

# FORTNIGHTLY NEWSLETTER

5 June 2025 - Volume 58 - Issue 11

## THURSDAY RUN

This Week's Course Gilmour Giddy 5km

Duty Gary Fox & Karen Graham

*Marker* Clinton J

Week 12/6

The Avenue 5km

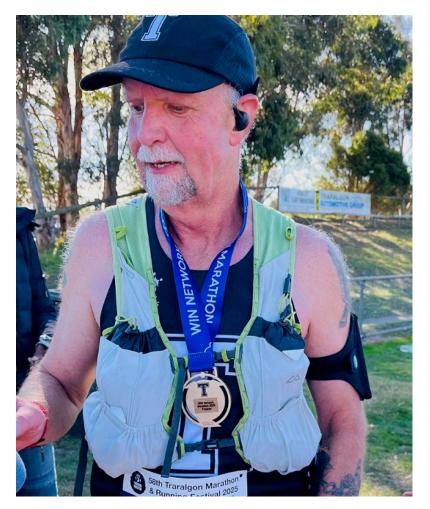
*Duty* Ree Graham & David Hood

*Marker* Stephen Mc

Week 19/6 Waterhole Ck M/well 6km

Duty Collette Hofmann & Liz Kenney

*Marker* Lauren P



Proud Harrier, Mark Lansdown, completed his first ever marathon on the weekend, stopping the clock at a tick over 5hrs and proving age is no barrier

## **President's Note**

The 58<sup>th</sup> running of the Traralgon Marathon last weekend was a magnificent success for the club and the region, and a huge credit to all involved. Moving the event to the Glengarry Football and Netball Club facility was a great move, and an idea that was hatched several years ago by our dedicated VP Andrew Legge.

It took the energy and determination of secondyear Race Director Desley Gray, along with Marieka Reilly and Sep Marino (pictured below) to make it happen, and it was a resounding success. Obviously there is a myriad of other members, supporters, sponsors and volunteers to thank, which I'll leave to Des to list in her report.



In my position as club President, I speak to many people, from politicians, community leaders, sponsors, the media, council, other clubs, the general public, and of course club members, and the feedback has been overwhelmingly positive, not only for our marathon, but for the positivity the club generates in our community.

The Marathon is yet another example of how incredible this club is. From our Community Fun

Run, to our smaller weekend events, from our weekly Thursday runs, to how the club operates for members by members, from our vibrant AV team, to the many new runners who join our club each year, the Harriers has developed and grown into a truly special club.

Everyone can read Desley's report in the NL for the details (plus a bunch of included photos), but suffice to say, the club, which is made by the members and volunteers, has again produced an event which shines a light on the wonderful people we have, and the positive energy we generate.

We'll do the marathon acquittal over the next week or so, and committee will discuss the good things, but also the things we can do better, things that be improved, and ideas for enhancing the event. It's important to enjoy the success, but also essential to be constructive, to build and improve. We must embrace change, because that is the only true constant.

The club now turns its eyes to the mid-year presentation, and this is one that no-one will want to miss. Saturday June 14<sup>th</sup> at Del Mondo will be an opportunity to acknowledge all those members who have contributed to the club, have participated quietly, have been consistent, and have been achieving in our core business, of outstanding running.

Summer awards will be presented, along with junior awards, quiet achievers and other special acknowledgements, but perhaps the biggest announcement is, that the club will be paying for everyone's dinner (financial members only)! We are in a solid financial position, and the committee unanimously agreed to give back to members by providing a good meal, and a new venue, perhaps to make up for some poor catering at other events. Everyone must RSVP. Guests will be welcomed at a cost of \$55 per head. Drinks will be at member's cost, at bar prices.

You must register to attend for catering purposes. Thanks once again to Sep Marino for organising this event for members. See the link and details in this NL. The visit last Thursday by club sponsor Momentum Physio was again well-received, with over 50 members staying for a short recovery session in the rooms after the run. Chris provided a fun, interactive and valuable short session, and many members asked questions. If you're looking for physio, massage or recovery advice, help and support, remember to mention you're a club member to get your discounts.

<u>Annual membership is now overdue.</u> We're currently at 126 members, and there are quite a few who have not renewed their membership, but are still running. If you're having tech difficulties, or financial concerns, please make sure you have a conversation with me.

Remember, we allow 2 free runs before we ask newbies to join, but past members should renew at renewal date (start of April annually). It's important we're covered by AV insurance, so please renew today if you haven't already.

I challenge anyone to find a better value annual club membership anywhere. Benefits of becoming a member include; -members receive a club reflective vest (worth \$70) -monthly club dinners (drink tix) -48 Thursday runs -discounts on major club events (CFR & Mara) -free entry to most other weekend club events (Memorial excluded) -a fantastic club culture -training opportunities (free TTRG & discounted T Squad) -AV Team support -discounts on club merchandise -mid-year presentation night -legendary Xmas Bash (including a quality Xmas running top) -weekly member's lucky draw -great friendships

Most members are "Recreational Members", unless running the AV season. There are also categories for Recreational Life Members (obviously only for Life Members), Recreational Associate (by club approval only), Recreational Junior, and various AV options. I encourage everyone to renew their membership promptly, so we're not chasing. If you're new to the club, go to the club website and click the "Become a Member" button on the top right of the homepage.

The club's AV Team continues to smash goals and represent the club with distinction and pride. Supporting our members to compete at this level is essential to club culture, and providing opportunities for members who wish to run at AV is a cornerstone of the club's foundation. Thanks again to all those who represent, and our AV Team leaders for their energy, enthusiasm, time and organisation.

The club AGM is fast approaching and a new committee will be elected to take the club forward on July 17<sup>th</sup>. We have put in place a succession plan, but now is the time for members to think about stepping on to committee.

\*Check the full Winter Season Duty Roster in this NL and make note of your allocated date.

Volunteering for events, to Race Direct, to do some of the myriad of jobs required ensuring the club runs smoothly, is very rewarding. If you want to get more involved, have a chat to a committee member.

#### \*IMPORTANT Harriers Dates

14 June Midyear Presentation at Del Mondo (RSVP ESSENTIAL)

26 June Committee Meeting

17 July Club AGM Clubrooms (all members encouraged to attend)

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

Date TBC Memorial Run (New location announcement soon) (RD PM)

Thought for the fortnight: When you find yourself in times of trouble... Let it be!

Phill Mayer – President

#### \*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 Adam Riddle & 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

Pictured left – Phill with some of the amazing on-course pacers during the Marathon

## New member?

<u>Click here</u> 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



## Traralgon Harriers Mid-Year Presentation Night 2025

Saturday 14 June 6:30pm

Dal Mondo Restaurant & Function Centre 7 Post Office Place, Traralgon

A delicious two-course meal with alternating serves of slow cooked beef / chicken mignon for main, and sticky date pudding / tiramisu for dessert!

All mains come with seasonal vegetables and creamy mash potatoes. PLUS garlic pizzas served for appetizers. Drinks at bar prices.

DIETARY REQUIREMENTS CATERED FOR + KIDS MEAL OPTION AVAILABLE. PLEASE INCLUDE DETAILS IN YOUR RSVP.

Harriers Members are FREE and Guests \$55 Attire: Smart casual

Click here or scan to register:



## **Race Director's Report – Traralgon Marathon & Running Festival 2025**

#### What a cracking day for the 58th edition of Australia's Longest Running Marathon!

That's right — the Traralgon Marathon is not just any race — it's a piece of Aussie running history, and we pride ourselves on welcoming every runner like family.

Marieka and I rolled into the Glengarry Rec Reserve at 6am sharp, greeted by a sight that could only be described as rural magic—oval lit up like Christmas, heaters blasting under the veranda, and the wood fire inside already roaring like we were hosting a bush dance, not a marathon. Bliss!

A huge shoutout to **Alan Whitty** (President of the Glengarry Football & Netball Club) and his champion crew— **Stewie, Mark and Co.**—who were nothing short of incredible. "Supportive" doesn't quite cut it. These legends were first in, last out, and everywhere in between: wrangling car parks, working the mic and sound gear, heating up the bain-maries, feeding the masses, and checking in on us Harriers like proud parents.

And can we talk about **the warm welcome**—literally? The **wood heater blazing away in the main club room** and the **overhead heaters toasting us under the veranda** were an absolute masterstroke. It kept runners warm, spirits high, and made the morning feel extra special. Alan, Stewie, Mark—take a bow. You made it magic

#### Our mighty Harriers crew—where do I even start?

Andrew Legge was first on site, assembling the iconic Harriers arch, alongside marathon course sweeper and human GPS, Jason Odlam.

Legge, you're the club's Swiss Army Knife  $\sqrt[n]{}$ —reliable, handy, and always ready to tell me *nicely* when I'm doing something dumb... like trying to attach a BBQ gas canister to the starter hooter. (Don't worry, no runners were harmed.

As the frost melted away,, marathoners gathered on the oval and **DJ Glenno** got the vibes flowing with tunes that even had the cows dancing. Bang on 8am, they were off! **Dion Finocchiaro**, AKA "The Leopard", was out like a shot and never looked back—another commanding win in 2:29:45. Traralgon's own firecracker **Courtney Ellis** cruised in with a casual 3:07:30. Effortless, powerful, unstoppable.

Next up, our Half Marathoners basked in perfect winter sun and thundered off at 9am. **Keith Colomb** stormed home for the men's title, and our very own **Kylie "Half Marathon Machine" Murray** b absolutely blitzed the course for the women's. Is there anything she *can't* do?

Then came the 10K crew, momentarily blinded by the glorious winter sun, but once the tunes kicked in and the crowd rallied, they made their way onto the oval, buzzing with energy.

**Young gun Dempsey**, set off with focus and fire, and came flying around the home turn like he'd just done a cheeky warm-up lap. He powered through the finish line to take the win with maturity well beyond his years. One to watch, that's for sure!

Sarah Lewis followed with a performance that oozed elegance and strength taking out the women's title with her signature effortless style. Traralgon Harriers right at the top of the podium once again!  $\Sigma$ 

A big thank you to **Clinton and Trent**—our **Roadside Signage Extraordinaires**. From early-morning installs to precision placement, they made sure no runner missed a turn. Not only did they handle the signage like pros, but their ongoing support and input on the marathon committee has been absolutely invaluable. Legends both—thank you for being such reliable, all-in team players.

Let's give a massive shoutout to **the Bib Team led by the ever-organised Kaye**, keeping things smooth, sorted, and stress-free at check-in (no small feat when you're dealing with pre-race nerves and missing safety pins!).

A big thank you as well to **Pete and the Scouts** for manning **Water Station 1**, cheering, hydrating, and high-fiving like pros. You brought the energy and the hydration, and we loved it!

And hats off to **Toby, Dave, and Des** at **Water Station 2**, the frontline of the hydration battle, keeping pace with the non-stop stream of thirsty runners. You wrangled the crowds, the cups, and the chaos like absolute champions.

A special thank you to **Yani** (pictured right), who spent **hours cycling the course on Saturday**, diligently pegging in all the kilometre markers, a true labour of love and quad strength! Only to be told *just moments after finishing* that some cheeky kids had come through and kicked them all down... absolutely **devastating**.



But, in true Harrier's spirit, the story doesn't end there—unsung

hero Geoff Francis was out on a run later that day, noticed the mess, and quietly re-pegged every single one back into place . No fuss, no fanfare—just Geoff being the legend he is. Thank you both for going the distance, quite literally!

To the **Traralgon Harriers**—what a club. So many hands went up to help, so many smiles showed up in the cold, even when *some* were left behind (soz, Greeny!). I see you, I thank you, I appreciate you all more than a well-timed finish line banana

Here's to the team, the runners, the legends, the volunteers—and to building something even bigger and better in 2026 💥



Because at Traralgon, we're not just the **longest running marathon in Australia**, we're the **friendliest**, too. And that's something worth running for. **Onwards. Upwards. And always with love.** Desley 🖤



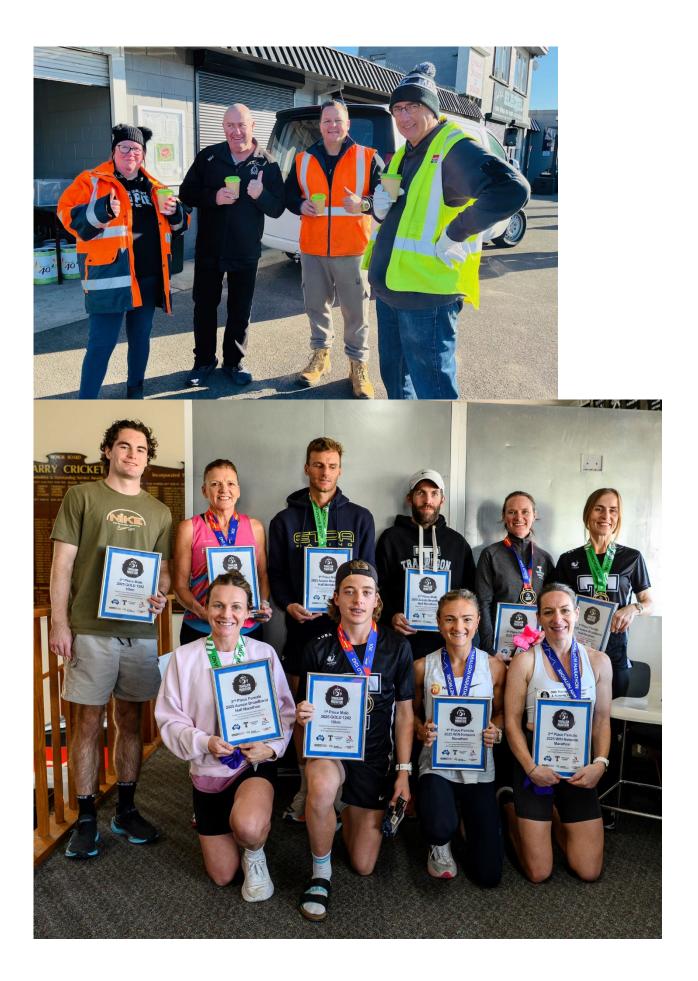














## **Important Dates & Duties**

## **Summer Season**

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



## TRARALGON HARRIERS WINTER CHAMPIONSHIPS

### **Thursday Start Times**

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



#	DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY			
				NTER SEASON					
ALL RUNNERS MUST WEAR A REFLECTIVE VEST									
9	Thurs 5 June	Gilmour Giddy	5 km		Clinton J	Gary Fox &			
						Karen Graham			
10	Thurs 12 June	The Avenue	5 km		Stephen Mc	Ree Graham &			
						David Hood			
	Saturday 14 June	Mid-Year Presentation		Del Mondo Traralg					
11	Thurs 19 June	Waterhole Creek	5 km		Lauren P	Collette Hofmann			
		Morwell				& Liz Kenney			
12	Thurs 26 June	Tennis Courts	5 km		Alfie W	Angelo Gaudiano			
						& Kathleen Kent			
13	Thurs 3 July	Meadow Park Drive	6 km		Andrew G	Dave Mann &			
						Owen Notting			
14	Thurs 10 July	Swinburne Cres	6 km		Tobi G	Sam Riddle &			
						Paul Smith			
15	Thurs 17 July	Club Run Doughnut	5 km	AGM after the	Molly I	Shane Wilson &			
				run		Tania Whitehead			
16	Thurs 24 July	Rangeview Drive St	5 km		Jason O	Kim Imperial &			
		Gabriel's PS				Mandy Ellis			
17	Thurs 31 July	St. Pauls AG	6 km			Rebecca Anderson			
						& Rickie Glover			
18	Thurs 7 Aug	"Kelso's Krawl"	5 km	NEW COURSE	Ron V	Bjorn Luxmann &			
		Reserve Street				Emma Marino			
		Yallourn North							
19	Thurs 14 Aug	Netball Courts	6 km		Mark L	Adam Riddle &			
						Megan Scott			
	Thurs 21 Aug	Liddiard Road	6 km	Club Dinner	Trent K	Angeline Snell &			
20				Traralgon Bowls		Daniel Symons			
				Club					
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



'Give a Damn - Give a Can' is the Rotary Club of Traralgon Central's annual food appeal which has been running since 1992 and supports Vinnies Australia. Since its inception the community has donated more than 250,000 cans of tinned food to families in need, especially through the winter months.

The appeal has become well known and accepted in the Latrobe Valley with the distinctive red collection bins seen throughout the community.

Schools and local businesses are the main contributors with many individuals and community groups also donating.

A red collection bin will be at the Harriers start line this Thursday.

## Please "Give a Damn - Give a Can" ...

and drop in a tin or two of food if you are able



## 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 <u>click here</u>), 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

May 22<sup>nd</sup> 2025 – Balfour Street – 5km

As a lead up to the Traralgon Marathon a few hardy Harriers – some may say 'foolhardy' – with friends and running comrades took part in the Great Ocean Road Running Festival. The 60 km Ultra Marathon course from Lorne follows the Great Ocean Road southward with a lengthy detour inland through forest country. It then rejoins the coast road, finishing at Apollo Bay. The marathon runs more directly along the Great Ocean Road to also finish at Apollo Bay. The half-marathon starts halfway along the marathon course, at Kennett River, again finishing at Apollo Bay.

Stephen Renehan, dropping back from his usual 100km or more events, finished high in the field in the Ultra Marathon. Running with Stephen in the sold-out field were <u>Nikki Wynd</u>, the guest speaker at the pre-Traralgon Marathon dinner, and <u>Grace Tame</u>, the 2021 Australian of the Year and a passionate advocate for survivors of sexual assault.

<u>Marieka Reilly</u> completed the demanding marathon while her friends and training companions, Desley Gray and Susan Poole, ran good times in the half marathon. Susan afterwards related, "I was very happy to go under three hours, given my lack of training leading up to the event."

Last Thursday's run/walk was another new course, from the Henry White Reserve in Newborough. In benign but cold conditions many ran fast times as a prelude to their taper down before the marathon. Others had already begun their taper and cruised around the course at a modest speed.

Quickest women were Yani Cornthwaite, a few minutes ahead of

the quiet achiever Kimberly Imperial and Liz Kenney. Fastest men were David Barr, Peter Cutler (pictured above) and Clinton Jolly.

It was good to see Molly Irvine back on the road after a long break (Oops). No doubt she will be moving up the ranks in the next few weeks. Welcome back Molly!



#### Balfour Street Run/walk results:

David Barr 21:19, Peter Cutler 21:32, Clinton Jolly 21:42, Trent Kooyman 21:43, Scott Syme 22:17, Stephen Renehan 22:22, Andrew Broberg 22:49, Ian Cornthwaite 22:59, Dempsey Podmore 22:59, Adrian Sutcliffe 23:08, Seth Bomers 23:20, Peter Sanders 23:49, Ron Verschuur 23:51, Belkey Podmore 24:24, Yani Cornthwaite 24:30, David Hood 27:30, Kimberly Imperial 27:49, Liz Kenney 27:54, Chris Van Unen 28:23, Ree Graham28:43, Jason Odlum 29:35, Lauren Peter 29:43, Collette Hofmann 30:34, Mark Lansdown 31:22, Kat Kent 31:36, Molly Irvine 32:30, Kaye Livingstone 33:20, Daniel Symons 35:36, Mandy Ellis 35:50, Timothy Graham 41:19, Amelie Dalton 45:00, Kristina Creighton 45:00, Bjorn Luxmann 46:05, Danelle Wright 46:13, Bob Duljas 47:02, Belinda Heafield 50:21, Michelle Colwell 52:02, Kathy Quinn 52:02, Phillip Mayer 52:14, Marieka Reilly 52:17, Desley Gray 52:17, Des Dalton 53:02, Kylee Earl 55:00, Ian Heafield 55:43, Chesney Podmore NTR, Gary Fox NTR, Helen Whitby NTR.

Selected results - Great Ocean Road Ultra Marathon 60km: Grace Tame 04:33:08, Stephen Renehan 5:01:48, <u>Nikki Wynd</u> 6:00.27. Great Ocean Road 'Marathon' 44km: <u>Marieka Reilly</u> 4:46:42. Brooks Half Marathon 23km: Desley Gray 2:21:13.6, Susan Poole 2:49:43.21.

#### May 29<sup>th</sup> – Stockdale Road – 5km

Last Thursday's run/walk was the final hit out before the Marathon Festival. With many participants tapering down for their Sunday run, whether the full or half marathon or 10 kilometre event, times were generally slower, despite the almost perfect running conditions. Members were in familiar surroundings, starting from the clubrooms before navigating the surrounding streets of Traralgon West.

After the run the Momentum Physiotherapy team gave an information session in the Clubrooms, addressing warm up, injury prevention and race recovery. It was greatly appreciated by those present.

Quickest women were sub-3 hour marathon runner Courtney Ellis, consistent performer Liz Kenney and parkrun devotee Claire Macumber (pictured right). Among the men, the fastest finishers were Scott Syme, whose background as a triathlete likely contributed to his strong performance, ahead of Andrew Greenhill, and Trent Kooyman.



Thursday's run/walk (June 5th) is the Gilmour Giddy 5 km course, again starting from the clubrooms at the Traralgon West Sports Complex. See the Harriers Fb page for details and the course map.

Annual membership is still open and all members are reminded to renew their membership. For anyone who is considering joining the Harriers, now is a good time. See *traralgonharriers.org.au*.

This is the final week for members to bring along a can of food for the 'Give a Damn – Give a Can' food appeal. Thank you to everyone for their generosity.

#### Stockdale Road Run/walk results:

Scott Syme 21:40, Andrew Greenhill 21:48, Trent Kooyman 21:57, Glenn Graham 22:03, Clinton Jolly 22:21, Courtney Ellis 22:27, Ian Cornthwaite 22:27, Dempsey Podmore 22:27, Daniel Furmston 22:27, Adrian Sutcliffe 22:29, Aaron More 22:54, Ron Verschuur 23:21, Geoffrey Francis 24:00, Gary Fox 24:35, Belkey Podmore 25:03, Andrew Broberg 25:14, Errol Poole 26:10, Chris Van Unen 27:39, Liz Kenney 28:22, Daniel Wright 28:22, Jason Odlum 29:09, David Hood 29:13, Claire Macumber 29:55, Paul Smith 30:02, Ben Wilkinson 30:46, Collette Hofmann 30:51, Kaye Livingstone 31:43, Chesney Podmore 32:40, Mark Lansdown 33:15, Tania Whitehead 33:30, Phillip Mayer 33:35, Becky Nowak 33:39, Daniel Symons 34:02, Bjorn Luxmann 35:58, Shay Lorenz 37:11, Barry Higgins 40:25, Timothy Graham 40:32, Ann Bomers 41:07, Shane Wilson 41:48, Marieka Reilly 42:04, Desley Gray 42:04, Kristina Creighton 44:41, Danelle Wright 46:40, Tony Marino 46:44, Bob Duljas 47:37, Michelle Colwell 48:29, Kathy Quinn 48:29, Helen Whitby 51:03, Belinda Heafield 51:03, Sandra Birkbeck 51:58, Nicky Semmler 53:11, Sarah McKie 53:11, Angelo Gaudiano 55:43, Kylee Earl 57:00, Nick Hodson 57:00, Ian Heafield 57:49, Seth Bomers NTR, Karen Graham NTR, Stacey Podmore NTR, Peter Sanders NTR, Stephen Renehan NTR, Darrel Cross NTR, Ree Graham NTR.

#### **Barry Higgins**

### **Traralgon Harriers Tackle Twelve Kilometre Cross Country**

FIFTEEN of the hardiest Harriers harried to the now staple crosscountry venue of St Anne's Winery beyond the burgeoning Bacchus Marsh to run a twelvekilometre course.

St Anne's is proving to be a versatile venue, over the years hosting the eight-kilometre races and the ekiden relays. Despite the new course not including some of the tough gravel hills at the bottom of the winery, there was little respite from the true cross-country conditions on offer.

The course included a good descent and ascent in the first five hundred metres, with runners facing brutal headwinds inducing dust into the eyes, plenty of sharp twists and turns, combined with some



knobbly grass paddocks and ankle-endangering vineyards. The twelve kilometres consisted of 1.5km lap, a 6.5km lap, before concluding with a final 4km.

Once again it was the Podmore twins who kicked off the Harriers' proceedings. Across the four-kilometre distance (one lap), Dempsey rocketed to the front and was in striking distance for the gold medal in the dying stages yet was held off by the winner. Dempsey secured his third medal for the season assuring your correspondent "my neck is getting sore" from the weight of silverware. Belkey (pictured on previous page) showed considerable improvement, mowing down runners just before the end, finishing five places higher than at Hanging Rock.

Next subjected to the elements were the much-strengthened women's team. On return after a year sabbatical was the very speedy Molly Fitzgerald. Despite self-assertions regarding a lack of fitness, Molly powered through an excellent twelve kilometres, finishing in 31<sup>st</sup> place in a time of 51:34. Molly also had an impressive blister to show for her efforts. Next up was Yani Cornthwaite (58:16) making her season debut, followed by the ever-consistent Anna Cardillo and recent sub-three-hour marathoner, Courtney Ellis (pictured below). The Division 2 Women's team secured third place, showing great promise for the rest of the season. Chelsea Fox was not far behind Ellis, running her fastest ten kilometres in the process. Mel Jones snuck in under the hundred, with Ree Graham powering through in 1:15:40.



Despite losing co-captain Corey Milner to a back injury, the men's team was still in reasonable nick. Owing to your correspondent's biases, the wind seemed to harshen through the men's race, with the track now very well-trodden. Daniel Furmston ventured out for the first time having also recently looped around the Eureka Stockade in a sub-three-hour Ballarat Marathon. Furmston ran an excellently tactile race to ensure energy for some last lap overtaking to finish in 46:17. Miles Verschuur (48:46) also enjoyed a final lap burst, with a six-hour Rogaine from last weekend still very much in the legs. Ian Cornthwaite (50:22) once again medalled, earning bronze in his 60+ category. Next across the line was the completely spent Ron Verschuur (1:00:51), a time ten minutes faster than last season's twelve kilometres. Fantastic Mr (Gary)

Fox was not far behind, rounding out the Division 3 Men's Team respectable ninth placed finish. Ian Twite (1:07:58) got through happily unscathed.

Golden Boots were awarded to Molly for her high placing and to Gary Fox for his excellent shift. In a fortnight, our beloved Harriers are travelling to the traditional season opener for the Jells Park Relays. Each runner will be traversing six kilometres, with participation very much welcome. See you all at Jells!

#### **Results:**

#### **Female Open**

*12km*: Molly Fitzgerald 51:34; Yani Cornthwaite 58:16; Anna Cardillo 1:02:01; Courtney Ellis 1:03:08; Chelsea Fox 1:03:45; Melissa Jones 1:08:09; Maree Graham 1:15:40.

#### Male Open

*12km*: Daniel Furmston 46:17; Miles Verschuur 48:46; Ian Cornthwaite 50:22 (pictured below); Ron Verschuur 1:00:51; Gary Fox 1:01:35; Ian Twite 1:07:58.

#### Male 16

4km: Dempsey Podmore 13:43; Belkey Podmore 17:56.



**Miles Verschuur** 

## **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**

Moe Little Athletics Cross Country Dates 2025								
4TH Botanical Gardens								
25TH MAY (Between aths track and Newborough footy oval)								
15TH Edward Hunter JUNE reserve								
29TH JUNE Crinigain Rd reserve								
13TH Blue Rock JULY								
Registration starts at 8:30, ru starts at 9:00 Enquiries to Jason (0409 516 6								

## THE TRAIL RUNNING SERIES

Sunday 1<sup>st</sup> June at Blackwood (NEW location); Sunday 6<sup>th</sup> July at Anglesea, Sunday 3<sup>rd</sup> 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 <u>www.trailrunningseries.com.au</u> 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 <u>events@rapidasent.com.au</u> and we'll set aside a space for you.

## SURF COAST CENTURY (GREAT OCEAN ROAD REGION, VIC)



This is Australia's FEEL-GOOD Ultra Marathon! And you're once again invited to be part of it! There's 2 distances – a 100km and 50km trail running journey along the Great Ocean Road region in Victoria. Enter solo or as a relay team of 2 to 4 running approximately 25km each.

#### WIN \$2,000 CASH

\$2,000 CASH is up for grabs for the first and fastest relay team of 2, 3 or 4 people to go under 7 hours for the 100km! Current fastest team record 7:00:46! So it can be done...

#### 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

members or solo runners – that enter prior to 11:59pm AEST, Wednesday 30 April.

#### 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 for event information, and enter via the Entry portal at <u>https://www.4peaks.com.au/enter</u>.

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