

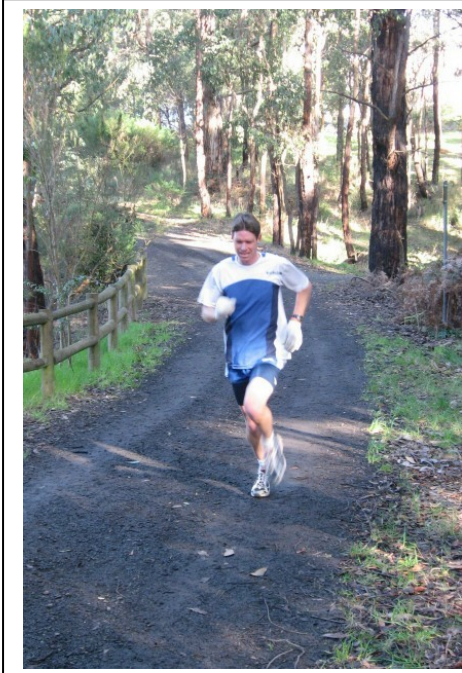


# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*Thursday's Weekly Newsletter  
Volume 39 Issue 50  
December 21st 2006.*



***Steve McLeod breaks  
40 minutes for 10km.  
Steve McLeod pictured  
earlier this year at  
the Edward Hunter  
Reserve Moe capped of  
a great year by going  
under 40 minutes at  
the Xmas Fun Run  
Report Page 2.***

**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**

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



## *Christmas Run December 13<sup>th</sup> 2006.*

Steve, Lauren and Jason ran this run last week around Albert Park Lake with all of them having great runs. Stephen McLeod finished 29<sup>th</sup> Overall and 8<sup>th</sup> in the 30-39 age groups. Stephen also managed to break 40 minutes running 39:31:60. Jason also had a great run, running 41:50:29 and finishing 63<sup>rd</sup> overall. He also finished 20<sup>th</sup> in the 30-39 age group. Lauren Isles ran a big P/B running 42:50:61 finishing 75<sup>th</sup> overall and second in the female 15-17 age group. There were 371 runners in the 10km event.

### ***RE: - CAPE FUN RUN***

The Cape Fun Run/Walk scheduled for 14<sup>th</sup> January 2007, has been Cancelled.

#### **See Report Below.**

Road management of the Cape Fun Run does not conform to safety regulations for the sharing of vehicle traffic space with pedestrian traffic space, as set out in law by the Occupational Health and Safety Act of 1985, and the Road Management Act of 2004.

This decision was reached on 14<sup>th</sup> December 2006 after extensive consultation with the Victorian Police, Road Traffic Management Consultants, Bass Coast Shire Management, and Legal Advisors.

We find it impossible to maintain the required, 3 meter buffer zone, between Runners and Vehicles, along the 8 Km of Tourist Road.

The Cape Sports Facility would like to thank all Competitors and Officials that have contributed to the success of this event over the last 9 years. We are extremely sad that its demise is imminent, but are thankful for the road safety conduct and consciousness of all the 2453 entrants since 1998.

We intend to explore a substitute compliant running course for Jan 2008

Yours Sincerely

Howard Jensen (for the Cape Fun Run organising committee)



**Traralgon Harriers**  
Traralgon Harriers Athletic Club Inc



# TRARALGON HARRIERS



## CHRISTMAS BBQ

THURSDAY 21<sup>ST</sup> 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**



## *Thursday Runs and Duty Rosters*

Sorry no results due to Chester's Computer having problems.

**21<sup>st</sup> 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.*

**28<sup>th</sup> 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.*

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

*Course Marker -Jenny Pruscino.*

*Media- Neil Griffiths.*

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

## *2006/2007 Summer Runs.*

	DATE	COURSE	DISTANCE	COURSE MARKER
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



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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.

<b>Monday Nights</b>	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
<b>Tuesday Nights</b>	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.
<b>Thursday Nights</b>	Traralgon Harriers Summer Championship Races.
<b>Saturday Morning</b>	Long run contact Lee Graham 51924844.
<b>Sunday Mornings</b>	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.

## Events Coming Up.

### **Sunday 7<sup>th</sup> January 2007- Aura Bogong to Mt. Hotham "Cancelled due to Bush Fires"**

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 24<sup>th</sup> 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 14<sup>th</sup> January 2007- CAP FUN RUN Canceled due Road Traffic Management Problems.**

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](mailto:daward@tpg.com.au). **Very popular run with the Harriers with large numbers competing in this event each year.**



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## **Sunday 14<sup>th</sup> 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@srichinmoyraces.org](mailto:melbourne@srichinmoyraces.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 19<sup>th</sup>, Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> January 2007- Athletic Victoria's Country Track and Field Championships Bendigo.**

**All A.V. registered runners should have received entry forms in the mail this week.**

## **Sunday 28<sup>th</sup> 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](mailto: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 18<sup>th</sup> 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](mailto: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 4<sup>th</sup> 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](mailto: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.**

***Very Christmas to All and thanks to all those who helped at Bunning's it was a huge success.***