai-hon-cho, Adachi-ku,
Tokyo 123-0845, Japan
E-mail: sr_gucci@pf6.so-net.ne.jp

Above Bruce presents Itchy with a Pewter Mug from the Harriers. Below Itchy presents Carol with the GPS watch.



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Juniors do well on the track.

Sam Quirk ran another P/B in a 1500m event at the Gippsland Secondary School sports held at Newborough last Wednesday. In the same race Sam was pushed by fellow Harrier **Steven McShane** they both put in an exciting race pulling away from the rest of the field. Sam ran 4:48 with Steven not far behind. Steven also ran second in the 800m with Sam third. Both Steven and Sam will be off to the Victorian Secondary School finals at Knox on October the 5th. Joining them will be **Charlotte McShane** who won her 1500m and set a new record winning the 800m. **Courtney French** also had a crack at the track scene running in the all catholic Schools at Olympic Park on yesterday. Courtney finish 7th in the 1500m in a new P/B of 5:31, she then finished 6th in the 800m in 2:34.

*Running is more than getting from point A to point B
the quickest.*

It is refreshing to read Itchy's letter and realise that our club is achieving what it is suppose to do. That is to ensure running is a great experience for everyone who runs with us. It is something all members should be proud of and if we remain focus on Itchy's words of appreciation we can continue to do it. Once running becomes an enjoyable experience all runs even training runs become important memories. Great friendships are made and many challengers are shared making great memories.

*The Harrier Men haven't got the B---- to be good
runners anymore.*

5:00 A.M. Saturday Morning wet and cold and I take off on my morning run not expecting to see a soul out on this frightful morning. Suddenly I hear a racket, talking, giggling and thumping of feet coming down Grubb Ave. Like a flash a group of runners go by before I reach Grub Ave. I take off down Grubb Ave in pursuit of this noisy group. I establish that it is a group of Harrier females being led by Jenny Pruscino. I contemplate whether I will get the usual scream of fright I usually get from Jen when I come across her on these early morning runs. Sure enough they all jump and give a yelp when I come up behind them. Gutsy group though and soon to be joined by a 5th runner making a large group of runners all harrier females. I leave that group and before I finish I come across another two runners both female and harriers. The next morning is similar conditions at 5:00 A.M. and the only soul I come across is another female harrier runner. Which begs the question what has happened to all the male runners?

*Girls Night out Wednesday 20th September 2006.
Indian Restaurant Buckley Street Morwell.
Contact Carmel Quirk 51631389.*

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Handicappers Report for Securities Commission Run

Non Championship Run so next week is it, so good luck to all.

Securities Commission			Early Starters
AS THEY CAME IN			
Place	RUNNER	Time	*
1	Matt Nelson	23:43.0	*
2	Tanya Eagle	24:11.0	*
3	Paula Lucas	25:27.0	*
4	Marissa Schill	26:26.0	*
5	Ros Matheson	26:35.0	*
6	Linda Jones	27:24.0	*
7	Ross Jones	27:25.0	*
8	Sam Quirk	17:56.0	
9	Bill Rutherford	28:10.0	*
10	Kate Kuczer	28:15.0	*
11	Greg Semmler	18:36.0	
12	Richard Comber	18:54.0	
13	Darrel Cross	19:01.0	
14	Neil Griffiths	19:05.0	
15	Shinichi Taniguchi	19:10.0	
16	Steve McLeod	19:10.0	
17	David Griffiths	19:35.0	
18	Kain Jackson	20:03.0	
19	Roger Maximiw	20:04.0	
20	Russell Northe	20:10.0	
21	Jason Mulvogue	20:11.0	
22	Belinda Issell	30:19.0	*
23	Denise Strang	30:19.0	*
24	Courtney French	20:33.0	
25	Sandra Timmer-Arends	20:33.0	
26	Lauren Isles	20:58.0	
27	Leanne Keating	21:10.0	
28	Deb Piercy	21:11.0	
29	Andrea Henderson	21:24.0	
30	Bianca Craddock	22:01.0	
31	Jenny Northe	22:03.0	
32	Trevor Ronalds	32:13.0	*
33	Craig Morris	22:18.0	
34	Derek Evens	23:12.0	
35	Tania Whitehead	23:13.0	
36	Carmel Quirk	23:39.0	
37	Ian Heafield	27:18.0	
	Walkers		
	Carol Summersgill		
	Margaret Salisbury		
	Jenny Comber		
	Natalie Comber		

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Points standing on the 07-09-06 with only 1 championship run to go, good luck to all.

Five men all have a chance to win this year's winter championship Kevin Piercy has a 16 point lead but Richard, Shinichi, and Bruce all have a chance with Craig with an outside chance.

Three women have a great chance to win this year's winter championship, all within 16 points

With Paula Lucas having only 1 point over Linda Jones (back from having a baby) and Leanne Keating only 16 points behind.

Matthew Nelson has won this year's Winter Championship.

Courtney French has a 39 point lead over Tanya Eagle

Best 10	Men	CHAMPIONSHIP RUNS BEST 10 OF 16															All Points
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15	
548	Kev PIERCY	88	94	96	100	53		14		28		7	27	6	18	30	561
532	Richard COMBER	39	76	57		48	56	88	98	23	24	11		22	19	23	584
531	Shinichi TANIGUCHI	64	38	51	50	32	62		48	37	31	70	35	55	29	56	658
530	Bruce SALISBURY	25	88	21	48		16		64		62	78	31	67	46	16	562
501	Craig MORRIS			86	20	66	99			27	97	21	21	38	26	6	507

Best 10	Woman	CHAMPIONSHIP RUNS BEST 10 OF 16															All Points
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15	
616	Paula LUCAS	73	62	92	38	10	1	41	76	15		88	10	86		45	637
615	Linda JONES	11			63	39	67	68			76		74	71	72	74	615
600	Leanne KEATING	55	43	65	80	96	29	40			26	43	42	94	42	4	659

Best 10	Boys	CHAMPIONSHIP RUNS BEST 10 OF 16													All Points		
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13			
361	Matthew NELSON					100	100	15	96	32	18						361
211	Sam QUIRK	48	98	19					10				15			21	211

Best 10	Girls	CHAMPIONSHIP RUNS BEST 10 OF 16															All Points
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15	
424	Courtney FRENCH	31	23	9	30	22	15	55	62	36	67	65	20	13	33	13	494
385	Tanya EAGLE		60			62	2	98		100		47	16				385

Outstanding running by many Harriers last Thursday Night.

Last Thursday night highlighted the improvement in the club as the efforts by many weekly runners continue to push other runners to new levels. **Matthew Nelson** looked accomplish out in front but was eagerly pursued by **Tanya Eagle** which was a race in itself. The hard working **Paula Lucas** and **Marissa Schill** continue to improve and both are inspiration to all other runners. 8 females **Courtney French, Sandra Timmer-Arends, Lauren Isles, Leanne Keating, Deb Piercy, Andrea Henderson, Bianca Craddock and Jenny Northe** all ran in the low 20's with Lauren, Leanne, Andrea, Bianca and Jenny putting in outstanding runs. In the men obviously running scared from the large group of females behind **Steve Mcleod, David Griffiths, Greg Semmler, Richard Comber, Kain Jackson, Russel Northe and Jason Mulvogue** would all be pleased with their runs. New runners **Kate Kuczer and Tania Whitehead** continue to improve with **Ros Matheson** quickly returning to form.

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Thursday Night runs coming up.

14th September 2006- *St Gabriels 5km Course Rangeview Drive
Traralgon.*

Course Marker- Ian Heafield.

Media- Neil Griffiths

Timekeeping and Clubrooms- The Quirks.

21st September 2006- *Retreat Road 6km Course. Flinders P.S. College
Liddiard Road .*

Course Marker- Rick Mann.

Media- Belinda Issell.

*Timekeeping and Clubrooms- Kain Jackson, Jenny Pruscino, Derek
Evans.*

28th September 2006- *Rose Rumble 5km Dunbar Road/ Rose Ave
Corner.*

Course Marker- Bruce Salisbury.

Media- Kev Piercy.

*Timekeeping and Clubrooms- Russel Northe, Kate Kuczer and Tania
Whitehead.*

For Sale.

ASICS DS Trainers - Women's size 8.5

*New season colour (purple) only done 90k's,
mostly on grass track. Great for racing up to 21k,
shoe features Duomax for stability (over
pronation).*

*Selling as they do not suit my feet, paid \$210.
Make me an offer.*

Cindy, 51762163

***Prom Country Challenge Photos' 2006 are up on their
web-site.***

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Expression of interest for cool dry singlets and polo tops.

The club is interested in purchasing some new clothing with the club logo embroidered on them. Prices will be \$20:00 Polo top plus printing and \$15:00 singlet plus printing. Please fill out the form below to express your interest. Orders will only be made on the below slip and all orders must be paid for before ordering.

I am interested in purchasing a Polo Top

I am interested in purchasing a Singlet Top

My Size is -----

Name ----- **Signed** -----

Melbourne Marathon Conformation Slip.

I -----

Will be running the Melbourne Full

Half

It will be my----- **Half/ Full Marathon and my** ---
Melbourne Half/ Full Marathon.

I am interested in getting a ride.

or offering a ride to other runners.

I am also interested in having my race pack picked up for me on the Friday before.

Please fill in this information and return to me via e-mail or fill in and hand it too me as it will help us organise a smooth day for everyone.