



TRARALGON HARRIERS

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FORTNIGHTLY NEWSLETTER

17 July 2025 - Volume 58 - Issue 14

THURSDAY RUN

This Week's Course

Club Run Doughnut 5km
FOLLOWED BY AGM

Duty

Shane Wilson &
Tania Whitehead

Marker

Molly I

Week 24/7

Rangeview Drive
St Gabriel's PS 5km

Duty

Kim Imperial &
Mandy Ellis

Marker

Jason O

Week 31/7

St Pauls AG 6km

Duty

Rebecca Anderson &
Rickie Glover

Marker

??



It took four-time Olympian and Commonwealth Games Gold Medallist, Steve Monaghetti, to deny Corny his own gold medal in the 60+ division at Ballarat last weekend

President's Note

My last note as President. 6 years seems to have flown, and yet, so much has happened around the club in that time.

The change in culture of the club has been the biggest growth move. We started to embrace not just the "elite" runners, but understood that the social and recreational runners were actually the backbone of the club. We grew through the Covid period, with membership blooming, we installed a walkers group, instigated the Lucky Members draw after each Thursday run, and made welcoming and acknowledging a part of our routine.

Our social events, and special events grew, we established almost gender parity, we expanded numbers on our committee (not just bums on seats, but genuinely wonderful people, who put their hands up to do the jobs required), we introduced new race directors, grew our AV team, and generally became a more inclusive club. That is just a small sample of the work done, and the things achieved.

I hope all members will join us for the AGM tonight after the run. The AGM usually runs less than an hour and it would be a great way to say thank you and acknowledge the outgoing

committee for their hard work, and welcome in the new committee.

It is one meeting we ask all members to attend. It's your chance to have a say in the future of the club, and if you're inclined, put your hand up to be part of the committee, which decides and guides where the club goes in the next 12 months.

The 2024/25 committee members have been incredible in their dedication and commitment to the club. They have 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.

Tonight, a new committee will be elected to take the club forward, and I encourage all members to attend, and some new faces and energy to step up.

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.

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

**Harriers Team Mayer
Kate, Phill and Nick**



***IMPORTANT Harriers Dates**

17 July Club AGM Clubrooms (TONIGHT! All members invited and 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 – Toongabbie Golf Club) (RD Phill Mayer)

Date TBC King & Queen of the Mountain

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

I'll have a lot more detail in my report to the AGM tonight, and it will be published in next fortnight's newsletter for those who were unable to be there.

I'd like to thank all members for their support and friendship over the last 6 years. Hopefully you feel that the club is in a great place, that all members are valued, and that the Traralgon Harriers is a wonderful club, where you enjoy spending your time.

Thought for the fortnight:

Traralgon Harriers; more than just a running club!

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

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

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



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						
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

July 3rd 2025 – Meadow Park Drive – 6km

Fifty-three runners and walkers took to the Meadow Park Drive course which, despite the name only spends a very short stretch (notably the start and first few hundred metres) on Meadow Park Drive. The main part of the run is a multi-lap loop that takes in Wirilda Crescent, cutting along Cross's Road and down Grubb Avenue adjacent to the club rooms. First across the line was a curious four-way tie between Corny, Daniel Furmston, Dempsey and Miles in 23:36. Less than 20 seconds further adrift were John Skordakis and David Barr. For the women, veteran Liz Kenney lead the way home, ahead of Ree Graham and the returning Molly Irvine. It was great to see Peter Grixti out and about, albeit beaten in the final lunge to the line by fellow veteran Harriers, Ian Heafield and Robert Embleton.

Meadow Park Drive Run/walk results:

Ian Cornthwaite 23:36, Daniel Furmston 23:36, Dempsey Podmore 23:36, Miles Verschuur 23:36, John Skordakis 23:46, David Barr 23:53, Trent Kooyman 25:40, Stephen Renehan 25:52, Jason Odum 26:17, Darrel Cross 26:26, Adrian Sutcliffe 26:30, Andrew Greenhill 26:50, Chris Van Unen 27:02, Geoffrey Francis 27:44, Andrew Broberg 27:49, Aaron More 27:53, Ron Verschuur 28:11, Gary Fox 28:30, Belkey Podmore 28:42, Daniel Wright 30:30, Thomas Cook 30:36, Stephen Mcleod 31:06, Shane Gavin 32:00, Liz Kenney 32:12, Ree Graham 33:07, David Hood 33:39, Molly Irvine 33:45, Mark Lansdown 34:44, Claire Macumber 35:01, Phillip Mayer 35:35, Desley Gray 36:00, Marieka Reilly 36:00, Angelo Gaudiano 36:00, Lauren Peter 36:24, Daniel Symons 43:11, Paul Smith 43:21, Timothy Graham 50:29, Barry Higgins 51:00, Bailey Rollandin 53:09, Paul Rollandin 53:09, Anja Norwood 55:32, Kristina Creighton 55:46, Des Dalton 56:40, Michelle Colwell 58:36, Kathy Quinn 58:36, Belinda Heafield 1:00:00, Kylee Earl 1:02:00, Ian Heafield 1:05:38, Robert Embleton 1:05:38, Peter Grixti 1:06:00, Jack Warr NTR, Dave Mann NTR, Owen Notting NTR

Glenn Crawford

July 10th – Swinburne Cres – 6km

The lashing rain and freezing cold did not stop the Harriers traditional Thursday evening run and its forty-seven hardened runners. Starting from the wetlands off Swinburne Crescent in the north-east quarter of Traralgon, the run involved two laps of a three-kilometre course. Harriers veteran Liz Kenney (31:40) was first across the line for the women, only ten seconds ahead of Ree Graham. Yani Cornthwaite, dragged around by pup Rou was in third.

In the men's, Ballarat-bound Miles Verschuur and Andrew Greenhill were the fastest runners, with Trent Kooyman in third. Daniel Wright continues his excellent rise in form, clocking 27:01 in difficult conditions. Sav Mavrofridis (27:31) was speedy for having run sub three hours at the Gold Coast Marathon less than a week prior.

Swinburne Cres Run/walk results:

Miles Verschuur 23:48, Andrew Greenhill 24:37, Trent Kooyman 25:24, Dave Mann 25:26, Adrian Sutcliffe 26:20, Daniel Wright 27:01, Ron Verschuur 27:23, Ian Cornthwaite 27:23, Dempsey Podmore 27:23, Geoffrey Francis 27:23, David Barr 27:28, Sav Mavrofridis 27:31, Andrew Broberg 27:41, Gary Fox 28:30, Jerzey Podmore 28:35, Stephen Mcleod 30:04, Liz Kenney 31:40, Ree Graham 31:50, Jason Odlum 32:00, Chris Van Unen 32:58, Phillip Mayer 33:05, Belkey Podmore 33:49, Yani Cornthwaite 34:06, Jye Kaestner 34:31, Ben Wilkinson 34:33, Molly Irvine 34:51, Mark Lansdown 35:01, Angelo Gaudiano 36:39, Kaye Livingstone 36:43, Tania Whitehead 38:02, Daniel Symons 41:51, Paul Rollandin 43:30, Bailey Rollandin 43:30, Lynda Jones 46:54, Barry Higgins 48:40, Toby Grzmil 56:27, Michelle Colwell 57:52, Kathy Quinn 57:52, Tony Marino 1:00:01, Sep Marino 1:00:01, Nick Hodson 1:01:19, Kylee Earl 1:01:19, Des Dalton 1:02:42, Wally Lappin NTR, Matilda Lappin NTR. Volunteers: Samantha Riddle, Paul Smith.



Kate Jones chasing hard in a packed Women's 10km field at Ballarat. Picture from AV Facebook

Miles Verschuur

Traralgon Harriers strike ~~gold~~ silver (and bronze) in Ballarat

A lucky thirteen of Harriers' best and brightest travelled to the goldfields of Ballarat for the Victorian State Cross Country Championships on Saturday. Victoria Park, just south of Lake Wendouree was debuting onto the AV circuit; also set to host the National Cross-Country Championships later in the season. Although seeming ostensibly flat, there were enough obstacles; mud, logs, mounds, and chicanes, to give the day a true cross-country feel. Despite being in the typically frigid Ballarat during winter, the oscillation between gentle rain and pleasant sunshine created the perfect running conditions.

First out of the blocks was Dempsey Podmore in the Under 16 three kilometres. Dempsey continues his excellent streak of racing, finishing third in 9:36, with a fast finish from the three podium placers (pictured below thanks to Athletics Victoria).



The women's race was run over ten kilometres, with the Harriers division two team finishing a very respectable fifth. Kate Jones (46:15) was the fastest; ahead of Anna Cardillo and the returning Chelsea Fox.

The men's section was well represented by Traralgon. Daniel Furmston (35:17) set a hot pace early, but Corey Milner (33:56) put the foot down to collect an age group bronze. Miles Verschuur was just ahead of Ian Cornthwaite (38:33). Cornthwaite's streak of 60+ gold medals was halted by the legendary Steve Moneghetti. Marty Lynch rounded out the division team who finished an impressive third.

Andrew Greenhill (41:24) put in an excellent shift, with Glenn Crawford (44:03), the fast-finishing Gary Fox, and Ron Verschuur constituting the third-placed division five team.

Results:

AV State Cross Country Championships (selected):

Female Open

10km: Kate Jones 46:15; Anna Cardillo 48:14; Chelsea Fox 53:40

Male Open

10km: Corey Milner 33:56; Daniel Furmston 35:17; Miles Verschuur 36:57; Ian Cornthwaite 38:33; Martin Lynch 40:13; Andrew Greenhill 41:24; Glenn Crawford 44:03; Gary Fox 47:11; Ron Verschuur 48:53

Male u16

3km: Dempsey Podmore 09:36



Above – Our Bakers dozen Harriers team that represented at Ballarat (minus Chelsea, Corny & Dempsey)

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.**

MAFFRA DRAMATIC SOCIETY INC. presents



*there's
something strange
about...*

CHARLEY'S AUNT

BY BRANDON THOMAS

maffra memorial hall

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

AUGUST 10 @ 2PM

TICKETS @ maffradramatics.com.au or 0447 193 003

the hilarious classic romantic comedy

Upcoming Events

THE TRAIL RUNNING SERIES

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



What we LOVE about the Series

3 event series at 3 magnificent wilderness locations

3 course distances at each event:

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

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

Handicap format back again at Silvan (Race 3)

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

ENTRIES:

Open online at www.trailrunningseries.com.au

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

WELCOMING CLUB/GROUP MARQUEES

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

SURF COAST CENTURY (GREAT OCEAN ROAD REGION, VIC)

A promotional poster for the Surf Coast Century 100KM race. The top half features a large image of a female runner jumping joyfully with her arms raised, wearing a blue singlet and shorts, with a race bib number 137. The background shows a coastal landscape with the ocean and hills. The text '100KM SURF COAST CENTURY' is at the top, and 'THE FEEL GOOD ULTRA' is in large, bold, white letters across the middle. Below this, there are three smaller inset images: a group of runners on a trail, a group of runners holding a trophy, and a runner on a trail. At the bottom, the text '100K SOLO & RELAY TEAMS' and '50K SOLO RACE' is displayed, along with the date '13 SEP 2025'. Below this, there are three bullet points: 'Ideal for first timers and experts', 'Enhanced competitor services for 2025', 'Diverse, achievable course', and 'Electric race atmosphere'. At the very bottom, there are logos for various sponsors and the website 'SURFCEASTCENTURY.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