



Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*Thursday's Weekly Newsletter
Volume 43 Issue 10
March 11th 2010.*

Important dates to remember:

11th March after Racecourse Run, a working bee at clubrooms:

21st March Bowls for Goals details page 8:

25th March AGM at clubrooms:

28th March Ray and Doris Hill run Wirilda Park Tyers (8km and 16km):

15th April Traralgon Harriers 5,000m Track Championships and Junior 3,000m Championship:

Gippsland Foot Clinic

"Keeping Gippsland Sporting Clubs on their Feet!"

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Last Thursday's Race Report Wirilda Park:

40 runners turned up on Thursday the 4th of March for the notorious 6k Wirilda Park run. It starts beside the river at the picturesque Wirilda Park in Tyers. You head out and up on a gravel track to an incredibly hard hill which lasts for over 1 kilometre! Lots of hardened runners succumbed to walking that hill.

Then you continue up another couple of hills and downhill to the 3k turn around point. The killer hill at the beginning of the race is no friendlier on the way home. It's so steep you are struggling to control your speed and avoid rolling an ankle.

Four of the fastest runners in the club Peter Evans, John MacKenzie, Des Paynter and Darrel Cross took off together. Evans was overheard saying he was going to take it easy. Paynter (23:52) recorded the fastest time and certainly didn't take it easy. Next was Evans (24:40) followed by MacKenzie (25:08) and Cross (25:50).

Fastest female was Kylie Murray (27:57) followed by Melissa Jones (28:49), Lee Graham (29:05) and Anna Orr (29:28). As mentioned above the course is hard but spurring some of the adults on may have been their offspring running in either the adults or kids race!

Evans regularly has daughter Tara (46:41) and son Riley (34:09) to compete with. Graham had son Cameron (34:44) and daughter Erin was first in the kids 2k run. Jack and Emily Murray came 2nd and 7th in the kids run. Ruby Luckie came in 3rd and what a sprint finish! She clearly had lots left in the tank after the 2k run and having competed in the school athletics carnival the same day. Not to be outdone her older brother Max who came along for the kids run decided to do the full 6k. He sprinted to the finish in 41 minutes after also having competed in school athletics.

Stephanie Graham came in 4th in the kids run which may have inspired Grandfather Mick Bridle (42:22) who said he felt really strong Thursday night.

Corey and Katie MacKenzie came in 5th and 6th in the kids run while their Mum Tina ran (43:16).



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In the handicap race this week 100 points went to Cameron Graham, 99 to Lee Graham, 98 to Claire Issell (40:47) and 97 to Kylie Murray.

The course is hard, to start it takes courage to complete it is an achievement. Well done to all.

Lisa Luckie (Lisa left her RBS Morgan's drink bottle behind last week and her son Max his Western Bulldogs drink bottle if anyone picked them up please let Lisa know.)

Summer Championship races and duty rosters:

Each week three members out of our list of about 150 members will be assigned to be on duty that evening. Their responsibilities although not time consuming will help make the club run better and take the work load of the same individuals each week.

- **Important**- Look for any strangers or new runners and make sure they are made to feel welcome. Introduce them to other runners and make sure they are given a handicap and are familiar with the club racing procedures. Make sure they fill out a Club Membership form before running and understand they have two free runs before deciding to join the club.

They don't have to pay the first night but they must sign a membership form before running. Give them a Club Membership flier to take home and read. All forms are available at the race start with the newsletters.

Timekeeping- Check that there are enough people around to time keep. Usually there are enough spectators around to time keep but check first before deciding whether to run or not.

Clubroom Maintenance- The one thing that really needs to be done is when on duty make sure you are available to help clean up after everyone has finished their cuppa etc. Wash dishes, clean kitchen and clubroom floors if necessary.



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Summer Championship Runs (Aaron Bryce and Saucony are teaming up again to provide prizes and race packs again for this years summer series)



March 11th 2010- McNairn Road 5km Course:

Location: McNairn Road Traralgon Glenview Park Racecourse:

Course Marker-Darrel Cross

*Timekeeping and Clubrooms- Emma Marino, Giuseppe Marino,
Simone Gye:*

March 18th 2010- Tyers Fitzgibbons 6km Course:

Location: Fitzgibbons Road Tyers of the Wahalla - Tyers Road.

Course Marker-Darrel Cross:

*Timekeeping and Clubrooms- Tim Granger, Stephen White, Ian
Twite.*

March 25th 2010- Riverslea Blvd 5km Course:

*Location: Meet at clubrooms Traralgon West Sports complex cnr
of Douglas Parade and Grubb Ave. Run starts corner of Cross's
Road and Grub Avenue Traralgon.*

Course Marker-

*Timekeeping and Clubrooms- Brett Van Der Velden, Rob Preston,
Tony Lane*

April 1st 2010- Oaks Ave /Connaught Way 5km Course:

*Location: Over the railway crossing opposite Golf Course and head
down Bank Street Oak Street first on right.*

Course Marker-

*Timekeeping and Clubrooms- Steve McLeod, Michael Beeck,
Andrew Rodgers*



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Last Thursday's Times Wirilda Park 6km:

Pl	F/Pl	Name	M/F	Age	H'Cap	Run Time	H'Cap Time	Pts
1	5	Des Paynter	Male		0:20:24	0:23:52	0:44:16	96
2	14	Peter Evans	Male		0:20:24	0:24:40	0:45:04	88
3	18	John MacKenzie	Male	35-39	0:20:24	0:25:08	0:45:32	84
4	24	Darrel Cross	Male	40-44	0:20:24	0:25:50	0:46:14	79
5	25	Roger Maximiw	Male	45-49	0:18:36	0:27:47	0:46:23	78
6	4	Kylie Murray	Female	30-34	0:16:12	0:27:57	0:44:09	97
7	12	Steve McLeod	Male	35-39	0:16:48	0:28:02	0:44:50	90
8	6	Melissa Jones	Female	25-29	0:15:36	0:28:49	0:44:25	95
9	20	Tim Granger	Male		0:16:48	0:28:50	0:45:38	83
10	21	Biasi Silvestro	Male		0:16:48	0:28:57	0:45:45	82
11	2	Lee Graham	Female	45-49	0:11:24	0:29:05	0:40:29	99
12	8	Anna Orr	Female	25-29	0:15:00	0:29:28	0:44:28	93
13	15	Neil Griffiths	Male	40-44	0:15:36	0:29:39	0:45:15	87
14	7	Andrew Legge	Male	25-29	0:14:24	0:30:03	0:44:27	94
15	9	Andrew Rodgers	Male		0:14:24	0:30:13	0:44:37	92
16	19	Ryan Incoll	Male	35-39	0:13:48	0:31:12	0:45:00	89
17	32	Michael Beeck	Male	45-49	0:15:00	0:32:19	0:47:19	68
18	33	Allen Timmer-Arends	Male	40-44	0:15:00	0:32:21	0:47:21	67
19	27	Cheryl Thomas	Female	50-54	0:12:36	0:34:04	0:46:40	75
20	36	Riley Evans	Male		0:13:48	0:34:09	0:47:57	64
21	29	Tanya Whitehead	Female	35-39	0:12:36	0:34:11	0:46:47	73
22	10	Trevor Preston	Male	50-54	0:10:12	0:34:34	0:44:46	91
23	1	Cameron Graham	Male	Under 14	0:04:48	0:34:44	0:39:32	100
24	28	Stephen White	Male		0:12:00	0:34:45	0:46:45	74
25	30	John Jervis	Male	70-74	0:10:48	0:36:09	0:46:57	71
26	22	Barry Higgins	Male	70-74	0:09:36	0:36:14	0:45:50	81
27	16	Madelon Lane	Female	50-54	0:09:00	0:36:20	0:45:20	86
28	34	Anne Maloney	Female	60-64	0:09:36	0:37:49	0:47:25	66
29	11	Ros Matheson	Female	45-49	0:07:48	0:38:48	0:46:36	76
30	13	Carmel Quirk	Female	45-49	0:08:24	0:38:51	0:47:15	69
31	17	Ian Heafield	Male	60-64	0:06:00	0:39:27	0:45:27	85
32	26	Paula Pettingill	Female	40-44	0:06:36	0:39:49	0:46:25	77
33	23	Belinda Issell	Female	55-59	0:06:00	0:39:55	0:45:55	80
34	3	Claire Issell	Female	20-24	0:02:24	0:40:47	0:43:11	98
35	40	Max Luckie	Male		0:24:00	0:41:00	1:05:00	61
36	31	Mick Bridle	Male	75-79	0:04:48	0:42:22	0:47:10	70
37	35	Tina MacKenzie	Female	35-39	0:04:12	0:43:16	0:47:28	65



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Last Thursday's Times Wirilda Park 6km continued:

PI	F/PI	Name	M/F	Age	H'Cap	Run Time	H'Cap Time	Pts
38	37	Caitlin Campbell	Female		0:03:36	0:45:28	0:49:04	63
39	38	Tara Evans	Female		0:00:00	0:46:51	0:46:51	72
40	39	Bill Rutherford	Male	65-69	0:00:00	0:51:35	0:51:35	62

25th March 2010 AGM at clubrooms

FORM OF APPOINTMENT OF PROXY

I,
(name)

of
(address)

being a member of the Traralgon Harriers Athletic Club Inc.

appoint
(name of proxy holder)

of
(address of proxy holder)

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the annual/special* general meeting of the Association to be held on

.....
(date of meeting)

and at any adjournment of that meeting.

My proxy is authorised to vote in favour of/against* the following resolution (insert details of resolution).

.....
Signed

Date

- Delete if not applicable



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Club Positions Nomination Form

I,
(name)

of
(address)

being a member of the Traralgon Harriers Athletic Club Inc.
nominate
(name of nominated member)

of
(address of nominated member)

being a member of the Traralgon Harriers Athletic Club Inc.
for the position of
(position nominated for)

.....
Signed Date

List of Positions:

Committee of Management

President:

Vice-President:

Treasurer:

Secretary:

Ordinary Member 1:

Ordinary Member 2:

Club Captains

Other positions

Property Officer:

Registrar:

Athletics Victoria Delegates:

Newsletter Editor:

Handicapper:

Provider:

Race Committee

Chairperson:

Member 1:

Member 2:

Member 3:

Member 4:

Member 5:

Media Committee

Chairperson:

Member 1:

Member 2:

Member 3:

Member 4:

Member 5:



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List of Positions Continued:

Social Committee

Chairperson:

Member 1:

Member 2:

Member 3:

Member 4:

Member 5:

King and Queen of the Mountain

Director:

Community Fun Run

Director:

6 Hour- 50km Run

Director:

Men's Club Captain:

Women's Club Captains:

BOWLS FOR GOALS

5km FUN RUN

Date: 21st March 2010

Time: 9.30am

Registration: 9.00am

Venue: Traralgon Bowls Club, Liddiard Rd Traralgon.

Cost: \$5 or \$30 for a family that includes the Fun Run, a game of Bowls and a BBQ lunch.

Volunteers Required: 8

For further information, please ring

Sandra Timmer-Arends on 0439031605



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Run for the Kids:

Sunday March 14th 2010:

Anyone doing the Run for the Kids please let me know at harriers@aanet.com.au so I can look up your results good luck all.

www.richardclavarino.info



Richard Clavarino

ABN 12 695 833 981

18 Cross's Rd
Traralgon Vic 3844
Mob: 0432 984 551

Remedial Massage Therapy

Pre Race Sports Massages

Post Race Sports Massages



**Sunday, March 14 2010
Run For the Kids Fun Run**

- Friday Day or Night Pre Race Massages
- Saturday Morning Pre Race Massages
- Sunday Post Race Massages

30min- \$35

45min- \$45

60min- \$55

HealthInsurance Rebates

Also Offering:

Appointments during business hours Monday- Friday
and
After Hours & Weekend Appointments

Member of the Australian Association of Massage Therapists





Running Calendar

Sat Mch 13th	6 Foot Track Marathon	
Sun Mch 14th	Run For The Kids	
Sun Mch 21st	Bowls for Goals	Sandra Timmer-Arends
Sun Mch 28th	TRH Ray and Doris Ellis 16km Hill Run	Race Committee
Sun Mch 28th	Eaglehawk Half Marathon	
Mon April 5th	Mt Nowa Nowa Classic	Visit Harriers web-site
Sun April 11th	Geelong Half Marathon	
Thur April 15th	TRH 5,000m Track Championship	Ian Twite
Sun April 25th	TRH Springwood X/C Morwell	
Sat May 1st	A.V. Jell's Park X/C Relays	A.V.
Sun May 2nd	Puffing Billy Train Race	
Sat May 8th	A.V. Lardner Park 8km X/C	A.V.
Sat May 14th	Great Ocean Road	
Sun May 15th	Marathon Weekend	
Sun May 23rd	TRH Edward Hunter 12km X/C	Race Committee
Sat May 29th	A.V. Sandown 10km Road Race	A.V.
Sun June 6th	TRH Traralgon Marathon	Al & Sandra Timmer-Arends
Sat June 19th	A.V. 15km Road Race Lake Wendouree	A.V.
Sun June 27th	South Coast Athletics X/C Outtrim	T.B.C.
Sun July 4th	Gold Coast Marathon	
Sat July 10th	A.V. Coliban Road Relays	A.V.
Sat July 17th	A.V. Bundoora 12km X/C	A.V.
Sun July 25th	TRH 25km & 10km Road Championships	Race Committee
Sat July 31st	A.V. Brimbank Park 16km X/C	A.V.
Sun Aug 8th	TRH Swaggy Wilson 12km Road Race	Race Committee
Sat Aug 14th	A.V. Sandown Road Relays	A.V.
Sun Aug 22nd	Prom Country Challenge	T.B.C.
Sun Aug 31st	Geoff Watt Half Marathon	T.B.C.



Running Calendar Continued:

Sun Sept 5th	A.V. Burnley Half Marathon	A.V.
Sat Sept 11th	TRH Walhalla Gold Fields Train Race	T.B.C.
Sun Sept 12th	TRH Walhalla Wound Up 50km/36km/ 19km	Bruce Salisbury
Sat Sept 18th	A.V. Tan Relays	A.V.
Tue Sept 21st	TRH 10,000m Track Championship	Ian Twite
Sun Oct 10th	Melbourne Marathon	
Sun Oct 24th	TRH King of the Mountain	T.B.C.
Sun Oct 31st	Four Peaks Weekend	
Sun Nov 7th	Maryville Marathon	T.B.C.
Sun Nov 14th	TRH Leanne Harris Memorial Runs	Sandra Timmer-Arends
Sat Nov 20th	TRH Victroian 6 Hour/50km Track Ch.	Shane and Paula Pettingill
Sun Nov 21st	Olympic Dream	T.B.C.
Sun Nov 28th	Great Australian Run 15km	T.B.C.
Sun Dec 5th	Susan Classic	T.B.C.
Sun Dec 12th	Coast to Kosi	T.B.C.

Ray and Doris Ellis 16km Hill Run Wirilda Park Tyers:

9:00 A.M. Start.

28th March 2010:

Races start at Wirilda Park picnic ground Tyers at 9:00 A.M. Race is open to all Harriers and general public. The 8km run and 16km run follow the same course with the 8km run turning around and running back down the hill after about 4km of climbing. The 16km run continues on for about another 3km of climbing before becoming a most enjoyable bush trail run. It offers some spectacular views of the valley with some serious up and down sections in the last 9km but more down than up. This race is to honour two of our most distinguished life members in Ray and Doris Ellis.

Enter on the day at Wirilda Park Picnic Ground from 8:00 A.M. onwards.



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Club Contacts:

Club President - Allen Timmer-Arends 51740045

Vice President- Melissa Jones
0439389980

Secretary- Belinda Issell 51339036

Treasurer- Anna Orr 0438 868 103

Editor- Ian Twite 51744965.

Email - Harriers@aanet.com.au

Media Committee- Barry Higgins

Email- bhiggins@vic.australis.com.au

Website: -www.
traralgonharriers.org

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



Club Established
October 1968.

Club Motto:

"Omnia Abiecta Faecii"

Individual Honour Roll.

Australian Titles:

- 2000- Melissa Jones under 20
2,000m steeplechase.
- 2002- Peta Mullens under18
female mountain running
- 2002- Derek Evans Special
Olympics Long Jump and Javelin.
- 2003- Roger Maximiw
Australian 100km Champion.
- 2006- Charlotte McShane
under18 female mountain
running Champion.
- 2008- Steven McShane under
18 Mountain Running Champion.
- 2009- Frank McShane 50-54
Mountain Running Champion.

Australian Records:

- 1998- Sandra Timmer-Arends
50km Track Record 3:38:18.
- 1999- Sandra Timmer-Arends
Road Record 3:22:23.

Athletic Victoria Individual Winter Champions.

- 2005- Steven Quirk
Men's 45-49 Age Group:
- 2006- Sam Quirk Men's U 14.

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:
- 2008- Women's Division 2.