

# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

14 August 2025 - Volume 58 - Issue 16

### THURSDAY RUN

#### **This Week's Course**

Netball Courts 6km

#### *Duty*

Daniel Furmston &  
Courtney Ellis

#### *Marker*

Mark L

#### **Week 21/7**

Liddiard Road 6km  
and Bowls Club Dinner

#### *Duty*

Angeline Snell &  
Daniel Symons

#### *Marker*

Trent K

#### **Week 28/7**

View Hill Drive 5km

#### *Duty*

Glenn Graham &  
Rose Croft

#### *Marker*

Kate M



**I'll take an English Breakfast to go!**  
**Miles Verschuur fuels up on his way to a very**  
**impressive result at Ballarat last weekend**

# President's Note

**Thursday 14 August 2025**

Our AV team have been putting in some amazing performances recently, including strong results at the Ballarat 15km last Sunday. Congratulations to all our Harriers members who competed. You continue to make the club proud! Check out the race report in this week's newsletter for more details.

Last Thursday we enjoyed a change of scenery with a new course at Yallourn North. A big thank you to Ron Verschuur for his work in course marking and helping to make it a great evening of running.

I'd also like to express my appreciation to all members who assist each week with duty roles and course marking. Our Thursday runs are a key part of what makes our club tick, providing weekly running and social opportunities for all our members – but they're only possible with your support. Thanks to everyone for doing your part.

Looking ahead, we've got some fantastic events on the horizon:

**Ray and Dorris Ellis Trail Run – Sunday 17 August**

Don't forget to pre-register online and join us for one of our favourite local trail events at Wirilda Park, Tyers. It's a great opportunity to challenge yourself and enjoy the beautiful surroundings with fellow Harriers. Individual and team relay options are available:

<https://forms.office.com/r/vmavDCTMW3> .

You can also register on the day, but we're encouraging everyone to use the online form to save time.

**Memorial Run – Sunday 5 October**

This year's event will take place from a new location – the Toongabbie Golf Club. Past president Phill Mayer is already hard at work as

Race Director to make it another great day. The event is in partnership with Lifeline Gippsland to support their invaluable work raising awareness for mental health and suicide prevention. Mark the event in your calendar and keep an eye out in the newsletter and socials for entry details.

Finally, thank you to all members of our 2025/26 committee for coming together at our first meeting recently. It was a positive and productive session, and a great opportunity to introduce our new committee members and learn about the range of skills and experiences they bring to the club. With so much enthusiasm and energy, we're in a great position to keep moving forward as a running community.

Wishing you all the best,  
Sep

**Giuseppe Marino**  
**President**  
**Traralgon Harriers Athletic Club**

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

## **IMPORTANT Harriers Dates**

**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 & Courtney Ellis  
21 Angeline Snell & Daniel Symons  
28 Glenn Graham & Rose Croft

### SEPTEMBER

4 Shay Lorenz & Matilda Lappin  
11 Timothy Graham & Lynda Jones  
18 Nick Hodson & Emma Marino  
25 Sandra Birkbeck & Kylie Murray

### OCTOBER

2 Sarah McKie & Claire Macumber

**The Ray and Doris Ellis Trail Run is on Sunday 17 August. Here is all the necessary information for the day!**

**Save yourself time on the day and pre-register at: <https://forms.office.com/r/vmavDCTMW3>**

There are three events on offer: 23km individual, 23km relay (4-person teams), and a 10km individual event

All events are starting and finishing at Wirilda Park, Tyers.

On-the-day entries and registration is from 7am. Both 23km events start at 8am, followed by the 10km at 9am.

All relay team members must still complete the entry form. The relay teams must have a gender split in order to be eligible for trophies.

The relay legs are the following distances: 4.9km, 7.8km, 5.8km, 4.3km

The relay changeovers are located at the three drink stations. Teams are responsible for getting their athletes to and from each relay changeover.

At each drink station there will be water, gatorade, and lollies.

**Mandatory Gear:** For competitors in the 23km individual, you must carry a snake bandage, a mobile phone, and capacity to carry one litre of water.

### 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](mailto:glenn@bcsaccountants.com.au)



# RAY AND DORIS ELLIS TRAIL RUN



**SUNDAY AUGUST 17 AT WIRILDA PARK**  
**23KM INDIVIDUAL OR RELAY 8AM**  
**10KM INDIVIDUAL 9AM**

REGISTER NOW USING THE QR CODE OR ENTER ON THE DAY



**BROUGHT TO YOU BY TRARALGON HARRIERS**





MOMENTUM  
PHYSIO & REHAB  
GROUP



**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](mailto:info@momentumphysiogroup.com.au), and we'll make sure you get the right advice.

## **BLAKE'S BIG RED RUN**

**The youngest person in history to run across the Simpson Desert**

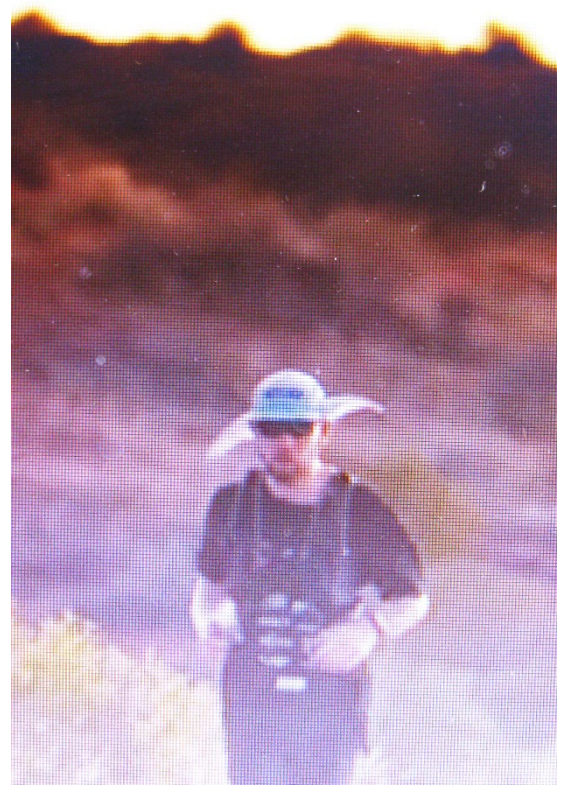
Blake ran the 380 kilometres across the desert non-stop in 3 days, 17 hours and 40 minutes.

He climbed 1,200+ sand dunes in his 'Big mission for big change'.

Blake said, "Thank you to everyone who has supported me, either by donating or simply spreading the word".

Thank you to all who supported Blake in his remarkable challenge.

**(Donate at [www.blakesbigredrun.com](http://www.blakesbigredrun.com))**



# 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						
19	Thurs 14 Aug	Netball Courts	6 km		Mark L	Daniel Furmston & Courtney Ellis
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 & Emma Marino
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

# 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 31<sup>st</sup> 2025 – St Pauls Anglican Grammar – 5km

Traralgon's St Pauls Anglican Grammar was the starting point for last Thursday's Harriers' 5km event. Cool and still conditions set the scene for a participant field just short of sixty, stimulating some strong personal efforts.

Emma Marino made a welcome return to the Thursday event and produced a satisfying result of 25 minutes, just short of third fastest female, Lucy Magaldi; while young gun Aaron More finished with a time amongst the first 25% of the field.

Amongst the Harriers' of old, Lynda Jones (pictured right), having first joined the Harriers' decades ago, once again displayed that a mature age does not have to be a barrier to participation.

Courtney Ellis continued her dominance of the fastest females, finishing sixth outright amongst a field of 59, while second and third fastest times were claimed by veteran Karen Graham and junior Lucy Magaldi.

Peter Cutler again lead the blokes' results, with champion junior Dempsey Podmore and past triathlete Daniel Furmston second and third quickest -their finish times indicating they were running purely tempo recovery efforts.

Coming up on August 17 is the Traralgon Harriers' Ray and Dorris Ellis trail runs from Wirilda Reserve picnic ground, Tyers. Included are three options: a 22 km individual event, a 22km relay event or a 10km event. The 22km course is a doozy, with a rope-guided river crossing, several creek ventures and some exceptional trails amongst diverse native bushland.





## St Pauls Anglican Grammar Run/walk results:

Peter Cutler 17:49, Dempsey Podmore 18:22, Daniel Furmston 19:21, Johnn Skordakis 20:52, Andrew Greenhill 21:19, Courtney Ellis 21:19, Adrian Sutcliffe 21:51, Peter Sanders 22:10, Darrel Cross 22:25, Karen Graham 22:32, Trent Kooyman 22:43, Sav Mavrofridis 22:47, David Barr 23:06, Andrew Broberg 23:11, Aaron More 23:20, Stephen Renehan 23:23, Geoffrey Francis 23:28, Ron Verschuur 24:10, Jason Odlum 24:30, Lucy Magaldi 24:39, Emma Marino 25:00, Liz Kenney 25:34, Chris Van Unen 25:42, Stephen Mcleod 25:48, Belkey Podmore 26:28, Mark Lansdown 27:41, Seth Bomers 27:45, Desley Gray 28:56, Marieka Reilly 28:56, David Hood 29:08, Toby Grzmil 29:41, Kristine Sapkin 29:57, Claire Macumber 29:57, Alfie Warner 30:03, Kate Mayer 30:40, Phillip Mayer 30:40, Paul Smith 30:52, Catherine Leonard 31:18, Jye Kaestner 32:00, Matilda Lappin 32:00, Becky Nowak 32:17, Mandy Ellis 33:24, Daniel Symons 34:33, Shay Lorenz 37:45, Paul Rollandin 38:42, Bailey Rollandin 38:54, Matthew Morgan 40:45, Lynda Jones 40:51, Kristina Creighton 45:01, Barry Higgins 47:40, Ann Bomers 47:54, Michelle Colwell 48:03, Tony Marino 49:06, Molly Irvine 50:00, Nick Hodson 51:00, Kylee Earl 51:00, Des Dalton 54:00, Rickie Glover NTR, Ree Graham NTR

## Ian Cornthwaite

### August 7<sup>th</sup> 2025 – Kelso's Krawl – 5km

On the first Thursday night run of August 2025, 45 participants completed the “new” undulating 5km run. With the run both starting and finishing near the Yallourn North Bowling Club, the course took runners up and down the hills that make up Yallourn North, particularly Kelso Road (hence the course name) for the 2-lap course.

The first runner across the line this week was again the ever-so-speedy Pete Cutler in 19:03, and the next three runners to follow him all finished within 6 seconds of each other. These runners included relatively new member Johnn Skordakis in 22:11, another talented runner in the likes of Andrew Greenhill 22:14 and then talented junior-runner Dempsey Podmore in 22:17 who continues to go from strength to strength.

The female numbers were very light on this week, with only 7 runners and 2 walkers. First across the line went to Chelsea Fox in 28:21, followed by newly elected Vice President Desley Gray in 30 minutes flat, and third place went to Lauren Peter in 33:44 who continues to be consistent and as a result, gets a podium finish for this week.

This week's run (14/8/25) is the Netball Courts (Breed Street) 5km course which starts at the Netball Courts on Breed Street in Traralgon. Check in time is from 5:30pm.

*Pictured right - Lauren Peter who finished Kelso's Krawl as the third fastest female. This picture was taken while completing the Brisbane Marathon earlier this year.*





Amongst the running events for the Traralgon Harriers over the last few weeks, we had numerous members represent our club up in Queensland. The *2025 Gold Coast Marathon* saw our members Sav Mavrofridis complete the marathon in an impressive sub-3-hour time of 2:57.55 (finished 707 out of 12,707 participants), and Bec Anderson who completed her first marathon in a great sub-4-hour time of 3:58.01 (335th / 1015 participants within her age group). Very neat!

And more recently from last weekend we had the following members compete in the *2025 Sunshine Coast Running Festival* with Liz Kenney 1:55.18, Danielle Kenney 1:47.44, and Jordan Kumar 1:47.45 all completing the half-marathon event in great times! Well done team!

#### **Kelsos Krawl Run/walk results:**

Peter Cutler 19:03, John Skordakis 22:11, Andrew Greenhill 22:14, Dempsey Podmore 22:17, Daniel Wright 22:36, Ian Cornthwaite 22:37, Adrian Sutcliffe 23:56, Aaron More 23:57, Clinton Jolly 24:13, Jason Odum 24:16, Trent Kooyman 24:20, Matthew Deppeler 24:35, Seth Bomers 25:00, Peter Sanders 25:13, Ron Verschuur 26:07, Andrew Broberg 26:58, Stephen Mcleod 27:49, David Hood 28:09, Dave Mann 28:11, Chelsea Fox 28:21, Corey Milner 28:21, Stephen Renehan 28:28, Desley Gray 30:00, Mark Lansdown 31:16, Toby Grzmil 31:45, Lauren Peter 33:44, Kaye Livingstone 34:21, Becky Nowak 34:33, Phillip Mayer 36:00, Daniel Symons 36:45, Tania Whitehead 37:07, Bailey Rollandin 38:40, Paul Rollandin 39:52, Barry Higgins 42:40, Chris Van Unen 43:18, Danelle Wright 43:19, Anja Norwood 46:33, Molly Irvine 47:11, Timothy Graham 51:56, Tony Marino 52:12, Des Dalton 53:06, Kristina Creighton 53:33, Sep Marino NTR, David Barr NTR, Ann Bomers NTR



Above - (From L to R) Danielle Kenney 1:47.55, Liz Kenney 1:55.18, and Jordan Kumar 1:47.45 after completing the 2025 Sunshine Coast Half-Marathon event in great times! Well done team!

**Molly Irvine**

## Traralgon Harriers Double Up in Ballarat

Whilst small in number, the Traralgon Harriers were full of Big T spirit for the Lake Wendouree 15-kilometre race in the gold city of Ballarat. An old faithful of the AV XCR calendar, the 15km presents a unique challenge for some exciting racing. For the junior races, a single six-kilometre lap of the lake was the task. For the full course, a small out-and-back section along the southern portion of the lake was followed by two full laps. The early morn may have been crisp, but when it was time to race, the conditions of full sunshine and little wind could not have been more suited to our beloved Harriers.

The gun first went for the junior race with the Podmore twins providing excellent representation in the men's under-16 category. The pace was hot from the start, with Dempsey collecting another silver medal, ensuring he remains in second on the season standings. Belkey (27:44) continues his considered improvement throughout his debut season of XCR.

Sarah Lewis, Molly Fitzgerald, and Anna Cardillo made up the women's team at Ballarat. Lewis (1:01:29) was ever closer to the hour mark; Fitzgerald continued her excellent build-up to the ever-popular Sydney Marathon; Cardillo (1:12:50) completely thrashed her rivals in Ron Verschuur and Gary Fox. The women's team still snagged a sixth-place finish.

On the men's side of the draw, Corey Milner snuck under the fifty-minute mark (49:54) to be once again the fastest Harrier on the day. Miles Verschuur (54:59) ran much faster than he was expecting, nailing the pacing of a race for once in his career. Unluckily for Ian Cornthwaite, the namesake of the Steve Moneghetti Running Track decided to run a couple of laps (probably with his eyes closed); Cornthwaite finishing in second in a very respectable 58:09. Fox (pictured below) caught Verschuur in the dying stages of the race, yet Ron was still given a one-second finish by the timing system. The men's team cruised to seventh place.

The gold "Big Ts" were awarded to Sarah Lewis and Ron Verschuur for their extraordinary efforts around the shores of the lake. Our hard-working AV team has a month break before the Burnley Half-Marathon up-and-down Yarra Boulevard. See you all there!

### Results:

#### Female Open

15km: Sarah Lewis 1:01:29; Molly Fitzgerald 1:06:17; Anna Cardillo 1:12:50.

#### Male Open

15km: Corey Milner 49:54; Miles Verschuur 54:59; Ian Cornthwaite 58:09; Ron Verschuur 1:15:47; Gary Fox 1:15:48.

#### Male 16

6km: Dempsey Podmore 18:56; Belkey Podmore 27:44.

#### Miles Verschuur





## What happens to your body when you run a marathon?



Above - The start of the 2005 Traralgon Marathon. Who do you recognize?

### Seven things you need to know

The Marathon season across Europe (and closer to home!) is well and truly upon us. Key players on the continent and beyond will be closing down their cities so hundreds of thousands of runners can take months' worth of training to the streets; whether they're looking for a personal best, a new medal to hang in their hallway or just to be able to say they were there.

#### **1. You genuinely will get shorter**

Several [studies](#) suggest you can lose up to half an inch throughout the course of a marathon (don't panic though, gentlemen, this is purely spinal cord-related).

It's believed this is due to a number of factors, including muscle tension and losing fluid between your spinal disks. And on that note...

#### **2. Don't underestimate the dehydration**

If you hop on the scales in the immediate aftermath of a marathon, the likelihood is you'll be lighter after having sweat out [up to 5 kg](#) of water in the hours before.

#### **3. You'll burn a lot of calories**

Running one marathon could burn up to 3,500 calories, depending on your body stats, age and fitness level.

That's why carb-loading the night before has become a [go-to for runners](#) ready to tackle long distances. While you're running, your body uses two main energy sources to keep you powering on: fats and carbohydrates.



The latter are fast-acting sources of energy that don't take too long for your body to break down, which is also why running staples like energy gels are a popular option for a mid-race boost, to replenish your depleted stores while you run.

#### ***4. But don't be surprised if you don't feel like eating afterwards***

Remember kilometre 25 when the only thing getting you through the next 17 was the thought of all the food you'd be able to eat once it was over?

Don't be shocked if the last thing you want to do for the next few hours is eat. [The science](#) behind this is the effect that exercise - specifically, intensive exercise - can have on our body.

There's a huge blood flow increase to the heart and legs - and while our bodies are concentrating on that, it shuts down less essential functions, for example suppressing hormones including ghrelin - aka the "hunger hormone".

#### ***5. And your sleep might also go out the window***

You've likely just completed one of the most physically draining experiences of your life - so why can't you sleep?

There are a couple of reasons for this. One: cast your mind back to the adrenaline rush when you crossed that finish line. You're essentially riding out a major high, with an elevated heart rate, endorphin spike, and major energy rush to combat.

Secondly, you've just put your body under an immense amount of stress. Cue first responder, our fight-or-flight hormone cortisol, which is most likely also off the charts in the immediate aftermath of a run.

Of course, everyone's bodies respond differently to the physical and mental challenge of marathon running - but if you are struggling to sleep, these factors might help explain why.

#### ***6. Bleeding nipples and losing a few toenails***

We can probably all anticipate struggling to walk up and down stairs during the days following a marathon, but what about bleeding nipples, chafing in places you never thought could chafe, and the potential loss of toenails?

Running is, after all, nothing if not a sexy sport.

#### ***7. 'Marathon Blues' do exist***

You might find for the next few days or so - especially if your sleep has left the building - you feel in quite a low mood. This is a completely normal response as your body works to regulate itself to a pre-marathon state.

[The science?](#) It's essentially an anti-climax. If the past few months of your life have revolved around weekly training sessions and fueling your body to carry you through long-distance running, you can imagine a sudden stop might result in a sense of displacement and lack of purpose.

You're also essentially on a comedown from a huge sense of accomplishment. Once the buzz is over, it's not surprising to find yourself on a bit of a low.

***Courtesy website post from MSN News. [www.msn.com › en-au › health](http://www.msn.com/en-au/health)  
Story by Sarah Palmer***

# 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.**



# Upcoming Events



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 5<sup>th</sup> 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