



# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

3 July 2025 - Volume 58 - Issue 13

### THURSDAY RUN

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

Meadow Park Drive 6km

#### *Duty*

Dave Mann &  
Owen Notting

#### *Marker*

Andrew G

#### **Week 10/7**

Swinburne Cres 6km

#### *Duty*

Sam Riddle &  
Paul Smith

#### *Marker*

Tobi G

#### **Week 17/7**

Club Run Doughnut 5km

#### **FOLLOWED BY AGM**

#### *Duty*

Shane Wilson &  
Tania Whitehead

#### *Marker*

Molly I



**Courtney Ellis showed great form and incredible endurance at Sandown last weekend. Not only did she help to run her team into 4<sup>th</sup> position, but she also took the win in Race 1 of the Victorian duathlon series that morning at the same venue!**

# President's Note

The final meeting of the current committee was held last Thursday, and the amount of ground covered was again massive and important for the club. As we prepare for another Annual General Meeting, there was a lot to get through, with the Marathon to acquit, many jobs to finalise, and another year of solid work to acknowledge.

The 2024/25 committee members have all been active, engaged, and enthusiastic about making the club the best it can be, with many suggestions and actions for strengthening and improving the way we do things, from governance to the actual operations of what we do; that being our core business of running weekly Thursday runs, and weekend events. I commend all members of the committee for their hard work, dedication, time, skills, and support over the last 12 months.

During my 6 years in the Executive role, we have seen many changes, not least of all in the way we welcome and include people, and in how we retain and value members. Acknowledging the importance of, and the actual work around, increasing our gender parity, has been a major hallmark and focus.

Doing important work to improve our community through fundraising, giving to worthy organisations, and by raising awareness for social issues such as the Orange Round (domestic and gendered violence), International Women's Day, and the building of genuine relationships with local Council, businesses, media, and community organisations such as Lifeline Gippsland, Gippsland Rotary Centenary House, Gippsland Plains Rail Trail and many others, has been a privilege. I strongly believe these aspects have been cornerstones in consolidating our club's reputation as a solid, reputable, and genuine citizen in our region.

From being consulted on important issues by various organisations, to being engaged to run the Victorian Teacher's Games events for 2 years, the club's distinctive community position has been enhanced.

Personally, as a representative of the club, I've received many acknowledgements, including the VTG's State Convenor Award, Australia Day acknowledgements, and an Athletics Australia short-listing, which are humbling, but the bigger credit is that the club has received these worthy accolades, further building our reputation and community standing. It is never just one person who is responsible for success.

We now approach our AGM, and a new committee will be elected to take the club forward in a fortnight's time, on July 17<sup>th</sup>. I encourage all members to attend the short meeting, to thank the outgoing committee and welcome aboard those newly elected.

Part of the essential work I've done in the last year or so, is building a succession plan, and I have faith that the club will be in good hands going forward, led by intelligent, genuine, and caring people, who can build on a solid foundation. I'm reliably informed that 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 who may not have been on committee before, to think about stepping up.

I can say without reservation, that serving on the Harriers committee is not only a privilege, but the rewards of service are several fold. Being a part of a truly wonderful group of people, with diverse skills, from a range of backgrounds, but all with the focused purpose of ensuring our amazing club continues to thrive, is something you'll list among your great achievements, and will create you some unforgettable moments of positivity, joy and pride.

The committee usually only meets 8 times in a year, so it's not a huge commitment. You'll get a say in the direction of the club and be able to inject your vibrant ideas. Also, volunteering for events, to Race Direct, to do some of the myriad of jobs required to ensure the club runs smoothly, is exceptionally rewarding. If you want to get more involved, have a chat to a committee member.

Recently, the club did a cheque handover to Rotary Centenary House from the proceeds of the 2025 Community Fun Run. Along with Race

Directors Trent Kooyman and Clinton Jolly, I handed over another donation to RCH Manager (and also long-time club member) Tania Whitehead. We were joined by our event Prime Sponsor McMillans representative Andrew Panayiotou. The club has donated over \$30,000 in the last 8 years to RCH, which is a significant amount going from our club to assist a valuable community organisation.

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

#### **\*IMPORTANT Harriers Dates**

17 July Club AGM Clubrooms (all members encouraged to attend)  
 31 July Committee Meeting (first meeting of the new committee)  
 17 August Wirilda (RD Ron & Miles Verschuur)  
 5 October Memorial Run (New location announcement soon) (RD PM)  
 Date TBC King & Queen of the Mountain  
 Date TBC Martin Thompson Boolarra Run (RD Tobi Grzmil & Danelle Wright)



Thought for the fortnight: Be the change you wish to see in the world!

#### **Phill Mayer – President**



*Pictured left – 2025 Community Fun Run cheque hand over – Phill Mayer (Harriers President, Tania Whitehead (Rotary House Manager), Andrew Panayiotou (McMillans), Clinton Jolly & Trent Kooyman (2025 CFR Run Directors)*



### **\*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 above – 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](mailto:glenn@bcsaccountants.com.au)

TRARALGON HARRIERS ATHLETICS CLUB INC.

# ANNUAL GENERAL MEETING

THURSDAY 17 JULY 2025  
7.00 PM



The Traralgon Harriers are an active club lead by enthusiastic members. The clubs reputation has been built by the efforts of our volunteers. We are now calling on passionate, community-minded members to step up and help guide the club into the next season.

- ALL MEMBERS ARE INVITED TO ATTEND THE ELECTIONS FOR THE 2025/26 COMMITTEE.
- CLUB ANNUAL REPORTS AND FINANCIAL STATEMENTS WILL BE TABLED.
- THE COMMITTEE WILL ADDRESS ANY QUESTIONS FROM MEMBERS.
- NOMINATIONS ARE NOW OPEN FOR EXECUTIVE AND GENERAL COMMITTEE POSITIONS.

Please arrive early to allow the meeting to start on time

## THURS 17 JULY 2025

From 7.00 pm (after the weekly run)  
TRARALGON HARRIERS CLUB ROOMS  
TRARALGON WEST SPORTING COMPLEX



For more information please go to: [traralgonharriers.org.au](http://traralgonharriers.org.au)



## A message from Sep Marino

Dear Traralgon Harriers Members,

As many of you will be aware, I'll be running for the position of Club President at the upcoming Harriers AGM on Thursday 17 July.

I've had the privilege of being part of Traralgon Harriers over many years as both a member, and most recently as part of our Club Committee. It's been one of the most rewarding experiences of my life. Not only has it provided me with the opportunity to stay active and take part in our wonderful club events, but most importantly it's connected me with a community of amazing people.

For those who don't know me, I'd like to share some information about who I am and why I'm so excited about the future of Traralgon Harriers:



- I was born and raised in Morwell and have spent most of my life working and living here in Gippsland. My family currently lives in Traralgon.
- I work at Federation University in Churchill in our student recruitment team, working with local students, schools and community to support higher education in the region
- My wife Emma works as an Emergency Nurse and Clinical Nurse Educator at Latrobe Regional Hospital
- I have three sons, Jack (14), Ben (12) and Luke (9)
- In my role as a Harriers Committee member, I've been involved in supporting our club events, social media, advertising, coordination of recent awards nights and supporting day-to-day activities undertaken by the club
- I'm passionate about our community and the Gippsland region. This is an amazing place to live, work and raise a family, and I believe Traralgon Harriers plays an important role in providing opportunities for fitness, health, social connection and supporting local people.
- The Club and its members have given so much to me, and I'm grateful for the friendships and wonderful running experiences it has provided. By putting my hand up to lead Traralgon Harriers, I want to give back to the club that has been so good to me, and ensure it continues on a positive path into the future.

Change in leadership can sometimes be unsettling, but I can assure members that I'm firmly on the same page as the current Executive Team, led by President Phill Mayer, and will be focused on building upon the strong foundations that have been put in place over recent years. This is not about re-inventing the wheel, but ensuring we continue to give value back to our club members, through positive experiences, great events and a shared ethos around community, friendship and a welcoming club environment.

I'm excited about what the future holds for Traralgon Harriers and hope to have your support in leading this proud club into the next term.

Yours sincerely,

**Giuseppe (Sep) Marino**



# 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
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
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

# 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 19<sup>th</sup> 2025 – Waterhole Creek – 6km

Last weeks (Jun 19th) Harriers Thursday night run was on the Waterhole Creek Walking track in Morwell. The 6km run consists of 3 laps of the track between Hourigan Road and the North West Playground. We had a great turnout with a total of 54 runners in good winter conditions.

Great running by Peter Cutler 21:05 had him first home in an impressive time of 21:05, with Paul Collins 22:58 and John Skordakis 23:11. Great running by Karen Graham saw her first lady home in 27:44 followed by Rebecca Anderson 27:53 and Tania Whitehead 29:42.



*Belkey Podmore showing good form at Sandown in the crucial anchor leg for the Division 7 team*



### Waterhole Creek Run/walk results:

Peter Cutler 21:05, Paul Collins 22:58, John Skordakis 23:11, David Barr 23:15, Clinton Jolly 24:12, Trent Kooyman 24:24, Glenn Graham 24:26, Scott Syme 25:08, Jason Odlum 25:12, Sav Mavrofridis 25:26, Adrian Sutcliffe 25:50, Aaron More 25:51, Darrel Cross 25:58, Peter Sanders 26:44, Dempsey Podmore 27:02, Ron Verschuur 27:43, Karen Graham 27:44, Rebecca Anderson 27:53, Dave Mann 28:28, Gary Fox 28:40, Stephen Mcleod 28:55, Belkey Podmore 29:14, Tania Whitehead 29:42, Ree Graham 30:51, Chris Van Unen 31:33, Phillip Mayer 31:40, Chesney Podmore 31:46, Jye Kaestner 32:21, Mark Lansdown 32:28, Lauren Peter 33:11, Sep Marino 35:13, Becky Nowak 38:24, Mandy Ellis 39:52, Bob Bicket 47:00, Danelle Wright 48:44, Anthony Pulbrook 52:00, Kristina Creighton 52:18, Sandra Birkbeck 52:27, Tony Marino 54:53, Timothy Graham 55:48, Luke Witham 55:48, Michelle Colwell 55:49, Kathy Quinn 55:49, Robert Embleton 1:01:09, Peter Grixti 1:01:09, Kylee Earl 1:02:14, Belinda Heafield 1:03:22, Ian Heafield 1:03:22, Helen Whitby 1:03:22, Beatrice Ndhlovu 1:06:46, Barry Higgins NTR, Daniel Wright NTR, Ann Bomers NTR, Liz Kenney NTR



*New recruit this year from Bendigo (now living in Maffra) – Ryan Hon impressed at Sandown last weekend*

## June 26<sup>th</sup> – Tennis Courts – 5km

Last weeks (June 26th) Harriers Thursday night run started at Traralgon Tennis Courts. The 5km run consists of 2 laps taking in Franklin Street, Kassandra Drive, Firmin Street and Paul Street. It is relatively flat with a total ascent of only 26 meters. We had a great turnout with a total of 54 runners in wintry conditions.

Great running by Peter Cutler had him first home in an impressive time of 18:13, with Dempsey Podmore and Daniel Furmston following at 19:35. Great running by Karen Graham saw her first lady home in 22:17 followed by Rose Croft 25:14 and Liz Kenney 26:05.



*Fresh off a measured run in the Tennis Court 5km on the Thursday, Ree Graham put in a great run in the Division 3 Women's team last weekend at Sandown (pictures courtesy of Athletics Victoria Facebook)*

### Tennis Courts Run/walk results:

Peter Cutler 18:13, Dempsey Podmore 19:35, Daniel Furmston 19:35, John Skordakis 20:04, Andrew Greenhill 20:13, Matthew Deppeler 20:51, Trent Kooyman 21:10, Seth Bomers 21:50, Darrel Cross 21:52, Karen Graham 22:17, Glenn Graham 22:17, Clinton Jolly 22:39, Adrian Sutcliffe 23:03, Ron Verschuur 23:29, Geoffrey Francis 23:40, Stephen Mcleod 24:49, Rose Croft 25:14, Belkey Podmore 25:47, Liz Kenney 26:05, David Barr 26:23, Andrew Broberg 26:25, Ree Graham 26:27, Sep Marino 27:36, Chris Van Unen 27:40, Mark Lansdown 28:24, Molly Irvine 28:30, Jye Kaestner 28:43, Phillip Mayer 30:00, Marieka Reilly 30:15, Desley Gray 30:15, Paul Smith 31:08, Kaye Livingstone 31:33, Mandy Ellis 33:38, Daniel Symons 36:26, Danelle Wright 37:08, Lynda Jones 44:03, Bailey Rollandin 45:49, Paul Rollandin 45:49, Kathy Quinn 48:44, Michelle Colwell 48:44, Des Dalton 49:17, Kristina Creighton 50:18, Barry Higgins 50:59, Anja Norwood 50:59, Nick Hodson 52:27, Kylee Earl 52:27, Ian Heafield 58:00, Belinda Heafield 58:00, Helen Whitby 58:00, Matilda Lappin 59:06, Wally Lappin 59:07, Anthony Pulbrook NTR, Alfie Warner NTR, Kat Kent NTR

**Gary Fox**

## Traralgon Harriers zoom around Sandown Racetrack

TWENTY-THREE of your favourite Traralgon Harriers floored it to one of Melbourne's favourite high-octane sporting arenas, Sandown Racetrack, for the annual AV XCR Road-Relays. Although the racecourse in the middle looked lush and ready for the nags, the race was instead on the speedy bitumen. Each leg was 6.2km long; two laps of the course going against the car traffic. The weather; cool, with a little bit of wind and some sunshine in the latter stages, was relatively pleasant by Sandown standards.

This allowed for a very enjoyable downhill along the back straight and plenty of opportunity to give it the beans along the front straight.

In men's division three, Dempsey Podmore started in pole position, with Sandown being his fourth weekend of Athletics Victoria racing in a row. Podmore showed he can seriously go with the big boys, clocking an incredible 20:01, the fastest Harrier for the day at a mere fourteen years of age. Next up was the smartly quick Richard Ogilvie (20:06), before Daniel Furmston (23:12) attempted to back up from a duathlon at Sandown earlier that day. Miles Verschuur then put in a fair effort before his fellow captain Corey Milner (20:09) drove the team into fifth place, with the podium very much in sight.

The captains were presented with one of the good selection headaches this week with four people easily filling two spots. Ryan Hon (21:25) and Sav Mavrofridis (21:46) slotted perfectly into Division 5, combining with Ian Cornthwaite (fastest 60+ male) and Andrew Greenhill to record an impressive third.

Traralgon were able to enter two Division 7 teams. The first was ably led out by Marty Lynch before co-drivers Glenn Crawford, Clinton Jolly, and Belkey Podmore drove the team into fourth. The second team consisted of the Fox and the Hound, Gary Fox and Ron Verschuur who provided themselves with some entertaining competition.

Women's Division 2 finished fourth for the third round in a row. Sarah Lewis (23:39) was one second faster than lead-out Molly Fitzgerald. Courtney Ellis (24:05) was more successful in backing up from the duathlon (**Ed: which, by the way she won!**), with Kate Jones proving an excellent anchor. Division 3; Alysha Duncan, Ree Graham, debutant Bec Anderson, and Anna Cardillo raced around into eighth place.

The golden Big T's were awarded to duo Sav Mavrofridis and Bec Anderson for their impressive season debuts. Next up for the Harriers world tour is Victoria Park in Ballarat for the AV State Cross Country Championships across ten kilometres. See you all there.

### Results:

#### Female Open

4x6.2km: (Molly Fitzgerald: 23:40, Sarah Lewis: 23:39, Courtney Ellis: 24:05, Kate Jones: 27:13) 1:38:37; (Alysha Duncan: 35:59, Maree Graham: 32:31, Rebecca Anderson: 28:18, Anna Cardillo: 28:50) 2:05:38.

#### Male Open

5x6.2km: (Dempsey Podmore: 20:01, Richard Ogilvie: 20:06, Daniel Furmston: 23:12, Miles Verschuur: 21:17, Corey Milner: 20:09) 1:44:45.

4x6.2km: (Ryan Hon: 21:25, Sav Mavrofridis: 21:46, Ian Cornthwaite: 23:08, Andrew Greenhill: 24:25) 1:30:44; (Gary Fox: 28:07, Ron Verschuur: 28:49) 56:56; (Martin Lynch: 26:06, Glenn Crawford: 24:48, Clinton Jolly: 25:30, Belkey Podmore: 27:35) 1:43:59.

#### Miles Verschuur



## When the Dog Eats Your Homework... or Your Half Marathon Medal!

By Sarah Hawkey (with a little help from her cheeky pup)

They say every medal has a story, and mine definitely comes with teeth marks.

Traralgon Marathon & Running Festival was a big day—I proudly crossed the finish line of my very first half marathon with the Traralgon Harriers. The legs were sore, the heart was full, and the bling was beautiful. I placed my first half marathon medal proudly on my dressing table, dreaming of where I'd hang it up.

But while I was basking in my runner's high, someone else in the house had different plans.

Enter: my dog. Medal enthusiast. Serial chewer. Unapologetic medal thief.

At some point during the post-race haze, my four-legged friend managed to sneak into the bedroom, snatch the medal, and chew it like it was the grand prize in a canine competition. RIP, medal. Goodbye, glory.



Thankfully, the amazing team at the Harriers came to the rescue and sent me a brand-new medal (which is now stored far, far away from curious paws).

Thanks again for the replacement and the race-day memories—this half marathon came with an unexpected twist, and a very waggy ending!



P.S. Here's a photo of me after the race—smiling, medal intact (before the heist - right).

Cheers,

Sarah Hawkey 🏃‍♀️ 🐾 🌟

# 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

## 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 [www.trailrunningseries.com.au](http://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](mailto: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.surfcostcentury.com.au](http://www.surfcostcentury.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 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