

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

31 July 2025 - Volume 58 - Issue 15

THURSDAY RUN

This Week's Course

St Pauls AG 6km

Duty

Rebecca Anderson &
Rickie Glover

Marker

??

Week 7/8

Kelso's Krawl - Reserve
Street Yallourn North

Duty

Bjorn Luxmann &
Emma Marino

Marker

Ron V

Week 14/8

Netball Courts 6km

Duty

Daniel Furmston &
Megan Scott

Marker

Mark L



A cheeky Molly Fitzgerald captures the attention of the photographer at Albert Park last weekend. Molly executed her run well to stop the clock just under the 40min barrier

President's Note

At our recent AGM I had the honour of being appointed as our new club President alongside new Vice President Desley Gray. Club Secretary Dave Barr and Treasurer Ann Bomers were also re-appointed to the Executive Team for another term, and together we'll work with our committee to ensure Traralgon Harriers remains a positive and welcoming club for all our members



New Harriers President Sep Marino and new Vice President Desley Gray.

Firstly, and most importantly, I want to once again express my thanks and appreciation to our outgoing President Phill Mayer, and outgoing Vice President Andrew Legge.

Phill and Legge's incredible dedication and hard work have put Traralgon Harriers in one of the strongest positions it has ever been in its history. Many of our members have been witness to the positive changes that have taken place over recent years, building upon what has always made Harriers a great club – a love of running, friendship and community.

As Phill mentioned in his final President's note, the core of what makes Harriers so special has

been embracing social and recreational runners, and this has been reflected in the growth in membership, including near gender parity, and a growth in junior runners. At the same time, our AV team has flourished, with growing numbers and fantastic success at AV events (as you'll see in this edition of the newsletter!), proving Traralgon Harriers is a club that provides opportunities for all types of members, from walkers all the way through to elite runners.

My sincere thanks and appreciation go to Phill for his friendship and mentoring. I'm sure I can speak for many of our members when I say that we are all the better for having Phill in our lives, and Traralgon Harriers has undoubtedly become a stronger club because of Phill's leadership.

Of course, our club wouldn't be what it is today without the amazing support of our committee. To our outgoing committee members – Molly Irvine, Ash Dugan, Kate Mayer and Greg Semmler – thank you for everything you have done for the club. Your contributions, energy and the time you've dedicated are genuinely appreciated.

To our new committee members – Miles Verschuur, Shay Lorenz, Kylie Earl, Nick Hodson, Chris Van Unen, Angelo Gaudiano, Gary Fox and Des Dalton – thank you for stepping up and being part of the next chapter for our club. It brings the total number of general committee members to 17, which is sensational for a club our size. You can find a full list of Exec and Committee members at

<https://traralgonharriers.org.au/contact/>

I look forward to working with our committee and ensuring we're focused on our club mission: to provide a family-friendly club for athletes of all ages and abilities, to reach their full potential, and to promote and develop well-being and fitness within our local community.

We'll continue to prioritise our Thursday night runs, supporting our AV Team, holding major club events such as the Traralgon Marathon and Community Fun Run, and our major social events such as the mid-year and end-of-year awards.

We'll continue to celebrate our history, including recognition of our life members and the many Harriers who have made the club what it is today. And we'll also ensure that the club is a welcoming environment for new members, of all ages.

We all have a role to play, and I want to ask for your support in upholding the values of Traralgon Harriers and contributing to our ongoing success. This can be as simple as saying hello to new members on a Thursday night, pitching in to volunteer at a club event, or putting your hand up for a future role on Committee. Our running community is our greatest strength, and it's what makes Traralgon Harriers such an amazing club to be part of.

I look forward to working with you all, as we create many more wonderful running experiences into the future.

Wishing you all the best,
Sep

Giuseppe (Sep) Marino – President

***** Please check the Winter Season
Duty Roster in this newsletter and
make note of your allocated date *****

IMPORTANT Harriers Dates

31 July Committee Meeting (first meeting of the new committee)

17 August Wirilda (RD Ron & Miles Verschuur)

5 October Memorial Run (New location – Toongabbie Golf Club) (RD Phill Mayer)

Date TBC King & Queen of the Mountain

Date TBC Martin Thompson Boolarra Run (RD Tobi Grzmil & Danelle Wright)

Duty Roster Winter 2025

REMEMBER: If you can't fulfil your allocated duty, the onus is on you to swap with someone.

APRIL

~~10 Kylee Earl & Cat Leonard~~

~~17 Shane Gavin & Ian Cornthwaite~~

~~24 Krissi Creighton & Sav Mavrofridis~~

MAY

~~1 Chesney Podmore & Helen Whitby~~

~~8 Adrian Sutcliffe & Peter Sanders~~

~~15 Greg Semmler & Yani Cornthwaite~~

~~22 Kathy Quinn & Michelle Colwell~~

~~29 Daryl Cross & Des Dalton~~

JUNE

~~5 Gary Fox & Karen Graham~~

~~12 Ree Graham & David Hood~~

~~19 Collette Hofmann & Liz Kenney~~

~~26 Angelo Gaudiano & Kathleen Kent~~

JULY

~~3 Dave Mann & Owen Notting~~

~~10 Sam Riddle & Paul Smith~~

~~17 Shane Wilson & Tania Whitehead~~

~~24 Kim Imperial & Mandy Ellis~~

~~31 Rebecca Anderson & Rickie Glover~~

AUGUST

~~7 Bjorn Luxmann & Emma Marino~~

~~14 Daniel Furmston & Megan Scott~~

~~21 Angeline Snell & Daniel Symons~~

~~28 Glenn Graham & Rose Croft~~

SEPTEMBER

~~4 Shay Lorenz & Matilda Lappin~~

~~11 Timothy Graham & Lynda Jones~~

~~18 Nick Hodson & Courtney Ellis~~

~~25 Sandra Birkbeck & Kylie Murray~~

OCTOBER

~~2 Sarah McKie & Claire Macumber~~

RAY AND DORIS ELLIS MEMORIAL RUN



SUNDAY AUGUST 17 AT WIRILDA PARK
22km INDIVIDUAL OR RELAY 8am.
10km INDIVIDUAL 9am.
ENTRIES ON THE DAY
BROUGHT TO YOU BY TRARALGON HARRIERS

President's Report AGM (17 July 2025)

Welcome everyone, and thank you for supporting the club by attending the AGM.

There is a bit to get through and acknowledge tonight, so I'll try and move quickly through it.

When I stepped into the President's role in 2019, my main aim was to make the club the best place it could be for all members.

I bought-in fully to the ideals of changing the culture, to modernising, updating, building diversification and inclusivity in participation, to ensuring we welcomed new members, and suitably acknowledged the endeavour of those who do so much work to keep the club running, both literally and figuratively.

In the last 6 years we've built solid foundations, financially, ethically, and in regards to club spirit. These are cornerstones to success in any organisation.

We have spent money on members, on events, on equipment and assets, but we've maintained a very healthy financial position.

Up front, I thank you all for buying into the vision of what we thought the club could be, and what the club now is.

Massive thanks go to the Tuesday Group for supporting me in the initial stages, the first 2 years, and for putting their hands up to be on committee with me, and start the journey of change.

In 2018 the club had a committee of 6. In 2019 we had 11. Over the proceeding years we have built and maintained a solid base of 15 to 19 committed members.

As of tonight's AGM, we have 141 members, made up of 57% male, and 43% female. This time last year, we had 136.

We average around 65 regular runners on a Thursday, with some weeks in summer reaching more than 90. Some members in the room would remember when 30 or 40 runners was considered a good turnout. Sometimes we had less than 10 in winter.

It's fair to say there were some factions of the club who were wary or sceptical when I stepped up to this role, because most people dislike change, especially proposed change by someone they are unfamiliar with. I appreciate those members in that category for giving me a chance to allay your fears, and show that my goals were always genuine and inclusive.



It has been one of my principles to honour the club's history, and also, move with the times and make necessary changes. To build on what we already did well, and make improvements. Some of these changes include but are not been limited to;

- Updating of our recording systems for Thursday runs (with special thanks to **Andrew Broberg & David Barr**)
- The reinvigoration of the club Newsletter (incredible thanks to **Glenn Crawford, Sep Marino, Alfie Warner, Kylie Warner & David Barr**)
- Improving our social media presence and communications (a mention to **Chris Van Unen** among others)
- Making sure our presentation events at mid-year and Christmas were celebrations which members wanted to attend (special mention to **Andrew Legge**)
- Strengthening the club's relationships with council, local business, sponsors, the media, and other community organisations
- Increasing the club's membership
- Ensuring we provided social opportunities for members with monthly dinners
- Building on fiscal stability
- Improving safety for members
- Expanding participation by club volunteers
- Providing leadership opportunities and appropriate support for new Race Directors
- Investing in club assets to improve our operations

The work, energy and time of members equate to the success or failure of any club or community organisation, and Traralgon Harriers can be justifiably proud of the vested interest our members take in their club.

We have adopted and embraced the slogan, "not just a running club", because although our core activity is running, there is so much more to the Traralgon Harriers.

We are a unique organisation, filled with talented, dedicated, enthusiastic and quirky individuals, from various backgrounds and vocations, who join together, for different levels of participation, to share in our collective enjoyment of running and social interaction.

We all run for different reasons and to achieve different goals, but whatever our individual reasons, becoming a member of the Harriers provides us a social outlet, a welcoming community, and a valuable group support.

This has been my sixth and final year as President, and I'd again like to reiterate my appreciation for the amount of encouragement, endorsement and positive feedback I've received over the last 12 months. Hopefully it's an indication that the committee has done good work, and that the club is a valued place for all members.

In any leadership position, it's important to assess, improve, prepare, react and listen. We need to be open to ideas and constructive feedback, especially of the negative, when it's not all glowing and positive. This is where we find opportunities to improve and grow.

But we must also remember that this club is run by volunteers, who, in my experience, always do their best. The committee might not get everything right, but I think we have overwhelmingly done positive things.

True leadership is about behaviour, not authority or title. Small actions can create big transformations, and leadership is about actions and behaviours that inspire trust, drive change, and build lasting connections.

This is true in business, at home, and in your community. Mostly, it's about showing up, being there, being consistent and calm during the inevitable storms. To do this job right, it takes energy, ideas, collaboration, and time. Good communication and inclusivity equals good leadership.

The club is what we *all* make it, and that's reflected in the time and energy that is injected by the committee and our members. We give *value* to members, and make sure that the dedication, time, and work people put in, is acknowledged.

Of course the last 12 months have thrown hurdles and challenges, as all years do, but we've continued to thrive and grow, not only through our Thursday night runs, but also our weekend events, social activities, and the club's AV Team.

As a club, we continue to support our AV representatives, as well as making sure we give great value back to all members, recreational and social. It's fantastic that we have so many levels and individual reasons for participation, but most importantly, this club has dedicated members who support each other, and many great friendships are formed.

Add to that, those members who volunteer their time to sit on committee, race direct, do media reports, contribute to the newsletter, mark courses, help out with events or the myriad of other small jobs that make the club run smoothly.

As an organisation, we've developed a family-friendly aspect, and we've continued to build the club to currently include 24 families, having multiple members in the club.

We continue to build our foundations of inclusiveness. As a committee, we have not been afraid of healthy, robust conversations or debates, and with such a solid representation across demographics, most perspectives are expressed.

We continue to follow the State Government's *Fair Play Code*, which sets out standards of behaviour in sport and recreation. The core of this code is five principles of Integrity, Respect, Responsibility, Safety and Fairness. These principles apply to everyone involved in sport in Victoria, and our club is one of the original signatories.

The Harrier's *Mission and Vision* document states that we operate "to provide a family-friendly club for athletes of all ages and abilities, to reach full potential, to promote and develop wellbeing and fitness within the community".

It goes on to say that "we will promote regular events, encourage the younger generation to participate, develop fitness and wellbeing by encouraging members to achieve their goals, encourage competitive members to participate at the highest level possible, and that we'll run regular social events and create a welcoming and supportive environment, where people are eager to volunteer and participate".

I believe we're successfully fulfilling these objectives.

Athletics Victoria continues to use the Traralgon Harriers as a state-level model for how a club should be run. This is continuing recognition of our leadership around inclusiveness.

One example of our social-mindedness over the last 12 months, was the club's second event for International Women's Day, which was greatly supported by members, with a majority turning up in the event's theme colour, purple.

Traralgon Harriers is first and foremost a running club, but that doesn't mean we can't make a stand on issues which affect our community and our members, and try to do our bit to change perceptions and realities, within our sphere, to make the world a better place.

The IWD initiative was led by committee member **Kate Mayer** and supported by **Molly Irvine, Desley Gray** and **Marieka Reilly**.

I strongly believe that we have an inclusive, socially aware and proactive membership, and that these sorts of events are about showing the outside community what we stand for.

I feel that most members have now embraced the philosophy of our club to be active in the social sphere, hosting events, promoting causes, and helping to promote a better society, community and world. It's what *all* organisations should be about.

Whether we're championing gender equality, the prevention of violence against women, awareness about important community issues, inclusivity, cancer, or mental health, a progressive club should generate opportunities to have conversations. Talking about difficult topics like suicide, or anything else deemed difficult, at our small club, might not change the world, but being a part of the conversation helps to create waves of change within our sphere.

A quick snap-shot of *some* of the things the club has achieved in the last 12 months includes;

- The continuance of the weekly lucky-member draw, managed by **Kaye Livingstone** (with support from **Ann Bomers** and **Molly Irvine**), bringing the club together and providing a fun activity after our Thursday runs
- We donated another \$3000 to Rotary Centenary House, taking club donations to the organisation to over \$35,000 since 2017
- The club was again engaged to run the Victorian Teacher's Games cross country event, building our reputation on the state-wide stage
- We instigated a succession plan as part of responsible forward thinking by the executive, identifying future leaders of the club
- Attendance numbers at our two major social events were very healthy
- Our AV Team continued to build in competitive strength led by outgoing Captain **Greg Semmler** and current co-Captains **Miles Verschuur** and new face **Corey Milner**
- We had a successful King & Queen of the Mountain, with RD **Ron Verschuur**
- The 27th Community Fun Run saw 2nd year joint-RDs **Trent Kooyman** and **Clinton Jolly** organise a fantastic showcase event
- The club ran a successful Marathon & Running Festival, changing location and reaching capacity, marking our 58th continuous running of the event, thanks to RD **Desley Gray** and the team of **Marieka Reilly** and **Sep Marino**
- We had many great individual achievements by club members including but not limited to **Corey Milner, Molly Irvine, Depsey Podmore & Ian Cornthwaite**
- We raised over \$2000 for Gippsland Lifeline via our Memorial Run, raising awareness for suicide prevention, and this year we'll be taking the event to a new venue, with some new sponsors
- The Club Person of the Year Award was presented to **Giuseppe Marino** for his incredible dedication to the club
- President's Awards were presented to **Glenn Crawford, Tania Whitehead, Tobi Grzmil, Ron Verschuur & Marieka Reilly**
- We continued to build strong relationships with sponsors, supporters and the community, welcoming another new sponsor in McMillans

-We were successful in Grant submissions totalling over \$10,000 thanks to **Sep Marino, Marieka Reilly & Clinton Jolly**

-Our monthly dinners continue to be well-attended, averaging over 50 members

-We made several purchases of new club assets to benefit the club now and for the future

-We instigated the success plan, to ensure the club remains healthy

-And we continue to have many new runners attending and becoming financial members

There's always a natural attrition in membership, but the club is retaining members, I believe in large part, because we ensure new runners are welcomed, introduced and valued.

A successful club gives back to members, whilst ensuring fiscal responsibility. As you've heard in Ann's report, we are in a solid financial position, and we continue to give value to members.

My belief is that we should use funds raised to make the club stronger, and a better place for all. We give to community organisations and charity, but first and foremost, a healthy club creates positive moments and memories for its members.

I trust all members agree that this committee has been open to feedback, conversations and ideas, and we hold the interests of the club at the heart of all decisions.

This is a club for everyone, elite, social, recreational, fun or other, and inclusiveness is key to helping us flourish. But things don't happen without members making them happen, and everyone contributing to the vision.

A few thank yous and acknowledgments. Firstly, to I'd like to thank the outgoing committee for their efforts over the last 12 months. On behalf of all members, thank you for putting your hands up to ensure that the club operates at a basic level, but in reality, exceeds expectations and continues to strengthen and build.

Thanks to committee members **Trent Kooyman, Toby Grzmil, Kate Mayer, Marieka Reilly, Desley Gray, Ron Verschuur, Yani Cornthwaite, Clinton Jolly, Andrew Broberg, Danelle Wright, Kaye Livingstone, Molly Irvine, Ash Dugan and Greg Semmler**. Appreciation to you all, and thanks for the work we've done collectively, and for your support personally.

To the Executive - Thank you to **David Barr** for his work, intelligence and support as Club Secretary. In his first year, Dave has provided balanced and insightful ideas, which have helped to make the club run smoothly. You are a valued member and your work is greatly appreciated.

Thanks to Treasurer **Ann Bomers** for another year of amazing work and support, not only in her official capacity, but generally around the club. Ann is first to put up her hand, no matter what the job, and she has made my job easier, she is genuinely appreciated, and although she's absent tonight, I know all members join me in thanking her.

A Harriers thank-you list would not be complete without acknowledging Vice President **Andrew Legge**. Legge's ideas, tireless work, positive vision, and selfless input, have made the club a better place for everyone. He'll be missed on committee, and his input has been greatly valued, not least of all, his support of me.

A huge thanks to **Giuseppe Marino**, our President in waiting, for the massive contribution he's made in the last 12 months. Sep has embraced the potential, acknowledged the past efforts, and is ready to take

the club forward. He's an intelligent, talented and genuine fellow, who has been eager to learn the ropes of this role.

The many small things Ann, Legge, Dave, Sep and the general committee do for the club, add up to a massive amount of work. Thank you all.

We may just be a country running club, but we add to the recreational and social fabric of our community. We add to the quality-of-life of our members, and reflect a commitment to our club values.

As my time as President comes to an end, I trust members feel I'm leaving behind something better, at least a trace that we did some good, and a solid platform for the next leaders to build upon.

Runners are some of the most supportive, positive, inspirational, wonderful humans, and members of our club epitomise these traits.

This is a wonderful club and its people are gold. The support I've received by committees over the years, members, and indeed friends is appreciated. It is difficult not to be a little emotional. But I'd like to again thank you all for buying into the vision I had for the club 6 years ago, and for helping to make it reality.

When I got a negative health diagnosis five years ago, (chronic obstructive pulmonary disease, COPD), I was told to stop running, and I seriously considered doing just that. The club gave me reason not to.

As it has become more difficult to run over time, the club and the friends and the social interactions keep me motivated, and I know this is true for many members. Yes, we cater to the excellent runners, those that are smashing PBs and winning events and achieving magnificent results for themselves and the club, but we also cater to the plodders and those just trying to do their best, those just turning up despite adversity. We're supportive and encouraging no matter how fast or slow or elite or average, if you're first or last. That is the main benefit of the club. We provide opportunities every week to have a race, we put on events big and small, and we present medals for all levels of achievement, but the biggest and best thing about this club is you, the members. The diversity of talents, personalities, backgrounds, hobbies, vocations, and passions. This is a club where people are valued and appreciated, where people are acknowledged and included. I am thankful I have had this community to keep me motivated and consistent, despite the challenges.

During my 6 years in the Executive role, we have seen many changes, not least of all in the way we welcome and include people, and in how we retain and value members. Acknowledging the importance of, and the actual work around, increasing our gender parity, has been a major hallmark and focus. Doing important work to improve our community, building genuine relationships, and consolidating our club's reputation as a solid, reputable, and genuine citizen in our region, has been a privilege.

Personally, as a representative of the club, I've received many accolades, which are humbling, but the bigger credit is that the club has received these worthy awards, further building our reputation and community standing. It is never just one person who is responsible for success.

Tonight, a new committee will be elected to take the club forward. I'd like again thank the current committee. You're all fantastic people, and I've appreciated working with you. That extends to all those who have sat on committee over the years with me.

I'd like to make a special thanks to those members stepping down tonight; **Ash Dugan**, who, due to work commitments, only served one term, but was always dedicated; to **Andrew Legge**, our amazing VP for the last 4 years, not enough can be said to show appreciation; **Kate Mayer**, who is not just my daughter,

but has been a contributor to the club over many years; **Molly Irvine**, whose energy, dedication and amazing support has been so greatly appreciated; and **Greg Semmler**, whose passion has helped to guide and grow our AV team over the last few years.

Now is the time for members who may not have been on committee before, to think about stepping up. I can say without reservation, that serving on the Harriers committee is not only a privilege, but the rewards of service are several fold. Being a part of a group of people, with diverse skills, from a range of backgrounds, but all with the focused purpose of ensuring our amazing club continues to thrive, is something you'll list among your great achievements, and will create you some unforgettable moments of joy and pride. For me, it's been exceptionally rewarding.

Finally, thank you to all members for your vote of support, in electing me President of the club for the past 6 years. I hope you feel I've repaid the faith. Thank you.

Phill Mayer – President, Traralgon Harriers (2019-2024)



25% off initial consultations (or new injuries) at Momentum Physio & Rehab Group.

If you love running, you know how frustrating it is when **niggles don't settle, tightness lingers, or pain starts creeping in right before a big event**. Maybe you've tried pushing through, but things just aren't improving—or worse, they're getting in the way of your training.

At Momentum Physio & Rehab Group, we understand runners. We're partnering with the **Traralgon Harriers** for the **2025 season** to help you **stay strong and get the most out of your running**.

Exclusive Offer for Traralgon Harriers - We're offering 25% off your initial consultation to help you tackle tight calves, stubborn Achilles pain or runner's knee so you can run stronger for longer.

What We Do for Runners That Sets Us Apart?

***Build strength where it counts** – Our AxIT technology and functional strength testing identifies key weaknesses and imbalances, so we can target exactly what you need to work on to improve performance and reduce injury risk

***Clear, structured treatment plans** – We create a clear, written treatment plan that outlines exactly what to do—both in and out of the clinic—so you know your next steps and can progress with confidence

***Hands-on treatment when you need it** – If something's feeling off, we provide treatment to ease discomfort and get you moving better, faster.

Take advantage of this exclusive Harriers discount and let's get you back on track!

Call us on (03) 4148 8900 or book online at <https://momentumphysiogroup.com.au/> to claim your 25% discount! Make sure to mention you're a current Traralgon Harriers member

Got questions? We're happy to help! Email us at info@momentumphysiogroup.com.au, and we'll make sure you get the right advice.

Important Dates & Duties

Winter Season

REMEMBER: If you can't fulfil your allocated duty, it is your responsibility to swap with someone.

Thursday Start Times

Group 1 – before 5.50pm
Group 2 – 5.50pm
Group 3 – 6.00pm
Group 4 – 6.05pm
Group 5 – 6.10pm



TRARALGON HARRIERS WINTER CHAMPIONSHIPS



#	DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
17	Thurs 31 July	St. Pauls AG	6 km			Rebecca Anderson & Rickie Glover
18	Thurs 7 Aug	"Kelso's Krawl" Reserve Street Yallourn North	5 km	NEW COURSE	Ron V	Bjorn Luxmann & Emma Marino
19	Thurs 14 Aug	Netball Courts	6 km		Mark L	Daniel Furmston & Megan Scott
20	Thurs 21 Aug	Liddiard Road	6 km	Club Dinner Traralgon Bowls Club	Trent K	Angeline Snell & Daniel Symons
21	Thurs 28 Aug	View Hill Drive	5 km	NEW COURSE	Kate M	Glenn Graham & Rose Croft
22	Thurs 4 Sep	Stockdale Road	5 km		Steve R	Shay Lorenz & Matilda Lappin
23	Thurs 11 Sep	The Avenue	5 km		Stephen Mc	Timothy Graham & Lynda Jones
24	Thurs 18 Sep	St. Pauls AG	6 km			Nick Hodson & Courtney Ellis
25	Thurs 25 Sep	Waterhole Creek Morwell	5 km	Club Dinner Italian Club	Lauren P	Sandra Birkbeck & Kylie Murray
26	Thurs 2 October	Rangeview Drive	5 km		Jason O	Sarah McKie & Claire Macumber

New member?

[Click here](#) to find out all you need to know about getting involved with our Thursday night runs.

News or thoughts to share?

Email through to Glenn Crawford at
glenn@bcsaccountants.com.au

Thursday Club Runs (please read)

Run requirements and information

Please be sure to carefully read our standard run requirements and information on our website (please [click here](#)), which includes for the following:

- Season Rules
- Handicap Guidelines
- Duty Roster Requirements
- Course Marking
- Lucky Member Prize Draw
- Summer & Winter Championships Guidelines

From the Harriers news desk

July 17th 2025 – Doughnut Run – 6km

With the Harriers' clubrooms as its focal point last Thursday's aptly named three-lap Doughnut 6km event saw a field of 56 runners and walkers tackle a flattish course on a brisk winter's evening.

On a handicap basis, Stephen Renehan, Adrian Sutcliffe and Trent Kooyman, all group 4 starters, were the first three across the finish line.

Amongst the more notable results, Lucy Magaldi, in one of her occasional club appearances, ran strongly to finish well up in the first half of the field; while the youngest of the Podmore family, eleven-year-old Jersey posted the 12th quickest time outright.

Another youngster, John Skordakis, continued his strong form in finishing equal with the fastest trio of Dempsey Podmore, Daniel Furmston and Miles Verschuur.

Yani Cornthwaite dominated the female results with Karen Graham and Lucy Podmore the runner-ups. The event was followed by the Traralgon Harriers' Annual General Meeting where office bearers and committee members were elected including a new President, Giuseppe Marino, who intends to continue the club's strong emphasis on inclusivity for all abilities as well as supporting fitness and competition.

Doughnut Run Run/walk results:

Johnn Skordakis 24:44, Dempsey Podmore 24:44, Daniel Furmston 24:44, Miles Verschuur 24:44, Ian Cornthwaite 24:50, Stephen Renehan 26:26, Adrian Sutcliffe 27:24, Trent Kooyman 27:48, Clinton Jolly 27:51, Yani Cornthwaite 27:55, David Barr 28:40, Jerzey Podmore 28:40, Scott Syme 28:49, Andrew Greenhill 28:55, Andrew Broberg 28:58, Karen Graham 29:10, Peter Sanders 30:16, Ryan McLeod 30:17, Ron Verschuur 30:21, Gary Fox 30:58, Belkey Podmore 31:31, Lucy Magaldi 34:01, Ree Graham 34:06, Rebecca Anderson 34:09, Chris Van Unen 34:30, Mark Lansdown 34:33, Michelle Sawyer 35:05, Kate Mayer 35:38, Liz Kenney 35:38, Ben Wilkinson 36:38, Ashley Marsh 36:46, Phillip Mayer 38:40, Desley Gray 39:00, Marieka Reilly 39:00, Paul Rollandin 39:23, Kaye Livingstone 40:23, Becky Nowak 42:19, Maggie Nowak 42:19, Toby Grzmil 44:36, Chelsea Fox 45:00, Corey Milner 45:00, Bailey Rollandin 46:23, Barry Higgins 48:30, Brian Glover 50:23, Anja Norwood 53:44, Molly Irvine 58:00, Kristina Creighton 1:04:30, Nick Hodson 1:06:00, Kylee Earl 1:06:00, Caitlin Pitt 1:06:10, Daniel Symons NTR, Des Dalton NTR, Seth Bomers NTR, Catherine Leonard NTR, Tania Whitehead NTR, Mandy Ellis NTR

Ian Cornthwaite



Above - Trent Kooyman is displaying fine running form

July 24th 2025 – Rangeview Drive – 5km

An encouragingly mild winter evening magnified the enthusiasm of a large field of 75 runners and walkers who tackled the Harriers' Rangeview Drive 5km event last Thursday.

The participants ranged widely in age and ability – from pre-teens to nonagenarians and from serious athletes to casual runners and walkers.

As per usual there were newcomers, including, on this occasion, Matthew Morgan from the Strzelecki Bushwalking Club and Paul Collins, an experienced road cyclist. Collins has reduced his 500km a week cycling training program to enable him to now concentrate more on running. He hopes to run a marathon in the near future and his 5km result, hampered somewhat by a disobedient shoelace, indicates he has the speed for a strong outcome.

A standout improver on Thursday was Shay Lorenz, now graduating from walking to running and finishing in the first two-thirds of the field; while, a little further back, race walker Brian Glover added to his at least 50 Traralgon Harriers' events completed, including 21 Traralgon Marathons. Glover is also a veteran finisher of over 220 marathons.

Dairy farmer Peter Cutler, now in his fifth decade, still defies age barriers and produced the fastest time outright, dipping under 17 minutes. Dempsey Podmore and Daniel Furmston produced the second and third quickest times, with Johnn Skordakis just a few seconds slower.

Yani Cornthwaite is beginning her return to form with her 20:20 result, with second and third fastest females Rebecca Anderson and Lucy Magaldi (pictured below) several minutes off the pace.

This Thursday's (31.7.25) event is a 6km course from near St. Pauls Anglican Grammar in Crosses Road, Traralgon. Registration is from 5:30pm.



Rangeview Drive Run/walk results:

Peter Cutler 16:53,
Dempsey Podmore
17:54, Daniel
Furmston 17:54,
Johnn Skordakis
17:58, Ian
Cornthwaite 18:24,
Paul Collins 19:30,
Matthew Deppeler
19:41, Clinton Jolly
20:05, Yani
Cornthwaite 20:20,
Trent Kooyman 20:20,
Jason Odlum 20:39,
Adrian Sutcliffe 20:42,
Peter Sanders 20:55,
Darrel Cross 21:02,
Scott Syme 21:33,
Andrew Greenhill
21:47, Andrew
Broberg 21:59, Ron
Verschuur 22:10,
Geoffrey Francis
22:21, Gary Fox 23:14,
Sav Mavrofridis 23:45,
Rebecca Anderson

23:45, Lucy Magaldi 24:02, Stephen Renehan 24:24, Stephen Mcleod 24:32, Liz Kenney 24:34, Ashley Marsh 25:52, Jye Kaestner 25:52, Thomas Cook 26:00, Daniel Wright 26:00, Ree Graham 26:07, Belkey Podmore 26:13, Chris Van Unen 26:13, Michelle Sawyer 26:25, Angelo Gaudiano 27:23, Desley Gray 28:12, Marieka Reilly 28:12, Dave Mann 28:15, Caitlin Pitt 28:29, Paul Smith 28:30, Mark Lansdown 28:46, Lauren Peter 29:05, Kaye Livingstone 29:54, Courtney Ellis 30:00, Catherine Leonard 30:09, Adam van baalen 30:52, Gab Browne 30:54, Alfie Warner 31:42, Tania Whitehead 32:50, Phillip Mayer 32:50, Mandy Ellis 33:24, Shay Lorenz 35:30, Matthew Morgan 35:39, Brian Glover 36:38, Anja Norwood 37:49, Barry Higgins 38:09, Timothy Graham 39:22, Paul Rollandin 40:03, Bailey Rollandin 40:03, Kristina Creighton 41:23, Luke Witham 41:23, Molly Irvine 44:00, Tony Marino 45:15, Michelle Colwell 45:36, Kathy Quinn 45:36, Nick Hodson 53:10, Kylee Earl 53:10, Sarah McKie 53:17, Nicky Semmler 53:17, Sep Marino 1:00:00, Darren Fielden NTR, Lynda Jones

Ian Cornthwaite

Traralgon Harriers stage successful raid on Lakeside 10km

NO, it is not a case of Déjà vu; our beloved Harriers made their second trip this XCR season to the Victorian and Australian Athletics Capital at Lakeside Stadium. The task ahead was exactly double the previous assignment with the 10km the more traditional of the two events and providing plenty of opportunity for breaking personal bests. A double out-and-back course along Lakeside Drive, the conditions proved near perfect. A mild morning with (importantly) little wind, and only the shimmer of a shower between the women's and junior races.

In a departure from previous Lakeside schedules, the senior races were up first and were split between genders, creating a less stressful start to the race for all involved. Kicking off first were the men, with some impressive firepower. Corey Milner, despite a conservative start, still managed the fastest Harriers time of the day at 32:55. Milner finished in 124th place, the exact same position as the previous Lakeside event. Richard Ogilvie (33:11) was next, followed by Miles Verschuur (34:52) and Ryan Hon (35:04). Hon completely obliterated his previous personal best, lowering his fastest time by almost three minutes. The very fast-starting Ian Cornthwaite continued his consistently excellent form and secured another silver medal in the 60+ category, once again being bested only by former Olympian Steve Moneghetti. Marty Lynch (39:30) was next across the line, with the returning Clinton Jolly finishing in 41:34. In the high stakes R. Verschuur v G. Fox battle, Fox scored an almost two-minute victory. The men's division three team finished fifth; division five in twelfth.

The women were next to toe the start line. Sarah Lewis ran a very impressive 39:04, just short of a stratospheric top five finish. Molly Fitzgerald ran 39:56 like a metronome, followed by the PB-ing Yani Cornthwaite (41:54) and Kate Jones (43:58). Anna Cardillo (46:59) enjoyed an excellent time, with Ree Graham (53:22) recording her second fastest ten-kilometre time.

The last event for the day was the juniors three-kilometre race and the Podmore twins were feeling excited. Dempsey secured another silver medal in a mad dash to the line, clocking a stupendously incomprehensible time of nine minutes flat. Belkey pushed all the way to finish in 12:41.

The Gold Big Ts were awarded to Ryan Hon and Yani Cornthwaite for their splendid personal records (pictured on the following page with their respective Golden T's). In a fortnight's time, your favourite runners are back in the old gold city of Ballarat for the Lake Wendouree fifteen-kilometre road race. See you all there.

Miles Verschuur



Lakeside10 results:

Female Open

10km: Sarah Lewis 39:04;
Molly Fitzgerald 39:59;
Yani Cornthwaite 41:54;
Kate Jones 43:58;
Anna Cardillo 46:59;
Maree Graham 53:22.

Male Open

10km: Corey Milner 32:55;
Richard Ogilvie 33:11;
Miles Verschuur 34:52;
Ryan Hon 35:04;
Ian Cornthwaite 37:20;
Martin Lynch 39:30;
Clinton Jolly 41:34;
Gary Fox 47:09;
Ron Verschuur 48:54.

Male 16

3km: Dempsey Podmore 09:00;
Belkey Podmore 12:41.





Apologies from Ian, Belinda and Helen for being absent - they are walking coast to coast across England

From Helen:

Wainwrights Coast to Coast UK.

Day 1 of the hike was a civilised start to our day. A beautiful English breakfast and a bit of discovering St Bees while waiting for Simone to arrive from Edinburgh.

The afternoon arrived. With the Irish Sea on our left, our pebbles in our hands and our packs on our backs we set off on our hiking adventure. A 14 km loop which took us back to where we started in ST Bees. A very nice introduction of what's to come. A beautiful coastal path that then headed inland. The pebble story is that hikers collect one on the west coast (Irish Sea) and return them to the sea on the east coast (North Sea)

A pub meal completed our day followed by a comfy bed 🛏️ this is how it's done"

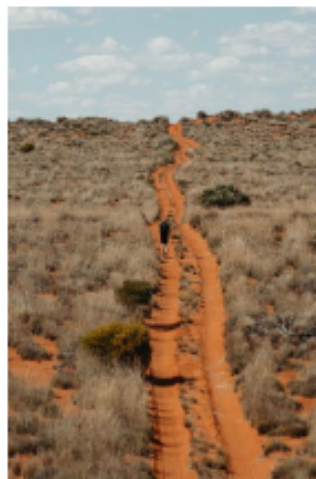


WHY SPEAK and SHARE

Speak and Share is a not-for-profit organisation who are on a bold mission to influence community culture and educate on mental health strategies so that family, friends and the community should never again see anyone in Australia suffer from the devastating impacts of mental illness.

Many Harriers know Blake and generously donated to his original record attempt in 2023.

This year he is on fire and rearing to go. Best wishes Blake for record success in both parts of your mission.



Blake's **Big Red Run**

A BIG MISSION FOR BIG CHANGE

THE MISSION

A young man from Gippsland is on a mission to tackle mental health.

One step at a time.

Running 380km non-stop across the Simpson Desert to raise \$38,000 for mental health

ABOUT THE RUN

On August 3rd 2025, Blake is looking to break Pat Farmer's long-standing world record and become the fastest person in history to run across the Simpson Desert by running 380km non-stop in less than 3 days and 8 hours.

To break the world record Blake must average a minimum of 120km a day.

His aim is to help spark meaningful change around mental health and raise much-needed funds for suicide prevention. All money raised is going directly to *Speak and Share* to help support the incredible work they do.

Donate at

www.blakesbigredrun.com

Training Opportunities

TUESDAY RUNNING GROUP

6.00pm – 7.30pm

meet at the Traralgon Little Athletics Oval

run on the track during summer

run out on the road in winter

Sessions change each week for some variety, anywhere between 7- 12km. A varied group of runners, ages, abilities and reasons for running.

It is recommended you have a reasonable level of fitness, especially for the winter season where we are out around town and you will need to keep up. During summer on the track it is easier to sit out for sections or take it at your own pace.

There is no cost - TTRG is a friendship running group.





About the Group

T Squad Running provides an inclusive environment for individuals of all ages and abilities, ranging from children (12 years old) to older adults, focusing on Road, Track, and Trail running.

Saturday Morning Group Sessions - \$10 Per Session

What's Included:

- Specific dynamic drills and warm-up
- Structured running session
- Approximate duration: 60-70 minutes
- Post-session group catch-up

(Cash or Bank Transfer)

One-on-One Coaching

\$40 per Month for Traralgon Harriers Members

\$50 per Month for Non-Harriers Members

What's Included:

- All features of the Saturday Morning Group Sessions
- Personalised weekly training program tailored to individual goals
- Personalised strength program designed for endurance running
- Event-specific programs and race strategies
- Access to Coach Greg for questions and feedback on your program and running

(Cash or Bank Transfer accepted)

Ready to Run?

For more information or to sign up, please contact **Greg at 0400 742 806.**

MAFFRA DRAMATIC SOCIETY INC. presents



*there's
something strange
about...*

CHARLEY'S AUNT

BY BRANDON THOMAS

maffra memorial hall

AUGUST 1, 2, 8, 9 @ 7:30PM

AUGUST 10 @ 2PM

TICKETS @ maffradramatics.com.au or 0447 193 003

the hilarious classic romantic comedy

Upcoming Events

THE TRAIL RUNNING SERIES

Sunday 1st June at Blackwood (NEW location); Sunday 6th July at Anglesea, Sunday 3rd August at Silvan



What we LOVE about the Series

3 event series at 3 magnificent wilderness locations

3 course distances at each event:

7-8km Short course / 15-16km Medium course / 22-29km Long course

2 FREE GIFTS for Gold Series Runners (enter all 3 races in 1 go)

Handicap format back again at Silvan (Race 3)

- Friendly, social atmosphere
- 100's of spot prizes per race
- Kids activities zone
- Variety of food trucks (and coffee!)
- Music, merch and more!

ENTRIES:

Open online at www.trailrunningseries.com.au

Enter 1 Race, or do all 3 as a Series Entrant for EXCLUSIVE perks!

WELCOMING CLUB/GROUP MARQUEES

Get even more involved by bringing along your club's marquee – a great spot for your crew to meet up pre and post run. Email events@rapidasent.com.au and we'll set aside a space for you.

100KM SURF COAST CENTURY

WIN \$2,000 CASH

FREE RACE BELT

Enter during the first month of entries opening and score yourself an exclusive BITUMEN IS BORING RACE BELT! This is for all entrants – confirmed team

FREE FLASK

Any solo past participants from the last 3 years of the Surf Coast Century (2022, 2023 & 2024)? Just by entering the 2024 solo race (by 1 August) you'll score yourself a FREE FLASK!

ENTRIES: Open online at www.surfcoastcentury.com.au



With over 600 participants last year, don't wait until October to enter!

Head to [4peaks.com.au](https://www.4peaks.com.au) for event information, and enter via the Entry portal at <https://www.4peaks.com.au/enter>.

If you have not challenged yourself in Bright yet, then this is what you need to prepare for:

Saturday 1st Nov- Mount Buffalo 10.6km, 1360m vert

Sunday 2nd Nov- Mount Feathertop, 12km, 1652m vert

Monday 4th Nov- Mt Hotham, 15km, 1867m vert

Tuesday 5th Nov- Mystic Hill, 13km, 800m vert

Tuesday 5th Nov- 2km kids run at Nightingales Alpine Produce Farm

Enter 1 day or enter all 4 mountains.

Book your accommodation early and bring the family. Bright is an amazing place to visit in spring with lots of activities to keep the whole family entertained. There have been lots of Harriers competing in this event in recent years and we can't wait to share the Melbourne Cup long weekend with you all.

Rob and Kathryn Preston