

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

19 June 2025 - Volume 58 - Issue 12

THURSDAY RUN

This Week's Course

Waterhole Ck M/well 6km

Duty

Collette Hofmann &
Liz Kenney

Marker

Lauren P

Week 26/6

Tennis Courts 5km

Duty

Angelo Gaudiano &
Kathleen Kent

Marker

Alfie W

Week 3/7

Meadow Park Drive 6km

Duty

Dave Mann & Owen
Notting

Marker

Andrew G



Most (but not all) of the AV team that took on Jells Park relays earlier this month. In a busy time for the team, AV have managed to squeeze three rounds into the month of June

President's Note

The club's mid-year presentation last Saturday was another excellent opportunity to share time with friends, and to acknowledge the many deserving members who contribute to the club, participate with consistency, and who achieve amazing results.

The club's season scoring system is exceptionally fair, and presents a balanced snap-shot of members PB's each week, the improvement made, along with their regular attendance, which helps to score maximum season points. Those who do duty are also allocated points, so no-one misses out, and all members who run on a Thursday score points towards the season championship, which equates to a worthy group of winners.

A few highlights for me were presenting the Life Member medallions to Ian and Belinda Heafield, Barry Higgins and Andrew Legge, as a representation and reminder of their input to the club, and the value they have added in their work to build it for all of us. I hope to be able to present medallions to those absent in the coming weeks.

The Quiet Achiever Awards acknowledge those members who go about their involvement in the club with little fuss and fanfare, not only being regular at Thursday nights, but also helping out, volunteering, quietly achieving their own goals, and always being supportive to other members.

Also, the presentation of The President's Awards to Glenn Crawford, Tania Whitehead and Tobiasz Grzmil, for their amazing contributions to the club over many years, created some very special moments for 3 club members who deserve the accolades.

Giuseppe Marino organised a fantastic night at a great venue in Del Mondo, and those in attendance can attest that the meal was excellent, and the company was even better. Of course there are always clashes with our individual commitments, but those members who prioritised the mid-year presentations were not disappointed, and the feedback around the venue, food, and awards has been exceptionally positive. You can read more in Sep's report in this NL.

As my time as President comes closer to an end, I was reminded on Saturday about just how wonderful this club and it's people are. Receiving an overwhelming acknowledgment for my time in the role, and the support I've received by many people, committees over the years, members, and indeed friends, it was hard not to be a little emotional. 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. I think most would agree, that the club is in a solid place financially, ethically and spiritually, and that is due to the work of all members.

The club AGM is fast approaching and a new committee will be elected to take the club forward on July 17th. We have a succession plan, and I have faith that club will be in good hands going forward, led by intelligent, genuine, and caring people, who can build on a strong foundation. I believe many committee members will continue on, including some executive roles, which will help to maintain some consistency, but now is also the time for members to think about stepping on to committee, who may not have been on before.

Committee usually only meets 8 times in a year, so it's not a huge commitment. Also, 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.

[*Check the Winter Season Duty Roster in this NL and make note of your allocated date.](#)

***IMPORTANT Harriers Dates**

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)

5 October Memorial Run (New location announcement soon) (RD PM)

Date TBC King & Queen of the Mountain

Thought for the fortnight: Time flies over us, but leaves it's shadow behind!

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 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



Pictured left – the 2024/25 Committee

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

Mid-Year Awards Night 2025

Club members and guests celebrated at our Mid-Year Awards Night on Saturday 14 June at Dal Mondo Restaurant and Function Centre Traralgon, recognising the achievements of fellow Harriers during the Summer 2024/25 Championship Season.

Taking out the first place medals were Dave Barr in the men's, Ree Graham in the women's, and Dempsey Podmore in the junior category.

The team at Dal Mondo put on a fantastic meal, which included drinks and appetisers on arrival, plus a delicious set of mains and desserts.

70 members and guests attended, and it was a great atmosphere, celebrating the achievements of all our walkers and runners throughout the summer season.

The award ceremony opened with the presenting of a new set of Life Member gold pins to our Life Members in attendance, Andrew Legge, Ian Heafield, Belinda Heafield and Barry Higgins. This was a wonderful moment and a reminder about the proud history and long-standing contributions of our Life Members. Other Life Members will be presented at a future event.

Several other special awards were presented, including our Quiet Achiever Awards and prestigious President's Award.

The night concluded with the presentation of Outstanding Service Awards, recognising the incredible contributions and dedication of our outgoing Vice President Andrew Legge and outgoing President Phill Mayer. Phill and Legge's commitment, passion for the club and tireless efforts over many years have been central to the growth and success of Harriers, and we all owe them a debt of gratitude for their service.

Thank you to everybody who took part in this great night. Please see below for photos and a full list of award winners.

Giuseppe Marino



Left: A special gold pin presentation to our Harriers Life Members in attendance (L-R), Andrew Legge, Ian Heafield, Belinda Heafield and Barry Higgins. Other Life Members will be presented at a future event



*Left: Group 1 male walker winners (L-R)
Timothy Graham 2nd and Life Member Barry
Higgins 1st. Luke Witham was awarded 3rd.*

*Below: Group 1 female walker winners (L-R)
2nd Michelle Colwell and 1st Kristina
Creighton. Kathy Quinn was awarded 3rd.*



*Left: Most Consistent Runners for the
summer season (L-R), 3rd Chris Van Unen,
1st Ron Verschuur, 2nd Adrian Sutcliffe.*



Left: Top 3 Junior Runners for the summer season (L-R), 2nd Belkey Podmore, 1st Dempsey Podmore, 3rd Seth Bomers.

Below: Top Female runners (L-R), 3rd Yani Cornthwaite, 1st Ree Graham, 2nd Rebecca Anderson.

Below: Top Male Runners (L-R), 1st Dave Barr (who also won the overall Summer 24/25 Championship) and 3rd Phill Mayer. Clinton Jolly snagged 2nd place.





Above: Our Quiet Achiever Award recipients! L-R Kylee Earl, David Hood, Mark Lansdown and Ann Bomers. Other winners (absent) were Liz Kenney and Jason Odlum.



Above: Special thanks to our club committee members in attendance (L-R), Vice President Andrew Legge, Marieka Reilly, Dave Barr, Ann Bomers, Molly Irvine, Trent Kooyman, Giuseppe Marino and Desley Gray.



Left: The prestigious President's Award winners (L-R), Tobiasz Grzmil, Tania Whitehead and Glenn Crawford, alongside President Phill Mayer.

Right: Outstanding Service Awards presented to Life Member and Vice President Andrew Legge and President Phillip Mayer.



Important Dates & Duties

Summer 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
START OF THE WINTER SEASON						
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
11	Thurs 19 June	Waterhole Creek Morwell	6 km		Lauren P	Collette Hofmann & 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 run	Molly I	Shane Wilson & Tania Whitehead
16	Thurs 24 July	Rangeview Drive St Gabriel's PS	5 km		Jason O	Kim Imperial & Mandy Ellis
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



GIVE A DAMN-GIVE A CAN - THANK YOU

Thank you to the Harrier members for your generosity in donating cans of food to Vinnies to provide food packages for families in need.

Your children most likely took cans to school, and the street corner red bins were also filled, as were those at various businesses in town.

The total count so far is about 14,000 cans/jars/packets. They will be greatly appreciated over the winter months.

Many thanks from Traralgon Central Rotary and Vinnies.

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

June 5th 2025 – Gilmour Giddy – 5.2km

Last weeks (June 5th) Harriers Thursday night run was the course known as the Gilmour Giddy. The run starts at the clubrooms and takes in Inverness Way, James Parade and Gilmour Street followed by a large lap taking in Crosses Road, Stockdale Road, Johnson Crescent, Douglas Parade and Grubb Avenue and back to the club rooms. The course was 5.2km and flat with a total ascent of 25m. We had a great turnout with a total of 63 runners in chilly but fine conditions.

Great running by David Barr saw him first home in a very impressive time of 20:54, with Courtney Ellis and Daniel Furmston coming in at 21:09 followed by Glenn Graham 21:46. Great running by Yani Cornthwaite saw her second lady home in 24:01 followed by Liz Kenney 28:06. It was an impressive effort by Courtney and Daniel as both had podium finishes at Sundays Traralgon Marathon - with Courtney being the winning lady in the marathon and Daniel taking second place in the half marathon. Worth noting also was club legend Kylie Murray being first lady home in the half Marathon, and young gun Dempsey Podmore (mens) and Sarah Lewis (Ladies) taking out the honours for the weekends 10km event.

Gilmour Giddy Run/walk results:

David Barr 20:54, Courtney Ellis 21:09, Daniel Furmston 21:09, Glenn Graham 21:46, Trent Kooyman 22:32, Jason Odlum 22:32, Adrian Sutcliffe 22:55, Aaron More 23:13, Andrew Broberg 23:20, Darrel Cross 23:31, Yani Cornthwaite 24:01, Ron Verschuur 24:11, Daniel Wright 24:18, Chris Van Unen 24:38, Geoffrey Francis 24:51, Peter Sanders 25:40, Clinton Jolly 26:21, Gary Fox 26:33, David Hood 26:44, Stephen Renahan 27:27, Dave Mann 27:32, Stephen Mcleod 28:06, Liz Kenney 28:06, Desley Gray 29:10, Phillip Mayer 29:50, Ben Wilkinson 29:59, Claire Macumber 30:03, Kristine Sapkin 30:54, Lee Graham 30:54, Harrison Fenton 31:00, Alfie Warner 31:54, Tania Whitehead 32:26, Lauren Peter 32:45, Matilda Lappin 33:13, Jye Kaestner 33:13, Mandy Ellis 36:11, Catherine Leonard 36:20, Daniel Symons 36:30, Sep Marino 36:33, Shane Wilson 36:53, Danelle Wright 39:06, Ann Bomers 40:00, Andrew Legge 43:05, Bob Duljas 44:44, Barry Higgins 46:00, Kristina Creighton 46:06, Sandra Birkbeck 46:48, Anja Norwood 47:00, Michelle Colwell 53:38, Lynda Jones 55:20, Mark Lansdown 55:41, Nick Hodson 55:43, Kylee Earl 55:43, Bjorn Luxmann 55:52, Angelo Gaudiano 56:00, Tony Marino 57:29, Anthony Pulbrook 58:20, Janine Kooyman 58:20, Sam Fenton NTR, Xavier Fenton NTR, Rose Croft NTR, Karen Graham NTR, Kathy Quinn NTR

June 12th – The Avenue – 6km

Last weeks Harriers Thursday night run was a course known as The Avenue. The run starts at the Lake on the Avenue, and then takes in 3 laps including Morgan Drive, Park Lane and Hammersmith Circuit. The course was 6km and with a total ascent of 49m. We had a great turnout with a total of 65 runners in good winter conditions.

Great running by Sav Mavrofridis saw him first home in a very impressive time of 23:49, with Ian Cornthwaite, Dempsey Podmore and Daniel Furmston coming in at 24:08. Great running by Courtney Ellis saw her first lady home in 24:08 followed by Yani Cornthwaite 27:21 (pictured below at the recent Jells Park AV event) and Karen Graham 28:04.



The Avenue Run/walk results:

Sav Mavrofridis 23:49, Ian Cornthwaite 24:08, Dempsey Podmore 24:08, Courtney Ellis 24:08, Daniel Furmston 24:08, David Barr 24:09, Andrew Greenhill 24:42, Clinton Jolly 25:44, Daniel Wright 25:52, Stephen Renehan 25:59, Jason Odlum 26:00, Trent Kooyman 26:03, Adrian Sutcliffe 26:32, Seth Bomers 26:35, Aaron More 26:54, Yani Cornthwaite 27:21, Peter Sanders 27:56, Ron Verschuur 28:00, Karen Graham 28:04, Glenn Graham 28:04, Belkey Podmore 28:09, Gary Fox 29:19, Rebecca Anderson 29:59, Rose Croft 30:23, John 30:30, Liz Kenney 30:52, Samantha Riddle 31:31, Stephen Mcleod 31:44, Kimberly Imperial 31:45, Ree Graham 32:26, Shane Gavin 33:21, Phillip Mayer 34:05, Jye Kaestner 34:12, Chesney Podmore 34:30, Claire Macumber 34:49, Lee Graham 35:14, Kristine Sapkin 35:14, Mark Lansdown 35:22, Paul Clark 36:06, Desley Gray 36:30, Alfie Warner 37:12, Chris Van Unen 38:59, Sep Marino 39:08, Paul Smith 40:02, Daniel Symons 43:18, Barry Higgins 47:35, Danelle Wright 49:11, Anja Norwood 51:21, Kristina Creighton 55:25, Ann Bomers 57:57, Belinda Heafield 59:42, Janine Kooyman 59:50, Anthony Pulbrook 59:50, Michelle Colwell 1:00:16, Kathy Quinn 1:00:16, Peter Grixti 1:01:45, Ian Heafield 1:01:47, Robert Embleton 1:01:47, Nick Hodson 1:04:00, Kylee Earl 1:04:00, Sarah McKie 1:06:14, Nicky Semmler 1:06:14, Linda Buhagiar NTR, David Hood NTR, Des Dalton NTR

Gary Fox

Traralgon Harriers rollick their way through Jells Park

The weather for the first XCR event during Winter was certainly seasonally appropriate. While Western District farmers were rejoicing at the first sight of rain months, skiers were scrambling up to the snow resorts, and mountain pygmy possums were settling in for their season of hibernation, twenty-three eager Harriers journeyed to Jells Park for the traditional cross-country relays.

Given Jells Park is the traditional season opener in late April or early March, sunshine and blue skies have become the norm. Instead, our hardy runners were greeted by showers of rain and biting cold winds. The course, unchanged from last year, involved runners each completing a six-kilometre leg; two laps of a three-kilometre course, full of twists and turns along with some challenging climbs.

The Division 2 Women's team was spearheaded by Molly Fitzgerald (pictured below), running 23:56, the fastest woman Harrier for the day. Next up, after having run 3:07 at the Traralgon Marathon, was the ever-improving Courtney Ellis (24:21). Ellis handed over to Emilie Cutler for her first run of the season. Cutler ran a mere second behind Ellis, before fellow season debutant Sarah Lewis anchored the team to an impressive fourth place finish. All four runners were within about a minute of each other, a sign of a well-performing team.



Division 3 were led out by Yani Cornthwaite (26:12), with Kate Jones taking the reins for the second leg, Jones too having her first run of the season. Anna Cardillo put in an impressive shift of 29:33, with Chelsea Fox (28:43) fresh off the Traralgon Half-Marathon securing another fourth place for Harriers.

Alysha Duncan and Mel Jones worked hard to guide the division 5 team to an eighth-place finish.

On the men's side of the draw, Corey Milner (20:18) went barnstorming through the first leg in an impressive captain's performance. For debutant and new Maffra local Ryan Hon, Jells Park was his first cross-country race since secondary school. Hon impressed in 22:20, with third runner Daniel Furmston

running six seconds faster. Miles Verschuur held on in 22:40, before Harriers' wunderkind Dempsey Podmore obliterated the course in 20:19, a mere second behind Milner. Podmore's efforts were more impressive given his sizeable and authoritative victory at the School Sport Victoria Regional Championships earlier in the week. The team finished tenth, three places lower than last year, yet three minutes faster; demonstrating the depth on show.

Harriers' *Éminence grise*, Ian Cornthwaite led out division 5 men in 23:51, with recent Helsinki half-marathon finisher Andrew Greenhill running the second leg. Fresh off the West Mac Monster in the Northern Territory, Marty Lynch (24:13) impressed, before handing over to the consistently improving Belkey Podmore, who guided the team to eighth.

In division 7, for once Ron Verschuur and Gary Fox were required to park their much-touted rivalry and work as a team. Verschuur commenced proceedings in 28:52 before the faster Fox improved the team's position. Ian Twite dragged himself around, with Clinton Jolly bringing up the rear; eighth place also for division 7.



Along with celebrating Chelsea Fox's birthday (pictured above) with song and cake, the "Big Golden T's" were awarded to Dempsey Podmore for a truly staggering performance and to Emilie Cutler for an impressive season debut. Gratitude was also expressed to Harriers' duty volunteers Randella Barnes and Stacey Podmore. Only a week later, the team will be trekking to the spiritual home of Victorian athletics for a fast five-kilometre event at Lakeside Stadium. See you all there.

Results Jells Park:

Female Open

4x6km: (Molly FitzGerald: 23:46, Courtney Ellis: 24:21, Emilie Cutler: 24:22, Sarah Lewis: 24:56) 1:37:25;
(Yani Cornthwaite: 26:12, Kate Jones: 27:31, Anna Cardillo: 29:33, Chelsea Fox: 28:43) 1:51:59.

3x6km: (Alysha Duncan: 38:01, Melissa Jones: 30:22) 1:08:23.

Male Open

5x6km: (Corey Milner: 20:18, Ryan Hon: 22:20, Daniel Furmston: 22:14, Miles Verschuur: 22:40, Dempsey Podmore: 20:19) 1:47:51.

4x6km: (Ian Cornthwaite: 23:51, Andrew Greenhill: 24:34, Martin Lynch: 24:13, Belkey Podmore: 26:59) 1:39:37; (Ron Verschuur: 28:52, Gary Fox: 28:29, Ian Twite: 32:08, Clinton Jolly: 26:58) 1:56:27.

Volunteers: Randella Barnes, Stacey Podmore.

Traralgon Harriers Shine at Lakeside 5

It was a bad day to be a five-kilometre personal best on Sunday morning at Lakeside Stadium, the spiritual home of athletics in Victoria, because nineteen Harriers were in the hunt for a new one. Despite its windy reputation, Albert Park presented exemplary conditions; a slight chill to take the edge off but no need for excessive layering. The task ahead was very simple: a five-kilometre out and back along Lakeside Drive, finishing with half a lap around the athletics stadium.

Despite the unnecessarily loud music playing in the stadium, the men started without a hitch. Corey Milner led out early for the Harriers men, but Richard Ogilvie's late surge ensured a dead heat of 15:53 for both; Richard going under 16 minutes for the first time. Notably, both finished well outside the top 100, demonstrating the sheer level of depth and talent on offer at Lakeside. Daniel Furmston and Miles Verschuur were neck-and-neck for the first three and a half kilometres, before Furmston cleared out; both scoring personal bests.

Marty Lynch (18:06) got in on the PB action, with Ian Cornthwaite, Bill Barry, and Andrew Greenhill finishing closely together (18:26; 18:44; 18:45). Cornthwaite (pictured right courtesy of AV), as is now expected, secured the 60+ Men's Gold Medal. The key to running longevity is, ostensibly, a healthy dose of environmentalism. Glenn Crawford also scored a PB in his first run of the season also finishing just inside the 18's. In the oldies' stakes, Ron Verschuur edged out Gary Fox by seven seconds. Unfortunately, Ian Twite's effort was halted by an aggressive kangaroo on the Princes Freeway on the trip to Lakeside.

In the women's event, Molly Fitzgerald continues to compile a superb season finishing 43rd in a time of 18:07. Not far behind was Sarah Lewis (18:38), with



Courtney Ellis dipping under 19 minutes for the first time. There was less than fifteen seconds between Kate Jones and the fast-finishing Anna Cardillo. Mel Jones and Alysha Duncan both posting impressive performances.

All eyes were glued, however, to the under-16 boys' race. Dempsey Podmore (pictured below courtesy of AV) was primed and ready to destroy all-comers. Incredibly, at a mere fourteen years of age, Dempsey was the fastest Harrier finishing five kilometres in 15:38. His heart rate reached 215bpm, averaged 203bpm for the duration, which secured him a fourth-place finish.



In the team results, Division 3 Men secured fifth, their highest result so far, Division 5 7th; Division 7 16th. In the women, Division 2 continues to tick along nicely with another 4th place finish. Division 3 were 9th. The Golden Boots were awarded to Anna Cardillo, for beating both Ron and Gary, and to Richard for his smashing personal best. Next up, the Harriers cavalry is off to Sandown Racecourse in a fortnight for the six-kilometre road relays. See you all there!

Results:

Female Open

5km: Molly Fitzgerald 18:07; Sarah Lewis 18:38; Courtney Ellis 18:59; Kate Jones 22:17; Anna Cardillo 22:31; Melissa Jones 24:07; Alysha Duncan 28:58.

Male Open

5km: Corey Milner 15:53; Richard Ogilvie 15:53; Daniel Furmston 16:32; Miles Verschuur 16:37; Martin Lynch 18:06; Ian Cornthwaite 18:26; Bill Barry 18:44; Andrew Greenhill 18:45; Glenn Crawford 19:03; Ron Verschuur 22:50; Gary Fox 22:57.

Male 16

5km: Dempsey Podmore 15:40.

NB: These are "gun" rather than "chip/net" times, the latter being in the vicinity of 10+ secs quicker in some cases.

Miles Verschuur

Wharf to Wharf Challenge

I can't recall whether it was my wife or I that discovered it initially, but as I read the details, the **Wharf to Wharf Challenge** sounded like the perfect complement to a long weekend in Merimbula with the family.

The Wharf to Wharf Challenge is an epic trail running adventure, tracing the ancient lands of the Yuin people between two historic wharves on the stunning Sapphire Coast of NSW. This course isn't just about scenery—it's about grit, endurance, and pushing your limits!

You'll power past rugged cliffs, weave through coastal forests, and tackle long stretches of sand, with every step bringing a new challenge. From boulder-hopping along rocky shorelines to surging up headlands with panoramic ocean views, this route demands focus, strength, and determination.



Arriving at Tathra Wharf just as the sun began to rise, we were treated to some beautiful ocean views off the bat. A little warm up to get the legs moving, a briefing on the actual wharf and then to the sounds of an imaginary cowbell (the actual cowbell had been misplaced) we were off at 7:09 or some obscure time that aligned with the official sunrise! I was surprised by how small the field was, but let's say it was a case of quality over quantity. Off the back of the Aussie Broadband Half Marathon the weekend before and with a fast 5km on the horizon the week after, my plan with this event was to enjoy it and take in the scenery. And right from the start, the scenery and surrounds was certainly something to behold.

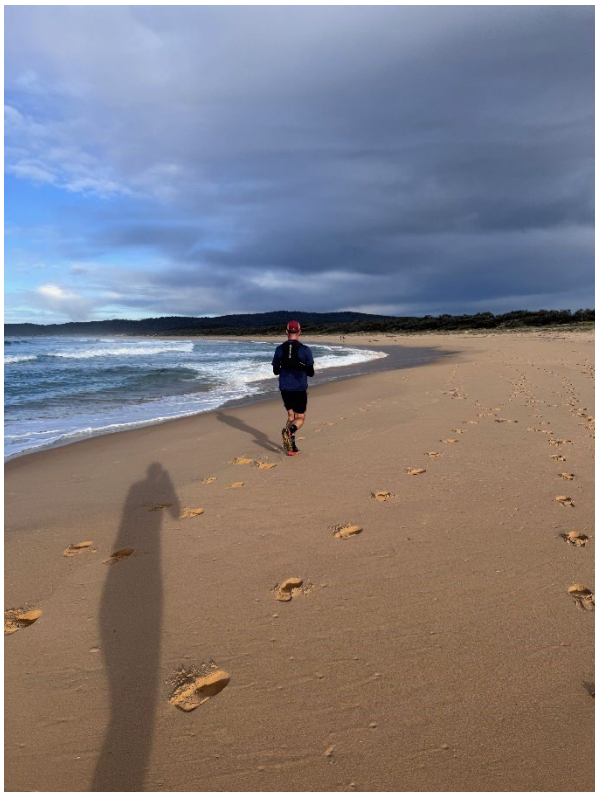


After a very civilised 500m on a relatively new clifftop boardwalk, a marshal directed us onto the actual trail and the 'challenge' part of the run begun in earnest. Steep descents quickly gave way to steep ascents, some zig zagging through coastal trees and then literally boulder hopping along the rocky shorelines just as the poster had promised!



Even though I wasn't 'racing' as such, we all know that when you're in an event and you've got people ahead of you and people behind you, it's hard not to push along and give it a bit of a crack. That said, I was happy to let people through and wasn't concerned about trying to keep up. It didn't take long to fall into a little pack of unknown compatriots, with

some chat starting up with those in front and behind. It's one of the many things that I love about trail running (or at least mid-pack trail running) when you get the chance to talk to those around you when you're trudging up a steep section on the hike or grinding up a long incline on a slow jog.



I would love to have had a go-pro or something on this run or perhaps to come back another time to hike it because you didn't really get the chance to pause and fully take in all the views on offer.

One of the 'features' of this run is the extended 'long stretches of sand' – somewhere in the vicinity of 6km in total. Funnily enough, my 0km of beach running in the leadup did little to prepare me for what lay ahead. I experimented with running in different sections of the beach, opting late in the race to run right in the wash despite sometimes getting almost stopped in my tracks by a bigger wave than anticipated and filling my shoes with sand. On one particularly long stretch, I was pushing along as hard as I could and was seeing a pace north of 7mins/km on my watch. A good reason not to look too much at your watch in a trail run as the paces can vary wildly from run to run and even within the run.

After just over 3hrs I left the beach for the last time and had a couple of kms 'in town' on the bitumen to find my way to the Merimbula wharf. I was certainly pleased to hop over the raised step onto the actual wharf which signalled the end of the event. Oddly, there was little fanfare at the finish – or, as it happens, any food or water of any sort which was strange. Perhaps we were supposed to wander up to the wharf restaurant? Fortunately for me, Pam and Alana were on their way by foot from our accommodation so I set off in their direction. Even more fortunately, we happened across a great little café shack at Bar Beach which hit the spot just nicely.

All in all, a thoroughly enjoyable morning on the trails – how good is trail running?! Would I do it again? You bet. And you should too! Look out for it on the June long weekend next year.

Glenn Crawford



Footnote: the weekend after this could not have been more different for me – running a dead flat 5km on bitumen. But perhaps it was the ideal lead in as I ended up setting a new 5km PB (18:53) breaking a record that has stood since 2021!

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
MAY

Botanical Gardens

25TH
MAY

John Feild reserve

(Between aths track
and Newborough
footy oval)

15TH
JUNE

Edward Hunter
reserve

29TH
JUNE

Crinigain Rd reserve

13TH
JULY

Blue Rock

Registration starts at 8:30, run
starts at 9:00
Enquiries to Jason (0409 516 613)

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.

SURF COAST CENTURY (GREAT OCEAN ROAD REGION, VIC)

100KM SURF COAST CENTURY

THE FEEL GOOD ULTRA

100K SOLO & RELAY TEAMS
50K SOLO RACE

13 SEP 2025

- ▶ Ideal for first timers and experts
- ▶ Enhanced competitor services for 2025
- ▶ Diverse, achievable course
- ▶ Electric race atmosphere

SURFcoastcentury.com.au

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](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