

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

11 September 2025 - Volume 58 - Issue 18

THURSDAY RUN

This Week's Course

The Avenue 5km

Duty

Timothy Graham &
Lynda Jones

Marker

Stephen Mc

Week 18/9

St. Pauls AG 6km

Duty

Nick Hodson &
Emma Marino

Week 25/9

Waterhole Creek Morwell
6km and Club Dinner
Italian Club

Duty

Sandra Birkbeck &
Kylie Murray

Marker

Lauren P



**Desley, Marieka, Jason and Chris proudly
celebrate their Sydney Marathon efforts**

President's Note

Thursday 11 September 2025

We're officially into Spring, with the promise (hope?) of warmer weather and more daylight ahead. But no matter the conditions, it's always a great time to be a Harrier!

If you've recently become a member, I'm sure you're already seeing the benefits of joining our amazing club – the friendly and supportive environment; opportunities for runners and walkers of all abilities; and a great way to stay socially connected and active.

And it only gets better from here! Vice President Desley Gray has been busy finalising our upcoming **Summer Season Running Calendar**. The summer season brings a totally different experience to our weekly Thursday Night Runs, as we tackle trails and hills, and venture out into some of the wonderful natural environments across our region. It's a great opportunity to test yourself and try something new, especially if you've only ever experienced road running before. **Check out the sneak preview of our summer season in this edition of the newsletter!**

The success of Harriers relies on the contributions of our members and volunteers to ensure every run is a success. If you can **lend a hand by being a course marker or assisting with duty** during the new summer season, please reach out to myself, VP Desley or one of our committee members.

Here are some FAQs that have been coming up recently:

- **Is it too late to join as a new member?** It's never too late to try a Harriers run, but you will always get the best value out of your Athletics Victoria fee by joining early in the year. A reminder that newcomers can enjoy two free Thursday runs before we require you to become a member. This is primarily to ensure you're covered by insurance.
- **I'm not a fast runner and don't think I can make the full distance.** Don't worry, there are staggered starts, so everyone from walkers through to speedsters are welcome. If you're new to running, we encourage you to arrive by 5:30pm to set off with Group 1, which includes our walkers. And if you need to walk / jog throughout the evening, that's totally fine. There's no pressure to achieve a certain time and it's all about having a positive experience!
- **Can kids run with Harriers?** Absolutely! We welcome junior Harriers but ask all parents and guardians to be mindful of children's safety, whether that be running or walking alongside them, ensuring they check-in and check-out, and to make sure they're wearing all the required safety gear (i.e. reflective vest during the winter season).
- **Does Harriers have merchandise?** Aside from the Harriers reflective vest included in your membership, we also offer a range of branded Harriers merch that you can order separately. This includes Harriers running singlets, socks, caps, beanies and more. Stay tuned for further announcements shortly on how you can order your items.

And finally, another reminder that entries are now open for the **Harriers Memorial Run on Sunday October 5th** taking place at the Toongabbie Golf Club. 12km and 6km events are available and you can **pre-register online at forms.office.com/r/RQpGi4eH7W**. 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.

Wishing you all the best,
Sep

Giuseppe Marino
President
Traralgon Harriers Athletic Club

IMPORTANT Harriers Dates

Memorial Run (New location at the Toongabbie Golf Club) (Race Director: Phill Mayer)
5 October

Registrations now open at:
forms.office.com/r/RQpGj4eH7W

King & Queen of the Mountain
7 December

Harriers Christmas Run and End of Year Awards Night (Venue TBC)
Thursday 11 December

Martin Thompson Boolarra Run (Race Directors: Tobi Grzmil and Danelle Wright)
15 March 2026 TBC

Duty Roster Winter 2025

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

MAY

~~1 Chesney Podmore & Helen Whitby~~
~~8 Adrian Sutcliffe & Peter Sanders~~
~~15 Greg Semmler & Yoni 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



Traralgon Harriers Memorial Run

Sunday October 5th

12k & 6k - Both Events Start at 9:30

Pre-Enter here <https://forms.office.com/r/RQpGj4eH7W>

or on the day from 8:30 - \$20 Minimum Donation

Non-Members & Walkers Welcome

NEW LOCATION - Toongabbie Golf Club, Main Street Toongabbie

*Funds raised go to Lifeline Gippsland
to support their invaluable work
raising awareness for mental health
and suicide prevention*

**Presentations & Morning Tea
after the event**



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						
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	6 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

Above - Sav Mavrofridis continues to run some blitzing times on Thursday nights. This is a testament to his training and dedication to fun runs and other events.

Following is the official-ish **SUMMER RUN CALENDAR**, packed tighter than a beach esky with fresh new runs, good vibes, and a whole lot of excitement! Whether you're chasing endorphins or just trying to outrun your winter self, there's something in here for everyone.

Disclaimer: This is an early preview of our Summer Run Calendar and may be subject to change 😊

Lace up, hydrate, and let the summer adventures begin! 🏃♀️🌴☀️

#		Date	Course		Comment	Marker	Duty
Sunday 5 October 2025 Daylight Savings Starts							
	Sun	5 Oct 2025	Memorial Run - Toongabbie		Phil		
	Thurs	9 Oct 2025	Scales Road	5km		Sav Mav	Martin Lynch & Lee Graham
	Sun	12 Oct 2025	Melbourne Marathon				
	Thurs	16 Oct 2025	Crinigan Road Bushland Reserve	6 km			Kristine Sapkin & Ryan McLeod
	Thurs	23 Oct 2025	All Occasions Winery - Burnets Rd, Traralgon East	5 km	Club Dinner - 03/09 confirmed		Sarah Lewis & Alfred Warner
	Thurs	30 Oct 2025	📍 Traralgon South Trot	5 km	Halloween Theme	Desley	Johnn Skordakis & Jerzey Podmore
		1 - 4 Nov 2025	4 Peaks				
	Thurs	6 Nov 2025	Railway Reserve Traralgon	6 km	Committee Meeting-TBC	Jason Odium	Amelie Dalton & Ian Heafield
	Thurs	13 Nov 2025	Edward Hunter Reserve Moe	6 km & 12 km	Carol & Barry Summersgill Cross Country Championships	Sep, Miles + 1 more	Edward Wilson & Michelle Sawyer
	Thurs	20 Nov 2025	Kay Street Church TGN - MWL Bike Path	5 km			Barry Higgins & Adam van Baalen
	Thurs	27 Nov 2025	Cochranes Road	6 km	Club Dinner-Crown Hotel Traralgon	Bec Anderson	Andrew Greenhil & Mark Lansdown
	Thurs	4 Dec 2025	Churchill - Lake Hyland	6 km		Mandy	Robert Bicket & Belkey Podmore
	Sun	7 Dec 2025	King & Queen of The Mountain	30 km	Individual Team 2 Team 4	Ron V	
	Thurs	11 Dec 2025	Club Rooms / Oval	Games	Xmas Bash	Committee	
	Thurs	18 Dec 2025	From Netball Courts Traralgon	7 km	Xmas Lights Run	Alysha TBC	
	Thurs	25 Dec 2025	Summer Break				
	Thurs	1 Jan 2026					

	Thurs	8 Jan 2026					
	Sun	11 Jan 2026	Two Bays Trail Run - Dromana				
	Thurs	15 Jan 2026	Gelato Gallop - Traralgon	5 km	Augustus Ice Creamery	Ron V	Scott Syme & Robert Embleton
	Thurs	22 Jan 2026	📍 Traralgon South Trundle	7.7 km	Club Dinner- Wheely Good Pizza's Traralgon Sth Oval	Desley	Mattias Preston & Ann Maloney
	Mon	26 Jan 2026	Australia Day				
	Thurs	29 Jan 2026	Chook Hill	6 km			Stephen McLeod & Peter Cutler
	Sun	1 Feb 2026	Kilcunda Running Festival				
	Thurs	5 Feb 2026	Derhams Lane	6km		Greg	Dempsey Podmore & Tobiasz Grzmil
	Thurs	12 Feb 2026	Clarks Road	6 km	Committee Meeting-TBC	Chris van Unen	Kim Essex & Danelle Wright
	Thurs	19 Feb 2026	Toners Lane Morwell	5 km	Club Dinner- Morwell Club		Johnny Roscoe & Heather Farley
	Thurs	26 Feb 2026	Wirlida Park Tyers	6 km		Marieka	Chelsea Fox & Nicole Semmler
	Thurs	5 Mar 2026	LRH Hospital Run turn Right	6 km	International Womens Day 08/03-Purple		Belinda Heafield & Vicky Atkins
	Thurs	12 Mar 2026	Cochranes Road	6 km			Jay McGown & Andrew Legge
	Sun	15 Mar 2026 TBC	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
	Thurs	19 Mar 2026	Yallourn North-TBC	5 km		Ron V	Danny Dilger & Paul Rollandin
	Thurs	26 Mar 2026	Glengarry Rail Trail	6 km	Glengarry Club Dinner		Becky Nowak & Emilie Cutler
	Sat	28 Mar 2026	Inverloch Running Festival				
NA	Thurs	2 Apr 2026	Newborough Track	10 & 5 km	NON-POINTS RUN		Geoffrey Francis & Alysha Duncan
	Fri	3 Apr 2025	Good Friday				
	Sun	5 Apr 2026	Run 4 The Kids		Easter Sunday		
Sunday 5 April 2026 Daylight Savings Ends – Start of Winter Season							

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 28th 2025 – View Hill Drive – 5km

On the last Thursday night run of August 2025, 62 participants completed the newly established View Hill Drive course on a cold, windy night. With the run both starting and finishing at the rotunda along View Hill Drive in Traralgon, the course took runners around the surrounding neighbourhoods of the western part of Traralgon for a 2-lap 5km course.

The club welcomed new runner Dale Gibbs who completed the course in a blitzing time of 20:45. The first three runners across the line this week were again the ever-so-speedy Sav Mavrofridis in 19:25, he was followed by young-gun John Skordakis in 20:31, and third place went to Ian Cornthwaite only 2 seconds behind Skordakis in 20:33.

For the females, the fastest three times were Yani Cornthwaite in 24:49, less than 60 seconds behind was Liz Kenney in 25:40, and third place again this week went to Michelle Sawyer in 27:31.

Amongst the running events for the Traralgon Harriers over the next couple of months is the newly located Traralgon Harriers Memorial Run on October 5th with 6 and 12km options on offer. More details to come. For more information: www.traralgonharriers.org.au

View Hill Drive Run/walk results:

Sav Mavrofridis 19:25, John Skordakis 20:31, Ian Cornthwaite 20:33, Dale Gibbs 20:45, Dempsey Podmore 20:52, Andrew Greenhill 20:56, Daniel Wright 21:21, Clinton Jolly 21:32, David Barr 21:58, Trent Kooyman 22:02, Scott Syme 22:24, Ryan Snell 22:35, Adrian Sutcliffe 22:41, Peter Sanders 22:53, Darrel Cross 23:04, Andrew Broberg 23:30, Geoffrey Francis 23:34, Jason Odlum 23:45, Ron Verschuur 23:46, Stephen Renehan 24:24, Gary Fox 24:41, Yani Cornthwaite 24:49, Liz Kenney 25:40, Belkey Podmore 25:48, Stephen Mcleod 26:27, Aaron More 26:32, Michelle Sawyer 27:31, Chris Van Unen 28:02, Paul Rollandin 28:05, Mark Lansdown 28:17, Kimberly Imperial 28:57, David Hood 30:30, Desley Gray 30:51, Marieka Reilly 30:51, Kaye Livingstone 30:56, Toby Grzmil 31:29, Catherine Leonard 31:52, Ree Graham 31:52, Arlo 32:30, Paul Smith 32:31, Phillip Mayer 33:11, Kate Mayer 33:11, Tania Whitehead 33:42, Jye Kaestner 34:06, Matilda Lappin 34:06, Jess Vila 35:22, Mandy Ellis 35:48, Seth Bomers 40:00, Anja Norwood 42:19, Barry Higgins 42:30, Belinda Heafield 42:30, Timothy Graham 43:26, Ann Bomers 45:06, Kristina Creighton 48:42, Daniel Symons 49:43, Kathy Quinn 54:04, Michelle Colwell 54:04, Nick Hodson 57:00, Kylee Earl 57:00, Lynda Jones NTR, Rose Croft NTR, Alfie Warner NTR

Molly Irvine

September 7th 2025 - Burnley Half-Marathon

When Spring emerges out of the Winter frost, there is only one word that is on everybody's lips: wind! Our beloved fourteen Harriers who on Father's Day travelled to the banks of the Yarra River for the penultimate round of the AV XCR season certainly were not missing out with the gusty conditions.

Featuring a half-marathon and a four-kilometre race up and down Yarra Boulevard, the Harriers tackled the course with verve and spirit.

Sarah Lewis led out the women, clocking a very impressive 1hr 29minutes and finished an astonishing 24th. Next up was the returning Yani Cornthwaite (1:39:28) who powered strongly in the final straight, and Molly Fitzgerald, fresh off the Sydney Marathon the weekend prior. The women's team finished sixth.

As ever, Corey Milner did the hard work out front, pacing the winning woman to a 1:15:03 half-marathon. Next up was the fading Miles Verschuur (1:20:19), followed by Ian Cornthwaite (1:24:25), once again clean sweeping the 60+ category. Glenn Crawford and son Andrew finished just on the ninety-minute mark, followed by Marty Lynch. Darrel Cross in his first AV race of the season finished in 1:42:43, with Gary Fox and Ron Verschuur rounding out the men's divisions. The two teams finished 6th and 12th.

The Podmore twins were out in force in the 4km; Dempsey collecting another silver medal, Belkey a smidge outside the top twenty.



In a fortnight, the final round of the season is the high intensity Tan Relays.

Left - Liz Kenney and Darrel Cross with the Golden T's at Burnley

September 4th 2025 – Stockdale Road – 5km

Despite the waves of cold and rain, sixty-four of your favourite Harriers ventured out on Thursday evening for the 5-kilometre Stockdale Road loop. A quasi-figure-eight loop; there were some sore legs amongst the crowd following the Sydney Marathon.

Rebecca Anderson (25:16) was the fastest woman on the night, continuing her excellent patch of form. Courtney Ellis (26:24) and Yani Cornthwaite (26:38) were next across, only two seconds ahead of the ever-consistent Michelle Sawyer.

For the gentlemen, Sav Mavrofridis finished in 18:02, almost three minutes ahead of John Skordakis, Andrew Greenhill and Dempsey Podmore.

Next Thursday's run is from Sanctuary Lake on The Avenue in the east of Traralgon. As ever, new participants are always welcome.

August 31st 2025 - Sydney Marathon:

Making its debut as a World Marathon Major, Traralgon Harriers sent a sizeable contingent across the border to New South Wales for the Sydney Marathon. With crowds over 35,000 strong, the race was a spectacle to behold. Bill Barry (3:14:18) was the fastest male Harrier; Molly Fitzgerald, the fastest woman was only ten minutes back in 3:24:25. There will be plenty more Harriers deputations to Sydney soon.

Results:

AV Burnley Half-Marathon: (note – gun times)

Female Open

21.1km: Sarah Lewis 1:29:09; Yani Cornthwaite 1:39:28; Molly Fitzgerald 1:46:36; Elizabeth Kenney.

Male Open

21.1km: Corey Milner 1:15:03; Miles Verschuur 1:20:19; Ian Cornthwaite 1:24:25; Glenn Crawford 1:30:02; Martin Lynch 1:37:04; Darrel Cross 1:42:43; Gary Fox 1:52:11; Ron Verschuur 1:54:55.

Male 16

4km: Dempsey Podmore 12:45; Belkey Podmore 17:30.



Above – The better half of the Harriers team prior to Burnley gather before the event ;)

Stockdale Road Run/walk results:

Sav Mavrofridis 18:02, Johnn Skordakis 20:59, Andrew Greenhill 21:11, Dempsey Podmore 21:11, Ian Cornthwaite 22:07, Clinton Jolly 22:13, Aaron More 22:13, Chris Van Unen 22:21, Adrian Sutcliffe 22:23, Peter Sanders 22:33, Stephen Renehan 23:23, Belkey Podmore 23:45, Geoffrey Francis 23:47, Ron Verschuur 24:04, Andrew Broberg 24:44, David Barr 24:45, Jason Odium 25:02, Scott Syme 25:02, David Hood 25:04, Gary Fox 25:04, Rebecca Anderson 25:16, Ben Wilkinson 25:31, Daniel Furmston 26:24, Courtney Ellis 26:24, Yani Cornthwaite 26:38, Shane Gavin 26:39, Michelle Sawyer 26:40, Jye Kaestner 27:10, Mark Lansdown 27:32, Phillip Mayer 28:20, Louise Spensley 28:28, Ree Graham 28:34, Toby Grzmil 29:10, Claire Macumber 29:54, Kristine Sapkin 29:54, Trent Kooyman 30:05, Kaye Livingstone 30:17, Paul Smith 31:29, Catherine Leonard 32:06, Paul Rollandin 32:58, Bailey Rollandin 32:58, Tania Whitehead 33:28, Collette Hofmann 34:09, Mandy Ellis 34:09, Jess Vila 34:38, Daniel Symons 36:07, Lynda Jones 39:28, Anja Norwood 41:08, Shane Wilson 42:23, Barry Higgins 42:40, Kristina Creighton 46:42, Des Dalton 48:09, Belinda Heafield 49:37, Michelle Colwell 50:27, Kathy Quinn 50:27, Linda Buhagiar 52:21, Nick Hodson 52:21, Kylee Earl 52:21, Sep Marino 52:36, Nicky Semmler 52:42, Marieka Reilly NTR, Desley Gray NTR, Shay Lorenz NTR, Matilda Lappin NTR

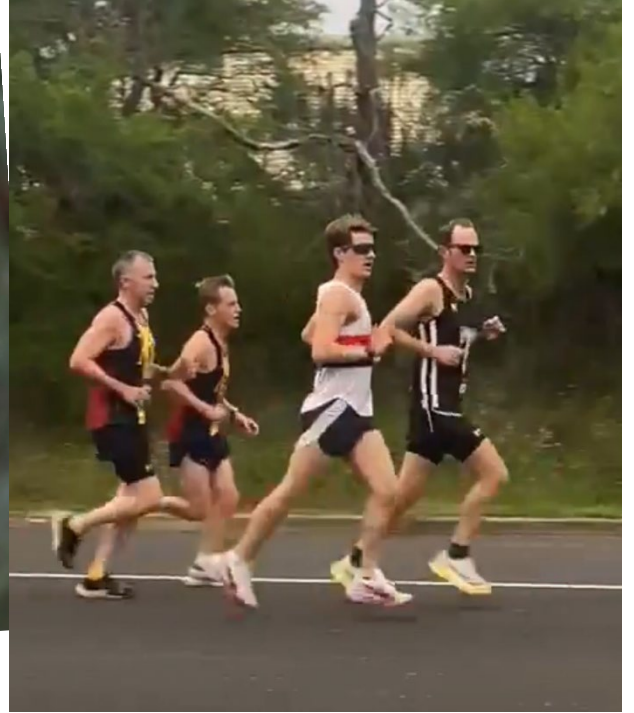
Sydney Marathon (Selected):

Bill Barry 3:14:18, Molly Fitzgerald 3:24:25, Mark Rossiter 3:33:20, Chris Van Unen 3:35:06, Jason Odium 3:51:35, Sally Theobald 3:55:00, Kathryn Preston 3:55:04, Anna Cardillo 4:02:59, Marieka Reilly 4:24:36, Kate Jones 4:25:54, Desley Gray 4:30:42, Melissa Jones 4:33:36.

Miles Verschuur

Burnley in pictures...





Above – For those old enough to remember, “Go Go Gadget watch!” Dempsey sets his watch to Beast mode ahead of his 4km race.



Above – Where’s Wally? Can you find Miles?

Below – Belkey sets his sights on the finish line





Above – Corey locks into the battle pack guiding the eventual women’s winner to the line.

Right – He still had time for a laugh along the way though despite running at just over 3:30/km!



Brighton Beach Marathon

With the Sydney results rolling in thick and fast on the first day of Spring, I was pleased to receive a message from our resident Irish legend, Shane Gavin, with his official time from the Brighton Beach Marathon (nee Sandy Point Half Marathon). Run on the same day as the sold-out Sydney Marathon, Shane stopped the clock at 3:18.33, netting him position 79 amongst the men and 86th outright of 615 starters - a cracking result!



Shane told me that he was really delighted with the time, being better than he expected. He was hoping to break 3:30 but when he felt like 3:20 was on he gave it a crack!

Compared to the hustle and bustle of Sydney, Shane found the event quite chilled, with an easy to navigate course, a good vibe and a pretty decent crowd turning out on the day.

Glenn Crawford

From Traralgon to the Opera House: A Girls' Trip to Remember

What started as a casual suggestion from Melissa Jones — “Let’s do a girls’ trip and run the Sydney Marathon!” — quickly turned into reality. I threw my name into the ballot, quietly hoping fate would intervene and I’d miss out. But luck wasn’t on my side... or maybe it was.

There’s something incredibly special about taking on one of the World Marathon Majors in your own backyard. Running across landmarks like the Sydney Harbour Bridge and finishing at the steps of the Opera House was pretty special. Sharing the experience with my running mates — Melissa, Kate Jones, and Kathryn Preston — made it even better.

Right – Anna and Kathryn were excited to meet Harry Garside (bronze Olympic medallist in Boxing). It turns out he went on to run a 2:39 marathon so he’s handy enough at that too.

Race day began with a 4:30am alarm and a bleary-eyed meetup at the train station. We made our way to separate starting areas under cool, calm skies - perfect conditions for waiting around until our wave starts. Spirits were high as we ran across the Harbour Bridge, soaking up the rare chance to tread its towering steel arches on foot. But as the morning wore on, the sun took centre stage and the heat dialled up. The conditions became testing, especially for the latter stages of the course. The muscles were sore, the dehydration high.



Along the way, the marathon served up its usual mix of inspiration and absurdity. As the run had some out and back sections, I got to see the front runners — including Kiros and Hassan (winners). And there were plenty of runners in costume — not exactly ideal on such a warm, sunny day. But nothing topped the moment around the 30km mark when I was overtaken by a bronzed Bondi lifeguard. Wearing thongs. Carrying a surfboard. He cruised past with a grin and the rhythmic slap of rubber sandals, drawing cheers and laughter from everyone around. It was equal parts humbling and hilarious.

*Left – Keeping up with the Jones’
Mel and Kate pose with their fresh Sydney bling*

Crossing the finish line at the Opera House after 42.2km was unforgettable. The crowds were buzzing, volunteers were legends, and the sense of achievement was overwhelming.

Kathryn, Melissa, Kate and I even managed to find each other at the end, amongst the 35,000 crowd, with old school pre-planning – no phones or technology. All happy with our times and the fact that we all finished in relatively good spirits and able to move.

The Sydney Marathon turned out to be far more than just a race — it was about friendship, challenge, and ticking off a once-in-a-lifetime experience together. As for next year? Let's just say we're considering bringing our own surfboards.



Anna Cardillo

*Right – The surfboard guy!
Bondi Rescue star, Andrew
Reid, broke the record for the
fastest marathon dressed as a
surfer (03:17:37)!*



Sydney, and my first World Marathon Major

It just so happened that I was staying 200m from where Jason Odum was staying, so we organized to meet up bright and early on race morning. We met at 6am and along with thousands of others made our way to the Gadigal metro station, which took us to Victoria Cross Station and then a short walk to the start area. You could sense the vibe at the start line was a mix of excitement and nervousness from all runners (me included).

7:03am and BANG, we were off. I normally run with headphones in but decided to leave them out to start with to soak in the cheers and encouragement from spectators lining the streets. I had a semi realistic goal of sub 3:30 (meaning I'd need to average 4:58/km), however with my PB being 3:37:24 I'd also be happy just to break this.

The first 10km over the iconic Harbour Bridge and around Darling Harbour was smooth sailing (4:55/km ave), and after 20km passing The Rocks, the CBD and up Oxford St I was still feeling fresh (4:59/km). I also had the pleasure of crossing paths with Eliud Kipchoge as I was going up Oxford St and he was going down it. To be just metres away from one of the best marathon runners of all time is something only the sport of running is able to provide.



By 30km after heading up and then back down Anzac Parade and past the SCG my ave pace had dropped slightly to 5:01/km, so I had to decide do I try and up my pace a bit and go for the sub 3:30 but potentially hit the dreaded wall, or stay relatively consistent with how I'd been going up until now and just set my sights on a PB. I decided on focusing on the PB was the way to go. By 40km after a loop of Centennial Park and as we made our way back into the CBD and down to the somewhat hilly Mrs Macquaries Chair my average pace was at 5:06/km so I was well on track for my PB. I knew the last km or so was all downhill in Macquarie street leading to the finish line at the Opera House. One final push and veering right with 200m to go and seeing the Opera House was enough motivation to keep the legs turning over as fast as possible, crossing the finish line in 3:35:06 (5:05/km).

The crowd at the finish line was amazing. I collected my medal and made my way to the runners' recovery area where I met up with Jason, Desley Gray, Marieka Rielly and Sally Theobald for a well-earned resting of the legs and a few beers in the afternoon Sydney sunshine. My first star of the world majors collected..... where to next?

Chris Van Unen

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