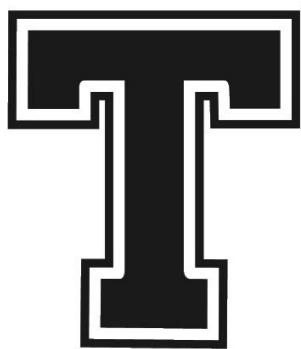




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

23 October 2025 - Volume 58 - Issue 21

THURSDAY RUN

This Week's Course

All Occasions Winery-
Burnets Rd – Traralgon
East 5km

Duty

Ian Cornthwaite &
Adam Riddle

Marker

Molly

Week 30/10

Trip or Treat on Kay St

Halloween Theme

Duty

Stacey Podmore &
Aaron More

Marker

Desley

Week 6/11

Railway Reserve 6km

Duty

Pete Saunders &
Kristina Creighton

Marker

Jason Odium



**Glenn Crawford pushing towards the finish line
of the 2025 Melbourne Marathon.**

Read Glenn's marathon reflection [here](#)

President's Message

23 October 2025

What a fantastic start we've had to our Harriers Summer Season! It's been great to see such strong numbers and wonderful enthusiasm from our members. We kicked things off with 58 runners and walkers tackling Scales Road in the opening week, followed by an even bigger turnout of 71 Harriers at Crinigan Road Bushland Reserve in Morwell last week.

My sincere thanks to everyone for your support of Harriers and for helping create such a welcoming and positive environment for both our regulars and newcomers. It's a great reflection of our club culture that we continue to attract new members, and we're now hovering around the 160-member mark as we head into the summer season proper.

If you've had a look at our summer running calendar, you'll know there's plenty to look forward to over the coming months. We've got a jam-packed line-up of runs, featuring a mix of old favourites and some exciting new additions. Whatever Harriers runs you join, you can count on great company, challenging courses, and plenty of fun along the way.

You'll start to see plenty of promotion over the coming weeks for one of the highlights of the year: the King & Queen of the Mountain event, racing to the top of Mt Tassie on Sunday 7 December. Whether you take on the 32km solo challenge or join as part of a relay team, it's an event not to be missed. Keep an eye on our newsletter and socials for more details. My thanks to committee member and race director Ron Verschuur for his huge efforts in coordinating the event again this year.

Another reminder that our Memorial Run is coming up on Sunday 9 November at Toongabbie Golf Club. You can choose from the 12km or 6km course, with check-in from 8:30am and both events starting at 9:30am.

We strongly encourage pre-registration at forms.office.com/r/RQpGj4eH7W to help make check-in quicker on the day. A \$20 minimum donation (cash or EFTPOS) will be collected at check-in, with funds raised going to Lifeline Gippsland to support their vital work in mental health and suicide prevention.

And finally, congratulations to all Harriers who recently took part in the Melbourne Marathon. We had a big contingent representing the club this year, with some amazing personal bests, debut marathons, and impressive performances across all distances. Check out the race report in this edition of the newsletter for more details.

Wishing you all the best,
Sep

Giuseppe Marino
President
Traralgon Harriers Athletic Club

***** Please check the duty roster in this newsletter and make note of your allocated date *****

IMPORTANT Harriers Dates

Memorial Run (RESCHEDULED)

(Race Director: Phill Mayer)

Sunday 9 November

Toongabbie Golf Club

Registrations now open at:

forms.office.com/r/RQpGj4eH7W

King & Queen of the Mountain

(Race Director: Ron Verschuur)

Sunday 7 December

Martin Thompson Boolarra Run

(Race Directors: Tobi Grzmil and Danelle Wright)

Date TBC

Harriers Christmas Run and End of Year

Awards Night (Venue TBC)

Thursday 11 December

Duty Roster SUMMER SEASON 2025/26

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

OCTOBER

9 ——— Kristine Sapkin & Lee Graham

16 ——— Shane Gavin & Ryan McLeod

23 ——— Ian Cornthwaite & Adam Riddle

30 ——— Stacey Podmore & Aaron More

NOVEMBER

6 ——— Pete Saunders & Kristina Creighton

13 ——— Tim Graham & Ryan Hon

20 ——— Kimberly Imperial & Adam van Baalen

27 ——— Andrew Greenhil & Anja Norwood

DECEMBER

4 ——— Vicky Atkins & Catherine Leonard

11 ——— Christmas Event (details to come)

18 ——— Christmas Lights Run (details to come)

JANUARY

15 ——— Scott Syme & Lauren Peter

22 ——— Rob Preston & Helen Whitby

29 ——— Stephen McLeod & Stephen Renehan

FEBRUARY

5 ——— Jay McGown & Geoff Francis

12 ——— Jye Kaestner & Tania Whitehead

19 ——— Paul Smith & Adrian Sutcliffe

26 ——— Marieka Reilly & Ree Graham

MARCH

12 ——— Ben Wilkinson & Ashley Marsh

19 ——— Samantha McGown & Michelle Sawyer

26 ——— Bailey Rollandin & Paul Rollandin

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 November 9th *****

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

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

DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
23 Oct 2025	All Occasions Winery-Burnets Rd, Traralgon East	5 km	Club Dinner - All Occasions Winery	Molly	Ian Cornthwaite & Adam Riddle
30 Oct 2025	Trip & Treat on Kay St No tricks, just trips (and a little treat at the end)	5 km	Halloween Theme	Desley	Stacey Podmore & Aaron More
1 - 4 Nov 2025	4 Peaks				
6 Nov 2025	Railway Reserve Traralgon	6 km	Committee Meeting-TBC	Jason Odlum	Pete Saunders & Kristina Creighton
9 Nov 2025	Memorial Run – Toongabbie Golf Club	6km & 12 km		Phill	
13 Nov 2025	Edward Hunter Reserve Moe	6 km & 12 km	Carol & Barry Summersgill Cross Country Championships	Sep, Miles V, Ron V & Gary Fox	Tim Graham & Ryan Hon
20 Nov 2025	Kay Street Church TGN - MWL Bike Path	5 km		Chris van Unen	Kimberly Imperial & Adam van Baalen
27 Nov 2025	Cochranes Road	6 km	Club Dinner-Crown Hotel Traralgon	Bec Anderson	Andrew Greenhil & Anja Norwood
4 Dec 2025	Churchill - Lake Hyland	6 km		Mandy	Vicky Atkins & Catherine Leonard
7 Dec 2025	King & Queen of The Mountain	30 km	Individual Team of 2 Team of 5	Ron V	
11 Dec 2025	Club Rooms / Oval	Games	Xmas Bash	Committee	
18 Dec 2025	From Netball Courts Traralgon	7 km	Xmas Lights Run - NON-POINTS RUN	Desley, Marieka, Sep	
25 Dec 2025	Summer Break				
1 Jan 2026					
8 Jan 2026					
11 Jan 2026	Two Bays Trail Run Dromana				
15 Jan 2026	Gelato Gallop Traralgon	5 km	Augustus Ice Creamery	Ron V	Scott Syme & Lauren Peter
22 Jan 2026	Traralgon South Trundle	5 km or 7.7km	Club Dinner-Wheely Good Pizza's on Traralgon Sth Oval - NON-POINTS RUN	Desley	Rob Preston & Helen Whitby
26 Jan 2026	Australia Day				
29 Jan 2026	Chook Hill	6 km		Molly	Stephen McLeod & Stephen Renahan
1 Feb 2026	Kilcunda Running Festival				
5 Feb 2026	Derhams Lane - Morwell	6km		Greg	Jay McGown & Geoff Francis
12 Feb 2026	Clarks Road	6 km	Committee Meeting-TBC	Chris van Unen	Jye Kaestner & Tania Whitehead

19 Feb 2026	Toners Lane -Morwell	5 km	Club Dinner-Morwell Club	Stephen McLeod	Paul Smith & Adrian Sutcliffe
26 Feb 2026	Wirlida Park -Tyers	6 km		Marieka	Marieka & Ree Graham
5 Mar 2026	LRH Hospital Run turn Right	6 km	International Womens Day 08/03- Purple		Committee - TBC
12 Mar 2026	Maryvale Pines	6 km		Dan Furmston	Ben Wilkinson & Ashley Marsh
15 Mar 2026 TBC	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
19 Mar 2026	Yallourn North-TBC	5 km		Ron V	Samantha McGown & Michelle Sawyer
26 Mar 2026	Glengarry Rail Trail	6 km	Glengarry Club Dinner	Mark Landowne	Bailey Rollandin & Paul Rollandin
28 Mar 2026	Inverloch Running Festival				
2 Apr 2026	Tropical Track Night Tracks, Tropics & Terrible Shirts!	10 & 5 km	NON-POINTS RUN		Committee
3 Apr 2025	Good Friday				
5 Apr 2026	Run 4 The Kids		Easter Sunday		
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			

Melbourne Marathon – Celebrity spotting



When he's not busy writing musicals or entertaining on the piano with his catchy tunes, it seems Tim Minchin doesn't mind a bit of running! I have since learnt that this was his marathon debut, a week after turning 50. A massive effort and in a not too shabby time either - 3:28:31 - raising funds for Beyond Blue with \$65,468 raised!. Legend!

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

October 9th 2025 – Scales Road – 5km

With the Melbourne Marathon start line only three days ahead of them, a number of Harriers chose to stay away from round one of the summer season at Flynn's Creek. They knew if they began, the challenge of the extremely hilly Scales Road course would overcome them and they would overdo it, despite having to line up for the marathon on Sunday. Others with more self-discipline who were also running the marathon took it easy, and some walked the steep uphill, saving their leg muscles.

Despite the pre-marathon taper, times were remarkable for such a demanding course. Dempsey Podmore and Peter Cutler both broke 19 minutes. Sav Mavrofridis, after first running around it to mark the course, ran a sub-20 minutes. Other times were also excellent, with runners having to fight a strong westerly wind, despite the sunshine.

Quickest women finishers were sub-3 hour marathoner Courtney Ellis, Queen of the Mountain winner Yani Cornthwaite and Kathryn Preston, a national title holder across a number of sports.

It was a family affair with Traralgon South Harrier members Rob and Kathryn Preston and their two young children taking part (pictured right). They are the nucleus of their Team Thought Sports, also known as Team Gippsland Adventure, the top ranked Australian adventure racing team. In adventure team racing – running, bike riding, kayaking, swimming and more – they have won major international events. Between them as individuals and in teams representing Australia, they have won World Championships in Orienteering, Rogaining and mountain running, and much more. Back home, Rob holds the record for the Walhalla Woundup 50km trail ultramarathon – a mere 3 hours 52 minutes. It was a privilege to have them with us.



Scales Road Run/walk results:

Dempsey Podmore 18:18, Peter Cutler 18:50, Sav Mavrofridis 19:54, Daniel Furmston 20:30, Ian Cornthwaite 20:50, Dave Mann 21:53, Courtney Ellis 22:08, Rob Preston 22:56, Andrew Greenhill 22:57, Adrian Sutcliffe 23:14, Jack Warr 23:54, Jay McGown 24:06, Clinton Jolly 24:07, Yani Cornthwaite 24:51, Ron Verschuur 25:24, Scott Syme 25:44, Chris Van Unen 26:09, Shane Gavin 26:12, Geoffrey Francis 26:27, Peter Sanders 26:43, Gary Fox 26:50, Kathryn Preston 27:18, Mattias Preston 27:29, Trent Kooyman 27:30, Stephen Mcleod 28:01, David Hood 28:04, David Barr 28:25, Jason Odum 28:26, Desley Gray 28:40, Rebecca Anderson 29:03, Belkey Podmore 29:32, Ben Wilkinson 29:55, Ree Graham 31:22, Ivy Crawford 31:23, Ash Crawford 31:23, Kate Mayer 31:41, Toby Grzmil 32:16, Phillip Mayer 32:31, Fiona Syme 33:50, Jye Kaestner 34:02, Matilda Lappin 34:12, Tania Whitehead 34:25, Kaye Livingstone 34:30, Catherine Leonard 36:16, Molly Irvine 37:30, Samantha McGown 45:03, Lynda Jones 46:13, Sep Marino 46:45, Barry Higgins 48:05, Michelle Colwell 52:30, Kathy Quinn 52:30, Collette Hofmann 52:51, Timothy Graham 53:58, Helen Whitby 58:00, Nick Hodson 1:00:00, Kylee Earl 1:00:00, Lee Graham NTR, Karen Graham NTR.



Running mates. Dempsey Podmore, left, and David Barr enjoy the company as they share a run together.

October 16th 2025

Many Harriers, friends and other locals took part in the previous weekend's Melbourne Marathon festival, with a number of milestones and individual achievements. With over 50,000 runners and walkers across the 5km, 10km, 21.1km half marathon and the full marathon – 42.2 km – it was a busy but exciting experience, as the participants finished with a lap of the iconic MCG. A few Harriers finished high in their events with a number of others placing near the top of their age group category.

Traralgon adventurer [Blake Bourne](#) did his first marathon, after recently running 380km virtually non-stop across the Simpson Desert, the youngest to do so. Member for Gippsland in the Federal Parliament, Darren Chester, took a step (or many) closer to becoming a double Spartan – 20 Melbournes - completing his 19th Melbourne Marathon this year. He caught up with John Dobson (pictured right), one of the three remaining 'Legends' who have run every Melbourne Marathon – 48 in total. John crossed the finish line three minutes ahead of Darren in the 2010 Traralgon Marathon but Darren turned the tables this year, albeit with a few years of age advantage.



Former junior Harrier David Embleton who has lived in England for a couple of decades had the foresight to earlier enter Melbourne when he planned a brief visit back home to see his family in Morwell. Spending only a week here, David ran the marathon, despite jet lag, but said it was demanding after just stepping off his international flight.

On the same day, travelling in the opposite direction to David, Harrier and Gippsland Road Runner Mandy Ellis visited family in Perth, and as runners do, took the opportunity to take part in an event. Mandy and Road Runner friend Katrina Hall (pictured right) ran the **Perth Half Marathon**. Mandy said, “It was hot and hard work but I did it . . . but finishing on Optus Stadium was not quite the same as the MCG”. Mandy finished three hours behind her Victorian Harrier friends – there is no daylight saving in WA.



After finishing the 10km event Kathy Quinn said, “It was a great weekend in Melbourne... It was a fantastic day for it and the energy was contagious!”

Harriers veteran Ian Twite ran his 31st Melbourne Marathon, among his total of 75 marathons – and a similar number of ultramarathons. With little training in the lead up to the marathon due to a knee injury, Ian decided to give it a go. “I managed to run a good first 25km, but struggled for the final 17 even though I ran the whole distance” he said. But able to finish, after four months without a long run, Ian decided, “I am glad I did it. You feel better both physically and mentally”.

Back home the seasons turned, with extremely warm and humid conditions for the first time, when over 70 starters tackled the Crinigan Bushland Reserve last Thursday (16th). The unrelenting hilly course followed the boundary of the Maryvale Reserve before entering the trails through the Bushland. Despite running Melbourne events a few days earlier, many post-marathon runners still achieved quick times.

Fastest finishers were Sav Mavrofridis, after running a sub-3 hour marathon four days earlier, Dempsey Podmore, with bragging rights over his brother and father, and the evergreen Ian Cornthwaite.

Quickest women were Courtney Ellis, also after a sub-3 hour marathon, the ageless Karen Graham and the ever consistent Yani Cornthwaite. It was good to see former member Alysha Duncan, now living in greater Melbourne, who joined with friends around the course.

The Harriers Memorial Run supporting Lifeline Gippsland is on Sunday 9th November at the Toongabbie Golf Course. You can register on line. See the Harriers’ Facebook page for details.

Other future events are the Geoff Watt Memorial Fun Run at Warragul on Sunday 26th October and the 4 Peaks Bright Alpine Climb over the Melbourne Cup long weekend. The King and Queen of the Mountain, running to the summit of Mount Tassie, is on Sunday 7th December. The new start location is from the Jeeralang North Hall.

This week's run/walk (Thursday 23rd) will start from the All Occasions Gippsland winery on Burnets Road, Traralgon East, and follow the Rail Trail and return. Members, family and friends are invited to stay for the monthly club dinner at the winery restaurant. Table bookings are necessary. See the Harriers Fb page for details.

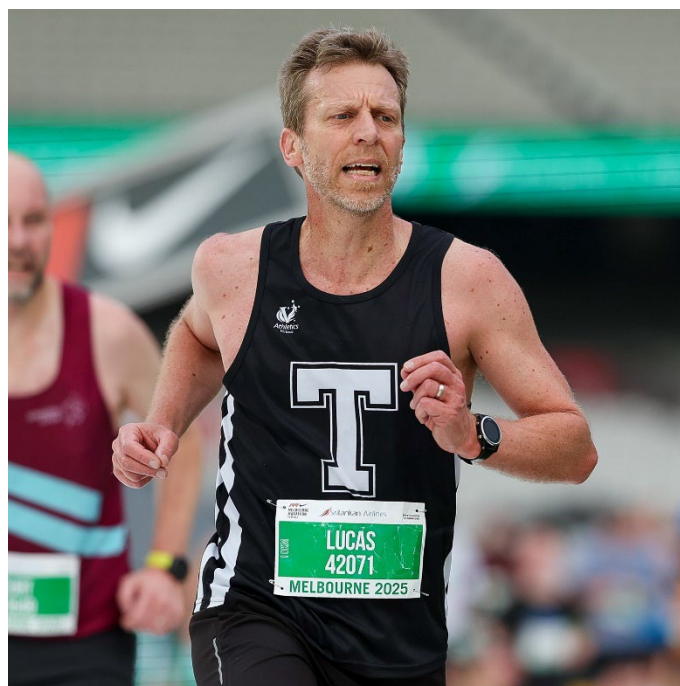
Crinigan Road Run/walk results:

Sav Mavrofridis 18:22, Dempsey Podmore 18:43, Ian Cornthwaite 20:00, Stephen Renehan 20:20, Courtney Ellis 20:32, Dave Mann 20:44, Ash Crawford 21:16, Rob Preston 21:40, Andrew Greenhill 22:08, Adrian Sutcliffe 22:08, Greg Semmler 22:09, Karen Graham 22:30, Peter Sanders 22:43, Yani Cornthwaite 23:03, Clinton Jolly 23:19, Chris Van Unen 23:41, Jack Warr 23:45, Ron Verschuur 23:49, Trent Kooyman 24:26, David Barr 24:35, Jason Odlum 24:58, Darrel Cross 25:11, Shane Wilson 25:17, Mattias Preston 25:47, Seth Bomers 25:48, Ben Wilkinson 25:52, Gary Fox 25:58, Paul Ellis 26:09, David Hood 26:26, Nicholas Talerico 27:20, Paul Rollandin 27:24, Rickie Glover 27:37, Rebecca Anderson 27:37, Desley Gray 28:04, Belkey Podmore 28:47, Ree Graham 29:59, Liz Kenney 29:59, Ashley Marsh 31:10, Toby Grzmil 31:22, Chesney Podmore 31:35, Marieka Reilly 31:40, Kaye Livingstone 31:43, Fiona Syme 32:12, Michelle Sawyer 32:23, Phillip Mayer 32:24, Lauren Peter 33:28, Molly Irvine 35:00, Catherine Leonard 35:48, Collette Hofmann 39:24, Timothy Graham 40:39, Samantha McGown 41:51, Jay McGown 41:52, Barry Higgins 43:10, Bob Duljas 44:45, Michelle Colwell 47:36, Belinda Heafield 47:56, Jye Kaestner 48:38, Lynda Jones 52:45, Ian Heafield 52:46, Shay Lorenz 53:42, Sarah McKie 55:18, Nicky Semmler 55:18, Audrina Byrne 58:00, Danelle Wright 1:00:00, Alysha Duncan 1:05:00, Kat Kent 1:05:00, Kylee Earl 1:05:00, Wally Lappin NTR, Matilda Lappin NTR, Lucy Magaldi NTR, Sep Marino NTR.

Selected results. Melbourne Marathon. Jack Rayner 2:15:02 (1st), [Dion Finocchiaro](#) 2.23.47, [Caitlin Adams](#) 2:30:25 (1st F), Ryan Hon 2:43:16, Sav Mavrofridis 2:46:10, Daniel Furnston 2:47:40, Richard Ogilvie 2:48:14, Courtney Ellis 2:57:24, Molly Fitzgerald 3:02:49, Blake Bourne 3:04:44, Glenn Crawford 3:06:53, Bill Barry 3:09:09, Darrel Cross 3:33:55, David Barr 3:36:32, Daniel Hon 3:43:18, Mark Rossiter 3:43:53, David Embleton 3:50:51, Kate Jones 3:58:52, Pete Sanders 4:06:22, Liz Kenney 4:07:32, Jason Odlum 3:59:36, Bec Anderson 4:17:19, Michelle Sawyer 4:27:51, Mark Lansdown 4:36:42, Sue O'Brien 4:49:14, Andrew O'Brien 4:49:14, Ian Twite 4:52:31, Darren Chester 5:26:39, Johnny Dobson 6:21:36 (70-74 age group).

Half Marathon. Haftu Strintzos 1:02:13 (1st), Izzi Batt-Doyle 1:08:54 (1st F and course record), Sinead Diver 1:10:55 (3rd F), Corey Milner 1:14:34, Miles Verschuur 1:17:51, Julie Smith 1:36:10, Nicholas Talerico 1:51:51, Ryan Mcleod 1:52:11, Ben Wilkinson 1:53:54, Chris Gallivan 2:28:11.

10km. Adam Goddard 28:39 (1st), Ellie Pashley 33:41 (1st F), Andrew 'Lucas' Greenhill 40:04 (pictured right), Curtis Treloar 40:58, Kim Ryan 1:10:53, Kathy Quinn 1:20:37, Bob Bicket 1:25:26.



Perth Running Festival Half Marathon. Katrina Hall. 02:10:07, Mandy Ellis 2.40.26.

The 2025 Roller Coaster Run

A (very) few Harriers, unsurprisingly, took part in the Roller Coaster Trail Run the previous Saturday, only six days after the Melbourne Marathon. The 23km event follows a hilly trail from the Kalorama Memorial Reserve on Mount Dandenong through the forests of the Dandenong National Park. The 46km repeats the 23km loop (you'd have to be loopy), in the opposite direction.

Here are some results against familiar names. It is hoped these are the people we know. 'Shane Wilson' had a result for the Melbourne Marathon, as did 'Melissa Jones' for the MM 10km event. But they were not our Shane or Melissa. It pays to check.

Well done to these wonderful trial runners: **23km.** [Greg Semmler](#) 2:16:58, [Curtis Lloyd-Webb](#) 2:36:05, [Miles Verschuur](#) 3:04:14, [Felicity Beasley](#) 4:11:52. **12km.** Matilda Lappin 1:13:28 (4th F), [Bridget Rutherford](#) 1:57:48.

Bridget Rutherford ran with the Harriers in earlier years. Her father Bill Rutherford was a regular Harrier and ran a number of Traralgon Marathons across the 1980s.

Barry Higgins



Kathy and the team look forward to welcoming everyone for the 2025 Geoff Watt Memorial Fun Run this Sunday in Warragul.

Melbourne Marathon 2025 – a reflection

There's something about the marathon.

For many runners (and plenty of non-runners) it's the ultimate challenge – perhaps unfathomable for some to even contemplate starting let alone completing. As a relative latecomer to running, it was some years before I undertook my first marathon back in 2016. That first year I did the Gold Coast/Melb double and then followed that with Melbourne again in 2017. And that was the end of that. Having improved with each one and never having ran a 'bad' one I then closed the book on road marathons – switching focus to trails, ultras and shorter distances. With the exception of running the Traralgon Marathon in 2023, I hadn't given too much further thought to running another big city marathon but there's something about it that draws you in. Is it the FOMO? Is it the challenge of testing the body? Is it the big puzzle with so many pieces that you want to complete? It's probably a bit of all three truth be known but the puzzle aspect is the big one. The marathon journey is perhaps akin to a Rubik's cube in some respects – so many twists and turns along the way in the lead up, but never any shortcuts to be had. No, if anything, if you make a poor choice along the way, twist the wrong way, it might lead to a series of additional moves to correct or undo your wrong move.

For me, if I was going to do another big city marathon, I wanted to do it justice and give myself the best possible chance too. After securing an entry to Melbourne for 2025 (no mean feat in itself these days), I engaged Craig Huffer from Gippsland Track Club who I had trained under for my previous attempt in 2017. Kicking off officially at the start of July, I already had a solid base under my belt with a lengthy stint of consistent running, some longer runs and some speedwork in the bank so the transition back to adhering to a program wasn't jarring. Just like building a house, a good marathon requires a solid base, taking time to construct and add the appropriate layers – and like I mentioned already, there are no shortcuts to be had.

And so began training in earnest. I love following a program, and even more so when there's a coach behind it that you can talk to along the way, modifying sessions as needed based on life events and how you're tracking. Some people may think of a coach as someone that pushes you but often, it's much more about managing you – that might mean holding you back (in a good way) and helping you to not go too fast or too far at the wrong time.

Unlike elite athletes that can train during the day, for us mere recreational runners, training in amongst a full-time job can be challenging at the best of times. Throw winter into the mix too, and for morning runs you're talking dark, cold and stupid o'clock when it comes to marathon training. It's quite the test of one's resolve and dedication to keep fronting up – generally solo for the most part. I should mention that I was very fortunate for the support of Denis Huffer and the Maffra chapter of the Gippsland Track Club. I had some particularly long and gruelling interval workouts that often coincided with a morning group session taking place which meant I wasn't necessarily completely on my own. Even just having other runners about or perhaps jumping in here and there for a lap or two – it made all the difference to have some company. At the peak, one morning I clocked up a 20km interval workout on a 500m loop which I don't think would have been possible on my own.

Which brings me to the weekend long run. Considered to be one of the key pillars or cornerstones of marathon training, this is one of my favourite parts of running and this particular build was no exception with a mixture of long easy solo runs listening to a pod cast to long cutdown type runs with friends. A highlight was rallying a team of Sale based runners for a challenging 30km long run that featured 3x10km sections cutting down from 5:00/km in the first block to a targeted 4:15/km by the last block. Interestingly, that was as far as I got in terms of a singular long run distance wise however I often stacked several runs over the course of two or three days to accumulate some decent mileage whilst managing fatigue instead

of going out to run 36kms in one hit. Another highlight for me was the Burnley Half marathon on Fathers' Day which I was fortunate to be paced for by my son, Andrew. He joined me for various training runs along the way too and was always a good sounding board to compare what our respective plans held for the days ahead and report back on how it went.

The taper to a marathon though can bring on feelings of doubt or general malaise – maybe even second guessing a niggle that you hadn't noticed before. I must say that in the weeks leading up to the 2025 Melbourne Marathon, I didn't necessarily feel fast nor particularly fresh. They say that you need to 'trust the system' and so I continued to stick to the program, no more, no less and embraced the taper to the extent possible. The hard work was done now I just needed to believe in myself.

It's fair to say that even if you've ticked all the boxes in training that it can still unravel on race day but for me this year, everything clicked at just the right time. It was helpful not going in with a specific time goal in mind plus more of a conservative approach – at least on paper anyway (more on that later). Compared to my previous attempts, I also put some extra effort into carb loading, resting and hydrating ahead of race day.

Race morning dawned with a 0430 alarm, and I sprung out of bed to start munching on a sandwich and drink some Trail Brew. Andrew joined me for the walk/jog down to the MCG. Along the way we passed a few patrons still on their way home from the night before – quite a juxtaposition of worlds at 0515 on a Sunday morning!



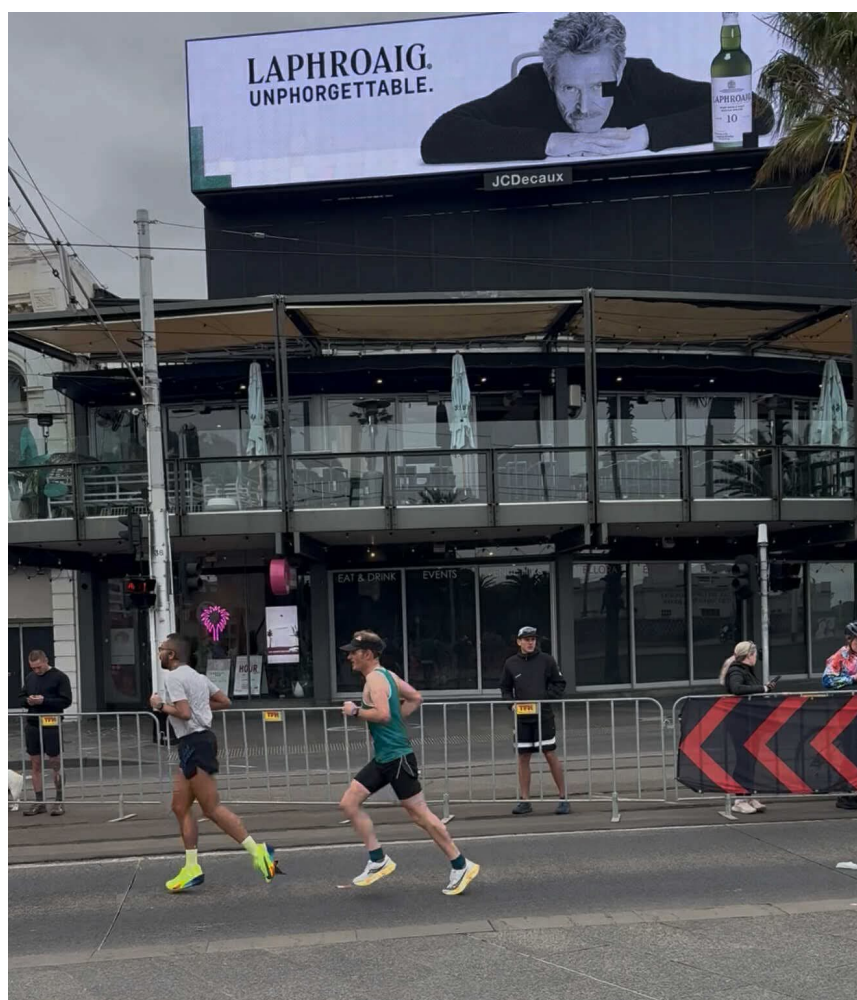
Arriving at the 'G, there was a palpable excitement in the air, and it was nice to spot some familiar faces in Liz and soon to be fellow Spartan partner, Crossy, on their way to the bag drop. After a few drills and run throughs on the road, it was time to cross the bridge towards Rod Laver Arena. Andrew and I had done a recon walk the previous arvo so we knew what to expect, where to go and how long it would take to get there. Without really thinking, I found myself entering the starting corral and realizing that at this point, Andrew was now going to have to stay on the public side of the barriers. If there is a criticism of the Melbourne Marathon start, it is that aside

from the elites, there is no designated starting zones, so everyone is just piled in together in whatever order they like. It means that aside from a big crush of people, you potentially end up with a completely ill-ordered lineup – e.g. someone out to run a 4-5hr marathon might be standing alongside or even ahead of someone gunning for closer to 3. Total luck of the draw and unnecessarily dangerous at times. Part of my race guide was to take the first few kilometres as it came and use it as a warmup, not trying to fight my way through or find a particular pace. It was quite relaxing really, taking it all in and being patient to slowly find my rhythm once the road opened up a bit more.

Whilst you're not supposed to try anything new on race day, I decided the day before to switch my watch to 5km splits. Granted, I ended up running a bit faster than planned but it was kind of refreshing not having my watch bleep every 1km. I found myself running more to feel with just the occasional glance at my watch. I was also much less aware of another kilometre having passed which helped to keep me

relaxed. Instead, I focused more on the upcoming drink stations plus taking on a gel every 30mins. On more than one occasion the 30mins rolled around much quicker than expected.

I had a good chat with a fellow runner down Beach Road and back which was further testament to my being relaxed and not overreaching and the halfway point came and went. I knew full well though that it's quite common to feel great at halfway, but the real test comes in the last 10kms... Turning at Elwood, the wind had started to pick up a bit and randomly for a short time the rain kicked in yet I was thinking – 'OK, let's go – bring it on!' The crowd support along the course was far greater than I remember back in 2016/17 with quite a few people out with funny signs or playing music. There was lots to keep you distracted. As always, I particularly enjoyed spotting (or being spotted by) friends and fellow Harriers on and off the course. In particular, Ben Osmand, who rode his bike around, popping up at various locations all over the course offering support.



Part of my instruction for the last 10km was to push hard and focus on my technique. As 30km flashed past, it coincided with a bit of a climb back towards the city and the first real test. Les, the fellow I had been chatting with on Beach Road passed me here and disappeared into the distance. Interestingly, he went on to finish four minutes faster than me, so he really kicked on in the last 10km. Before long we were turning onto St Kilda Road and the infamous merge with the half runners. Personally, I kind of enjoy the merge as all of a sudden, you've got people around you again plus you're moving a bit quicker than them, so it makes you feel good. That said, we were only given one relatively narrow section of road to work with and the half runners were filling all of it. On more than one occasion I was checked and ended up running out on the tram tracks for a bit

to try and get a clear path, discovering soon after that the trams were still running back into the city. Turning at the Arts Centre, we were soon to unmerge, solving the problem of the half marathon runner squeeze but quickly highlighting a new problem for me on the climb into Kings Domain - for the first time I was slowing by some margin and my side was hurting, like a bad stitch. I couldn't believe I had come this far, this fast and then looked like I was going to slow to a crawl on the last lap as such.

I struggled on up the rise (how cruel at 37km in a marathon throwing in a climb like that – just what we’re all looking for at that point!). Despite my side pain and relatively slow pace, there were others crashing out altogether from this point on, grabbing at hamstrings and trying to stretch out calf muscles that had given up the ghost. Finally, I got to the top and started to find a bit of pace again, albeit not quite back to the adoptive ~4:20 that I’d been sitting on most of the way. But the finish line was getting close, and I was determined. I started to do some quick math and realized that not only was a PB still well and truly in sight but by some margin if I could finish strong.

The crowd began to build again as I passed the last drink station, before rounding the last main turn onto Brunton Avenue. The MCG was just up ahead, and I couldn’t help but smile as I passed a mariachi band playing ‘the final countdown’. Indeed, it was. Running into the MCG always lifts the spirits. It’s such a huge stadium and you can’t help but glance up into the stands in awe of the sheer enormity of it. A quick glance at my watch and across to the finish line and I realized I could potentially get this thing finished before the current minute ticked to the next. It was more a spirited push than a sprint by this point, but I crossed the line at 3:06:53 – some 6 minutes better than my previous best. Not bad considering that was eight years ago in 2017! I was thrilled!



Will I wait another eight years to try again? Not likely. Reflecting now with a hazy post event fondness, I’ve already clicked through onto the waitlist for 2026!

There’s something about the marathon...

Glenn Crawford

A birthday beer run

What a better way to celebrate a birthday than going for a run with a bunch of like-minded people?? When we heard that the Tour de Trails Beechworth Beer run was on my birthday, we hooked up the caravan and made our way up to Beechworth.

Jay had entered the 28km event which was a point to point run from Yackandandah back to Beechworth running mostly uphill along the Indigo Epic mountain bike single track.

I started the 15km event along with 150 other runners. The course ran along a walking track to Lake Kerford which sits above the town of Beechworth. The wide walking track through the bush and following the creek was a great way to settle into the run and also a chance to listen to all the birds. Two young boys passed me on their bikes and, noticing my badge, wished me a Happy Birthday as they passed respectfully.

As I reached the top of the first switchback I came upon a lady who I had been following since the start. I could see she was struggling so I walked with her and introduced myself. She said her name was Megan and I might have given a small shriek. At the startled look on her face I quickly explained that my best friend's name was Megan and that I was wishing she was running with me today on my birthday. After a laugh I wished her a good run and reminded her that forward was still a pace when she explained she was having a bad day.



The lap around the lake took in some beautiful single track and came out onto the only road section and the first aid station. It was great to see some familiar faces helping to refill water bottles as the day had turned out quite warm. These familiar faces were one of the run directors family who I had met while photographing the Oscars Hut2Hut event and it was a wonderful pause catching up with them.

Another short hill before turning back into the bush and a disused four wheel drive track led to the first beer station. Although I politely turned down the offer of the non alcoholic beer I did ask for a selfie to prove I had been offered a beer in the bush. Now for the exciting part of the day as we hit the Indigo Epic mountain bike trail which had been closed to mountain bikes for our use only. It was a beautiful undulating single track following the creek before popping back out onto the walking track we had started on. Unfortunately, three mountain bikers hadn't noticed the track closed sign but they were very apologetic and respectful as they passed me.



After the rolling track of the mountain bike trails the tiredness set in with the sun also taking its toll and I was doing more walking than running at this stage. The final stage of the race was a lap of Lake Sambell which was exposed to the sun but with the end in sight a final burst of energy hit and the finish line at the Lake Sambell caravan park was in sight and the party atmosphere that Tour de Trails are known for.

For me, trail running combines the thrill of movement with the beauty of nature, it's an escape from noise, a chance to clear my mind and a way that makes me feel truly alive. The people I've crossed paths with on the trail are no longer strangers, but lifelong friends.

Samantha McGown



Training Opportunities

TRARALGON TUESDAY RUNNING GROUP

6.00pm – 7.30pm

Meet at the Traralgon Little Athletics Oval (Harold Preston Reserve, on Davidson Street)

<https://www.facebook.com/groups/430667753767380/>

Sessions typically consist of a 2km warm-up jog, then a series of run-throughs / intervals ranging from 100 to 800m, punctuated by recovery jogs.

Sessions change each week for some variety — Typically between 7-10km.

During summer we run on a grass athletics track; easier to sit out for sections or take it at your own pace.

During winter we run on roads / pavement around Traralgon. Winter running sees us frequent the former ASIC building (Wright Street) for the bulk of the session. This way the group is easy to find, allows people to participate at their own pace for some or all of the sessions. Winter sessions may run-out as far as Gippsland Regional Aquatics Centre (GRAC), Traralgon Rec Reserve or Bradman Boulevard Oval.

A varied group of runners, ages, abilities and reasons for running.

There is no cost to attend TTRG.

TTRG is a welcoming running group which was started over 20 years ago by Harriers members.





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**





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

2025 MAFFRA LIONS CLUB

FUN RUN



SUNDAY, NOVEMBER 23

JOIN IN THE FUN ON THE GIPPSLAND PLAINS RAIL TRAIL
CASH PRIZES UP FOR GRABS!

2KM KIDS RUN
5KM WALK/RUN
14KM RUN

SCAN HERE
TO ENTER! ↓



Enter at <https://www.trybooking.com/DGRSR>
for more information contact Glenn on 0409 472 471

MAJOR SPONSORS

Wellington
REAL ESTATE



 **Dyson**

TRARALGON HARRIERS PRESENT THE

KING & QUEEN OF THE MOUNTAIN

Sunday, 7th December 2025

THE RACE TO THE TOP OF MT. TASSIE
32 km Solo & Relay Event

NEW START LOCATION: JEERALANG NORTH HALL

All Entries are on the day from 7.30 am

All Events starting at 8.30 am

Entry Fees:

Traralgon Harriers Members are FREE

Non-Members Solo - \$20

Non-Member Relay Team \$5 per person

Please Note: Relay Teams are responsible for shuttling
themselves to the change over points.

For further information please call

Ron Verschuur m.0412 958 221

SUNDAY 7
DECEMBER 2025
8.30 START

ALL TEAMS MUST BE MIXED MALE/FEMALE



TRARALGON
HARRIERS
Est. 1967

RUN TARRA-BULGA 2026

**ENTRIES
NOW OPEN**

**42 km - 25 km
6 km - 2.5 km Kids**

**Saturday April 11th 2026
Tarra-Bulga National Park
Brataualung Country**

Presented by:



Supported by:

