

FORTNIGHTLY NEWSLETTER

18 December 2025 - Volume 58 - Issue 25

THURSDAY RUN

This Week's Course

Christmas Lights Run From Netball Courts FRIDAY 8PM

Markers
Desley, Marieka & Sep

THE SUMMER I TURNED PRETTY

(Summer Break)

Week 15/1 2026

Gelato Gallop – start from Railway Station car park over the bridge off Queens Parade

Duty
Scott Syme &
Lauren Peter

Marker Ron V



Click through to read about the evening and see some of the winners in photos

President's Message

Thursday 18 December 2025

What a fantastic way to finish the year with our Christmas Event and End of Year Awards Night last Thursday! It was a great night filled with fun, activities and plenty of smiles, and a wonderful opportunity to come together to celebrate, and thank the people who make our club what it is.

My sincere thanks to all our members, Committee Members, Executive team, and our sponsors and community partners for your ongoing commitment and support throughout the year.

I would also like to once again congratulate our major award winners for 2025:

- Inaugural Club Spirit Award:
 Samantha McGown and Jay McGown
- President's Award:
 Kate Mayer and Phill Mayer
- Harriers Club Person of the Year: Ron Verschuur

These awards recognise the incredible positivity, dedication and service that these members bring to Traralgon Harriers, and they couldn't be more deserved.

In recent months, we have also been presenting our Life Members with gold pins to recognise their honour and significant contributions to our club. This week we presented Life Member and club legend, Ian Cornthwaite with his pin, capping off a remarkable year where he was crowned the Athletics Victoria XCR series 60+ Male Champion.

It's an understatement to say that it's been another big year for our club, with some outstanding achievements and the successful hosting of several major events. From the Community Fun Run, and the Traralgon Marathon and Running Festival, to the Memorial Run, King and Queen of the Mountain and more, there has been no shortage of highlights.

At the heart of it all, are our weekly Thursday night runs, which continue to foster inclusiveness, community, friendship, health and connection — the true core of our club.



Enjoying the food and festivities at this year's Christmas Event and End of Year Awards.

To finish the year, I encourage everyone to join us this **Friday for our annual Christmas Lights Run** around Traralgon.

This is an unofficial, non-points run that is all about having fun! Wear your Harriers Christmas singlet or dress up in your most festive costume.

We'll be meeting at the Breed Street Netball Courts from 8.00pm this Friday. Members, friends and family (including kids!) are all very welcome.

We'll take a short break from our Thursday runs and the newsletter over the Christmas and New Year period, returning on Thursday 15 January with the new "Gelato Gallop" course, finishing at Augustus Ice Creamery in Traralgon. Please keep an eye on the newsletter and our social media pages for further details.

On behalf of the club, I wish all Harriers members, families and friends, along with our valued community sponsors and partners, a safe and happy festive season.

I look forward to seeing you all again in 2026 for many more great running experiences together!

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

Christmas Lights Run

Friday 19 December, meeting 8pm at the Breed Street Netball Courts Traralgon

Martin Thompson Boolarra Run (Race Directors:

Tobi Grzmil and Danelle Wright)

Date TBC



Pictured above – Executive members Sep Marino, David Barr, Ann Bomers and Desley Gray

New member?

<u>Click here</u> to find out all you need to know about getting involved with our Thursday night runs.

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
19	Christmas Lights Run - 8pm from the
	Breed Street Netball Courts Traralgon

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

News or thoughts to share?

Email through to Glenn Crawford at

glenn@bcsaccountants.com.au



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	
19 Dec 2025	From Netball Courts Traralgon (8pm start)	7 km	Xmas Lights Run - NON-POINTS RUN	Desley, Marieka, Sep		
25 Dec 2025						
1 Jan 2026	Summer Break					
8 Jan 2026						
11 Jan 2026	Two Bays Trail Run Dromana					
15 Jan 2026	Gelato Gallop Traralgon	5 km	Augustus Ice Creamery after the run	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 <u>click here</u>), 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

December 4th - Lake Hyland Churchill - 6K

Sixty-nine motivated runners, walkers and helpers ventured to Churchill last Thursday for three circuits of Lake Hyland. This Traralgon Harriers' 6km event constituted one smaller lap hugging the lake, then 2 additional, hilly, expanded laps on walking trails and boardwalks in very warm and sunny conditions. The end result was a bunch of sweaty though very well-satisfied participants.

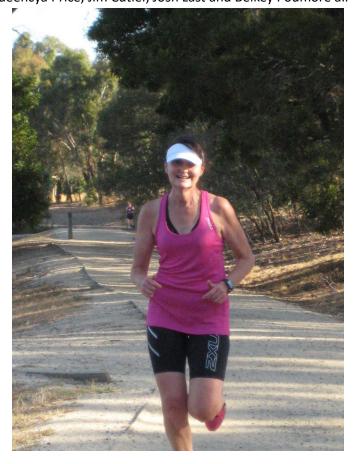
Despite the trying conditions, several juniors, some of them new to the Harriers' Thursday event, completed the course: Miana Rippon-Milner, Queencya Price, Jim Cutler, Josh Last and Belkey Podmore all

finished amongst the first 30% to 50% of the field.

A standout result amongst many strong efforts was Jack Warr's fourth quickest time outright in 23:58. This represented an outcome about five minutes faster than Jack posted in the Railway Reserve 6km of about three weeks ago.

Given that the following Sunday's daunting yet much respected Mt. Tassie King and Queen of the Mountain race was looming, several Harriers' eased off the throttle, producing slower than expected results, while still managing to record some of the quickest outcomes.

The three fastest females included Yani Cornthwaite, Liz Kenney (pictured right) and Ree Graham, while the speedier male equivalents were Peter Cutler, Sav Mavrofridis and Miles Verschuur.



Lake Hyland Run/walk results

Peter Cutler 21:49, Sav Mavrofridis 22:58, Miles Verschuur 23:44, Ian Cornthwaite 23:56, Jack Warr 23:58, Johnn Skordakis 24:53, David Barr 24:59, Dave Mann 26:10, Rob Preston 26:47, Adrian Sutcliffe 27:07, Yani Cornthwaite 27:53, Trent Kooyman 28:25, Chris Van Unen 28:51, Stephen Renehan 29:29, Jason Odlum 29:38, Ron Verschuur 29:42, Scott Syme 30:21, Shane Wilson 30:37, Liz Kenney 31:09, Ryan McLeod 32:15, Ben Wilkinson 33:16, Stephen Mcleod 33:21, David Hood 33:25, Peter Sanders 33:38, Errol Poole 33:47, Jim Cutler 33:49, Josh Last 34:00, Nicholas Talerico 34:40, Belkey Podmore 35:23, Mark Lansdown 35:45, Ree Graham 35:50, Jordan Gill 37:00, Jye Kaestner 37:29, Molly Irvine 37:30, Fiona Syme 37:30, Angelo Gaudiano 37:30, Claire Macumber 39:07, Miana Rippon_milner 39:20, Corey Milner 39:29, Queencya Price 39:29, Chelsea Fox 39:29, Desley Gray 40:00, Marieka Reilly 40:00, Toby Grzmil 40:31, Lauren Peter 41:12, Giovanni Marino 41:50, Ash Crawford 43:09, Ivy Crawford 43:09, Tania Whitehead 44:06, Jay McGown 52:05, Samantha McGown 53:04, Paul Smith 55:43, Barry Higgins 57:58, Anja Norwood 1:00:00, Shay Lorenz 1:00:03, Belinda Heafield 1:00:17, Darren Fielden 1:02:00, Michelle Colwell 1:02:51, Kathy Quinn 1:02:51, Nick Hodson 1:03:00, Kylee Earl 1:03:00, Lynda Jones 1:03:00, Nicky Semmler 1:04:59, Sarah McKie 1:04:59, Kat Kent 1:06:51, Bob Bicket 1:12:00, Mandy Ellis NTR, Vicky Atkins NTR, Catherine Leonard NTR

December 11th- Christmas fun and games

The modern Traralgon Harriers Athletics Club celebrated its 57th year of existence on Thursday, December 11th with their annual Christmas Breakup games and Winter Season awards evening. (Incidentally, according to Trove, the original Traralgon Harriers Club was formed in about 1885 "as an auxillary to the local football club" and in May 1885 conducted its first running race of about 8 miles.)

Thursday's event, though, was less about racing and more about fun and acknowledgement of achievements and club contributions throughout the winter season and long term.

The games event kicked off at 6pm on a grassy field with the formation of multiple teams of from five to seven members of varying ages and athletic prowess. A series of mostly sport-related puzzles and tasks had been set up ranging form a giant Harriers-themed jigsaw through varying coordination-testing ball sports to bean-bag-throwing. Time limits were set and each team endeavoured to score as many points as possible within a time limit before rushing to the next challenge. The end result was a lot of laughing and eventually two winning teams: the "Holly Jolly Runners" for a win on points and "Helen of Troy and the Naughty Boys" for the most creative name.

The Harriers' then ventured across a Traralgon Creek footbridge to the Tennis Centre, joining yet more Harriers and family members for an evening of dining and awards presentations. Total attendance was guessed at about 100.

As is the Harriers' modus operandi and as was emphasized by the club President, Giuseppe Marino, the awards recognize more than athletic achievement. The awards celebrated consistent attendance by both runners and walkers, junior participants, club spirit (generosity, support, friendliness), long-term and committed contribution, and exceptional personal qualities. Executive members and the Harriers' large team of committee members were also awarded and the Media Committee members were thanked.

Awards night results

Top 3 Male Walkers
Bronze lan Heafield
Silver Des Dalton
Gold Barry Higgins

Top 3 Female Walkers

Bronze Kathy Quinn
Silver Michelle Colwell
Gold Kristina Creighton

Top 4 Most Consistent (in no particular order)

Mark Lansdown Daniel Symons Michelle Colwell Kylee Earl

Top 3 Junior Runners

Bronze Seth Bomers

Silver Dempsey Podmore

Gold and Winter Junior Championship winner: Belkey Podmore

Top 3 Male Runners

Bronze Chris Van Unen Silver Trent Kooyman

Gold and Male Winter Season Championship winner: Adrian Sutcliffe

Top 3 Female Runners

Bronze Desley Gray
Silver Liz Kenney

Gold and Female Winter Season Championship winner: Ree Graham

Club Life Member

Ian Cornthwaite

Club Spirit Award:

Samantha and Jay McGown (pictured right)

Harriers President's Awards:

Kate Mayer Phil Mayer

Traralgon Harriers' Club Person of the Year Award:

Ron Verschuur

Ian Cornthwaite





Above – Phill and Kate Mayer Below – Season winners (male) Trent, Adrian and Chris



Above – Desley Gray & Ree Graham Below – Walkers Michelle, Kathy, Des and Ian







Above – The 2025/26 Harriers Committee Members Right – Junior winners Seth Bomers, Belkey Podmore and Dempsey Podmore

2025 Hallora Marathon Festival – Selected results

Marathon: Stephen Renehan 03:43:23, David Mann 04:01:12.

24km: 1st. Darren Jeffreys 1:28:36, Sav Mavrofridis 1:30:45, Bill Barry 1:43:33, Carly Korab 2:20:42.

16km: 1st. Peter Cutler 1:00:08, Darrel Cross 1:17:43, Liz Kenney 1:30:45, Ree Graham 1:33:56, Cat Leonard 1:43:34, Shae Baxter 1:45:57.

8km: Kate Mayer 00:40:05, Phillip Mayer 00:46:48, Kim Essex 0:50:47.

5km: Sarah Lewis 00:20:07, Martin Lynch 0:21:05, Sally Theobald 00:23:09.



Traralgon Harriers' King and Queen of the Mountain

The locally-iconic 32km race up the tallest mountain in the Strzelecki Ranges was staged on Sunday (7.12.25) and yet again lived up to its reputation of a battle with the terrain and mind over body.

In what must now be approaching the 50th episode of this event, the Mount Tassie King and Queen of the Mountain, this years' edition saw some tweaks to the start and the first 8km or so of the course. The Jeeralang North Hall proved an excellent starting point, providing shelter from fickle weather, toilets and providing off-road parking; although this did mean about an extra kilometre added to last year's 31km course.

As per ususal, starting numbers for the full 32km were modest, however it was satisfying to see a sprinkling of non-members as well as a strong turnout of Harriers. There were also four entries in the teams category, varying from 5 members to just two.

As expected in the 32 km race, Sav Mavrofridis, having recovered enough from his strong performance in the 50 km Great Southern Endurance Run (GSER), headed out at a fast clip and soon vanished from sight. Several minutes behind, a threesome of Daniel Furmston, Miles Verschuur and Ian Cornthwaite stuck together like glue for at least the first 16km before Furmston called on his superior endurance, leaving Verschuur and Cornthwaite to grind out the remaining distance as a twosome (mostly).



Mavrofidis finished first outright in a personal best time 6 minutes faster than last years result on a shorter course and said he found this year's race relatively easy! Furmston took out second place, having established a clear 11min lead over third place getter, Verschuur.

Meanwhile, renowned veteran endurance athlete and trail runner Kylie Murray was hot on the trail of the leading runners and continued in this vein to finish fifth outright and first female home with a very safe 19 minute lead over Amber McManus and then another 1 hour 19 minutes to the third female, Wendy Chalmers.

The teams event was won by the 5-member team, Oxygen Optional Crew, although not without some competition pressure from the other 3 teams.

Pictured left – Outright winners Kylie Murray and Sav Mavrofidis

Results:

31km individual:

Sav Mavrofridis 2:23:55, Daniel Furmston 2:33:15, Miles Verschuur 2:44:23, Ian Cornthwaite 2:44:48, Kylie Murray 2:50:11, Gordon Knight 2:53:11, Greg Semmler 2:53:32, Ash Crawford 2:54:50, Rob Preston 2:56:58, Adrian Sutcliffe 3:05:04, Dave Mann 3:07:27, Amber McManus 3:09:18, David Barr 3:12:46, Jack Warr 3:17:35, Stephen Renehan 3:27:09, Richard Matison 3:31:07, Jason Odlum 3:33:04, Curtis Lloyd-Webb 3:33:21, Jason Chislom 3:33:46, Shane Wilson 3:47:13, Pete Sanders 3:48:20, Errol Poole 3:54:14, James Bjerno 4:27:08, Wendy Chalmers 4:28:40, Clinton Jolly 4:28:40, Ian Twite DNF

31km relay:

Oxygen Optional Crew (Daniel Hahn, Tom Pearce, Desley Gray, Bec Anderson, Trent Kooyman) 3:05:50, Greg's Gang (Ree Graham, Cat Leonard, Gary Fox, Kathryn Preston, David Hood) 3:18:15, Crossy & Co. (Liz Kenney and Darrel Cross) 3:19:22, Travis and Anna (Travis White and Anna Cardillo) 3:21:02.

Volunteers:

Tobiaz Grzmil, Bruce Salisbury, Mark Lansdown, Rick Mann, Des Dalston, Giuseppe Marino, Clinton Jolly, Ann Bomers, Randella Barnes, Miles Verschuur and Ron Verschuur (Race Director).

Pictured right - 3 members of the winning team: Bec Anderson, Trent Kooyman & Desley Gray.

Ian Cornthwaite



GSER Reflection

On November the 22nd I got to test myself against the Great Southern Endurance run 56km. With over 2500m of elevation gain the 56km race started at Whisky Flat and run up to Mt Hotham before descending to Harrietville on the quad busting Bon Accord track. It then climbed Bungalow Spur to visit Mount Feathertop before traversing the Razorback and returning to Whisky Flat over the top of Mount Hotham.

In the beginning I felt great! I danced down the top of Bon Accord, akin to a river dancer where my feet were fast and I felt light as a feather; It was going to be a great day ②. This was until the reality of the punishing descent set in and slowed my jig to a waltz; the only rock left in my step became the rocks littering the track before it finally smoothed out and I completed the last undulating section to the Harrietville aid station on jelly legs. Leaving Harrietville refreshed and still having fun, I run... shuffled, but mostly marched up bungalow spur to Mt Feathertop. Joined by a few fellow soldiers, our small squad of four occasionally chatted but mostly trudged up in silence picking up stragglers on the way up, like a caterpillar in locomotion, we made our way to federation hut to welcome water before the final pinch to Feathertop. The last sharp section of Feathertop was blunted a little after seeing a fellow Harrier and trail legend Stephen Renehan on his way down who was at that stage roughly 31hrs into monstering his Miler.

Reaching the summit our spirits were as high as the 1920 meter Mount Feathertop summit which was clouded over and somewhat chilly. After a few minutes relishing that fact that the biggest climb was over, business moved to descending and trying to make some ground over the seemingly never-ending rocky ankle straining terrain of the Razorback . Our little band of four split in two as we leap frogged each other across the Razorback. When it did smooth out, the impulse to run waned taking considerable mental conviction, as I had now run out of water and at that point could only stomach jelly beans.

Grateful to arrive at Diamantina hut, I refilled my water and then trudged up the double black Diamantina run, where earlier in the day I had enthusiastically danced my way down. By this stage my legs were pretty cooked and after reaching the top of Hotham soon discovered my quads were on strike when attempting to descend the other side. It wasn't over yet though, meeting Sam at Hotham Central with some life-giving Coke I soldiered on waiting for something to change and it slowly did. Resigned to spending the last hour in a slow death march to the finish, the pain dimmed a little and I began jogging. You know everything is hurting when even your excess belly fat screams at you



with every little jiggle. Through the township and onto the ski trails, running once again became my primary mode of motion, and before long I was crossing the finish line, battered, sore and happy to have got it done.

Despite the discomfort and wondering what the hell I was doing at times, the magic of the High Country, shared suffering and finish line feelings remind me why we do this crazy sport. A huge congratulations to all the other runners and particularly those completing the 162km Miler and the new friends I made on the way up Bungalow. Thanks especially to Matt and Megan who work tirelessly to put on a brutal yet beautiful event.

Jay 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

KILCUNDA TRAIL RUNNING FESTIVAL SUN 1 FEB, 2026

Victoria's Bass Coast offers fantastic trail running for people wanting to experience coastal trail running at its best.

Located only 90 minutes from Melbourne on the Bass Highway, Kilcunda offers access to Philip Island, Inverloch, Wonthaggi and a host of other destinations to explore after the run.

Enjoy running along rolling grassy slopes and sandy beaches and striding up challenging hills located between the cliffs overlooking the Southern Ocean and green fields with cattle grazing contentedly.

Village Address: Nature reserve opposite the Kilcunda Ocean View Hotel, 3531-3533 Bass Hwy, Kilcunda VIC 3995

https://www.singletrack.com.au/kilcunda-trail-running-festival

RACE DISTANCES:

- 21km
- 17km
- 10km
- 5km

