



TRARALGON HARRIERS

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FORTNIGHTLY NEWSLETTER

28 August 2025 - Volume 58 - Issue 17

THURSDAY RUN

This Week's Course

View Hill Drive 5km

Duty

Glenn Graham &
Rose Croft

Marker

Kate M

Week 4/9

Stockdale Road 5km

Duty

Shay Lorenz &
Matilda Lappin

Marker

Steve R

Week 11/9

The Avenue 5km

Duty

Timothy Graham &
Lynda Jones

Marker

Stephen Mc



No, it's not a file photo – Sav and Courtney score another Club Championship victory combo, this time in the Ray and Doris Ellis Trail Run

President's Note

Thursday 28 August 2025

It's been wonderful to see consistently big turnouts from members at our Thursday night runs. It may come as a surprise to know that **we are one of the only Athletics Victoria affiliated clubs to have a weekly competitive run as part of our year-round events calendar**. It's one of the many reasons why Harriers is such a special club to be part of, and we're proud to offer this opportunity for fun, fitness and social connection.

While we're starting to see longer daylight hours, **a reminder for everyone to please be cautious throughout the remaining weeks of our winter season**. Reflective vests are of course mandatory, and we strongly encourage members to wear or carry additional lighting, and wear bright coloured clothing if possible. Safety is always the priority for our club runs, particularly during the winter months.

Speaking of light, a **shout-out to committee member Marieka Reilly** for organising the purchase of our new portable lighting equipment, which was unveiled last week. It's great to have these new club assets available, and it's part of the investment we continue to put back into the club and the safety of our members.

The **Ray and Doris Ellis Trail Run** took place on Sunday 17 August at Wirilda Park. Congratulations to everyone who participated, and shout-out to our first-place getters – Court Ellis and Sav Mavrofridis in the 23km, and Kaye Livingstone and Dempsey Podmore in the 10km. Check out the race report in this newsletter for more details. A special thanks to race directors **Ron and Miles Verschuur**, as well as our amazing club volunteers for making the event possible.

Entries are now open for the **Harriers Memorial Run on Sunday 5 October**. This year's event will take place from a new location – the Toongabbie Golf Club. 12km and 6km events are available.

Please **pre-register online** at forms.office.com/r/RQpGj4eH7W. There's a minimum \$20 donation on the day (cash or EFTPOS), with funds raised going to **Lifeline Gippsland** to support their invaluable work raising awareness for mental health and suicide prevention. Many thanks to our race director, Past President Phill Mayer, for all his work coordinating this event. If you're able to volunteer on the day, please have a chat to Phill or myself.

We've also locked in a date for our Harriers Christmas Run and End of Year Awards Night, which will be held on Thursday 11 December (venue TBC). Mark this one in your calendars, as it's an event not to be missed!

Wishing you all the best,
Sep

Giuseppe Marino
President
Traralgon Harriers Athletic Club

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

IMPORTANT Harriers Dates

5 October Memorial Run (New location – Toongabbie Golf Club) (RD Phill Mayer)
Date TBC King & Queen of the Mountain
Date TBC Martin Thompson Boolarra Run (RD Tobi Grzmil & Danelle Wright)

Duty Roster Winter 2025

REMEMBER: If you can't fulfil your allocated duty, the onus is on you to swap with someone.

APRIL

~~10 Kylee Earl & Cat Leonard~~
~~17 Shane Gavin & Ian Cornthwaite~~
~~24 Krissi Creighton & Sav Mavrofridis~~

MAY

~~1 Chesney Podmore & Helen Whitby~~
~~8 Adrian Sutcliffe & Peter Sanders~~
~~15 Greg Semmler & Yani Cornthwaite~~
~~22 Kathy Quinn & Michelle Colwell~~
~~29 Daryl Cross & Des Dalton~~

JUNE

~~5 Gary Fox & Karen Graham~~
~~12 Ree Graham & David Hood~~
~~19 Collette Hofmann & Liz Kenney~~
~~26 Angelo Gaudiano & Kathleen Kent~~

JULY

~~3 Dave Mann & Owen Notting~~
~~10 Sam Riddle & Paul Smith~~
~~17 Shane Wilson & Tania Whitehead~~
~~24 Kim Imperial & Mandy Ellis~~
~~31 Rebecca Anderson & Rickie Glover~~

AUGUST

~~7 Bjorn Luxmann & Emma Marino~~
~~14 Daniel Furmston & Courtney Ellis~~
~~21 Angeline Snell & Daniel Symons~~
~~28 Glenn Graham & Rose Croft~~

SEPTEMBER

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

OCTOBER

~~2 Sarah McKie & Claire Macumber~~

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



25% off initial consultations (or new injuries) at Momentum Physio & Rehab Group.

If you love running, you know how frustrating it is when **niggles don't settle, tightness lingers, or pain starts creeping in right before a big event**. Maybe you've tried pushing through, but things just aren't improving—or worse, they're getting in the way of your training.

At Momentum Physio & Rehab Group, we understand runners. We're partnering with the **Traralgon Harriers for the 2025 season** to help you **stay strong and get the most out of your running**.

Exclusive Offer for Traralgon Harriers - We're offering 25% off your initial consultation to help you tackle tight calves, stubborn Achilles pain or runner's knee so you can run stronger for longer.

What We Do for Runners That Sets Us Apart?

***Build strength where it counts** – Our AxIT technology and functional strength testing identifies key weaknesses and imbalances, so we can target exactly what you need to work on to improve performance and reduce injury risk

***Clear, structured treatment plans** – We create a clear, written treatment plan that outlines exactly what to do—both in and out of the clinic—so you know your next steps and can progress with confidence

***Hands-on treatment when you need it** – If something's feeling off, we provide treatment to ease discomfort and get you moving better, faster.

Take advantage of this exclusive Harriers discount and let's get you back on track!

Call us on (03) 4148 8900 or book online at <https://momentumphysiogroup.com.au/> to claim your 25% discount! Make sure to mention you're a current Traralgon Harriers member

Got questions? We're happy to help! Email us at info@momentumphysiogroup.com.au, and we'll make sure you get the right advice.

Important Dates & Duties

Winter Season

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

Thursday Start Times

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



TRARALGON HARRIERS WINTER CHAMPIONSHIPS



#	DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
21	Thurs 28 Aug	View Hill Drive	5 km	NEW COURSE	Kate M	Glenn Graham & Rose Croft
22	Thurs 4 Sep	Stockdale Road	5 km		Steve R	Shay Lorenz & Matilda Lappin
23	Thurs 11 Sep	The Avenue	5 km		Stephen Mc	Timothy Graham & Lynda Jones
24	Thurs 18 Sep	St. Pauls AG	6 km			Nick Hodson & Emma Marino
25	Thurs 25 Sep	Waterhole Creek Morwell	5 km	Club Dinner Italian Club	Lauren P	Sandra Birkbeck & Kylie Murray
26	Thurs 2 October	Rangeview Drive	5 km		Jason O	Sarah McKie & Claire Macumber

Dempsey represents on the National stage

Dempsey Podmore had a great run last weekend at the National Cross Country Championships in Ballarat. He finished 7th in his event, helping the Victoria U/16 men finish second in the teams event. Well done Dempsey!



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

August 14th 2025 – Netball Courts – 6km

Last week's Thursday night run was the Netball Courts 5km course, that started and finished at the Netball Courts precinct on Breed Street in Traralgon. The run was a 1-lap course that included parts of the Traralgon parkrun path, along the Traralgon Creek and the surrounding neighbourhoods of Bradman Boulevard. 65 runners/walkers completed the course in crisp but calm conditions.

For the males this week, it was Pete Cutler who took line honours in a speedy time of 18:01, followed 1-min behind was Dempsey Podmore in 19:01 who has just been named into the Victorian Cross Country Team that will compete at the 2025 National Championships later this month, and third for the males belonged to Ian Cornthwaite in another great time of 19:45.



In the female race, it was Chelsea Fox (pictured left) who continues to show great form in her running – who took line honours in 24:24. Second to her was Caitlin Pitt only 6 seconds behind in 24:30, and third for the females this week was Michelle Sawyer in a time of 26:36.

Netball Courts Run/walk results:



Above - Michelle Sawyer finished third for the females this week and shows great consistency in every run that she completes

Pete Cutler 18:01, Dempsey Podmore 19:01, Ian Cornthwaite 19:45, Sav Mavrofridis 19:46, Johnn Skordakis 20:09, Andrew Greenhill 20:27, David Barr 21:28, Seth Bomers 21:30, Daniel Wright 21:40, Trent Kooyman 22:00, Aaron More 22:13, Clinton Jolly 22:30, Ryan McLeod 22:35, Andrew Broberg 22:56, Geoffrey Francis 23:17, Adrian Sutcliffe 23:20, Darrel Cross 23:30, Ron Verschuur 23:53, Chelsea Fox 24:24, Caitlin Pitt 24:30, Gary Fox 25:00, Stephen Mcleod 25:39, Chris Van Unen 25:45, Stephen Renehan 26:26, Michelle Sawyer 26:36, Belkey Podmore 26:48, Liz Kenney 26:48, David Hood 27:30, Mark Lansdown 27:40, Toby Grzmil 27:45, Desley Gray 28:34, Marieka Reilly 28:34, Kim Essex 28:40, Claire Macumber

29:55, Paul Rollandin 30:05, Cat Leonard 30:09, Lauren Peter 30:15, Kate Mayer 30:50, Phillip Mayer 30:50, Ben Wilkinson 31:13, Kaye Livingstone 31:53, Leopold Notting 33:30, Owen Notting 33:32, Daniel Symons 33:45, Tania Whitehead 33:54, Bailey Rollandin 35:02,

Alicia Turner 38:19, Barry Higgins 39:13, Timothy Graham 41:35, Ree Graham 41:41, Ann Bomers 42:52, Des Dalton 43:22, Kristina Creighton 46:00, Ashley Marsh 46:05, Lynda Jones 50:38, Kathy Quinn 50:42, Michelle Colwell 51:00, Tony Marino 51:29, Sep Marino 51:29, Molly Irvine 52:00, Andrew Legge 55:00, Nick Hodson 56:42, Kylee Earl 56:42, Daniel Furmston NTR, Courtney Ellis NTR

August 21st 2025 – Liddiard Road – 6km

Last Thursday's clear-skied, pre-spring weather run saw 64 runners, joggers and walkers complete a 6km course around the surrounding neighbourhoods of Traralgon East. The 2-lap course started out the front of the Liddiard Road Primary School, before heading along Liddiard Road, up the Tulloch Way 'pinch' and then back down the top end of Shakespeare Street, ending back to where the start/finish was.

The first three runners across the line for the night were Sav Mavrofridis in a speedy time of 22:00, followed by Ian Cornthwaite in another great time of 24:12, and Andrew Greenhill in 25:00 to take third place for the night.

For the females, the fastest three times were made by Courtney Ellis in 24:25, after her amazing feat at the annual Traralgon Harriers' Ray and Dorris Ellis 23km trail run over the weekend. She was followed by another dedicated endurance runner in the likes of Desley Gray 32:04 who is showing great running form

and has been gearing up for the Sydney Marathon later this month. Lucy Magaldi and Michelle Sawyer came across the line together and were less than a minute behind in 32:46 to round out the podium. This week's run (28/8/25) is the View Hill Drive 5km course which starts at the rotunda along View Hill Drive in Traralgon. Check-in time is from 5:30pm.

Amongst the running events for the Traralgon Harriers over the next couple of months is the Sydney Marathon coming up later this month which several members have been training hard and getting ready for. Then, on October 5 is the newly located Traralgon Harriers Memorial Run with 6 and 12km options on offer. More details to come.

Liddiard Road Run/walk results:

Sav Mavrofridis 22:00, Ian Cornthwaite 24:12, Courtney Ellis 24:25, Andrew Greenhill 25:00, Trent Kooyman 26:10, Scott Syme 26:13, Aaron More 26:15, Darrel Cross 26:16, Dempsey Podmore 27:45, Adrian Sutcliffe 28:03, Daniel Wright 28:04, Geoffrey Francis 28:16, Ron Verschuur 28:22, Gary Fox 28:57, Peter Sanders 29:46, Stephen Mcleod 30:12, Shane Gavin 30:32, Stephen Renehan 30:32, Andrew Broberg 31:40, David Barr 31:43, Desley Gray 32:04, Chris Van Unen 32:16, Seth Bomers 32:18, Belkey Podmore 32:20, Lucy Magaldi 32:46, Michelle Sawyer 32:46, Ashley Marsh 34:22, Ben Wilkinson 34:44, Mark Lansdown 34:49, Claire Macumber 35:43, Meg Macumber 35:55, Phillip Mayer 36:30, Kaye Livingstone 36:38, Kim Essex 36:38, Matilda Lappin 36:56, Wally Lappin 37:31, Toby Grzmil 37:34, Ree Graham 39:13, Catherine Leonard 39:13, Tania Whitehead 39:57, Barry Higgins 47:07, Anja Norwood 47:43, Ann Bomers 48:05, Jye Kaestner 53:38, Kristina Creighton 54:02, Molly Irvine 56:20, Michelle Colwell 58:37, Kathy Quinn 58:37, Tony Marino 59:09, Sep Marino 59:09, Darren Fielden 1:00:00, Andrew Legge 1:00:00, Nicky Semmler 1:01:40, Nick Hodson 1:02:26, Kylee Earl 1:02:26, Kay Pickard NTR, Shane Wilson NTR, Shay Lorenz NTR, Des Dalton NTR, Becky Grimwade NTR, Bailey Rollandin NTR, Paul Rollandin NTR, Daniel Symons NTR, Marieka Reilly NTR



Above - Andrew Greenhill continues to show great improvements in his running, completing the 2-lap course in 25:00 which saw him finish third male

Molly Irvine

Course Records Lowered in Perfect Conditions at Wirilda Park



Above - Daniel Furmston captured excellent footage of runners crossing the Moondarra Dam Wall.

THE men's and women's records for the 23-kilometre showpiece race were shattered at the 2025 edition of the Ray and Doris Ellis Trail Run on Sunday. Despite the dismal forecast and the heavy precipitation on Saturday, conditions were utterly sublime. Bright sunshine with little cloud cover along with the wind still morning made for a truly salivating contest.

For the fifth year, the principal distance was a twenty-three-kilometre race from Wirilda Park in Tyers to Moondarra Dam along the Wirilda Walking Track, before returning along the Pipeline Track. Following the wickedly meandering Tyers River Gorge; across three river and creek crossings, through thick rainforest ferns, dry sclerophyll forest, bright hues of blooming wattle, and almost a kilometre of elevation, our runners had their work cut out for them. An additional challenging feature was on the final leg, where runners had to choose between a steeper, shorter route up next to the pipeline, or a longer route along a zig-zag track.

Sav Mavrofridis continued his excellent streak of winning Harriers' trail races, taking out the title in 1:55:57, a new course record by almost two minutes and only the second competitor to duck under the two-hour mark.

At the start, an exciting contest presented itself between Courtney Ellis and Kylie Murray for the women's title. Ellis, however, put in an excellent shift, stopping the clock in 2:10:19, a course record by over four minutes. Next in was Mr Dependable Ian Cornthwaite, who finished in 2:13:40, a much faster time for him over this course. Leigh Peterson (2:15:10) wrapped up the men's podium, whilst Kylie Murray finished second in 2:24:05.

In the 10km race, prodigious junior Dempsey Podmore cruised to an impressive victory in 47:30, lowering his best time on this course by over seven minutes. Dempsey's victory included a peculiar sartorial choice; opting for removal of the shirt but keeping on the gloves to fight the cold. Dempsey's mentor Greg Semmler (54:09) was next, followed by a fast-finishing Curtis Lloyd-Webb. Kaye Livingstone was victorious in the women's race, followed by Eudora Walker, and Sam McGown.

The runners were treated afterwards to delicious egg-and-bacon rolls provided by Nicky Semmler. Good conversations were shared around a warming campfire, a hearty finish to a run that takes place in some of the most beautiful country the Latrobe Valley has to offer.

Results:

23km:

Sav Mavrofridis 1:55:57, Courtney Ellis 2:10:19, Ian Cornthwaite 2:13:40, Leigh Peterson 2:15:10, Sean Winfield 2:17:20, Ash Crawford 2:18:41, Kylie Murray 2:24:05, Jay McGown 2:33:31, Dave Mann 2:34:30, Gary Fox 2:52:49, Adrian Sutcliffe 2:55:42, Geoff Francis 2:59:31, Ron Verschuur 4:01:12.



10km: (medal winners pictured above)

Dempsey Podmore 47:30, Greg Semmler 54:09, Curtis Lloyd-Webb 55:37, Clinton Jolly 59:47, Jason Odum 1:00:02, Trent Kooyman 1:05:57, Nicholas Talerico 1:11:28, Kaye Livingstone 1:26:56, Eudora Walker 1:32:39, Samantha McGown 2:08:35.

Volunteers:

Des Dalton, Tobiasz Grzmil, Kat Kent, Desley Grey, Marieka Reilly, Sam McGown, Daniel Furmston, Greg Semmler, Nicky Semmler, Randella Barnes, Ron Verschuur, Miles Verschuur.

Miles Verschuur

Mark makes marathon Major



Veteran Harrier Mark Rossiter (pictured above with Jason Odlum) will run the Sydney Marathon this Sunday. Mark said it is now recognized as one of the prestigious Abbot World Majors, for the first time. It is the largest running event in Australia, and now one of the seven largest marathons in the world.

Mark has completed over 20 marathons around Australia, including the Outback Marathon. He ran the Run Tarra–Bulga this year and was twelfth home, with David Mann, David Barr, Clinton Jolly and Jason Odlum also finishing strongly.

Mark said it will be an experience to run in the same field as Olympic and marathon icon Eliud Kipchoge, but doesn't expect to push him too hard.

With distant work commitments keeping Mark away from Harriers, he looks forward to catching up (pun intended) with fellow runners next Sunday.

We also look forward, to hearing of any other Harriers or locals who tackle Sydney on Sunday.

Noah Littlemore

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

GEOFFWATTRUN.COM.AU | FACEBOOK.COM/GEOFFWATTRUN

 **GEOFF WATT MEMORIAL
FUN RUN & FESTIVAL**
26.10.25



**ZAMBRERO
FANCY DRESS
SPOT PRIZES**

**active feet
YOUNG
ACHIEVEMENT
AWARDS**

**PARTICIPANTS RECEIVE MEDAL, GIFT
& \$50 ACTIVE FEET VOUCHER**

**GEOFF WATT MEMORIAL ATHLETICS TRACK
BURKE STREET, WARRAGUL**

EVENT TIMES 9AM - L&F EYECARE GEOFF WATT HALF MARATHON
9.50AM - WARRAGUL DOWNTOWNER 10K - JAYCO 5KM
10.00AM WARRAGUL COUNTRY CLUB 2.5KM WALK/RUN
10.30 - 11.25AM JUNIOR ATHS CLINIC (RUN, JUMPS, THROW)
11.30AM APERLOOS BAKERY 400M 12.15PM PRESENTATIONS



**FOOD & WINE
FESTIVAL** **LIVE
MUSIC** **FAMILY
ENTERTAINMENT** **VINTAGE
CARS**

    

       

      

       



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