

# 1979 Newsletters

No 1 Newsletter - 27/9/79

## TRARALGON HARRIERS NEWSLETTER No. 1

This Newsletter is hoped to come out on a regular basis to create greater communication between club members. We will try to keep you informed of the upcoming events and results of races. Any comments, suggestions or contributions are welcomed and should be presented to Dale on Thursday Night Runs.

Results: 27/9/79. 4 Mile Triangle.

|                      |       |
|----------------------|-------|
| 1. David Laws        | 21.13 |
| 2. Rayphe Collins    | 22.06 |
| 3. Geoff Wilson      | 22.15 |
| 4. Peter Scholtes    | 22.34 |
| 5. Michael Moran     | 23.40 |
| 6. Jim Timmer-Arends | 24.06 |
| 7. Bruce Inglis      | 24.37 |
| 8. John Ward         | 24.42 |
| 9. Geoff Duffell     | 24.44 |
| 10. Linda Thompson   | 25.11 |
| 11. Neville          | 26.34 |
| 12. Stefan Dundek    | 27.26 |

Upcoming Events: 4/10/79 6 Mile 6a to Black's Lane and return. 5.30 Start  
7/10/79 Bush runs Koornalla. 11.00 Start.  
11/10/79 2 Mile Clarke's Road to 6a. 5.30 Start.

MEETING: 7.30p.m. 4/10/79 6a Rose Avenue.

- Agenda-
- General Business
  - Traralgon Marathon Appraisal
  - Proposals for Summer Season

General: The club uniform is a black top with 'T' and black shorts. WE are well known by our distinctive uniform but too few of us are wearing when competing against other clubs. It's one of our best advertisements so wear it PROUDLY.

Training can be much more enjoyable and consistent when shared with other members. Arrange to train with each other more often. As an end of season get together we will probably be arranging a bar-b-que and other suggestions for a ~~xxx~~ day are welcomed.

JOG A BIT: IT KEEPS YOU FIT.

4/10/79

# Traralgon Harriers *Omnia Abiecta Faciei*

## NEWSLETTER No.2

Results: 4/10/79. 5.9 Mile 2x6a to Black's Lane.

|                         |       |
|-------------------------|-------|
| 1. Garry Henry          | 28.32 |
| 2. David Laws           | 32.17 |
| 3. Rayphe Collins       | 33.29 |
| 4. Geoff Wilson         | 33.57 |
| 5. Brian Inglis         | 35.35 |
| 6. Jim Timmer-Arends    | 36.27 |
| 7. Bruce Inglis         | 36.31 |
| 8. John Ward            | 36.45 |
| 9. Leigh Thompson       | 36.57 |
| 10. Richard Jeffery     | 38.38 |
| 11. Linda Thompson      | 38.43 |
| 12. Cecil McKeown       | 39.52 |
| 13. Bill Ford           | 41.01 |
| 14. Stefan Dundek       | 42.56 |
| 15. Neville Anderson    | 44.48 |
| 16. Brett Irving        | 45.04 |
| 17. Mike Gumpold        | 47.16 |
| 18 & 19 . Gaye Thompson | 53.31 |

Dallas

30/9/79 Mt. Tassie 'King of the Mountain'.

|                      |         |
|----------------------|---------|
| 1. Martin O'Malley   | 1.59.54 |
| 2. Kevin Onley       | 2.14.44 |
| 3. Rayphe Collins    | 2.16.10 |
| 4. John Lyons        | 2.17.28 |
| 5. David Laws        | 2.22.23 |
| 6. Richard Jeffery   | 2.23.13 |
| 7. Jim Timmer-Arends | 2.24.55 |
| 8. Collin Ward       | 2.33.25 |
| 9. Ian Bray          | 2.44.24 |
| 10. Cec McKeown      | 2.47.09 |
| 11. Mike Gumpold     | 3.23.30 |
| 12. Gaye Thompson    | 4.08.35 |

Leigh Thompson

Upcoming Events: 11/10/79 2 mile Clarke's Rd. to Ca. 5.30 p.m.

15/10/79 Bush Run Kooralla 11 a.m.

18/10/79 4 mile Pines at the end Black's Lane 5.30 p.m.

22/10/79 1IG 'M' Frankston.

Proposed date of our 1980 Marathon is 6/9/80 but we will wait on approval from the V.A.A.A.

\* Also on Sunday 15<sup>th</sup>. PRE-SEASON TRACK MEETING - SALE

11/10/79

# Traralgon Harriers Omnia Abiecta Faecel

Newsletter Number 3.

Results: 11/10/79. 2 Mile in from Black's Lane.

|                      |       |
|----------------------|-------|
| 1. David Laws        | 9.54  |
| 2. Bruce Inglis      | 10.12 |
| 3. Geoff Wilson      | 10.13 |
| 4..Rayphe Collins    | 10.23 |
| 5. Michael Moran     | 10.27 |
| 6. Jim Timmer-Arends | 10.28 |
| 7. Brian Inglis      | 10.35 |
| 8. John Ward         | 11.20 |
| 9. Leigh Thompson    | 11.40 |
| 10. Bret Irving      | 11.57 |
| 11. Linda Thompson   | 12.04 |
| 12. Neville Anderson | 12.32 |
| 13. Matthew Johnson  | 12.37 |
| 14. Richard Jeffery  | 13.08 |
| 15. Leo Smith        | 13.30 |
| 16. Ashley Franklin  | 14.34 |
| 17. Dalys Lamson     | 16.13 |
| & Gaye Thompson      |       |
| & Martin Thompson    |       |

Coming Events: 25/10/79 7K, starting from Tomholts place.  
14 Tennyson Street.

On November 25th to 30th ~~are~~ series of races, one on each day, up 5 different mountains in the Victorian Alps, will be held. There is a grand prize for the best team of 4 runners to run all 5 peaks plus individual prizes.

A 50 mile track race is to be held on April 12th., next year. Its hoped that we can field about 4 runners. Any volunteers?

There has been some concern about runners undertaking long and difficult runs (namely the 21) without consideration of the weather conditions, fitness or looking after slower runners. We can avoid having people getting lost or suffering from exposure by running ~~groups~~ in ~~groups~~ groups and looking after one another. Moornalla runs should be treated as packruns/social training runs and not races. A suggestion is that runners who get ahead of the main group should retrace their steps and rejoin the pack.

1/11/79

# Traralgon Harriers *Omnia Abiecta Faecei*

Newsletter No.4.

Results; 1/11/79 7kkm. Pines at Cochrane's Lane.

|                              |       |
|------------------------------|-------|
| 1. Garry Henry               | 22.21 |
| 2. David Laws                | 24.16 |
| 3. Jim Timmer-Arends         | 26.03 |
| 4. Geoff Wilson              | 26.31 |
| 5. Martin Thompson           | 27.05 |
| 6. Keith Tomholt             | 28.02 |
| 7. Bruce Inglis              | 28.20 |
| 8. Leigh Thompson            | 28.26 |
| 9. Brian Inglis              | 29.05 |
| 10. Cec McKeawn              | 29.27 |
| 11. Richard Jeffery          | 30.45 |
| 12. Stefan Dundek            | 30.53 |
| 13. Brett Irving             | 32.35 |
| 14. Helen Harrison           | 35.37 |
| 15. Ashley Franklin          | 37.17 |
| 16. Micheal & Nigel Harrison | 42.47 |

Coming Events; 11/11/79 Pony Trail, Mirboo East. 11 a.m. Meet outside  
Hobson's Park, Hazelwood Rd., 10.15. a.m.  
Track Meeting at Morwell, L.V. Centre.  
15/11/79 Track Meeting at Showgrounds. 6 p.m.  
18/11/79 South Melbourne Marathon 8 a.m. Princes Park.  
22/11/79 9kkm 6a to end Black's Lane, along railway,  
in through Hobson's Park.

NOTE: GENERAL MEETING : 15/11/79 7.45p.m. at Keith & Faye's.

Regular training sessions are being held at the Showgrounds during  
the week between 6 & 7. If you want to join in contact Martin or  
Garry to find out the days that they will be there. Good luck to  
all those running in the South Melbourne Marathon and let's see  
lots of Traralgon Harrier Club Uniforms.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER NO 45

Results: 18/10/79. 4.1 Pines at Black's Lane.

|                        |                |
|------------------------|----------------|
| 1. David Laws          | 21.41 (record) |
| 2. Garry Henry         | 21.42          |
| 3. Geoff Wilson        | 22.30          |
| 4. Bruce Inglis        | 22.59          |
| 5. Brian Inglis        | 23.43          |
| 6. Jim Timmer-Arends   | 23.56          |
| 7. Rayphe Collins      | 24.05          |
| 8. Keith Tomholt       | 24.14          |
| 9. John Ward           | 24.27          |
| 10. Ian Membrey        | 25.55          |
| 11. Richard Jeffery    | 25.59          |
| 12. Cecil McKeown      | 26.21          |
| 13. Rod Lineham        | 26.32          |
| 14. Linda Thompson     | 26.39          |
| 15. Martin Thompson    | 26.42          |
| 16. Bill Ford          | 28.05          |
| 17. Robert Tactor      | 30.35          |
| 18. Stefan Dundek      | 30.58          |
| 19. Ashley Franklin    | 31.20          |
| 20. Stephen Mac Intosh | 32.45          |
| 21. Colin MacIntosh    | 33.29          |
| 22. Michael Harrison   | 35.03          |
| 23. Nigel Harrison     | 35.05          |
| 24. Dale Thompson      | 39.39          |

Thanks to Geoff Duffell here are the best four mile times recorded by club runners in 1979 mid week events.

|                      |       |
|----------------------|-------|
| 1. John Shenahan     | 21.01 |
| 2. David Laws        | 21.13 |
| 3. Keith Tomholt     | 21.27 |
| 4. Rayphe Collins    | 21.29 |
| 5. Geoff Wilson      | 21.44 |
| 6. Peter Scholtes    | 22.34 |
| 7. Bruce Inglis      | 22.36 |
| 8. Martin Thompson   | 22.38 |
| 9. Jim Timmer-Arends | 23.10 |
| 10. Geoff Duffell    | 23.17 |
| 11. Michael Moran    | 23.40 |
| 12. Ian Cornthwaite  | 23.48 |
| 13. Brian Inglis     | 23.57 |
| 14. John Ward        | 24.19 |
| 15. Linda Thompson   | 24.22 |
| 16. Ian Membrey      | 24.28 |
| 17. Greg Wigg        | 24.30 |
| 18. Leigh Thompson   | 24.38 |

Coming Events : 1/11/79 4+ mile at end Cochrane's Lane (off Mattingly)  
8/11/79 Triangle 4mile. Top Mattingly.  
28/10/70 Koornalla Run runs.

# Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER No. 6

Results; 4 Mile Triangle 8/11/79.

|                      |       |                      |       |
|----------------------|-------|----------------------|-------|
| 1. Garry Henry       | 18.46 | 14. Harry Langenberg | 27.26 |
| 2. David Laws        | 21.09 | 15. Brett Irving     | 27.55 |
| 3. Bruce Inglis      | 21.46 | 16. John Althuizen   | 27.59 |
| 4. Geoff Wilson      | 22.19 | 17. Linda Thompson   | 28.59 |
| 5. Keith Tomholt     | 22.20 | 18. Robert Tactor    | 29.20 |
| 6. Martin Thompson   | 22.55 | 19. Ashley Franklin  | 29.58 |
| 7. Jim Timmer-Arends | 23.04 | 20. Mike Gumpold     | 30.05 |
| 8. Brian Inglis      | 23.17 | 21. Faye Tomholt     | 31.20 |
| 9. Cec McKeown       | 25.09 | 22. Don Inglis       | 31.20 |
| 10. Peter Cameron    | 25.28 | 23. Michael Harrison | 33.50 |
| 11. Bill Ford        | 26.40 | 24. Leigh Thompson   | 34.15 |
| 12. Neville Anderson | 26.43 | 25. Gaye Thompson    | 36.04 |
| 13. Stefan Dundek    | 27.12 |                      |       |

Garry Henry ran 29.29 for the Puma 10,000 metres, winning the race from Bob Guthrie, on 13/11/79.

Coming Events; 18/11/79 Sth Melb. Marathon. 8 a.m. start  
22/11/79 5 mile 6a around Black's Lane, in on the railway.  
6 p.m. start.

GIPPSLAND PERMANENT BUILDING SOCIETY, 77 SEYMOUR STREET, TRARALGON sponsored this year's Traralgon Marathon and promise future support. Our Club has invested \$500 with them and members and friends can help the club by investing with Gippsland Permanent -and letting them know why.

General Meeting tonight at Faye & Keith Tomholt's home; 14 Tennyson St., Traralgon at 7.45 p.m.

# Traralgon Harriers Omnia Abiecta Faecet

NEWSLETTER No. 7 (Please note that due to a printing error no.4 was published twice. Therefore one was really no.5, no.5 was no.6, and this is 7. Thanks Jim.)

SULTS: 5,000 Track Race Showgrounds 15/11/79.

|                      |       |                      |       |
|----------------------|-------|----------------------|-------|
| 1. Garry Henry       | 15.23 | 12. Stefan Dundek    | 20.22 |
| 2. Keith Tomholt     | 17.00 | 13. Richard Jeffery  | 20.24 |
| 3. David Laws        | 17.17 | 14. Bill Ford        | 20.35 |
| 4. Bruce Inglis      | 17.35 | 15. Neville Anderson | 21.36 |
| Martin Thompson      | 17.35 | 16. Harry Langenberg | 21.43 |
| 6. Jim Timmer-Arends | 18.09 | 17. Helen Harrison   | 22.44 |
| 7. Brian Inglis      | 18.11 | 18. Robert Tactor    | 22.47 |
| 8. John Ward         | 18.18 | 19. Faye Tomholt     | 23.22 |
| 9. Rayphe Collins    | 18.20 | 20. Ashley Franklin  | 24.02 |
| 10. Leigh Thompson   | 19.03 | 21. Nigel Harrison   | 24.38 |
| 11. Cec McKeown      | 19.24 |                      |       |

2,500 Track Race Showgrounds 15/11/79

|                  |       |                     |       |
|------------------|-------|---------------------|-------|
| 1. Gaye Thompson | 13.44 | 4. Annette Anderson | 14.35 |
| Dalys Lamson     | 13.44 | 5. Cathy Drane      | 15.00 |
| 3. Debbie Tactor | 14.35 | David Anderson      | 15.00 |

General Meeting 15/11/79. The following decisions were made;  
 The club will endeavour to have a representative at all future L.V. Management Committee Meeting.  
 We will apply for the use of the St. James Tennis Clubrooms in Shakespeare Street.  
 We will hold track meetings every third Thursday Night.  
 We will selectively support Latrobe Valley Track Meetings which will be listed in forthcoming 'NEWSLETTERS'. This will mean that we send as many people as possible to particular meetings.

UPCOMING EVENTS: Sun. 25/11/79 Inter-Centre Premierships, Olympic Park. 1.00p.m.  
 Lush runs Koornalla 11.00p.m.  
 Thu. 29/11/79 End Black's Lane 4 mile. 6.00 p.m.  
 Sun. 2/12/79 Interclub, Harold Preston Park, Traralgon 1.00 p.m.  
 Thu. 6/12/79 Track Showgrounds.  
 5.45 Javelin, 500 metres.  
 6.00 3,000 metres.  
 Sun. 9/12/79 Breakup. Relays from cnr. Shakespeare St., & Traralgon south Road. B-B-Q at Koornalla.  
 Sun. 22/12/79 Graded Events Olympic Park 1.30 p.m.  
 All events to 5,000.

Garry Henry again ran a good race to win the South Melbourne Marathon 2.19.42, which will qualify him for the Olympic Trials. Martin Thompson showing a return to form with his run of 2.42. Among the other runners of notable performances came from Dalys Lamson, 4.41.10 and Gaye Thompson 69.53.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER No. 8.

RESULTS: 22/11/79. 6a to Black's Lane, beside the railway & back.

|                             |        |                      |       |
|-----------------------------|--------|----------------------|-------|
| 1. Garry Henry              | 30.42  | 14. Stefan Dundek    | 39.40 |
| 2. David Laws               | 32.09  | 15. Linda Thompson   | 40.20 |
| 3. Keith Tomholt            | 32.26  | 16. Gerry Percuzk    | 40.51 |
| 4. Martin Thompson          | 33.08  | 17. Harry Langenberg | 42.12 |
| 5. Bruce Inglis             | 34.31  | 18. Robert Tactor    | 43.21 |
| 6. Rayphe Collins           | 34.38  | 19. Helen Harrison   | 44.05 |
| 7. John Ward                | 35.13  | 20. Don Inglis       | 44.21 |
| 8. Geoff Wilson             | 35.14  | 22. Michael Harrison | 56.50 |
| 9. Jim Timmer-Arends        | 35.35  | 23. Shaun McKeown    | 56.50 |
| 10. Cec McKeown             | 37.52  | 24. Nigel Harrison   | 56.50 |
| 11. Brian Inglis            | 37.57  | 25. Debbie Tactor    | 57.32 |
| 12. Richard Jeffery         | 39.01  | 26. Leanne McKeown   | 76.22 |
| 13. Bill Ford               | 39.07  | 27. Pauline McKeown  | 77.54 |
| QQPS!!! 21. Ashley Franklin | 48.14. |                      |       |

COMING EVENTS: Sunday 2/12/79 L.V. Interclub, Harold Preston Park, Traralgon. 1.00p.m.  
Thursday 6/12/79 Track at Showgrounds.  
5.45 p.m. Javelin , 500 metres  
6.00 p.m. 3,000 metres.  
Sunday 9/12/79 Breakup Relays Shakespeare St. to Koornalla. 11 a.m.

Eight of our runners left on Sunday to compete in five mountain runs and we are all hoping they bring back the first prize and no injuries.



# Traralgon Harriers Omnia Abiecta Faciei

## NEWSLETTER NO 9

Results: 4.1 miles (from end of Black's Lane), 29/11/79

|                     |       |
|---------------------|-------|
| 1 Garry Henry       | 20.09 |
| 2 David Laws        | 21.39 |
| 3 Keith Tomholt     | 22.01 |
| 4 Geoff Wilson      | 23.31 |
| 5 John Ward         | 23.54 |
| 6 Cec McKeown       | 25.44 |
| 7 Jerry Perczyk     | 26.15 |
| 8 Bill Ford         | 27.02 |
| 9 Harry Langenberg  | 28.45 |
| 10 Robert Tactor    | 28.58 |
| 11 Helen Harrison   | 29.25 |
| 12 Don Inglis       | 29.31 |
| 13 Fay Tomholt      | 30.11 |
| 14 Nigel Harrison   | 30.11 |
| 15 Micheal Harrison | 30.11 |
| 16 Leanne Pearce    | 34.12 |
| 17 Stefan Dundek    | 34.22 |
| 18 Debbie Tactor    | 35.51 |
| 19 Merryn Pearce    | 36.59 |
| 20 Shaun McKeown    | 38.04 |
| 21 Cathy Drane      | 44.48 |
| 22 Pauline McKeown  | 48.12 |
| 23 Leanne McKeown   | 49.58 |

### Bright Alpine Climbs:

Overall Mountain Champion (fastest total time) Bruce Inglis.  
Fastest time, MT Buffalo and MT Purepunkah.

Martin Thompson, Fastest time, ~~XXXXXXXXXXXXXX~~  
MT Hotham and MT Bogong.

Linda Thompson, fastest time <sup>(went in)</sup> ^ two mountains(?)

Erian Inglis, fastest U16, all mountains.

Winning team: Bruce, Martin, Jimmy and Rayphe.

### Coming Events

Next Sunday, 9/12/79. Club barbeQue. A relay race will start at Traralgon South turn-off at 11.00 am. followed by BBQ. Club will supply meat and some softdrinks.

Sunday 16/12/79 Latrobe Valley Interclub B, Sale 1.00 PM.

6/12/79

# Traralgon Harriers *Omnia Abiecta Faciei*

Newsletter No. 10.

Results; Traralgon Showgrounds Track Meeting 6/12/79.

500 metres.

|                   |        |
|-------------------|--------|
| 1. Peter Cameron  | 84.00  |
| 2. Rayphe Collins | 85.50  |
| 3. Cec McKeown    | 97.00  |
| 4. David Laws     | 97.00  |
| 5. Robert Tactor  | 105.00 |
| 6. Shaun McKeown  | 111.00 |
| 7. Debbie Tactor  | 118.00 |
| 8. Nigel Harrison | 129.00 |
| 9. Leanne McKeown | 137.00 |
| 10. Terry Inglis  | 141.00 |

Javelin.

|                     |           |
|---------------------|-----------|
| 1. Rayphe Collins   | 33m64cm.  |
| 2. Brian Inglis     | 32m 10cm. |
| 3. Nigel Harrison   | 7m 35cm.  |
| 4. Robert Tactor    | 7m 51cm.  |
| 5. Neville Anderson | 6m 74cm.  |

3000metres.

|                      |         |                      |       |
|----------------------|---------|----------------------|-------|
| 1. Garry Henry       | 8.45.8  | 12. Neville Anderson | 11.54 |
| 2. David Laws        | 9.36.0  | 13. Harry Langenberg | 11.58 |
| 3. Keith Tomholt     | 9.39.5  | 14. Robbie Tactor    | 13.02 |
| 4. Martin Thompson   | 9.55.0  | 15. Fay Tomholt      | 13.03 |
| 5. Bruce Inglis      | 10.13.0 | 16. Shaun McKeown    | 14.20 |
| 6. Geoff Wilson      | 10.14.0 | 17. Nigel Harrison   | 14.59 |
| 7. Rayphe Collins    | 10.15.0 | 18. Terry Inglis     | 17.20 |
| 8. Jim Timmer-Arends | 10.27.0 | 19. Cathy Drane      | 18.32 |
| 9. John Ward         | 10.30.0 | 20. Pauline McKeown  | 19.08 |
| 10. Brian Inglis     | 11.03.0 | 21. Leanne McKeown   | 20.49 |
| 11. Peter Cameron    | 11.22.0 |                      |       |

Coming Events; General Meeting 20/12/79. The venue has yet to be decided

20/12/79: 6A - 3mile - stock route/Bank St.,

27/12/79: HAROLD PRESTON PARK - 5000m.

The annual breakup was a great success,. Thanks to all those who came and participated.

"It takes all the running you can do to keep in the same place. If you want to go somewhere else, you must run at least twice as fast as that."-Lewis Carroll in Alice in Wonderland.

- BRUCE HAS ENTRY FORMS FOR THE COUNTRY CHAMPIONSHIPS AT BALLARAT IN JANUARY 1980

13/12/79

# Traralgon Harriers Omnia Abiecta Faecei

Newsletter No. 11.

Results; 6.9 mile Clarkes Rd., Church Rd., Hazelwood Rd., Mile Stretch

|                         |                  |
|-------------------------|------------------|
| 1. Garry Henry          | 35.10            |
| 2. David Laws           | 36.58            |
| 3. Martin Thompson      | 38.24            |
| 4. Bruce Inglis         | 40.35            |
| 5. Geoff Wilson         | 41.05            |
| 6. Rayphe Collins       | 41.11            |
| 7. John Ward            | 42.15            |
| <del>8. Bill Ford</del> | <del>48.28</del> |
| 8. Richard Jeffery      | 46.41            |
| 9. Bill Ford            | 48.28            |
| 10. Robert Tactor       | 49.50            |
| 11. Stefan Dundek       | 50.19            |
| 12. Faye Tomholt        | 59.24            |
| 13. Dale Thompson       | 59.24            |

Coming Events; - NEXT EVENT IS AT HAROLD PRESTON PARK  
ON JANUARY 3RD, 1980  
5000 M.