

# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*Weekly Newsletter.*

*Volume 39 Issue 40.*



**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**

## **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.**

### Individual Honour Roll.

#### Australian Titles:

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

**2002-** Peta Mullens under18  
female mountain running  
Champion.

**2002-** Derek Evans Special  
Olympics Long Jump and Javelin.

**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

**Good Luck all running in  
Melbourne this weekend.**

**Final list page 2.**

# Traralgon Harriers

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Athletic Victoria  
Individual Winter  
Champions.

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

**2006-** Sam Quirk Men's  
Under 14

## *Melbourne Marathon 2006* *Brief.*

### Full Marathons:

**Rob Embelton** this will be Rob's 50<sup>th</sup> Marathon and 15<sup>th</sup> Melbourne Marathon. Rob ran his first Melbourne Marathon in 1990 and has a P/B of 2:59:08.

**Prospects-** Having ran well at Traralgon and cruised the KOM just the other week Rob looks well for a run around 3:15 or better.

**Ian Twite** this will be my 13<sup>th</sup> straight Melbourne Marathon and my 31<sup>st</sup> Marathon.

**Prospects-** Have just completed twelve months without injury mainly based on training smarter. Have noticed a significant improve performance in all my runs especially the later part of this season. Have not gone into a Marathon this well prepared since Melbourne 2001 the last time I broke three hours so I am pretty excited about this one. Pulled up pretty sore and tired after the Burnley Half and ran the KOM the Mountain pretty conservative. Have pulled up well from the KOM so it is just a matter of resting and see what happens.

**Rod Atkinson-** this will be Rod's 7<sup>th</sup> Melbourne Marathon having ran his first in 1979 as a youngster. He ran 3 sub 3 Hour Marathons before being lured to the dark side. After seeing the light he has come back to running and this will be his 11<sup>th</sup> Marathon.

**Prospects-** Rod has suffered the usual runner's complaint of sore calves and Achilles since returning to running. His injuries have been more restrictive especially after the Great Ocean Road Marathon in May. A reluctant stretcher he has struggled to take my stretches on board. He freely admits that doing some of my stretches some of the time recently has made a mark improvement and will run the race now with a limited preparation. Looking to run 4:10 or better.

**Kain Jackson-** this will be Kain's 2<sup>nd</sup> Melbourne Marathon and 3<sup>rd</sup> Marathon all up.

**Prospects-** Kain ran a P/B of 4:04 at Traralgon this year. Since joining the club he has excelled as a 5km runner and his times have come down. Kain is hoping to break 4 hours which should be easy with the improvement he has made since Traralgon.

**Tim Cocharne-** ran his first Melbourne in 2000 and has started in 5 Melbourne Marathons but only completed 4.

**Prospects-** Has finished 16 Marathons including winning Shepparton Marathon 3 times and this years Traralgon winner. Will be our best placed runner and is a chance for another Athletic Victoria Medal in the Country section.

**Mark Peek-** this will be Mark's 3<sup>rd</sup> Melbourne Marathon and 5<sup>th</sup> Marathon but he has done a couple of Great Ocean Road Marathons (Ultras) and Walhalla 50km runs.

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**Prospects-** Has had his share of injuries but seems to be running O/K now after running the KOM. Mark would love to go under 4 hours or better.

**Ken Lancaster-** this will be Ken's 7<sup>th</sup> Melbourne Marathon having completed 17 Marathons.

**Prospects-** Ken says nothing is certain but he is fit and did the KOM as a training run and was only 4 minutes outside last years time. So he should run a sub 3:30 for Melbourne maybe if it is a nice day and he doesn't get the flu again, and the Gods smile on him, and he doesn't break down. He is also thinking of running up those hills in the middle backward it worked for him once. One thing is for certain he will be enjoying a glass of red at Y & J's with some other harriers after the event. Maybe 2 and he hopes everybody who is running has a great day and runs a P/B.

**John Jervis-** This will be John's 2<sup>nd</sup> Melbourne Marathon and 3<sup>rd</sup> Marathon.

**Prospects-** John does a great job for someone who has only just run his first Marathon and virtually taking up running in his 60's. Had a great A.V. season and finished the KOM even though he hates hills.

**Greg Semmler-** Greg will be our only maiden Marathon runner this year.

**Prospects-** Greg has had a great first A.V. season and has been a great competitor who has got better with each run. Is smart enough to treat this as a training run and use it for experience for future Marathon attempts.

**Jacques Coetzee-** will be his 5<sup>th</sup> Melbourne Marathon.

**Prospects-** Jacques has just return from 5 weeks holidays taking in South Africa and the UK. He enjoyed some fantastic training runs along some old historic country roads. Jacques hopes to run between 3:00 hours and 3:05.

**Linda MacCrae-** will be running her 2<sup>nd</sup> Melbourne Marathon.

**Prospects-** Linda is an outstanding running prospect from Morwell. She has indicated that she would like to join the club and run the A.V. season for us next year. The winner of the Traralgon Half Marathon she has broken 90 minutes for a Half Marathon twice this year. She ran 3:40 last year but hopes to run around 3:20 this year.

## Newsletter Recipients-

**Kelvin Marshall-** this will be Kelvin's 21<sup>st</sup> Melbourne Marathon in a row after running his first in 1986.

**Prospects-** Once upon a time Kelvin and I used to finish close to each other on a regular basis. Recently though Kelvin has left me far behind but this year may be different as his French expedition in the Transgaule where he ran 18 days in row may have left him a fair bit tired. He stopped and ran the Medoc Marathon and was 1 minute shy of his personal worst of 3:51.

**Brian Glover-** this will be Brian's 10<sup>th</sup> Melbourne Marathon.

**Prospects-** Brian is always a consistent performer and should do well in his Spartan year.

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## Half Marathons:

**Marissa Schill** this will be Marissa's 5<sup>th</sup> Half Marathon and second Melbourne having opted for the full last year.

**Prospects-** Marissa has been training hard and well and usually attacks an event in a well planned organised manner. There is a glare of unfinished business in her eye when talking to her which means she is giving her self every chance of reaching her goal at this one.

**Jenny Northe** this will be Jenny's 3<sup>rd</sup> Half Marathon and 2<sup>nd</sup> Melbourne Half Marathon.

**Prospects-** Jenny has showed a lot of enthusiasm with her running in the short time she has been back running. Has a lot of natural ability and is sure to run well.

### **Deb Piercy**

**Prospects-** Deb's running has been exceptional this year and she almost broke 90 minutes at Burnley. Will be all out at Melbourne to break 90 minutes and we wish her all the best.

**Steve McLeod** this will be Steve's 6 Half Marathon and 3<sup>rd</sup> Melbourne Half Marathon.

**Prospects-** Has trained well and is looking forward to another P/B. His KOM was tough but he went ran better than previous years so he is looking forward to a good half.

**Dave French** will be running his first Half Marathon.

**Prospects-** With his daughter Courtney so full of life and keen to be part of everything in running Dave has no choice but to tag along. Better to choose the longer run and save being thrashed by Courtney in the shorter run,

**Frank McShane & Charlotte McShane-** This will be Charlotte's second Half Marathon having run one several weeks ago for fun with Frank. Frank ran several many years ago but will be finding it hard to keep up with Charlotte.

**Ros Nicolson and Andrew Nicolson** Ros will be running her 2 Melbourne Half and will be joined by her son Andrew this year. Andrew is an exceptional running prospect as well as an accomplished footballer. Ros will be flat out keeping up with him.

**Seona Conway-** Seona will be running her second Melbourne Half Marathon.

**Prospects-** Should be good as she has had a good twelve months running with the Harriers.

**Bianca Craddock-** This will be Bianca's first Half Marathon.

**Prospects-** Is not expecting much as this distance is unknown for her. Has been unable to train much the last two weeks but was running well up till then. Ran well at the 16km Hill Run with little training and should still be O/K for her first Half.

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**Daniel Rake** will be running the Half with his father who has a 2:27 Marathon too his name but struggles to run much these days. His father has decided he like to do another big city half so Daniel will join for a nice fun run together.

**Jenny Prucino-** Not doing anything at the moment but is contemplating driving some of the girls down for the Half and supporting them which is the great Harrier spirit at work.

Newsletter Recipients-

**Julie Fleming** will also be running her first Half Marathon after running several Traralgon Quarter Marathons.

**Prospects-** A local who has joined our weekly newsletter recipients is excited about her first Half Marathon.

**7.5km Mara Fun Run.**

**Courtney French** this will be Courtney's first run in the Melbourne Marathon festival.

**Prospects-** A huge bubbly personality with the talent to match and will enjoy being involved with such a big event. Will run the 7.5km and will be well placed in her age group.

**Richard Clavarino** has run a Melbourne Half as well as many others including a Traralgon Marathon.

**Prospects-** Looking to improve his speed that is why he has chosen the shorter event. Looks to be running Thursday nights a lot easier and a big event like this may give him a boost for a fast time.

*Good Luck All.*

## ***Victorian 6 Hour & 50 Km Track Championships 12th November 2006***

*The races will be held at the Moe Athletic Track at Newborough (near Moe) approximately 138 km east of Melbourne.*

*The track has a synthetic surface. Changing rooms, showers and toilets are close to the track.*

*Both Championship races will be held together with a single entry fee covering entry to both races. Refreshments will be provided at the end.*

*A 6-hour relay race will be held simultaneously. The races are conducted by Traralgon Harriers Athletic Club Inc. The entry fee is \$40 to covers entry into both Championship races. Relay team entry is \$50. All entries close on 9<sup>th</sup> November 2006. Races will be accurately timed using timing chips but all runners who anticipate the likelihood of any open or age group records should supply their own lap counter.*

*Times: Start at 8:00am. Runners and relay captains to report in by 7:30 am. Presentations approximately 2: 15 pm. There will be a 6-hour time limit on the 50-km race.*

***For more info Contact: Carol Summersgill 0356352293 or Ken Lancaster 0419303251.***

***Or E-mail [Harriers@net-tech.com.au](mailto:Harriers@net-tech.com.au)***

## ***Previous Years Winners***

### ***Victorian 6-Hour Track Title at Newborough Track.***

- # 1996- Ian Cornthwaite 79.499km (Male).  
Dawn Parris 58.019km (Female).
- 1997- Kelvin Marshall 73.555km (Male).  
Linda Meadows 75.958km (Female).
- 1998- Peter Grixti 61.502km (Male).  
Dawn Parris 59.817km (Female).
- 1999- Bruce Salisbury 63.580km (Male).  
Shirley Young 50.800km (Female).
- 2000- Kelvin Marshall 67.068km (Male).
- 2001- Warren Holst 75.769km (Male).  
Shirley Young 59.304km (Female).
- 2002- Jevvan McPhee 71.440km (Male).  
Lee Graham 60.495km (Female).
- 2003- Roger Maximiw 75.700km (Male).  
Sandra Howorth 48.989km (Female).
- 2004- Mal Grimmett 69.902km (Male).  
Dawn Parry 47.658km (Female).
- 2005- Mal Grimmett 70.041km (Male)  
Julie Hooper-Childs 64.421km (Male)

### ***Victorian 50km Track Titles at Newborough Track.***

- # 1996- Ian Cornthwaite 3hrs 28:50 (Male).  
Sandra Timmer-Arends 3hrs 59:13 (Female).
- 1997- Kelvin Marshall 3hrs 39:33 (Male).  
Sandra Timmer-Arends 3hrs 38:18 (Female).
- 1998- Ian Twite 3hrs 41:58 (Male).  
Sandra Timmer-Arends 3hrs 42:23 (Female).
- 1999- Kelvin Marshall 3hrs 37:30 (Male).  
June Petrie 4hrs 16:53 (Female).
- 2000- Ian Twite 3hrs 51:37 (Male).
- 2001- John MacKenzie 3hrs 27:01 (Male).  
Shirley Young 4hrs 55:20 (Female).
- 2002- Roger Maximiw 3hrs 55:16 (Male).  
Peta Mullens 4hrs 30:42 (Female).
- 2003- Roger Maximiw 3hrs 35:20 (Male).
- 2004- Shannon Barr 3hrs 44:06 (Male).
- 2005- Mal Grimmett 3:56:14 (Male)  
Sandra Timmer-Arends 4:06:48 (Female).

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## *6-Hour Relay Teams a lot of fun.*

Get 5 runners together and form a 6-Hour Relay Team. 3 runners run 4 x 20 minutes and 2 runners 3 x 20 minutes. Runners remain in the same order once all runners have completed their first session. Courtney French and Lauren Isles have indicated they would like to be part of a team. So join in.

### **Relay team 6-hour records:**

**Open team:** 97.349 km "No Fear team", 1999, (Craig Edgar, Michael Lancaster, Michael Wheatley, Murray Johnson, Keith Tomholt).

**Junior Team:** 83.189kms "Young Guns", 2001 (Adrian Masterman-Smith, Jade Masterman-Smith, Jay Masterman-Smith, Matthew Mullens and David Embelton)

**Mixed Team:** 82.626kms "Trafalgar" 2001 (Penny Burgess, Neil Burgess, Jacques Coetzee, Elaine Coetzee and James Brown).

## *"Four Peaks Preview"*

There is no event like it and I am fortunate enough to be going back for my 12<sup>th</sup> visit. I do not know anyone who has done this event to not had a great time. The run, walk and climbs are challenging and you are surrounded by great scenery and great people. No-one cares how long it takes you just as long as you are there having ago. Great memories, great challenges and great friendships are forged.



**Day 1 Saturday 4<sup>th</sup> November 2006 Mystic Mountain pictured above from Wandri Park entrance the start of the first day's climb.**

**Here is a brief of what you can expect from the four days.**

**Friday 3<sup>rd</sup> November 2006 6:00 P.M.** meet at the Star Bridge for the 4km-canyon run. This run is a gem in on its own following the Ovens River through a gorge it has steps, a swing bridge crossing and is a good run to acclimatise you for the weekend's events.

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**Saturday 4<sup>th</sup> November 2006 7:00 A.M.** Wandri Park Wandiligong. The start of the first day climb Mystic Mountain. Elevation 797m, distance 11.09km, average run time 1h 10m, average walk time 2h 15m. This run has some very steep uphill and some very steep downhill. There are some concerns that the downhill sections are too steep and if you are not use to downhill running and you go too hard you can destroy your quads for the rest of the weekend. There has been a fair bit of whingeing about it but I view it as part of the challenge. I cannot understand why people want perfect surfaces and perfect conditions all the time. This mountain just adds another twist to a great event.

**5:00 P.M. 4km-recovery run-** meet at the Star Bridge and do the canyon run recommend wading in the river also to help recovery.

**Sunday 5<sup>th</sup> November 2006 7:00 A.M.** Tavers Park Harrierville. The start of the second day climb up Mt Feathertop. Elevation 1922m distances 10.87km, average run time 1h 26m, average walk time 2h 30m. This event requires you to walk back down and I strongly recommend you take your time and walk down and don't get sucked in and run down.

**5:00 P.M. 4km-recovery run-** meet at the Star Bridge and do the canyon run recommend wading in the river also to help recovery.

**7:00 P.M.** Evening meal Reg promises the usual entertainment of topless girls and plenty of swearing. Details of venue are announced at the first day of competition.



**Feathertop you never know what to expect up there. 2003 there was plenty of snow to throw at each other.**

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Note all runners and walkers must have jackets or warm clothing to carry with them to the top of Feathertop and Hotham.

**This is what makes it so unpredictable in 2003 Sandra, Denise and Kim return to the bright sunshine conditions at Taver Park at the bottom of Feathertop yet 11km up the road it is blizzard conditions.**



**Monday 6<sup>th</sup> Novemer 2006 7:00 A.M.** Taver Park Harrierville. The Start of the climb up Mt. Hotham elevation 1860m, distance 14.77km, average run time 2h 00m, average walk time 3h 30m. Great views but watch out for the wall and the bus ride back down to Harrierville.

**5:00 P.M. 4km-recovery run-** meet at the Star Bridge and do the canyon run recommend wading in the river also to help recovery.

**Tuesday 7<sup>th</sup> November 2006 7:00 A.M.** Mt Buffalo Park entrance. This is the start of the last climb of the weekend. The fun- run up to the historic Mt Buffalo chalet.

Elevation 1200m, distance 10.46km, average run time 1h 20m, average walk time 2h 30m. The Presentations of certificates and spot prizes take place at the Mt Buffalo Chalet after everyone has finished.

**Presentations take place at the Mt Buffalo Chalet (Right)**



Entries cost for the weekend are usually \$5:00 per day or \$10:00 for the whole four days. From what you get from the weekend it is the cheapest and best event you will ever do.

## Handicappers Report for Rose Rumble 5Km

**5<sup>th</sup> of October is the start of the Summer Championship.**

I have given the correct distance for Last weeks run on top of the results sheet. As we now have a GPS watch we can now measure each run, and I will put it on top of the result sheet each week for those who like to know what there Km pace is.

Rose Rumble 5.230Km			Early Starters
AS THEY CAME IN			
Place	RUNNER	Time	*
1	Lachlan Morland	24:27.0	*
2	Chester Goulter	26:15.0	*
3	John Jarvis	26:33.0	*
4	Tanya Eagle	26:46.0	*
5	Matthew Nelson	26:54.0	*
6	Roslyn Matheson	27:00.0	*
7	Seona Conway	27:15.0	*
8	Paula Lucas	27:25.0	*
9	Kate Kuczer	28:12.0	*
10	Steve Eagle	28:28.0	*
11	Marissa Schill	28:39.0	*
12	Mick Bridle	29:12.0	*
13	Greg Semmler	19:59.0	
14	Jay Masterman-Smith	20:02.0	
15	Neil Griffiths	20:04.0	
16	Fay Tomholt	30:15.0	*
17	Kathryn Ewels	20:17.0	
18	Belinda Issell	30:24.0	*
19	Steve McLeod	20:26.0	
20	Richard Comber	20:34.0	
21	Linda Jones	30:36.0	*
22	Ross Jones	30:36.0	*
23	Jade Masterman-Smith	20:57.0	
24	Bill Rutherford	31:02.0	*
25	Pauline Lindsay	31:05.0	*
26	Andrew Nicholson	21:11.0	
27	David Griffiths	21:18.0	
28	Richard Clavarino	21:29.0	
29	Courtney French	21:29.0	
30	Lauren Isles	21:29.0	
31	Jason Muliague	21:39.0	
32	Rob Semmler	21:57.0	
33	Peter Gixti	32:40.0	*
34	Dave French	22:49.0	
35	Bruce Salisbury	22:59.0	

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36	Trevor Ronalds	33:13.0	
37	Leanne Keating	23:13.0	
38	Tanya Whitehead	23:49.0	
39	Craig Morris	23:57.0	
40	Deb Piercy	26:05.0	
41	Kain Jackson	26:09.0	
42	Ian Heafield	26:09.0	
43	Rick Mann	26:19.0	
	Walkers		
	Bill Van Der Brand		
	Gillian Van Der Brand		
	Margaret Salisbury		
	Carroll Summersgill		
	Rachel McLeod		

## ***Thursday Runs and Duty Rosters***

**5<sup>th</sup> October 2006- Clubrooms (Cnr Douglas Parade/ Grubb Ave) 6km Course**

***Course Marker-.Bruce Salisbury.***

***Media- Barry Higgins.***

***Timekeeping and Clubrooms- IanTwite, DeniseTwite and Melissa Jones.***

**12<sup>th</sup> October 2006- Clubrooms (Cnr Douglas Parade/ Grubb Ave) North Fields 5km course**

***Course Marker-. Bruce Salisbury***

***Media- Neil Griffiths.***

***Timekeeping and Clubrooms- Rob Embelton, Barry Summersgill and Dave French.***

**19<sup>th</sup> October 2006- Churchill Hyland Lake 5km Course**

***Course Marker-. Bruce Salisbury***

***Media- Belinda Issell.***

***Timekeeping and Clubrooms- Seona Conway, Anna Cardillo and Duncan Orr.***

**26<sup>th</sup> October 2006- Grevillea Way 6km Course (Corner of Minnedale Road and Melrossa Road TraralgonEast).**

***Course Marker- Rick Mann.***

***Media- Kev Piercy.***

***Timekeeping and Clubrooms- Matt Nelson, JackieNelson and Paula Lucas.***

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**2<sup>nd</sup> November 2006- Clubrooms (Cnr Douglas Parade/ Grubb Ave)  
Watertower 5km Course.**

**Course Marker-. Ian Heafield.**

**Media- Barry Higgins.**

**Timekeeping and Clubrooms- Bill Rutherford, Mick Bridle and Ian Heafield**

**9<sup>th</sup> November 2006- Glengarry Rifle Range Road 6km Course (Turn left up Rifle Range Road on main Road as you first come to Glengarry and follow to Birmingham Scout Camp)**

**Course Marker-.Eagles & Grahams.**

**Media- Neil Griffiths**

**Timekeeping and Clubrooms- Grahams Family**

**16<sup>th</sup> November 2006- Railway Reserve 5km Course (Hickox Street Traralgon)**

**Course Marker-. Bruce Salisbury.**

**Media- Belinda Issell.**

**Timekeeping and Clubrooms- Belinda Issell, Fay Tomholt and Denise Strang.**

**23<sup>rd</sup> November 2006- Clarkes Road 6km Course (map)**

**Course Marker-. Rick Mann.**

**Media- Kev Piercy.**

**Timekeeping and Clubrooms- Greg Semmler, Richard Clavarino and Neil Griffiths.**

## 2006/2007 Summer Runs.

DATE	COURSE	DISTANCE	COURSE MARKER
1	5-Oct Clubrooms - Tour de West	6 km	B.Salisbury
2	12-Oct Clubrooms - North Fields	5 km	B.Salisbury
3	19-Oct Churchill	5 km	B.Salisbury
4	26-Oct Grivillea Way	6 km	R.Mann
5	2-Nov Club Rooms - Water tower	5 km	I.Heafield
6	9-Nov Glengarry	6 km	Eagles/Grahams
7	16-Nov Railway Reserve	5 km	B.Salisbury
8	26-Nov Clarkes Road	6 km	R.Mann
9	30-Nov Scales Road	5 km	R.Mann
10	7-Dec Morwell Golf Club	5 km	R.Mann
11	14-Dec Rocla Road	5 km	B.Salisbury

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12	21-Dec Club Rooms - Christmas Run	6 km	I.Heafield
	28-Dec Club Rooms - Tour de West	6 km	B.Salisbury
	4-Jan Club Rooms	5 km	J.Pruscino
13	11-Jan Wirilda Park	6 km	B.Salisbury
14	18-Jan Club Rooms - Wirilda Whirl	5 km	B.Salisbury
15	25-Jan Cochranes Road	5 km	R.Mann
16	1-Feb Scrubby Lane	5 km	R.Mann
17	8-Feb Scales Road	5 km	R.Mann
18	15-Feb Traralgon South	5 km	I.Heafield
19	22-Feb Club Rooms - Tour de West	6 km	B.Salisbury
20	1-Mar Clarkes Road	6 km	R.Mann
21	8-Mar Edward Hunter Reserve	5 km	B.Salisbury
22	15-Mar Railway Reserve	5 km	B.Salisbury
23	22-Mar Club Rooms - Water tower	5 km	I.Heafield
24	29-Mar Chook Hill	6 km	R.Mann

## *Paula Lucas and Richard Clavarino look for speed on the track.*

Traralgon Harriers dominated the inter club 1500m run at Newborough last Tuesday night. Puala Lucas and Richard Clavarino had their first run at a 1500m for along time and both acquitted themselves well. Richard was just behind Sam Quirk who ran another P/B in tough conditions. Sam will be joined by Stephen and Charlotte McShane today at Olympic Park for their Secondary Schools Victorian Track and Field Championships.

**Results 1<sup>st</sup> Steve Quirk 4:42:73, 2<sup>nd</sup> Sam Quirk 4:48:22, 3<sup>rd</sup> Richard Clavarino 4:50:18, 4<sup>th</sup> Ian Twite 5:08:58, 6<sup>th</sup> Ben Quirk 5:37:38, 9<sup>th</sup> Paula Lucas 6:46:38.**

**Next Tuesday will feature an 800m at 6:00 P.M. and a 2000m at 7:00 P.M. all club member are welcome to attend and a full program can be seen in the A.V. Summer Handbook pages 84-85.**

**Track Dates to remember- October 28<sup>th</sup> and 29<sup>th</sup> October 2006 Victorian All Schools Track and Field Championships under 12- under16 Olympic Park. Friday January 19<sup>th</sup> 2007 – Sunday January 21<sup>st</sup> 2007 Victorian Country Track and Field Championships Bendigo.**

## *Newsletter Articles*

Please send any results or articles to Jason Mulvogue over the next 5 weeks so he can copy and paste a newsletter together while I am away. Jason's e-mail address is <[jason\\_mulvogue@hotmail.com](mailto:jason_mulvogue@hotmail.com)> Thank You Jason. \_\_\_