



Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*Thursday's Weekly Newsletter
Volume 40 Issue 6.
February 8th 2007.*



Duncan Orr and Anna Cardillo get some good training in with Leanne Keating and Andrea Henderson at last years Karaoke night. Anna ran a big P/B at Rosebud on Australia Day report page 3.

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



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Sam Quirk wins a bronze medal and Tanya Eagle has a top place of 4th at the Victorian Youth championships.

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

**101 Days to go until
Walhalla.**

**137 Days Until the
40th Traralgon
Marathon.**

Competing against the best at Doncaster at the weekend Sam Quirk ran 9:55:38 to finish 3rd in the men's under 16 3,000m State Championship. This is a great effort to go with his Victorian Country Championship victory all at bottom age. Tanya Eagle competed in four events with a close finish for a medal in the Victorian under 18 Discus throw where she threw 30:32m to just miss a medal Tanya is also bottom age so it was a great effort. She also ran 72:45 in the 400m, 2:45:14 in the 800m and threw the Javelin 24:01m. It is interesting as I was looking up the results at some of the record holders. Many of the clubs female runners would have remembered Susie Power at some of the Athletic Victoria runs. In 1993 she ran 8:59:71 to win the women's under 18 3,000m which is the current record. Not to

be out done brother Michael Power ran 8:29:26 to win the men's under 16 3,000m in 1992 to set the current record then repeated it in the under 18 in 1994 to run 8:08:80 also the current record. The most outstanding record I could find was in 1968 when a young girl named Raelene Boyle ran 11:20 to win the under 18 100m. A record that is sure to last another 40 years. On the record front Cindy Nielsen win at the Meningie Australia day fun run was a course record for a female runner. The results listed on the cool running web site had a nice touch when they listed her as Traralgon Harrier Cindy Nielsen. The Traralgon Harrier was in blue and a double click on it took you to our web site.

Important Notices:

- 1. Running Home after run:** If people are running home during a run could they let someone know so people aren't looking for them.
- 2. Keep Hydrated:** could people bring their own water bottle/drinks to out of town runs because it will not be supplied and drinking water on hot nights is very important.



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26th Jan 2007 Rosebud 10k - Duncan Orr

Anna Cardillo, Kathryn Ewels and myself made the trip down to Rosebud on the Mornington Peninsula for the Australia Day 10k Fun Run.

The course ran from Safety Beach, along the road following the shoreline, through about 3k of caravan park (with the accompanying smell of hot breakfasts being cooked, never a good thing while running) along the boardwalk and finishing in the market gardens in Rosebud.

The weather was ideal for running, slightly overcast, not too hot. It was my first time running over this distance, so I was a little nervous at the start, not knowing how I should pace myself. It was a good, reasonably flat fast course with every kilometre marked out with signs. In the end, I probably went out a little too hard at the start, because it seemed like in the last 2km everyone was passing me like I was running backwards. But, ah well, maybe I'll know better for next time. Not sure of my time, as the times haven't been posted yet and I wasn't wearing a watch. But I think it was about the 44-minute mark.

Anna ran well, running 48.52, which is a big PB by about four minutes and Kathryn also, ran very well running about just over 39 minutes, after running the first 5km in around 18:50.

It was a well-organised event that I would do again for sure, with a real carnival atmosphere at the finish. It was also nice to be able to walk down to the beach and cool off after the run.

Thursday Race Results.

2006/2007 Summer Runs.

DATE	COURSE	DISTANCE	COURSE MARKER
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



Handicappers Report Scrubby Lane.

Championship Run

FOR MEN: 1st Daryl Hearn, 2nd Bruce Salisbury and 3rd Tony Fulton. **FOR WOMEN:** 1st Leanne Keating, 2nd Kim Essex and 3rd Jenny Northe. **FOR BOYS:** 1st Ben Quick & 2nd Lachlan Moorland.

Place Points	RUNNER	TIME	Handicap Time	Time Less Handy	Target Time	Target Time Less Handy Time	Handy Points	Handy & Place Points	New Handicap Time
40	Daryl Hearn	28:06.0	06:00.0	22:06.0	24:00.0	01:54.0	60	100	07:00.0
39	Bruce Salisbury	28:53.0	08:00.0	20:53.0	22:00.0	01:07.0	60	99	09:00.0
38	Tony Fulton	29:04.0	10:00.0	19:04.0	20:00.0	00:56.0	56	94	11:00.0
37	Barry Higgins	29:18.0	05:00.0	24:18.0	25:00.0	00:42.0	42	79	
36	Steve McLeod	29:20.0	10:00.0	19:20.0	20:00.0	00:40.0	40	76	
35	Leanne Keating	29:23.0	08:00.0	21:23.0	22:00.0	00:37.0	37	72	
34	Matt Jones	29:28.0	11:00.0	18:28.0	19:00.0	00:32.0	32	66	
33	Ian Heafield	29:37.0	05:00.0	24:37.0	25:00.0	00:23.0	23	56	
32	Greg Semmler	29:45.0	11:00.0	18:45.0	19:00.0	00:15.0	15	47	
31	Tim Northe	29:47.0	10:00.0	19:47.0	20:00.0	00:13.0	13	44	
30	Kim Essex	29:49.0	08:00.0	21:49.0	22:00.0	00:11.0	11	41	
29	Rick Mann	29:51.0	06:00.0	23:51.0	24:00.0	00:09.0	9	38	
28	Ryan Incoll	30:00.0	08:00.0	22:00.0	22:00.0	00:00.0		28	
27	Jenny Northe	30:02.0	08:00.0	22:02.0	22:00.0	#####		27	
26	Jeff Van Den Brand	30:05.0	10:00.0	20:05.0	20:00.0	#####		26	
25	Brendan McCarthy	30:07.0	11:00.0	19:07.0	19:00.0	#####		25	10:00.0
24	Bianca Craddock	30:18.0	08:00.0	22:18.0	22:00.0	#####		24	
23	Anna Cardillo	30:22.0	07:00.0	23:22.0	23:00.0	#####		23	
22	Nick Schilling	30:26.0	13:00.0	17:26.0	17:00.0	#####		22	
21	Alan Timmer-Arends	30:31.0	10:00.0	20:31.0	20:00.0	#####		21	
20	John Jervis	30:35.0	05:00.0	25:35.0	25:00.0	#####		20	
19	Matt McKendry	30:37.0	08:00.0	22:37.0	22:00.0	#####		19	
18	Erin Tomholt	30:38.0	04:00.0	26:38.0	27:00.0	00:22.0	22	40	
17	Richard Comber	30:38.0	11:00.0	19:38.0	19:00.0	#####		17	
16	Sam Quirk	30:43.0	12:00.0	18:43.0	18:00.0	#####		16	
15	Jason Mulvogue	30:44.0	10:00.0	20:44.0	20:00.0	#####		15	
14	Carmel Quirk	30:52.0	06:00.0	24:52.0	24:00.0	#####		14	
13	Mick Bridle	30:56.0	04:00.0	26:56.0	27:00.0	00:04.0	4	17	
12	Neil Griffiths	30:59.0	11:00.0	19:59.0	19:00.0	#####		12	
11	Paula Lucas	31:08.0	05:00.0	26:08.0	25:00.0	#####		11	
10	Vera Noblett	31:11.0	03:00.0	28:11.0	29:00.0	00:49.0	49	59	03:00.0
9	John McKenzie	31:13.0	13:00.0	18:13.0	17:00.0	#####		9	
8	Ros Matheson	31:14.0	03:00.0	28:14.0	29:00.0	00:46.0	46	54	
7	Andrea Henderson	31:26.0	09:00.0	22:26.0	21:00.0	#####		7	
6	Belinda Issell	31:28.0	03:00.0	28:28.0	29:00.0	00:32.0	32	38	
5	Faye Tomholt	31:40.0	03:00.0	28:40.0	29:00.0	00:20.0	20	25	
4	Ben Quirk	31:41.0	10:00.0	21:41.0	20:00.0	#####		4	
3	Lachlan Moreland	31:41.0	10:00.0	21:41.0	20:00.0	#####		3	



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2	Ross Jones	31:48.0	02:00.0	29:48.0	31:00.0	01:12.0	60	62	
1	Linda Jones	32:08.0	02:00.0	30:08.0	31:00.0	00:52.0	52	53	
0	Chester Goulter	32:12.0	07:00.0	25:12.0	23:00.0	#####		0	
0	Jay Masterman-Smith	32:16.0	11:00.0	21:16.0	19:00.0	#####		0	
0	Nick Bogshaw	32:22.0	06:00.0	26:22.0	24:00.0	#####		0	
0	Bill Rutherford	32:47.0	02:00.0	30:47.0	31:00.0	00:13.0	13	13	
0	Kate Kuczer	32:51.0	04:00.0	28:51.0	27:00.0	#####		0	
0	Tina McKenzie	33:02.0	02:00.0	31:02.0	31:00.0	#####		0	
0	Lee Graham	33:53.0	06:00.0	27:53.0	24:00.0	#####		0	
0	David Graham	33:53.0	06:00.0	27:53.0	24:00.0	#####		0	
0	Marissa Schill	34:16.0	04:00.0	30:16.0	27:00.0	#####		0	
0	Deb Piercy	35:01.0	10:00.0	25:01.0	20:00.0	#####		0	
0	Kev Piercy	35:58.0	10:00.0	25:58.0	20:00.0	#####		0	
	Walkers								
	Carol Summersgill								
	Margaret Salisbury								

Steve Mcleod now has a lead of 95 points over 2nd place Barry Higgins, and for the women's Rachel Massaro has a lead of 70 over Leanne Keating in second place,

Best 10	Men	CHAMPIONSHIP RUNS BEST 10 OF 16											All Points
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	
423	Steve McLeod	18	50	51	35	34	37	52	33	37	37	76	460
328	Barry Higgins			86	26			19	48	36	34	79	328
323	Rick Mann	20	34	16	34	3	28	63	87			38	323
309	John Jervis	54	31	74	27	29	4	14	31	1	24	20	309
292	Tony Fulton						98	100				94	292
286	Bill Rutherford	89	79	44	11	38	0	5			7	13	286
256	Bruce Salisbury						0	4	68	46	39	99	256
203	Ian Heafield	23				2	0		58	33	31	56	203
203	Jay Masterman-Smith	100		47			26			30		0	203
199	Darrel Hern				99							100	199

Woman

534	Rachel Massaro			100	33	74	76	72	100	39	40		534
464	Leanne Keating	71	29	60	29	44	14	25	60	38	36	72	478
306	Ros Matheson	93					28	84	33		14	54	306
274	Tanya Whitehead	96		64	32	32		50					274
246	Andrea Henderson	95	15	11	21	28	15	15	26		13	7	246
237	Jenny Northe			93	24	26	7			32	28	27	237
224	Paula Lucas	92	17	6	14	17	1	10	24	17	16	11	225
210	Kelly Hicks	58	37	95	18		2						210
181	Kate Kuczer	8	22	77	20	24	3	13		14		0	181
150	Bianca Craddock	16	16	27	12	12	0			21	22	24	150



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Boys

377	Lachlan Morland	97		15	78	98	31		29		26	3	377
336	Ben Quirk	98	59	96		20	16	16			27	4	336
99	Adam Van Der Brand							99					99
108	Sam Quirk			80				12				16	108
44	Matthew McKendry								25			19	44

Girls

257	Lauren Isles	34		72	63		20		25	20	23		257
166	Courtney French		54	94		18							166
31	Tanya Eagle		21				10						31

This week's course is at the end of Scales road
Thursday races coming up.

8th - February 2007- Scales Road 5km Course.

Course Marker- Rick Mann

Media- Belinda Issell.

Timekeeping and Clubrooms- Steve Mcleod, Kim Essex and Andrea Henderson.

15th - February 2007- Traralgon South 5km Course.

Course Marker- Ian Heafield

Media- Kev Piercy

Timekeeping and Clubrooms- David Griffiths, Bianca Craddock, John Jervis.

22nd - February 2007- Clubrooms 6km Course Tour De West.

Course Marker- Barry Higgins.

Media- Barry Higgins.

Timekeeping and Clubrooms- The Quirks.

1st March 2007- Clarkes Road 6km Course.

Course Marker- Rick Mann

Media- Neil Griffiths.

Timekeeping and Clubrooms- The Combers.

Training Sessions.

Monday Nights

6 P.M. Rob Embelton's 28 Dunbar Ave Morwell, Ph
51337568.



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- 6:10 P.M. Jason Mulvogue & Rob Donaldson easy run from clubrooms Ph 51489180
- Tuesday Night's** 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.

Events Coming Up.

Sunday 11th February 2007- DROUIN FICIFOLIA 8.4KM FUN RUN.

A challenging 8.4km run set in rural countryside around the township of Drouin. Race starts at 10:00 A.M. from the Bellbird Park Hockey and Soccer fields Lampards Road .Drouin.

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 25th February 2007- Tru-Energy Fun Run/ Walk.

***Win up to \$500:00 of free electricity or gas for yourself,
your school or your club.***

Park at Yallourn Power Station and grab a free bus to the registration/start point at the Moe Botanical gardens, then run or walk along the Moe-Yallourn Rail trail to the power station.

Adults \$10:00, Families \$20:00.

Students/ Concession \$5:00.

Starts at Moe Botanical Gardens

Registration from 9:30 A.M.

Runners Start at 10:30 A.M.



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Walkers at 11:00 A.M.

Auction

Lucky Envelopes

BBQ Lunch

Children's Entertainment.

All proceeds donated to the Gippsland Cancer Care centre.

More details contact Meredith Bowden 51282960.

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.

Sunday 11th March 2007.

Traralgon Harriers Annual La Trobe City Community

Fun Run 9:00 A.M.

Kernot Hall Morwell.

1500m Kids run around the Lake 5km Fun Run along Pathway around Eel Hole Creek (No Road Crossings)

Club Members please note this year's theme will be bring a friend. One of the main reasons we run this event is to introduce the general public to our club by means of a fun low key fun run. Last year's event was poorly attended by our own club members which defeats the purpose of introducing the general public to our club if even our own members are not going to attend. If we have 100 members and each member brings a friend that will mean we will have 200 attend this year's event. I cannot understand any member not supporting this as the whole idea is to benefit the club by increasing membership and making this one day a success. March 11th 2007 you have plenty of time to set this day aside and think of a friend or even a whole family you can invite along.

Sunday April 1st 2007- Harald Sun/City Link Run for the Kids.

15.2km course or 3.4km course, enter online at www.runforthekids.com.au. Please note this will not be an organised A.V. run this year.

Sunday May 13th 2007- Walhalla Wound-Up.

Sunday June 17th 2007- Traralgon Marathon.



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Sunday 19th August 2007- Prom Country Challenge.

30km Challenge, 6km walk for fun, 6km team relay, 6km & 12km run.
Contact 0408366271
www.promcountrychallenge.org.au.

Sunday 23rd September 2007- Traralgon Harriers King and Queen of the Mountain.

Proposed Harriers and A. V. Racing Calender.

Tuesday February 20th 2007-
Traralgon Harriers 10,000m Track Championship Newborough 6-15 P.M. Event includes a junior 3,000m Championship and a novice 3,000m run.

Sunday March 11th 2007- Traralgon Harriers Community Fun Run Kernot Hall Morwell.

Sunday April 22nd 2007- Traralgon Harriers Ray and Doris 16km & 8km Hill run Wirilda Park Tyers.

Saturday April 28th 2007- Athletic Victoria Club 6km Cross-Country relay's Jells Park Waverley.

Saturday May 12th 2007- Athletic Victoria 15km Victorian Road Championships La Trobe Uni Bundoora.

Sunday May 13th 2007- Traralgon Harriers Walhalla Wound-Up. 50km, 37km and 19km Mountain Trail Runs.

Saturday May 26th 2007- Athletic Victoria 10km Victorian Road Championships Sandown Park.

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

Athletic Victoria Individual Winter Champions.

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

2006- Sam Quirk Men's Under 14.



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Sunday June 3rd 2007- Traralgon Harriers 12km, 8km and 4km Cross-country Championships Edward Hunter Reserve Moe.

Sunday June 17th 2007- Traralgon Harriers Marathon, Half Marathon and Quarter Marathon.

Saturday June 24th 2007- Athletic Victoria 16km Men's and 4km Women's Victorian Cross-Country Championships Geelong.

Saturday July 7th 2007- Athletic Victoria Club Coliban Long Course Road Relays Harcourt to Bendigo.

Sunday July 15th 2007- Traralgon Harriers 25km & 10km Road Championships.

Saturday July 21st 2007- Athletic Victoria 12km Men's and 8km Women's Victorian Cross-Country Championships Bundoora.

Sunday July 29th 2007- Traralgon Harriers Swaggy Wilson 12km Road Championships.

Saturday August 4th 2007- Athletic Victoria Club 6km Road Relay Championships Sandown Park.

Sunday August 12th 2007- Traralgon Harriers Boolarra Rail Trail Run.

Saturday August 18th 2007- Athletic Victoria 8km Men's and 6km Women's Victorian Cross-Country Championships Yarra Bend.

Sunday September 9th 2007- Athletic Victoria Burnley Half Marathon Victorian Half Marathon Championships.

Saturday September 22nd 2007- Athletic Victoria Club Tan Relays Tan Track Melbourne.

Sunday September 23rd 2007- Traralgon Harriers King and Queen of the Mountain 30km run from Traralgon to Mt Tassie.



Volunteers required to Marshall at Gatorade Triathlons.

What seemed a good idea at the time to raise funds to help finance our Athletic Victoria teams to compete last season will be tested next month when we try and meet our obligation. At the time I worked the numbers on two car loads so unless you are in Melbourne at the time transport will be supplied to the event. Here are the dates and events if you can help out or know any relation preferably alive who can also help out please let me know as soon as possible.

Gatorade Triathlon Series - Race 4 - Elwood - Sunday 18th February 2007.

Number of Marshalls Required 10.

Sign on time 6:30 A.M.

Job Description-Floating Spares.

Each Marshall receives an event T-shirt and Drink Bottle. Club receives \$350:00.

Sign off time 10:30 A.M.

BP Ultimate / BRW Corporate Triathlon - Elwood - Sunday 25th February 2007.

Number of Marshalls Required 10.

Sign on time 6:30 A.M.

Job Description-Floating Spares.

Each Marshall receives an event T-shirt and Drink Bottle. Club receives \$450:00.

Sign off time Lunchtime.