

Houston Harriers



Houston, Texas

“Running Strong since 1975”

www.houstonharriers.com

Newsletter Fall 2009

Upcoming Club Events

11/19 Simon Macnamee handicap @ Memorial Park

12/5 Rice Athletics 5K

12/12 USATF National Club Cross Country Championships

12/19 Lenard Hilton Cross Country

Track Results

Congrats to Bob Cozens & Mack Stewart, these guys continue to run the 400 faster than their age. Almost a Harrier sweep at the World masters Games Sydney, Australia.

Men 200 metre 70-74 Finals

Section 1: (w: 0.2)

1, 70522 Cozens, Bob, Australia, 29.49.

2, 70531 Fraser, Malcolm, New Zealand, 29.97.

3, 70517 Chambers, Don, Australia, 30.28.

4, 70562 Munro, Ron, New Zealand, 31.19.

5, 70605 Wada, Eiji, Japan, 33.18.

6, 70528 Dunn, Dave, Canada, 33.67.

7, 70542 Hobden, Charles, Australia, 33.78.

Men 400 metre 70-74

Section 1 Finals

1 Stewart, Mack M72 United States of America 1:06.53

2 Fraser, Malcolm M70 New Zealand 1:06.91

3 Cozens, Bob M73 Australia 1:08.67

4 Dunn, Dave M73 Canada 1:09.21

5 van der Wal, Hike M71 Canada 1:12.40

6 Chambers, Don M72 Australia 1:14.44

7 Hobden, Charles M73 Australia 1:17.60

8 Hirabayashi, Eiji M73 Japan 1:29.21

Men 800 metre 70-74

Finals

- 1 Warren, John M71 Australia 2:33.78
- 2 [Stewart, Mack M72 United States of America 2:39.69](#)
- 3 O'Reilly, mike M70 Australia 2:56.41
- 4 Spinney, John M70 Australia 2:58.83
- 5 Hirabayashi, Eiji M73 Japan 3:01.04
- 6 [Cozens, Bob M73 United States of America 3:05.11](#)
- 7 van der Wal, Hike M71 Canada 3:06.97
- 8 LeVasseur, Jerry M71 United States of America 3:15.35
- 9 Murley, Barry M70 Australia 3:20.02
- 10 Perry, Ron M70 Australia 3:22.27
- 11 Bennetts, John M72 Australia 3:25.48
- 12 Kolpak, Andrzej M71 Poland 3:33.25al

Bob Cozens, summer '09, not in Texas, see how happy he looks.



USATF National Club Cross Country championships.

The harriers will be sending a masters team (40 + male) to this event. The 10K cross country is December 12, 2009 at Masterson Station Park – Lexington KY. The Harriers will offer travel reimbursement of \$125.00. To be eligible for the travel money you must

be a registered member and compete for the Harriers. You must be a Harra member and compete for the club in Harra events. You must also volunteer at the club fundraiser, which is the spring garage sale or help out at the Buffalo wallow 6K cross country event in February. I am attaching a document with the event information. Now if you are a member of another local club, and that club is not a USATF club, you are welcome to join the Harriers and race in the club championships. You do not qualify for the travel reimbursement due to the fact you compete for anther club in Harra, but we would love to have you race for the Harriers at this event.

Some things you need to do prior to entry are to renew or become a member of USATF. When you sign up your membership will be good through the end of 2010. Below is the link. Make sure to designate the Harriers as you club, they are under the Gulf region.

<https://www.usatf.org/membership/application/>

We will enter as a team so please let me know (dwittman@filtertexas.com) so we can coordinate and get everyone entered on the team entry form. The deadline for the cheap entry fee is 12/4 so let me know by the end of November.

Southwest fly's to Louisville which is only an hour away. I plan on traveling Friday and returning on Sunday. Let me know if you have any questions, I can be reached at home at 281-993-9909 or cell 713-306-5582 - Dave Wittman

Simon Macnamee Handicap

11/19/09 Thursday night - 3mile, handicap at memorial park loop. Since rice track may not be ready we are going to do this at memorial park. Start and finish by the tennis center in Memorial park. Get there at 6pm for the handicap start 6:30. Afterword the Harriers will go over to Candelaries for Pizza and other carb replenishment.

Leonard Hilton Cross Country Cup

Hilton cup cross country 4K is 12/19/09. This is our annual Christmas fun event. The entry fee is a gift for the white elephant awards ceremony. Where you place in the handicapped event determines you picking order in the gift exchange. Plan on getting there at 9:30 for handicap, the race will start at 10:00 am. This is on Jim's course, Allen Parkway and Montrose, 2 loops of fun.

Rice 5K

The Rice Owls 5K is 12/5 at 8am on the Rice University Campus. This event is put on by the Owls cross county and track teams in is one of their main fundraisers. Included in this email is the flyer for the event. Please come out and support the Owls.

Harra Races

Current Series Races

Here are the races and dates for the Fall 2009 and Spring 2010 HARRA race series.

Fall 2009	Spring 2010
9/26/09 - HARRA Cross Country Relay	2010 - Buffalo Wallow Cross Country 6K
10/11/09 - USA Space City 10-Miler	2010 - Park to Park 5-Miler
10/25/09 - Koala / Luke's Locker Half Marathon	2010 - Bayou City Classic 10K
11/8/09 - HMSA Classical 25K	2010 - Eikenburg Law Week 8K
12/13/09 - Sugar Land Lakes of Williams Ranch 30K	2010 - Bellaire Trolley Run 5K
1/17/10 - Chevron Houston Marathon	2010 - LP Run - 33 1/3 minutes
	2010 - Bayou Bash Relay

Uniforms

They are being printed and should have them to hand out at the Simon Macnamee run at the park.

Ramblings

The hill sessions are over for fall and they seemed to be hotter than in the past, maybe I was just really out of shape. Did have a nice last session with a good mud pit at the bottom. Rice Track will be finished soon, so Tuesday night track at Rice will resume shortly. I believe by the end of the month. Good luck to all that are in there marathon mode. The weather has finally shifted to the good side, enjoy it. Below is a nice picture from our Washington DC chapter. John is still looking fit; we definitely could use you for some of these Harra races.



Rebecca and John Britton, not in Texas either and they are happy too.

David Wittman

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