



TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

4 December 2025 - Volume 58 - Issue 24

THURSDAY RUN

This Week's Course

Churchill–Lake Hyland –
5K

Duty

Vicky Atkins &
Catherine Leonard

Marker

Mandy

Week 11/12

Christmas Fun Run
Traralgon Tennis Club

Duty & Marker
Committee

Week 19/12 FRIDAY 8PM

Christmas Lights Run
From Netball Courts

Markers

Desley, Marieka & Sep



Some of the Harrier legends of GSER – Jay & Sam McGown, Steve Renehan (fresh off 100miles!), Sav Mavrofridis, Bec Anderson and Jason Odium (pacer)

[Click through to read a reflection from Sam](#)

President's Message

Thursday 4 December 2025

It's hard to believe we're into December and the official start of summer! It's going to be a huge end to the year, with Sunday's **King and Queen of the Mountain** event and our famous **Christmas Fun Run and End of Year Awards Celebration** next Thursday.

Check out the details for both events in this edition of the newsletter and **PLEASE REGISTER ASAP** to assist our volunteers with planning! 😊

Remember that you can also register for King and Queen of the Mountain on the day, but **online registration makes things a lot easier** for our volunteers, as well as making your check-in experience quicker.

A few reflections on our summer running season so far – as I've mentioned previously, the positive energy and enthusiasm from members every Thursday has been amazing, and everyone should be proud of the friendly and supportive running community we've created.

It's little wonder then, that we continue to have consistently strong attendance numbers. So far this summer season we've averaged 67 runners per week, with our most popular run so far being the Traralgon Railway Reserve, with 75 runners taking part that night.

It's also been lovely to see members sticking around after each run to chat and catch-up with fellow Harriers. While running and walking is at the core of what we do as a club, the social interaction and friendships that we foster are even more important.

Kindness and respect should always be central to everything we do, and I want to thank our members for upholding these values and creating such a great environment.



Register now for next Thursday's Christmas Fun Run and End of Year Awards Celebration!
[Click here](#)

There's been some interesting research over the years on the benefits of running clubs and "social running".

I'm sure we would all be aware from our own personal experience about the powerful impact running with friends and groups has on our wellbeing. But multiple studies have also shown clear benefits in relation to **social connection, emotional support, accountability and other psychological benefits**, not to mention the obvious health and physical benefits of running and walking regularly.

So if you needed yet another reason to be part of Traralgon Harriers, there's scientific research to back you up!

We hope you enjoy this edition of the newsletter, and I look forward to seeing you over the coming weeks in the exciting lead up to Christmas!

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

King & Queen of the Mountain (Race Director: Ron Verschuur)
Sunday 7 December

- [Relay Team Entry Form – Register here](#)
- [Individual \(Solo\) Entry Form – Register here](#)



Harriers Christmas Fun Run and End of Year Awards Celebration

Thursday 11 December

Starting at the Breed Street Netball Courts Traralgon from 6pm

[Click here for details and to register](#)

Martin Thompson Boolarra Run (Race Directors: Tobi Grzmil and Danelle Wright)
Date TBC

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 Fun Run and Awards Celebration**
[Click here for details and to register](#)
19 ——— 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

Harriers Christmas Fun Run and Awards Celebration 🎄

Thursday 11 December 2025

Fun run and games from 6pm, starting at the
Breed Street Netball Courts, Traralgon

Awards and Christmas feast from 7pm
at Traralgon Tennis Centre



CLICK OR SCAN TO REGISTER

FOOD AND DRINKS: BBQ beef brisket, coleslaw and rolls (including gluten free rolls); Vegetarian and plain pizzas (including gluten free base options); sweet treats and snacks; full bar service, including two complimentary drink tickets per guests (beer, wine, ciders and non-alcoholic drinks included).

**PLEASE ADVISE OF YOUR DIETARY REQUIREMENTS
WHEN REGISTERING**

Harriers Members are FREE!

Guests welcome at \$25 per person or \$15 for children under 13
(EFTPOS or cash payment on arrival)

Don't forget to wear your Harriers Christmas
Running Singlet!

New members provided with their singlet on the night.

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
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	
19 Dec 2025	From Netball Courts Traralgon (8pm start)	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	Toongabbie Golf Club	6 km		Phill Mayer	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			

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

November 20th – Kay Street Church (Traralgon-Morwell Bike path) – 5K

Last weeks (Nov 20th) Harriers Thursday night run was a 5km course along the Traralgon – Morwell walking trail starting at the Traralgon Lutheran Church. The course is an undulating, tree lined trail running parallel to Old Melbourne road.

First runner home was Peter Cutler in an impressive 17:17 followed by Miles Verschuur 18:58 and John Skordakis in 19:00. First of the ladies home was Chelsea Fox in 24:42 followed closely by Liz Kenney 25:07 and Lucy Magaldi 26:27.

Traralgon-Morwell Bike path Run/walk results

Peter Cutler 17:17, Miles Verschuur 18:58, John Skordakis 19:00, Daniel Furmston 19:02, Ian Cornthwaite 19:42, Sav Mavrofridis 20:21, David Barr 20:29, Andrew Greenhill 20:30, Ash Crawford 20:40, Adrian Sutcliffe 21:05, Matthew Deppeler 21:16, Clinton Jolly 21:32, Dave Mann 21:33, Peter Sanders 22:24, Trent Kooyman 22:30, Darrel Cross 23:00, Chris Van Unen 23:11, Ryan McLeod 23:14, Ron Verschuur 23:42, Daniel Wright 24:20, Chelsea Fox 24:42, Gary Fox 24:44, Paul Ellis 24:53, Andrew Broberg 25:00, Liz Kenney 25:07, Belkey Podmore 25:39, Corey Milner 25:42, Stephen Mcleod 25:58, Lucy Magaldi 26:27, Ben Wilkinson 26:59, Marieka Reilly 27:20, Jim Cutler 27:23, Fiona Syme 27:44, Michelle Sawyer 27:54, Mark Lansdown 27:59, Ree Graham 28:51, Leopold Notting 28:55, Jye Kaestner 28:56, Owen Notting 28:57, Rickie Glover 28:57, Allen Timmer-arends 30:17, Paul Smith 31:39, Lauren Peter 31:53, Ashleigh Dugan 32:00, Molly Irvine 32:00, Catherine Leonard 33:00, Shane Wilson 33:35, Rebecca Anderson 33:41, Tania Whitehead 34:18, Mandy Ellis 35:33, Lynda Jones 39:56, Desley Gray 47:31, Belinda Heafield 49:40, Barry Higgins 49:40, Darren Fielden 52:00, Nick Hodson 53:17, Kylee Earl 53:17, Ian Heafield 55:00, Toby Grzmil NTR, Yani Cornthwaite NTR

November 27th – Cochrane's Road – 6K

Last weeks (Nov 27th) Harriers Thursday night run was a hilly 6km course around the plantations on Cochrane's Road Traralgon. Conditions were excellent for the field of 65 keen runners.

First runner home was Peter Cutler in an impressive 18:52 followed by Dempsey Podmore 19:03 and Daniel Furmston in 19:15. First of the ladies home was Molly Irvine in 26:00 followed closely by Karen Graham 26:35 and Liz Kenney 27:53.

Last weekend several hardy Harriers competed in the Great Southern Endurance Run (GSER) at Mt Hotham. Stephen Renehan completed the premier 100 mile event in 34hrs 59min with pacer Jason Odlum bringing him home the last 30km (pictured below). Stephen finished in an excellent 24th position out right. Kathryn Preston completed the 50mile event and was the 6th Lady home in a time of 13:56. In the 50km event Sav Mavrofridis came in 4th place in 6:47, Jay McGowan came in 33rd in 9:18 and Jack Warr finished 47th in 10:01. In the 14km event Bec Anderson came in 12th in 1:49 while Sam McGowan and Megan Scott came in 30th and 31st in 2:43. Young Mattias Preston came in 9th in the mens group in 1:34.

The Harriers annual event “The King & Queen of the Mountain” will be held on the 7th of December. This year’s 30km course will start at the Jeeralang North Hall and end at the top of Mt Tassie, taking in logging and walking trails. The event is open to non-members and may be run as an individual 30km leg or as a relay with teams of 2 (*15km) or 5 (*6km) runners.

Cochranes Road Run/walk results

Peter Cutler 18:52, Dempsey Podmore 19:03, Daniel Furmston 19:15, Miles Verschuur 20:24, Greg Semmler 20:44, Ian Cornthwaite 21:05, Dave Mann 22:26, Adrian Sutcliffe 22:49, Matthew Deppeler 23:04, Nelson Archibald 23:07, Clinton Jolly 23:14, Darrel Cross 24:29, Peter Sanders 24:57, Jack Warr 25:01, Trent Kooyman 25:02, Chris Van Unen 25:17, Ron Verschuur 25:58, Molly Irvine 26:00, Seth Bomers 26:24, David Barr 26:25, Karen Graham 26:35, Jim Cutler 27:25, Stephen Mcleod 27:39, Andrew Broberg 27:42, Ben Wilkinson 27:43, Nicholas Talerico 27:51, Liz Kenney 27:53, Errol Poole 28:02, Shane Wilson 28:43, Belkey Podmore 29:57, Mark Lansdown 30:16, Fiona Syme 30:40, Ree Graham 31:06, Desley Gray 31:21, Marieka Reilly 31:53, Chesney Podmore 32:17, Toby Grzmil 32:18, Ash Crawford 32:35, Ivy Crawford 32:35, Sep Marino 33:05, David Hood 33:13, Melissa Jones 33:17, Catherine Leonard 33:29, Angelo Gaudiano 33:58, Paul Smith 34:32, Phillip Mayer 35:10, Mandy Ellis 35:36, Jay McGown 38:12, Bailey Rollandin 39:22, Shay Lorenz 43:59, Samantha McGown 44:43, Lynda Jones 46:06, Barry Higgins 46:52, Chelsea Fox 50:43, Timothy Graham 55:00, Michelle Colwell 55:53, Kathy Quinn 55:53, Nick Hodson 58:40, Kylee Earl 58:40, Nicky Semmler 1:01:00, Ann Bomers NTR, Rebecca Anderson NTR, Shane Gavin NTR, Anja Norwood NTR.



Gary Fox

News from the track



Thursday November 20th saw Harriers Dempsey Podmore and Glenn Crawford journey back to Melbourne, this time to Lakeside Stadium for the Victorian 5000m Championships.

Once again it was Glenn who was first on track, running in the mixed open 'E' event. Starting from station #1 on the rail, Glenn began optimistically, posting an opening lap somewhat faster than his target. Shortly thereafter, it went backwards in a hurry with the early opening speed catching up with Glenn (pictured left with credit to Elvis Koo). After 12 and a half laps, he finished a disappointing 14th in a time of 19:39.

Fortunately Dempsey (pictured below with thanks to Athletics Victoria) managed to restore some pride for the Big T, taking it right up to his competitors in the hotly contested Male Under 20 'B' race. He ran in touch of the leaders for much of the race, finishing just outside of the top 4 in 5th place in the speedy field of 14, posting an excellent time of 15:50. It was a photo finish for first place with first and second crossing within hundredths of a second in 15:35.

Elsewhere, running in the Male Open 'A' event, Lucas Chis broke the Australian under 18 record, in a time of 14:06.76 – seriously fast!

A shout out to Marty Lynch who has been consistently contesting the AVSL meets. In the most recent round at Murrumbeena on November 29th, he ran a very solid 61.47 in the 400m, his first 400 of the season and first since January this year. It capped a busy day on the track for Marty, also contesting the 1500 and 100m events.



Glenn Crawford

GSER Reflection

My feelings for this event were very different as I wasn't nervous at all and was looking forward to spending the day in one of my favourite places in Victoria. Watching the weather all week with bated breath it was a relief to arrive at our camp at Victoria Falls to a magical sunset and the chorus of birds at dusk. Deciding to collect our bibs and check in Jays drop bag in the morning we had an early night, ready for an adventure in the mountains.

Waking up the bike riders, who had arrived in the early evening all loaded down with their packs, we set off up the mountain for final check-ins. We arrived in time to wish Kathryn Preston a great day as she left for the 50 mile event. Drop bag delivered, I caught up with fellow runners I had met or run with at previous events before watching Jay start his 56kms. I had two hours to wait before the start of my event but I wasn't nervous at all and was so excited to get the race started. With the arrival of Megan it was time for the trail party to begin!



Our course began by running under the Great Alpine road and following a well-groomed gravel path through the snow gums before crossing the main road and heading down the Brandy creek link track. The course then turned right onto the Cobungra ditch track. This trail was very runnable and was a mixture of muddy patches, leaf litter covered single track and well-groomed grass track. Many photos were taken of Murphys creek falls, hillsides consisting of baby head boulders and patches of snow on the mountains as we jogged along chatting and laughing. The path back to the main road to complete our loop was the Edelweiss track which was a series of short steep switchbacks with the most magnificent views behind us. Megan did a great job as photographer on this section as it seemed we were having too much fun and taking too long and the event photographer had left the trail already. Rowan was waiting at the road to escort us across and Megan (the RD) was also there to celebrate us reaching the top of the hill. As a back of the pack runner I don't usually get the opportunity to pass people especially uphill and I was really proud of that hill climb as I managed to not only catch up to two other runners but pass them and stay in front of them for the push to the end. Another set of stairs was climbed before meeting back up with the longer distance runners behind Hotham village.

The last two kilometers of a race is always the time I remind myself this is where the training pays off. If you don't have a trail running friend who will enter races with you at the last minute just to hang out and share snacks with you, can I suggest you find one. They are the best. Megan pushed me to the end, and I was able to pick up the pace, encouraged along by Megan (the RD) and her

girls shouting at me from the car as they passed.

Seeing the smiles on our faces as we crossed the finish line on our sprint finish is a fantastic memory of how friends can help you accomplish hard things.

The trail community is made up of the best people and I can now say I am a [woman of GSER](#).



Samantha McGown

GSER (selected results)

100 miles:

Stephen Renehan 34:59:52

50 miles:

Kathryn Preston 13:56:22

56km:

Sav Mavrofridis 6:47:00

Jay McGown 9:18:43

Jack Warr 10:01:15

28km:

Curtis Lloyd-Webb 5:20:22

14km:

Mattais Preston 1:34:10

Bec Anderson 1:49:34

Sam McGown 2:48:43

Megan Scott 2:48:43



Yani's Marathon Run



Above - Yani stands alongside Rhiannon and Kate with her podium prize.

Congratulations to Yani Cornthwaite on achieving third place in the women's division of the [Run For The Young Marathon](#) held at Lilydale on November 23rd, conducted by the Bridge Builders Youth Organisation as a fund raiser.

The less-than-perfect weather, with light drizzle and a grey sky, did nothing to dampen the mood as participants hit the course with big smiles

The women's placings were: Rhiannon Snipe (03:09:00), Kate Kruger (03:20:08), Yani Cornthwaite (03:22:08).

Well done Yani!

Meanwhile, in equally trying conditions, Liz Kenney (pictured centre right) took home second place in the women's division of the 14km event at the **Maffra Lions Club Fun Run**. Liz said "it was a great day, even though we all thought the rain would clear – and it didn't – but it only made for more fun!"

Indeed, It rained start to finish but was still a fun morning out on the Gippsland Plains Rail Trail. Despite the conditions, there were 113 to face the starter and another 11 that didn't start.

Noah Little



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

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

- SAVE TIME ON THE DAY BY REGISTERING ONLINE - links below
- On the day registrations and check-in from 7.30am
- All events start at 8.30am

Entry Fees (Cash or EFTPOS on the day)

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



T
TRARALGON
HARRIERS
Est. 1967

Relay Team Entry

[Click here or scan below](#)



Solo (Individual) Entry

[Click here or scan below](#)



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:

