



Traralgon Harriers

Traralgon Harriers Athletic Club Inc



Thursday's Weekly Newsletter
Volume 39 Issue 48
December 14th 2006.



Kathryn Ewels pictured above brings us some more of her orienteering adventures. The trip across to W.A. brought some bad luck but finished O/K. report page 2.

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**Xmas break-up next
Thursday full details
are on page 3.**



Australian Orienteering Championships- Western Australia 2006

Orienteering involves navigating through the bush with the aid of a specially produced map and orienteering compass, with the aim being to locate checkpoints (controls) on various natural and man-made features. . In competitive orienteering, the person successfully navigating their way around their course in the quickest time is the winner; hence both physical fitness and ability to read maps become important. The difference between orienteering and rogaining is that orienteering has a set course and the duration of the event is around one hour.

As a part of the Victorian Orienteering team I travelled across to Perth for the Australian Orienteering Championship. The event started on the Friday with a model event, which is run to give the competitors a chance to get a feel of the terrain. As the model event was held in the afternoon so we took the opportunity to see Perth beaches. Whilst we were away from the car, which was only 10 minutes, it was broken into and our bags were stolen including the equipment we required to compete. We were able to borrow clothes and equipment from friends in Perth for the rest of the weekend.

The Australian Championship was held in complex granite terrain, the type of terrain I dislike the most. The technical navigation favours the strong navigators and not the faster runners. My race was slow and I made several small mistakes. I struggled to get in to a rhythm and felt the warm temperature. I was an early start and had to wait for the other competitors to finish before I knew the results. I was extremely pleased with my result of 3rd in elite women race.

Just to add to the drama of the weekend one of the girls I was travelling with became ill and was taken to the York hospital that night with dehydration. She was released later that night and was able to run in the relay team the next day.

Our Victorian team finished 3rd in the women's relay was a highlight of the weekend from what had started out looking so bleak.

The following weekend was the Victorian Championships where I finished 1st in the middle distance race and 2nd in the long race. The long race was a race to forget as I picked up the wrong map at the start and realised at the 1st control. I lost 5 minutes at the start and finished 2 minutes behind the winner. It is a mistake that once you make once you do not make it again.

After the Victorian Championship I competed in the Teva Adventure Race with some other orienteers. The race was held at Macedon so I had a great home ground advantage. Our team won the women's section and finished 3rd overall. One of the challenges of the race was to climb Mt Macedon (998 metres).

Kathryn.



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TRARALGON HARRIERS



CHRISTMAS BBQ

THURSDAY 21ST DEC

THEME: DRESS UP LIKE YOUR FAVOURITE SPORTING HERO



WHERE:

CLUBROOMS (DOUGLAS PARADE)

TIME: 6PM

- 5km RUN WITH “SPECIAL” DRINK STATIONS EACH LAP
- KIDS GAMES AT 6PM ALSO WITH LOLLIES AND PRIZES

- **MEAT AND BREAD SUPPLIED**
- **A-M BRING SALAD TO SHARE**
- **N-Z BRING DESSERT TO SHARE**



Coast to Kosi 2006.

I do not think words can describe the overwhelming feelings this experience has giving me. A combination of personal achievement combined with the overwhelming support and best wishes from heaps of families and friends has left me speechless. It is probably best to just simplify it in point form taking some of the significant points of the event and leaving the rest for idle chat later.

- Friday 8th December 2006 5:30 A.M. leave the waters edge at Twofold Bay Eden with 8 other runners.
- Initial plan is to run as a group along the fire trails until we rendezvous with our crews on the road at the 3.2km mark. Pause as a group on top of a Mystic Mountain type climb to all look back at the glowing red sun as it rises above the Pacific Ocean.
- Is this going to be one of those runs? First of all there is a brief discussion between some of the runners and race director Paul which trail to take. Arrive at rendezvous point for car crews and no crews all lost. Catch up 3km further down the road.
- Marathon Point around 4:30 hours feeling O/K.
- 62km top of Big Jack Mountain what a mother of a climb.
- 80km mark running down shocking dirt road to Bibbenluke Township and feel slight pain in knee as I roll on the many large rocks on the road.
- 100km mark in 12 hours 28 minutes 14 seconds in 3rd spot.
- Nighttimes arrives and have many ups and downs but Paul keep telling me look forward to the dawn as we spend many a time passing each other.
- 5:00 A.M. December 9th 2006 pass the 160km mark but cannot see the dawn as I am climbing another mother of a hill.
- 6:00 A.M. December 9th 2006 face an up and down 20km into Jindabyne with an already hot blazing Sun. Struggling to consume liquids and foods and my knee begins to hurt and running becomes impossible. So much for feeling good at Dawn Paul.
- 2:00 P.M. December 9th 2006 arrive at the 200km mark after climbing more hills than I could remember in the hot blazing Sun one being 10km long. See a nice long downhill section followed by another big climb after it. I comment "I hate Hills" My condition has deteriorated badly with my knee badly swollen and my hands swollen. With Paul out of the race I am now in 3rd spot and all I want to do is push on blindly to the top of Mt Kosi.
- 7:30 P.M. 9th December 2006 on the last climb to the Charlotte Pass car park I am passed by Carol a top American ultra marathoner who has come over to do this event.
- 9km to the top of Kosi it is slow and I am totally spent but I get there at 11:15 P.M. and get to spank the Mammoth as Brendan would say.
- 1km back down and my crew Peter and Steven decide I have push myself enough and put me down in a bed of hay and after 42 hours on my feet I fall asleep. Being Drouin boys they devise a plan to get me down one which we hope Parks NSW never find out about.



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Some interesting quotes from the run at the start “Who’s in for doing the Kosi to Coast after they finish” never heard this one mentioned again. “The third sun rise is special” Brendan and Lawrence on their way down Kosi on the Sunday morning. Another from Brendan and Lawrence was we were both seeing the same hallucinations so we took photos of them but we are still waiting for them to develop.

Special thanks to my crews made up of my wife Denise, daughter Alisha and son Joshua who were able to share this special experience with me. My two mates “Thommo” Steve Thomson and “Wicka” Peter Barwick who shared the memories of Phil Dent and Stewart Hore with me. I hope our efforts and the support we got from everyone goes along way to helping the lives of many others in the future.

Thank You All Twitey.

SATURDAY SOLE SISTERS

Team Members: Lee Graham, Karen Graham, Jen Pruscino & Marissa Schill

In the lead up to Christmas, when everything seems to be winding down (or is that up?), our fundraising is ticking along nicely, with the sale of Freddo frogs being a reliable money earner and Jen’s fabulous baking going down a fundraising treat at Gippsland Water. We have also been successful in getting a couple of fairly indulgent raffle prizes, just need to get a few more and then we can start selling some raffle tickets for a draw in the first quarter of next year.

Lee represented our team at the Traralgon Rotary meeting on Monday night, along with representatives of the other two Harriers teams. No funds forthcoming but a good meal and good company so she’s not complaining...

Our team has posted \$288 so far – over a quarter of our pledged amount – and should you want to help out, our team number is 382, team name Saturday Sole Sisters.

As for training, we have started well, although over the next little while, between Christmas commitments and family holidays, it’s going to be a bit tricky to get out as a team. We don’t have any huge time aspirations, our goal being to finish with a smile and as mates. Oh yeah, and Lee’s learning a joke an hour!

Ben Quirk P/B's 1500m at the track.

Ben Quirk had a good run at Newborough last Tuesday running 5:14 for the 1500m, brother Sam ran 4:54, Steve 4:30 and Carmel 6:30. Andrea Henderson ran also but doesn’t record times. Ben also ran 14:88 for the 100m with Carmel 18:83.



Handicappers Report Morwell Golf Club Run

Championship Run

FOR MEN: 1st Tony Fulton, 2nd Josh Rogers and 3rd Joel Morris. **FOR WOMEN:** 1st Rachael Massaro, 2nd Tanya Whitehead and 3rd Bridget Rutherford. **FOR BOYS:** 1st Adam Van Den Brand, 2nd Ben Quirk, & 3rd Sam Quirk.

Place Points	RUNNER	TIME	Handicap Time	Time Less Handy	Target Time	Target Time Less Handy	Handy Points	Handy & Place Points	New 5km Handicap Time
40	Tony Fulton	28:31.0	09:00.0	19:31.0	21:00.0	01:29.0	60	100	10:00.0
39	Adam Van Den Brand	28:46.0	06:00.0	22:46.0	24:00.0	01:14.0	60	99	07:00.0
38	Josh Rogers	29:19.0	08:00.0	21:19.0	22:00.0	00:41.0	41	79	
37	Rachael Massaro	29:25.0	06:00.0	23:25.0	24:00.0	00:35.0	35	72	
36	Joel Morris	29:28.0	07:00.0	22:28.0	23:00.0	00:32.0	32	68	
35	Rick Mann	29:32.0	06:00.0	23:32.0	24:00.0	00:28.0	28	63	
34	Steve McLeod	29:42.0	10:00.0	19:42.0	20:00.0	00:18.0	18	52	
33	Tanya Whitehead	29:43.0	07:00.0	22:43.0	23:00.0	00:17.0	17	50	
32	Brigit Rutherford	29:53.0	05:00.0	24:53.0	25:00.0	00:07.0	7	39	
31	Michael Beeck	29:55.0	08:00.0	21:55.0	22:00.0	00:05.0	5	36	
30	Kathryn Ewels	30:04.0	10:00.0	20:04.0	20:00.0	#####		30	
29	Rob Donaldson	30:07.0	08:00.0	22:07.0	22:00.0	#####		29	
28	Kane Jackson	30:16.0	09:00.0	21:16.0	21:00.0	#####		28	
27	David Griffiths	30:25.0	10:00.0	20:25.0	20:00.0	#####		27	
26	Adrian Masterman-Smith	30:28.0	11:00.0	19:28.0	19:00.0	#####		26	
25	Leanne Keating	30:32.0	08:00.0	22:32.0	22:00.0	#####		25	
24	Ros Matheson	30:35.0	03:00.0	27:35.0	29:00.0	01:25.0	60	84	
23	Alan Timmer-Arends	30:40.0	10:00.0	20:40.0	20:00.0	#####		23	
22	David Graham	30:42.0	06:00.0	24:42.0	24:00.0	#####		22	
21	Richard Comber	30:43.0	11:00.0	19:43.0	19:00.0	#####		21	
20	Neil Griffiths	30:50.0	11:00.0	19:50.0	19:00.0	#####		20	
19	Barry Higgins	30:52.0	05:00.0	25:52.0	25:00.0	#####		19	
18	Carmel Quirk	30:52.0	06:00.0	24:52.0	24:00.0	#####		18	
17	Greg Semmler	30:56.0	11:00.0	19:56.0	19:00.0	#####		17	
16	Ben Quirk	31:12.0	10:00.0	21:12.0	20:00.0	#####		16	
15	Andrea Henderson	31:13.0	09:00.0	22:13.0	21:00.0	#####		15	
14	John Jervis	31:13.0	05:00.0	26:13.0	25:00.0	#####		14	
13	Kate Kuczer	31:18.0	04:00.0	27:18.0	27:00.0	#####		13	
12	Sam Quirk	31:19.0	11:00.0	20:19.0	19:00.0	#####		12	
11	Deb Piercy	31:36.0	10:00.0	21:36.0	20:00.0	#####		11	
10	Paula Lucas	31:49.0	05:00.0	26:49.0	25:00.0	#####		10	
9	Derek Evans	32:09.0	08:00.0	24:09.0	22:00.0	#####		9	
8	Rob Semmler	32:10.0	11:00.0	21:10.0	19:00.0	#####		8	



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7	Mick Bridle	32:15.0	04:00.0	28:15.0	27:00.0	#####		7	
6	Anna Cardillo	32:40.0	07:00.0	25:40.0	23:00.0	#####		6	
5	Bill Rutherford	32:58.0	03:00.0	29:58.0	29:00.0	#####		5	
4	Bruce Salisbury	33:23.0	09:00.0	24:23.0	21:00.0	#####		4	08:00.0
3	Lynda Jones	33:37.0	03:00.0	30:37.0	29:00.0	#####		3	02:00.0
2	Ross Jones	33:38.0	03:00.0	30:38.0	29:00.0	#####		2	02:00.0
1	Duncan Orr	34:42.0	08:00.0	26:42.0	22:00.0	#####		1	
0	Marissa Schill	34:54.0	04:00.0	30:54.0	27:00.0	#####		0	
	Walkers								
	Gillian Van Den Brand								
	Bill Van Den Brand								
	Margaret Salisbury								
	Carol Summersgill								
	Kev Piercy								

Thursday Runs and Duty Rosters

14th December 2006- Rocla Road 5km Course.

Course Marker-. Bruce Salisbury

Media- Belinda Issell.

Timekeeping and Clubrooms- Kain Jackson, Tanya Whitehead and Kate Kuczer.

21st December 2006- Clubrooms (Cnr Douglas Parade/ Grubb Ave)

Xmas Run 6km.

Course Marker- Ian Heafield

Media- Kev Piercy.

Timekeeping and Clubrooms- Volunteers and everyone pitch in to clean rooms.

28th December 2006- Clubrooms (Cnr Douglas Parade/ Grubb Ave)

Tour De West 6km Course.

Course Marker- Bruce Salisbury.

Media- Barry Higgins.

Timekeeping and Clubrooms- Volunteers and everyone pitch in to clean rooms.

4th January 2007- Clubrooms (Cnr Douglas Parade/ Grubb Ave) 5km Course.

Course Marker -Jenny Prucsino.

Media- Neil Griffiths.

Timekeeping and Clubrooms- Volunteers and everyone pitch in to clean rooms.



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2006/2007 Summer Runs.

	DATE	COURSE	DISTANCE	COURSE MARKER
11	14-Dec	Rocla Road	5 km	B.Salisbury
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

Training Sessions.

Monday Nights	6 P.M. Rob Embelton's 28 Dunbar Ave Morwell, Ph 51337568. 6:10 P.M. Jason Mulvogue & Rob Donaldson easy run from clubrooms Ph 51489180
Tuesday Nights	Sandra's Speed Sessions meet at Davidson Street Athletic Track 5:30 P.M Ph 51740045. Deb Piercy's Speed Session meet at Davidson Street Athletic Track 6:30 P.M. Ph 51977335.
Thursday Nights	Traralgon Harriers Summer Championship Races.
Saturday Morning	Long run contact Lee Graham 51924844.
Sunday Mornings	Harriers Clubrooms 15km, 20km, 34km 7:00 A.M. - 7:30 A.M. start. Check with other member's Thursday nights on what may be going on.



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Events Coming Up.

Sunday 7th January 2007- Aura Bogong to Mt. Hotham.

64km mountain trail run, a tough event with 3,000m of climb. Not for the faint hearted. 34km and 26km options also available. 6:15a.m. start at Mountain Creek picnic Ground near Mt. Beauty. Entry for Aura members \$60:00, non members \$65:00, transport shuttle back to start \$10:00. Entries close on the 24th December 2006-Contact Michael Grayling phone 0433420530 for more details or visit Aura web-site on cool running.

Last year Tim Cochrane, Dan Kirby, Neil Griffiths and myself attempted this event with Neil and Tim going all the way and Dan and I finishing halfway. Mind blowing experience but I think entries are full up at the moment.

Sunday 7th January 2007- CAP FUN RUN

Distance: 8.4 Km Walk & 8.4 Km Run Event Time: 0830 AM for Walkers--0900 AM for Runners Location of race: Wonthaggi Police Station Other details: Awards for male and female winners of all eight age categories from under 12 to over 60 years. Free shuttle bus between start and finish line continuous. Entry preferred on day of event at least 30 minutes before start time .Finish is outside Cape Paterson Caravan and Camping Park. contact: Howard Jensen (03) 56744895. or 25 Wheeler Road Cape Paterson. email: daward@tpg.com.au.

Very popular run with the Harriers with large numbers competing in this event each year.

Sunday 14th January 2007-SRI CHINMOY PRINCES PARK RUN

Distance: 10 km Run, 5 km Run/Walk. Event Time: 8AM. Location of race: Northern Pavillion, Princes Park, Royal Pade, Parkville. A scenic tree lined, fast and flat 5km course utilising the running trail in Princes and Royal Parks. Post race pancake breakfast. Online entry available. contact: Veeraja Uppal. Post: PO Box 148 Richmond VIC, 3121.. email: melbourne@srchinmoyraces.org. Visit the [website](#) for more details.

Sri Races are very well run and if you are doing nothing and in Melbourne worth doing.

Friday 19th, Saturday 20th and Sunday 21st January 2007- Athletic Victoria's Country Track and Field Championships Bendigo.

Will be passing entry forms out to all A.V. registered runners this week.



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Sunday 28th January 2007- AURA MANSFIELD TO MOUNT BULLER 50KM ROAD RACE

7am Start. \$25 entry fee. Race Director is Peter Armistead 26 Williams St. Frankston , Vic 3199 contact: Peter Armistead (03) 9781-4305. email: colinbrowne@optusnet.com.au. Visit the [website](#) for more details

An event dominated by Harriers with Tim Cochrane, Sandra Timmer-Arends and John Mackenzie among the previous winners.

Sunday 18th February 2007- MAROONDAH DAM TRAIL RUN 50KM & 30KM

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for AURA members, \$20 for non-members. email: mark_mex@bigpond.com.au. Visit the [website](#) for more details.

Another great event that Sandra, Bruce, Penny, Neil, Rob and myself have all done at some stage.

Sunday 4th March 2007- TAKE ON THE LAKE FUN RUN

8km run or 4km run/walk. Starts 9am from near Community building at Lillydale Lake, VIC. contact: Stan Pump on (03) 9879-3768 (after hours). email: evrc@evrc.org.au. Visit the [website](#) for more details.

Don't know much about this run but if you are in the vicinity you may well like to do it.

***Reminder this Saturday and Sunday Bunning's
warehouse BBQ's.
9:30 A.M. until 2:00 P.M.
All welcome to come and help eat and be merry.***