



TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

15 January 2026 - Volume 59 - Issue 1

THURSDAY RUN

This Week's Course

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

Duty

Scott Syme &
Sep Marino

Marker

Ron V

22/1/26

Traralgon South Trundle including Club Dinner

Duty

Rob Preston &
Helen Whitby

Marker

Desley

29/1/26

Chook Hill

Duty

Stephen McLeod &
Stephen Renehan

Marker

Molly



Corey Milner pushing hard on his way to taking line honours in the 2026 Two Bays Trail Run (56km)

[Click through to read some summaries from the event and recap of the results](#)

President's Message

Thursday 15 January 2026

Welcome back to all Harriers Members and friends!

This is just a quick message as we jump back in after the Christmas and New Year break. We're already looking forward to another big year ahead.

Expect plenty of fun, some great courses to run and explore, and that awesome social vibe that makes Traralgon Harriers such a special club.

We're kicking things off this week with a brand-new course, the Gelato Gallop Traralgon! Join us for the run, then stick around and treat yourself at Augustus Ice Creamery afterwards.

There are plenty of big events on the calendar in 2026. And of course, none are bigger than the 59th Traralgon Marathon and Running Festival on Sunday 14 June.

Early bird entries are now open at traralgonmarathon.org.au, with great discounts available for Harriers members.

A big shout-out to all the Harriers who've been racing over the past few weeks at events like the Sands Invy Fun Run, Lorne Pier to Pub, and Two Bays. It's always fantastic to see so many Harriers' names in the results.

We're looking forward to seeing you on Thursday and at our wonderful club events throughout the year. Stay safe, have fun, and enjoy your running!

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

Traralgon Marathon and Running Festival 2026

(Race Director: Desley Gray)

Sunday 14 June

Glengarry Football Netball Club

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

JANUARY

15 Scott Syme & Sep Marino
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

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
15 Jan 2026	Gelato Gallop Traralgon	5 km	Augustus Ice Creamery after the run	Ron V	Scott Syme & Sep Marino
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	Tonders 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

Summer events- Selected results for Harriers and friends

The Sands Invy Fun Run, Inverloch, 4th January.

9km: Anna Cardillo 44:43, Megan Scott 51:45, Eudora Walker 1:03:48. Male U18: William Lambert 42:48.

6km: Thomas Lambert 27:45 (8th/230), Catherine Lambert 37:37 (13th/234).

Lorne Pier to Pub, 10th January:

Brenton Ford 12:02, Andrew Legge 18:44.

Cadbury Marathon, 11th January:

David Styles (75-79 years) 5:21:19.

Cadbury Half Marathon: Katrina Hall 02:10 55, Mandy Ellis 2:30:45.

Two Bays Trail Run

28km:

Toby Sparkes 1:47:05, Sav Mavrofridis 2:01:41, Kate Avery 2:01:46, Miles Verschuur 2:16:15, Ian Cornthwaite 2:17:57, Bill Barry 2:35:04, Andrew Greenhill 2:37:19, Clinton Jolly 2:42:00, Curtis Lloyd-Webb 2:42:23, Sally Theobald 2:44:16, Jessie Gollow 3:00:57, Ian Twite 3:29:06, Ree Graham 3:27:23, Mark Lansdown 4:00:26, Bjorn Luxmann 4:01:12.

56km:

Corey Milner 4:15:05, Caitlin Fielder 4:17:19, Stephen Renehan 5:57:34, Yani Cornthwaite 6:02:04, Bec Howe 6:25:31, Dave Mann 6:48:00.

Victorian Country Championships – Albury

Bizarrely, the Victorian Country Championships this year are being staged in Albury – which last time I checked was in NSW! In any case, it couldn't be further away from Gippsland. Whether this has contributed to the fact that Twitey is our lone Harriers representative I am unsure but as it stands, he is a team of one heading into the Australia Day long weekend ahead.

Look out for Twitey in the 3,000m and 10,000m events respectively. Good luck!

Two Bays Trail Run 2026

It's that magical time in mid-January where trail runners descend on Dromana to run the famous 'Two Bays', either:

28kms – Dromana to Cape Schank (approx.. 700m elevation)

56kms – Cape Schank to Dromana to Cape Schank (approx.. 1400m elevation)



Despite the recent hot & windy weather and after approval from the relevant authorities to proceed with the race (total fire ban) we had a number of our wonderful Harriers members take part in 2026.

With the smoke cleared, runners were presented with ideal racing conditions to run between the two coastlines of the Mornington Peninsula. The climb up Arthur's Seat and down to McLaren's Dam is challenging but the reward on the other side is some of the best aid stations you will experience in a trail event! I'm talking cheering, music, electrolytes, water, lollies and even Zooper Doopers as it heats up!!

The undulating trail through Greens Bush leads you to Bushrangers Bay before you veer around the see the lighthouse at Cape Schank. If you think the aid stations are good then you will be blown away by the finish line party where even louder cheering, music, fresh fruit and an ice-cold Coca Cola awaits your arrival. Crossing the finish line also grants you perhaps the best medal in any running event - here is this year's>>>>>>>

Here's a summary of results for some of the Harriers that took part:

28kms – 1285 finishers

Sav Mavrofridis – 2:01:41 (12th Overall and an 18min PB!!)

Miles Verschuur – 2:16:15 (46th Overall and beating his arch rival Corny)

Ian Cornthwaite – 2:17:57 (1st in Age Group, 52nd overall after he drove up the morning of)

Bill Barry – 2:35:04 (has run this event 11 times, always under 3 hours)

Andrew Greenhill – 2:37:19 (Top 200 in his 1st Two Bays)

Clinton Jolly – 2:42:00 (Top 250 in his 1st Two Bays)

Ian Twite – 3:29:06 (First big run after returning from injury)

Ree Graham – 3:37:23 (auto qualified for next year's event – sub 4 hours)

Mark Lansdown – 4:00:26 (almost sub 4 hours in his 1st Two Bays!!)

Bjorn Luxmann – 4:01:12 (Minimal training having just returned to Australia)



56kms – 344 finishers

Corey Milner – 4:14:05 (1st Overall beating pro athletes & seasoned elite runners)

Stephen Renehan – 5:57:34 (Top 100 and a 9min PB, fell over 3 times (not a PB))

Yani Cornthwaite – 6:02:04 (15th Female and almost sub 6 hours)

Dave Mann – 6:48:00 (41min PB with a propeller hat!!)

Stephen Renehan

Two Bays Trail Race 2026

THE TWENTY-SECOND annual Two Bays Trail Race across the Mornington Peninsula kicked off the 2026 racing season for seventeen Harriers and friends. Staged across the width of the peninsula between Dromana and Cape Schanck, 28 and 56-kilometre courses were on offer. Competitors were fortuitous regarding the calm, optimal conditions with heavy bushfire smoke having serried the course a mere twelve hours before the start of the race.

For the 56-kilometre runners, the race started on the Westernport side, darting over to Port Phillip by way of descent down Arthur's Seat before a climb back up and over to the finish. Harriers' very own Corey Milner (4:15:05) was in second by the tiniest of margins at the halfway point but endured a challenging finish including a mysterious serpentine incident to record a victory by over four minutes. Fellow Harriers Stephen Renehan and Yani Cornthwaite were within five minutes of each other, with Dave Mann putting in an impressive shift across the gargantuan distance.

The 28-kilometre course consists of a point-to-point race from Dromana to Cape Schanck. The in-form Sav Mavrofridis cleared out early to finish in a very respectable twelfth position, a mere five seconds ahead of the women's winner. In news unsurprising to regular readers, Miles Verschuur and Ian Cornthwaite enjoyed a friendly battle out on course, with Verschuur ultimately first across the line; both much faster than the 2025 edition. Naturally, Cornthwaite collected the gong for first in the 60+ age group.

Bill Barry, Andrew Greenhill, and Clinton Jolly all finished within a five-minute window, with Ian Twite recording an enjoyable run despite recent previous injury challenges. Ree Graham continues to get faster with each edition, and Bjorn Luxmann welcoming himself back to Australia from Germany with a hard-fought run.

Miles Verschuur

Two Bays in pictures



Above left – Corey Milner stands victorious on the top step of the podium in the 56km event

Above right – Sav enjoys a hard earned Coke after his big 18min PB in the 28km event

Below – Some of the Big T Team enjoying their medals and recovery post run



Cadbury Half Marathon

Some of you may be aware that I have set myself a personal goal to run at least a Half Marathon in every State and Territory. On Sunday, I ticked off Tasmania at the Hobart Cadbury Half Marathon. I have been working with Greg Semmler to get me and my body ready for this, along with my massage therapist and chiropractor. And this is a free sport!!

Getting to the sign up stage was an exercise in patience in itself. It was not opened until November giving us only a short time to book flights and accommodation at the most expensive time of the year. Who holds runs in January, anyway? We weren't sure whether to expect snow or 40°. Thankfully we had a sweet middle of the range 18°. A bit of drizzle saw the marathoners start but nothing for our shorter runs.



I had looked at the profile of the run but still underestimated the elevation. I had not been doing as much hill work as I probably should have but those who know me, know my love/hate relationship there. It's definitely not my 'go to' training session or running event. Anyway, there were only about 4000 people entered across the entire event so it had a country feel to a City run. To start we did a lap around the streets of Claremont before heading out on the out and back course along the Brooker Highway from there. To begin there was a lovely downhill which was great but also made me aware of how hard the finish was going to be. Think Traralgon marathon finishing at the top of the Winery hill X 2. Or more because it kept going around the corner.

It was a very scenic run along the Derwent river and across the Barracks Bridge. Going across the bridge was another long steady climb and cruise down but much better on the return journey. I had chats with the 2 and a half hour pacer who I crossed paths with a number of times throughout the run so one or the other of us was not consistent in their pacing. I guess that would be me. I made the most of the downhills and ran as much of the uphills as I could. I really did enjoy the day though and did not feel totally wrecked as I did in Perth or McLaren Vale. Probably a good sign that I had had a decent training block in the lead up, for a change.

The Pacer dragged me and a couple of others up that last hill on the way back and I was happy that I got so close to the 2 and a half hour mark - only a few seconds over. And we got chocolate at the finish. That has to make it worth it, doesn't it? I did find the pre-event organisation rather slow making our organisation haphazard but I think they have run the event so many times, they knew what they were doing and it all ran smoothly on the day, which is the main thing, in the end.

Next stop - Canberra in April and that will complete my Tour De Australia in half/full marathons.



Fun fact about the pic above - Unbeknown to me until later, that lady in the black was tailing me all the way and taking inspiration from me!

Mandy Ellis

Some (crazy) Olympic Marathon History

The Marathon That Tried to Kill Everyone

On August 30, 1904, the world arrived in St. Louis, USA us, expecting Olympic greatness.

What they got instead was chaos.

The marathon was held during the hottest part of the day, on dusty dirt roads, with almost no water, because someone thought dehydration would “build character.” Thirty-two runners from 12 countries lined up at the start. Ten of them had never run a marathon before.

This was not a race.

This was a survival experiment.

By the end, 18 runners collapsed, hallucinated, or simply vanished into history. Only 14 men finished, and none of them were the same afterward.

The Winner Who Took an Uber (Before Uber Existed)

Early on, Frederick Lorz decided that running 26 miles in 1904 heat was a terrible idea.

Around mile nine, suffering cramps and existential dread, he hopped into a car. For the next 11 miles, Lorz waved cheerfully at spectators like he was in a parade. People cheered. Children smiled. Runners stared in confusion.

Then the car broke down.

At that exact moment, Lorz miraculously felt “rejuvenated.” What luck! He jumped out, ran the final stretch, crossed the finish line first, and was immediately declared the winner.

For about five minutes.

Officials then realized the “champion” had just invented vehicular-assisted marathoning, and he was promptly disqualified.

The Actual Winner: Powered by Poison

The gold medal was awarded to Thomas Hicks, a man who was technically alive at the finish line, though barely.

Hicks began hallucinating early in the race. By the last 10 miles, he was running entirely on bad decisions and encouragement from his coaches, who fed him a heroic cocktail of raw eggs, brandy, and strychnine poison—because apparently that was considered sports science in 1904.

The poison worked... sort of.

Hicks staggered forward like a haunted Victorian ghost. At the end, his coaches carried him across the finish line, while his legs flailed through the air, still trying to run out of muscle memory.

He won with a time of 3:28:53, the slowest winning marathon time in Olympic history, then immediately collapsed and nearly died.

Gold medal secured. 

The Man Who Stopped for a Snack... and a Nap

Then there was Andarín Carvajal of Cuba, who showed up dressed for a casual afternoon stroll: beret, long pants, street shoes, and a buttoned shirt.

Another runner took one look at him and said, “You’re not making it past mile five like this,” and cut his pants off at the knees.

Carvajal ran well at first, but soon got hungry. Spotting apples along the road, he stopped to eat them—unfortunately, they were rotten.

Cue violent stomach cramps.

Carvajal lay down by the road, took a nap, woke up later, dusted himself off, and continued running like this was all part of the plan.

And yes—he still finished the marathon.

Barefoot and Chased by Wild Dogs

Len Taunyane and Jan Mashiani, the first Africans ever to compete in the Olympics.

They had no running shoes.

So they ran the entire marathon barefoot.

Originally, they were brought to the St. Louis World's Fair as part of an exhibition related to the Boer War - The exhibit was cancelled and they were entered into the marathon at the last minute, Taunyane ran so well that he held a leading position—until a pack of wild dogs chased him nearly a mile off the course. They finished 9th and 12th, respectively.

And Thus, History Was Made



The 1904 Olympic Marathon had:

- Cheating
- Poison
- Hallucinations
- Rotten apples
- A mid-race nap
- Barefoot runners
- Wild dogs
- And a man carried to victory like a broken marionette

It remains the weirdest marathon ever run—a race where finishing was optional, sanity was rare, and survival was the real gold medal.

From Facebook, Australian Distance Running Nostalgia, 12 January 2026, courtesy Trevor Vincent.

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



2026 EVENT CANCELLATION

Due to a busy work schedule, we have to cancel the 2026 Rokeby Twilight Trail Run. For all that have already signed up, you will be contacted directly via email. Thankyou all for your support and understanding.

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:

