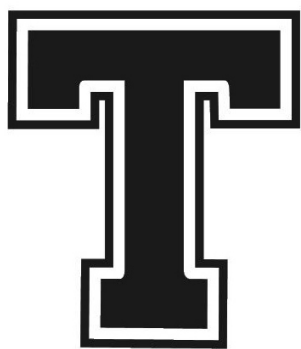




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

6 November 2025 - Volume 58 - Issue 22

THURSDAY RUN

This Week's Course

Railway Reserve 6km

Duty

Pete Sanders &
Kristina Creighton

Marker

Jason Odlum

Week 13/11

Edward Hunter Reserve

Moe – 6k & 12K

Duty

Tim Graham & Ryan Hon

Marker

Sep, Miles V, Ron V & Gary
Fox

Week 20/11

Kay Street Church TGN -

MWL Bike Path – 5K

Duty

Kimberly Imperial & Adam
van Baalen

Marker

Chris Van Unen



**The Harriers Memorial Run is on this Sunday 9 November
at Toongabbie Golf Club, raising funds to support Lifeline
Gippsland.**

[Click here to register](#)

President's Message

Thursday 6 November 2025

It's been another big fortnight for Harriers, including our rail-trail run and club dinner at All Occasions Winery, and last week's Halloween-themed "Trip & Treat" run along Kay Street! Participation from members continues to be amazing and I want to thank everyone for their ongoing support at each run. It's you (our members) who make Harriers such an incredible club and running community. We've got a busy end to the year coming up, with big events and our always popular Christmas bash. Check out this newsletter for announcements, and keep an eye on our website, Instagram and facebook pages.

Each week I see so many wonderful stories from our members in this newsletter and on social media. Not all of them are podium finishes or huge milestones. No matter where you are on your running or walking journey, I encourage you to share your stories and be proud of your achievements. Articles can be sent to our newsletter editor Glenn Crawford via glenn@bcsaccountants.com.au.

On a personal note, I've been continuing to rehab from a knee injury that has kept me from running in recent months. It's been a frustrating experience, and one that I'm sure fellow members who have had long-term injuries can relate to. I've always received such a buzz from running and love the social aspect, and that has been the thing I miss the most. Which is why Thursday nights are certainly a highlight of my week – it's so good to see all our members and soak up the positive vibes while I walk the course. I look forward to slowly building up my running towards the end of this year.

A FINAL REMINDER about our **Memorial Run this 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. **Please pre-register** 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.



***Above (L-R):** Club Secretary Dave Barr and President Sep Marino climbing Mt Buffalo at this year's 4 Peaks event*

On Thursday 13 November we have the **Carol & Barry Summersgill Cross Country Champs 12km and 6km** event taking place at Edward Hunter Reserve Moe (in place of our regular Thursday run). Check-in is from 5:15pm and events starting 5:50pm. Register at <https://forms.office.com/r/FyS1FytrFr>. Paper entry forms will also be available on the day but **it's MUCH easier to sign up online** beforehand! Entry is **FREE** for Harriers members and only \$10 for non-members.

Finally, congratulations to all Harriers who took part in 4 Peaks from 1 – 4 November. This is always a popular event for our members, and it was great to see another big contingent up there again this year. I took part on day 1 hiking up Mt Buffalo, and it was as spectacular and challenging as ever. We'll be sharing race reports and more photos in our next edition.

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 (Race Director: Phill Mayer)

Sunday 9 November

Toongabbie Golf Club

Register: forms.office.com/r/RQpGj4eH7W

Carol & Barry Summersgill Cross Country Championships – 12km and 6km

Thursday 13 November

Edward Hunter Reserve Moe

Check-in from 5:15pm. Events start from 5:50pm

Register: <https://forms.office.com/r/FyS1FytrFr>

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 Sanders & 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/RQpGj4eH7V>

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
1 - 4 Nov 2025	4 Peaks				
6 Nov 2025	Railway Reserve Traralgon	6 km	Committee Meeting	Jason Odlum	Pete Sanders & 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 Renehan
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			

Great times after the All-Occasions Winery Run



Steven, Ang, Clinton & Glenn ready to refuel after a great run!

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 23rd – All Occasions Winery – Traralgon 5K

All Occasions Winery Run

Last Thursday's run/walk (23rd) saw an easy downhill start from the All Occasions Winery across to the rail trail and return, which of course translated into a long steep uphill push to the finish back at the winery restaurant door. The positive was the finishers were well placed to move inside for the post-race dinner and social evening, which was enjoyed by all.

Fastest finishers were Dempsey Podmore, Sav Mavrofridis and Greg Semmler, despite his recent Roller Coaster Run, and talented young runner Nelson Archibald. The quickest women were Yani Cornthwaite and Chelsea Fox, followed by Rebecca Anderson, post-Melbourne Marathon, and Rickie Glover, crossing the line together.

After finishing, all adjourned to the Winery restaurant and had an enjoyable evening of friends, family, food and fun.

All Occasions Winery Run/walk results

Results, All Occasions Winery-Glengarry Rail Trail 5km. Dempsey Podmore 18:24, Sav Mavrofridis 18:24, Greg Semmler 19:30, Nelson Archibald 20:18, Aaron More 20:45, Dave Mann 20:59, Ash Crawford 21:12, Adrian Sutcliffe 21:26, Clinton Jolly 21:30, Yani Cornthwaite 21:31, David Barr 21:32, Shane Gavin 21:55, Peter Sanders 22:09, Chris Van Unen 22:32, Rob Preston 22:40, Chelsea Fox 23:11, Trent Kooyman 23:20, Rebecca Anderson 23:21, Rickie Glover 23:26, Nicholas Talerico 23:43, Andrew Broberg 23:45, Karen Graham 23:48, Jack Warr 23:49, Geoffrey Francis 23:53, Ron Verschuur 24:03, Glenn Crawford 24:22, Stephen Renehan 24:24, Gary Fox 24:30, Kathryn Preston 25:35, Mattias Preston 25:35, Becky Grimwade 25:55, David Hood 26:04, Belkey Podmore 27:20, Ree Graham 27:53, Catherine Leonard 29:54, Danielle Kenney 30:05, Liz Kenney 30:05, Kristine Sapkin 30:13, Claire Macumber 30:17, Toby Grzmil 30:51, Kaye Livingstone 31:05, Tania Whitehead 33:09, Mandy Ellis 34:21, Matthew Morgan 38:30, Ruth Duljas 40:40, Samantha McGown 40:54, Jay McGown 40:56, Timothy Graham 41:41, Bob Duljas 42:00, Barry Higgins 43:10, Kylee Earl 47:45, Sep Marino 48:23, Marieka Reilly 49:03, Desley Gray 49:03, Steven Kaestner 50:23, Jye Kaestner 50:23, Michelle Colwell 52:11, Kathy Quinn 52:11, Peter Grixti 54:45, Belinda Heafield 54:53,

Darren Fielden 55:00, Robert Embleton 56:15, Ian Heafield 56:15, Sarah McKie NTR, Nicky Semmler NTR, Seth Bomers NTR, Molly Irvine NTR, Ian Cornthwaite NTR.

October 30th – Kay Street – Traralgon 5K – Halloween Special! Trip and Treat Ghost Run



With their usual speediness the Harriers' 'Scary Thursday' run up Kay Street in Traralgon was a day ahead of the Halloween 'Freaky Friday' the next day. The passers-by along the picturesque Kay Street median park were slightly nonplussed, or worse, when confronted by frightening figures with ghoulish faces running towards them.

Despite the frivolity among the macabre costumed creatures, times were still fast, considering the long uphill stretch from Breed St back up to Elizabeth St. The reward was a Halloween treat, dispensed by the Wicked Witch, aka Harrier vice-president Desley Gray.

The usual group dominated the fast times, with many juniors running well and showing promise. A number of first timers were also welcomed at the post-race gathering and lucky draw.

Spooky Kay Street Run/walk results

Results, Halloween Trip and Treat ghost run. Sav Mavrofridis 20:16, Ian Cornthwaite 21:23, David Barr 22:07, Andrew Greenhill 22:23, Dave Mann 22:35, Adrian Sutcliffe 22:53, Clinton Jolly 24:03, Ryan McLeod 24:04, Jack Warr 24:06, Chris Van Unen 24:09, Jason Odium 24:20, Peter Sanders 24:51, Geoffrey Francis

25:00, Trent Kooyman 25:40, Darrel Cross 26:45, John Skordakis 27:02, Karen Graham 27:20, Nicholas Talerico 27:20, Stephen McLeod 27:24, Paul Ellis 27:54, Gary Fox 28:00, Rebecca Anderson 28:37, Ben Wilkinson 28:38, Liz Kenney 28:56, Ree Graham 29:50, Mark Lansdown 29:56, Becky Grimwade 31:04, Toby Grzmil 31:07, Kay Pickard 31:14, Phillip Mayer 31:40, Kim Essex 31:53, Claire Macumber 31:55, Chesney Podmore 32:47, Kaye Livingstone 33:22, Leopold Notting 33:25, Fiona Syme 33:26, Owen Notting 33:35, Paul Smith 34:36, Molly Irvine 34:45, Tania Whitehead 35:22, Max Wilson 36:09, Ron Verschuur 36:09, Mandy Ellis 36:49, Emma Marino 39:17, Danelle Wright 39:34, Darren Fielden 42:00, Jay McGown 44:51, Samantha McGown 45:03, Ann Bomers 46:56, Stephen Renehan 48:48, Belinda Heafield 57:13, Michelle Colwell 57:54, Kathy Quinn 57:54, Peter Gixti 58:59, Robert Embleton 58:59, Nick Hodson 1:00:00, Kylee Earl 1:00:00, Ian Heafield 1:00:03, Kat Kent 1:07:00, Angelo Gaudio 1:07:00, Luke Marino NTR, Duke May NTR, Rose Anderson NTR, Linda Buhagiar NTR, Seth Bomers NTR, Barry Higgins NTR, Marieka Reilly NTR, Helen Whitby NTR, Desley Gray NTR, Stacey Podmore NTR, Aaron More NTR.



2025 Maffra Mile

Continuing one of the most jam packed (and successful) racing seasons possible, Dempsey Podmore took it right up to his fellow competitors in the running of the 2025 Maffra Community Sports Club Maffra Mile.

Unlike the women's race that preceded it, the men ran hard from the gun before settling at around 3mins/km. An initial group of four gave way to three with a lap and half to go, with Dempsey sitting in third place right on the heels of 19-year-old twin brothers Charles and James Leahy from Geelong.

As the final lap unfolded, the twins kicked and although Dempsey did his best to stay with them, he fell just short, crossing the line in a time of 4:53 (at an average of 2:55/km!). In the end it was Charles who prevailed for line honours in a time of 4:48 ahead of brother James (4:50).

Well done Dempsey!



Glenn Crawford

Right - From the Archives

*Ian Twite and Glenn Crawford
after the 2014 Maffra Mile*



Geoff Watt Memorial Fun Run

Congratulations also go to a father and daughter double at the previous week's Geoff Watt Memorial Fun Run. Yani Cornthwaite was the women's half marathon winner and Ian, a previous outright winner, was first in his 60+ age group.

A family affair. Father and daughter Ian and Yani Cornthwaite were winners at the Geoff Watt Memorial half marathon events.



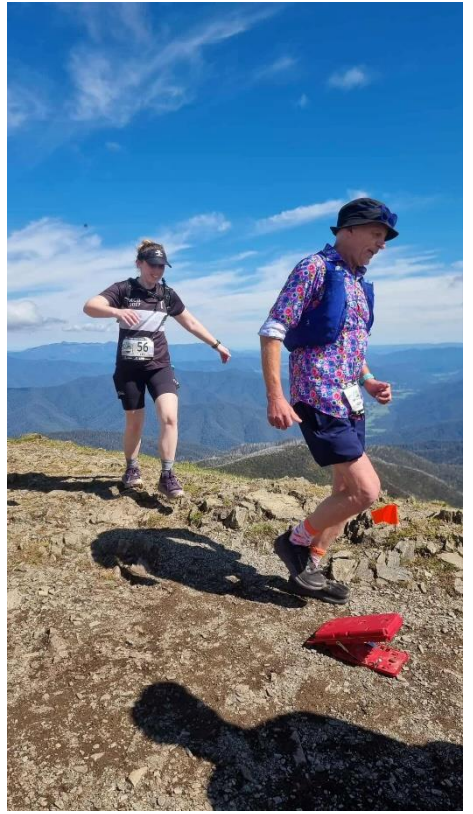
Family occasion. Liz Kenney and her daughter Danielle proudly display their recent Sunshine Coast half marathon medals. Liz and Danielle ran together on the previous week's All Occasions Winery course and no doubt shared lots of information!

Four Peaks

A number of Harriers and friends took part in the Four Peaks Bright Alpine Climb over the Melbourne Cup long weekend. Across the four days participants ran or walked to the summits of Mt Buffalo, Mt Feathertop, Mt Hotham and Mystic Hill. The now iconic event has had many distinguished athletes take part, as well as those who enjoy the countryside. The Harriers have a long connection with the event and strongly support it, almost fifty years since its inception.

Here's a selection of photos from Day 2 at Mt Feathertop. More photos and race reports to come in the next newsletter!





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

Carol & Barry Summersgill Cross Country Championships 12km and 6km

Thursday 13 November 2025



Edward Hunter Reserve Moe

Check-in from 5:15pm, with events starting from 5:50pm

Register online at <https://forms.office.com/r/FyS1FytrFr>
to speed up your check-in!

FREE for Harriers members and only \$10 for non-members

Paper entry forms also available on the day (but save yourself the hassle and sign up online instead!)

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



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

SCAN HERE
TO ENTER! ↓



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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:



**THE MIDDLE
OF EVERYWHERE**

