

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

4 June 2026 - Volume 59 – Issue 11

THURSDAY RUN

This Week's Course

Liddiard Rd Primary School
6km – Club dinner at
Traralgon Bowls Club

Duty

Greg Semmler &
Karen Graham

Marker

Trent

11/6/26

The Avenue 5km

Duty

Kat Fenech &
Kylee Earl

Marker

Clinton Jolly

18/6/26

Ron's Run (TBC)

Duty

Kathy Quinn &
Michelle Cowell

Marker

Ron



**Ron Verschuur proudly collects his first ever
AV medal in the 50+ Men's Country category at
last weekend's St Annes winery XCR round**

President's Message

Thursday 4 June 2026

There's no bigger event on our Harriers calendar than the annual **Traralgon Marathon and Running Festival!**

Sunday 14th June marks the 59th running of **Australia's oldest continuously held marathon event**, running every year since its inception in 1968.

This is such a remarkable achievement for our proud club, and it's the result of generations of dedicated Harriers members and volunteers working tirelessly to make the event a success year after year.

Even COVID couldn't stop the event, with fortuitous timing between lock-downs and modifications to the event allowing it to continue.

We're very **close to capacity**, with only a small number of very late entries available in the half and full marathon – please don't be disappointed if everything is sold out by the time you read this though, as the inevitable FOMO tends to snag the stragglers!

Another reminder that if you can assist with volunteering (whether that's before, during, or after the Marathon) your help is greatly appreciated. Have a chat to the team on Thursday night if you can lend a hand.

There are so many people who have been contributing to the event, but I want to single out the work of our amazing Race Director and Club Vice President Desley Gray, committee members Marieka Reilly and Chris Van Unen, and the many other committee and general club members who have jumped in to help make this event possible.

[Click here to read up on some history from Australia's Longest running marathon](#) thanks to our resident historian, Barry Higgins.



Above (L-R): Marieka Reilly, Desley Gray and Sep Marino at last year's Traralgon Marathon

Join us for our monthly club dinners!

A quick plug for our club social dinners, which are rotated around different locations each month. If you're a new member or haven't been to one before, it's a wonderful opportunity to meet other members, enjoy a meal, and be part of our welcoming club community.

In the coming weeks we'll also be announcing details for our mid-year dinner and awards night, where we'll announce the winners of our 2025/26 Summer Season Championship, plus a select number of special awards for loyal club members. Please keep any eye on our fortnightly newsletter for all the details.

My best wishes to all Harriers members, and good luck to those taking part in the Traralgon Marathon and Running Festival. It's going to be another amazing event, and we can't wait to see you there!

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 ***

Duty Roster WINTER SEASON 2026

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

~~09 April~~ — Toby Grzmil

~~16 April~~ — Bjorn Luxmann & Ash Crawford

~~23 April~~ — Stacey Podmore & Claire Macumber

~~30 April~~ — Daniel Wright & Matilda Lapin

~~7 May~~ — Darren Fielden & Errol Poole

~~14 May~~ — Duty TBC

~~21 May~~ — David Hood & Des Dalton

~~28 May~~ — Drew Sedgwick & Dave Mann

4 June Greg Semmler & Karen Graham

11 June Kat Fenech & Kylee Earl

18 June Kathy Quinn & Michelle Cowell

25 June Kathryn Preston & Linda Buhagiar

2 July Maddy Green & Shane Wilson

09 July Megan Kenny & Nicky Semmler

16 July Paul Ellis & Owen Notting

23 July Kylie Murray & Darrel Cross

30 July Cat Leonard & Ree Graham

8 Aug Nick Hodson & Che Laurenz

13 Aug Mark Lansdown & Anja Norwood

20 Aug Adrian Sutcliffe & Geoff Francis

27 Aug Helen Whitby & Ian Cornthwaite

03 Sep Shane Gavin & Stephen Renehan

10 Sep Courtney Ellis & Ricky Glover

17 Sep Tania Whitehead & Molly Irvine

24 Sep Jye Kaestner & Stephen McLeod

01 Oct Duty TBC

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



**Sunday 14 June
2026**

**WIN Network Marathon
Aussie Broadband
Half Marathon
GOLD 1242 10km**



Entries are strictly limited. Scan the code
or visit traralgonmarathon.org.au



**TRARALGON
HARRIERS**
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Brought to you by





Curtis Cooper Runs 52 Marathons in 52 Weeks for the Prevention of Child Sexual Abuse

The What

Born and bred in the Latrobe Valley, now Melbourne resident Curtis Cooper will complete his 51st Marathon in as many weeks at this year's Traralgon Marathon as part of his quest to run 52 Marathons in 52 Weeks for child protection charity Bravehearts.

Curtis will cover almost 2,200 kms for the year in the form of full marathons (42.2km) and has so far run in major races such as the Gold Coast Marathon, World Major Sydney Marathon and the Melbourne Marathon among many others across the country.

He will complete #50 of #52 at this year's Brisbane Marathon on June, 7th and will do his penultimate run (#51) at this year's Traralgon Marathon on June, 14th.

Curtis' quest began on June 30, 2025 where he ran 7 Marathons in 7 Days Across 7 States, which is where it will culminate at the Bravehearts 777 on Day 1 in Perth on 29th June.

His goal is to raise \$52,000 to help protect kids from child sexual abuse.

The Charity

Founded in 1997, Bravehearts is an Australian child protection charity dedicated to the prevention and treatment of child sexual abuse.

Bravehearts EDUCATES, EMPOWERS and PROTECTS children and young people by way of personal safety education programs, child protection training, trauma-informed counselling, research, lobbying and national awareness campaigns.

The Facts

The hard truth is more than **1 in 3 Australian girls** and almost **1 in 5 boys** experience child sexual abuse. A ridiculous statistic that simply shouldn't be, especially in our own backyard.

Where Will the Money Go

On costs associated with intervention and counselling for Children, Young People and Families as well as programs such as Ditto's Keep Safe Adventure.

Bravehearts also provides case management and counselling services to adults undergoing Redress, operates a National toll- free Information and Support Line (1800 272 831) and provides holistic therapy and support services to young people who have engaged in, or are at risk of engaging in, harmful sexual behaviours.

Additional Links

<https://fundraise.bravehearts.org.au/52-in-52>

https://www.instagram.com/52_in_fiftytwo/

<https://www.facebook.com/61555233417822/>

Scan here for more



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

WINTER RUN CALENDAR 2026

#	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
9	Thurs 4 June	Liddiard Road Primary School	6 km	Club Dinner – Traralgon Bowls Club	Trent	Greg Semmler & Karen Graham
10	Thurs 11 June	The Avenue	5 km		Clinton	Kat Fenech & Kylee Earl
	Sunday 14 June	Traralgon Marathon	42.2, 21.1 and 10km	Glengarry Football Netball Club	Desley & Marieka	All Committee
11	Thurs 18 June	Ron's Run TBC	5 km		Ron	Kathy Quinn & Michelle Cowell
	Date TBC June	Harriers Mid-Year Presentation Night	Venue and Date TBC			
12	Thurs 25 June	Tennis Courts	5 km	Committee Meeting @ Clubrooms	Daniel Symons	Kathryn Preston & Linda Buhagiar
13	Thurs 2 July	Meadow Park Drive	6 km		Jason Odlum	Maddy Green & Shane Wilson
14	Thurs 09 July	ASIC Building	6 km		Chris V U	Megan Kenny & Nicky Semmler
15	Thurs 16 July	Club Run - Doughnut Course	6.2 km	Annual General Meeting @ Harriers Clubrooms	Mark Lansdown	Paul Ellis & Owen Notting
16	Thurs 23 July	Rangeview Drive, St Gabriel's Primary School	5 km		Sav	Kylie Murray & Darrel Cross
17	Thurs 30 July	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms	Volunteer needed	Cat Leonard & Ree Graham
18	Thurs 8 Aug	The Rise	5 km	Club Dinner - Venue TBC	Volunteer needed	Nick Hodson & Che Laurenz

19	Thurs 13 Aug	Netball Courts	6 km		Mark Lansdown	Mark Lansdown & Anja Norwood
20	Thurs 20 Aug	McNairn Road Tulloch Way	6 km		Volunteer needed	Adrian Sutcliffe & Geoff Francis
21	Thurs 27 Aug	View Hill Drive	5 km		Phill	Helen Whitby & Ian Cornthwaite
22	Thurs 03 Sep	Waterhole Creek Morwell	5 km	Club Dinner - Venue TBC	Dave Mann	Shane Gavin & Stephen Renahan
23	Thurs 10 Sep	The Avenue	5 km		Volunteer needed	Courtney Ellis & Ricky Glover
24	Thurs 17 Sep	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms	Megan Kenny	Tania Whitehead & Molly Irvine
25	Thurs 24 Sep	Park Lane	5 km		Andrew Greenhill	Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner - Venue TBC		Volunteers needed



Thank you

Thank you to all who donated to the
Give a Damn Give a Can
food appeal,
either through the Harriers' red bin,
via the children at school, or
at the street corner or business bins.

This year's total approaching
10,000 cans/packets
will greatly assist families in need.

*Special thanks to Marieka and Desley
for managing the Harriers' red bin
through the month of May.*

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

Thursday May 21st – Dunbar Road 5km

Melting into the early evening dusk, 59 high-vis-vested participants tackled the Harriers' intricate two-lap Dunbar Road 5km course last Thursday.

The first 500m of this route traversed a 400m uphill segment which took the wind out of the sails of many, before a brief downhill respite followed by yet another uphill tester and then a rollicking downhill slope for the completion of one lap.

Out in force for this event was the Sedgwick family - Clara, Clancy and Drew – all managing a strong effort just short of the first third of the field.

Whilst the maturing talent of junior Seth Bomers saw him make a fast start amongst the company of two of the fastest Harriers, the hills eventually took the edge off his speed resulting in a still admirable fifth fastest placing.

Yani Cornthwaite is maintaining her resilience on tough courses and managed a ninth fastest time and was quickest among the females; and Andrew Greenhill, an Associate Professor in microbiology and fermentation technology, displayed the benefits of his careful training routine with a fifth fastest time outright.

Greenhill plans to tackle the iconic 80km Overland Track race in Tasmania in the near future.

The three fastest male and female finishers included Sav Mavrofridis, Ian Cornthwaite and Dempsey Podmore and Yani Cornthwaite, Molly Irvine and Clara Sedgwick.

Results – Dunbar Road 5km run/walk

Sav Mavrofridis 18:06, Ian Cornthwaite 20:32, Dempsey Podmore 20:32, Ash Crawford 20:33, Andrew Greenhill 20:59, Clinton Jolly 21:25, Seth Bomers 21:43, Adrian Sutcliffe 22:09, Yani Cornthwaite 22:35, Trent Kooyman 22:37, Daniel Furmston 22:46, Molly Irvine 23:30, Geoffrey Francis 24:07, Peter Sanders 24:32, Errol Poole 24:40, Ron Verschuur 24:47, Stephen Mcleod 25:56, Shane Gavin 26:22, Chris Van Unen 27:11, Clara Sedgwick 28:10, Clancy Sedgwick 28:11, Desley Gray 28:55, Drew Sedgwick 28:56, Marieka Reilly 29:00, Sep Marino 30:00, Jye Kaestner 30:30, Dave Mann 30:36, Maddy Wood 30:36,

Belkey Podmore 30:36, Phillip Mayer 30:59, Mark Lansdown 31:28, Ashley Marsh 31:47, Tracey Matheson 32:37, Daniel Symons 33:26, David Matheson 33:42, Kat Fenech 34:11, Paul Rollandin 34:35, Kaye Livingstone 34:58, Bailey Rollandin 35:10, Mandy Ellis 36:11, Tania Whitehead 36:31, Jason Odlum 39:20, Barry Higgins 39:30, Lynda Jones 41:38, Darren Fielden 44:00, Robert Embleton 44:00, Ree Graham 46:41, Peter Grixti 48:00, Michelle Colwell 51:18, Kathy Quinn 51:18, Shay Lorenz 55:08, Belinda Heafield 56:12, Angelo Gaudio 57:00, Kylee Earl 57:00, Anja Norwood 58:00, Helen Whitby NTR, Bowie Ruyg NTR, David Hood NTR, Des Dalton NTR

Thursday May 28th – The Rise 5km

As Autumn waned, the Harriers' newly created The Rise course just off Kelleher Drive last week attracted a strong representation of 62 runners and walkers. The 5km route encompassed two loops of gently sloping, well-lit streets and was the perfect introduction to exercising in the chill air of the encroaching winter.

The stand-out performance of this event was nailed by junior athlete Bowie Ruyg. Bowie finished with the fifth fastest time amongst a field dominated by adults in a time of 20:58 and in doing so earned the maximum of 100 championship points towards his winter season cumulative score. On a points basis the next highest male finishers were Andrew Greenhill 99 and Jason Odlum 98, while Yani Cornthwaite led the female score with 93, followed hotly by Ivy Crawford 88 and Mandy Ellis 87.

Relatively new to the Harriers' Thursday event and settling in amongst the friendly yet mildly competitive atmosphere was Orana Brightman and Isabella and Natalie Blythman.

The strongest three female finishers this week included Yani Cornthwaite, Molly Irvine and Ivy Crawford. Yani has an ambition of beating her father's times and is drawing dangerously close!

The quickest three males were Sav Mavrofridis, Andrew Greenhill and Dempsey Podmore. Dempsey, now in his mid-teens, is one of a handful of the fastest Victorian junior distance runners in his age group.

This Thursday's (4.6.26) event is a 6km, two lap circuit from outside the Liddiard Road Primary School. Registration is from 5:30pm and the run will be followed by a club dinner at the Traralgon Bowls Club.

Results – The Rise 5km run/walk

Sav Mavrofridis 20:09, Andrew Greenhill 20:13, Dempsey Podmore 20:13, Seth Bomers 20:54, Bowie Ruyg 20:58, Matthew Deppeler 21:07, Clinton Jolly 21:27, Adrian Sutcliffe 21:35, Yani Cornthwaite 22:05, Trent Kooyman 22:50, Peter Sanders 23:22, Molly Irvine 23:32, Darrel Cross 23:43, Ron Verschuur 24:46, Jay McGown 25:21, Geoffrey Francis 25:50, Stephen Mcleod 26:02, Nicholas Talerico 26:24, Belkey Podmore 27:20, Ivy Crawford 28:00, Ash Crawford 28:12, Maddy Wood 28:18, Sep Marino 28:18, Jye Kaestner 28:20, Chris Van Unen 28:51, Jason Odlum 30:15, Andrew Broberg 30:36, Charlotte Barr 30:41, Marieka Reilly 30:42, Desley Gray 30:42, David Barr 30:43, Claire Macumber 30:57, Ben Wilkinson 31:49, Ashley Marsh 31:58, Chesney Podmore 32:01, Orannah Brightman 32:11, Kaye Livingstone 32:33, Mandy Ellis 33:05, Mark Lansdown 33:06, Tania Whitehead 33:32, Tracey Matheson 33:35, David Matheson 33:43, Daniel Symons 36:52, Megan Kenny 40:01, Samantha McGown 40:22, Barry Higgins 40:30, Helen Whitby 40:44, Lynda Jones 41:33, Isabella Blthyman 50:00, Natalie Blythman 50:00, Ree Graham 50:26, Belinda Heafield 50:30, Ross Jones 50:30, Nick Hodson 50:38, Michelle Colwell 51:19, Kathy Quinn 51:19, Kylee Earl 53:48, Ian Heafield NTR, Chester Goulter NTR, Alyce Jolly NTR, Drew Sedgwick NTR, Toby Grzmil NTR

Ian Cornthwaite

Traralgon Harriers Strike Metal in Bendigo Country Championships

A BUSLOAD of Harriers travelled to the old goldfields city of Bendigo on the weekend for the Country round of the Athletics Victoria XCR season. After a hiatus in 2025, the subtly tough course around St Anne's Winery on the city's outskirts was back on the menu for 2026.

Lined with gnarly and ancient river red gums, the run had an old-school cross country feel, running through vines, rocky dips, muddy patches, loose gravel, and long grass. Dempsey Podmore continues to compile another respectable AV season, finishing 4th overall in the men's under-18 5-kilometres but collecting a silver medal in the Country division (pictured right). Seth Bomers also made the club proud across the five kilometres.

In the men's eight-kilometre run, Corey Milner was once again fastest Harrier, also collecting the 40+ Country gold medal (pictured below). William Robertson is continuing to enjoy a fine debut season in the XCR, recovering from a rolled ankle at the three-kilometre mark, to finish strong. Miles Verschuur (31:33) and Ian Cornthwaite



(34:01) were next across the line; Cornthwaite being awarded the 60+ Country gold.

Greg Semmler battled a tired Achilles to finish only just ahead of Ron Verschuur who shocked everyone including himself to score the bronze in the 50+ men's country. Ian Twite (47:57) remains on an excellent path back from injury. Yani Cornthwaite and Anna Cardillo constituted the women's team, Cardillo only just missing out on a bronze medal.

Ron and Anna collected the “Big T” awards for their excellent efforts, with Verschuur also driving the bus all the way from and to Traralgon. In a fortnight, your favourite Harriers will travel to another classic AV run for the 12-kilometres at Cruden Farm; once again the “Heritage Round” in which clubs are encouraged to don singlets from decades ago.

Miles Verschuur

Results:

Female Open

8km: Yani Cornthwaite 35:58; Anna Cardillo 41:54.

Male Open

8km: Corey Milner 27:47; William Robertson 30:09; Miles Verschuur 31:33; Ian Cornthwaite 34:01 (pictured right); Greg Semmler 41:41; Ron Verschuur 42:13; Ian Twite 47:57.

Male 18

5km: Dempsey Podmore 16:43.

Male 16

5km: Seth Bomers 28:41.



Pictures for this article courtesy of Athletics Victoria



How understanding fully, the fundamentals of one of Joe Carmody's famous running drills has cured a chronic sore hip and knee

In early January 1995 I wandered over to the Newborough Track to do a track session and prepare for the up-and-coming Victorian Country Championships. Joe was there with a large group of runners; he had them going through their paces. I went over to say hello and tell him of my intentions so as not to interfere too much with his group. He immediately said to me see that runner over there that is Julian Paynter. He had this runner doing one of his famous drills on the grass in the middle of Newborough Track. He has been at the VIS, and they know nothing about running properly so he has come to me to learn how to run properly.

I asked him how he would do that and he said he would have him run up and down the center of the Newborough Track doing his drill. He will do it until he develops the instinct and muscle memory to drive from the hips more. After his session with Joe, Julian Paynter went on to win the Australian 10,000m in 28:03.3 and the 5,000m in 13:24.22 later that year. He then represented Australia in both events at the Atlanta Olympic games the following year. This was proof enough for me that Joe knew what he was talking about. Although running did feel better after doing Joe's drill I never really master maintaining that feeling while running long distances. I realized though to be able to drive from the hips better you needed strong glutes.

This certainly helped me to be disciplined and do lots of running sessions that helped the glutes engage naturally and help you run with better form. This knowledge certainly helped me navigate through various injury plagued moments during my running career. Last year I developed Bursitis in my right knee. The Bursa behind my knee became inflamed making my knee very sore, swollen and painful after running. I have always had some degree of stiffness and soreness in my left hip, but it also had gotten worse and was radiating pain into my left IT band and Glute. Drills, Hills, Track, Cross-Country and Trail racing did improve my form and make them manageable, but they never went away.

I was resolved by the fact that a 70 old cannot still have perfect joints, and my running life was now going to be about managing the pain in my joints. Surprisingly I managed to get through Four Peaks feeling pretty good. Probably because Four Peaks requires a lot of slow running and walking and really builds up strong glutes. Not only did my form feel good after Four Peaks, but so did my hip and knee. I also noticed the inflamed Bursa behind my knee and got considerably smaller. This did not last long though and the Bursa swelled up again behind my Right Knee and my Left Hip, IT band and Glute were also deteriorating again.

I concluded that away from events that really encourage the glutes to engage and work hard I was struggling to keep them engaged and maintain good form. I decided to revisit Joe's famous drill and really focused on all the fundamentals. The first thing I notice is Joe's drill sets you up with a relaxed posture. The more relaxed you are the easier it is to do the drill. This is the exact opposite of how I have been running for the last 30 years. I have always been creating a lot of tension in my hips and upper body, trying too hard to engage my glutes and run with good form. I needed to learn to relax more and just let muscle memory take over.

What happened next was unexpected. The first 6 weeks were like learning to run all over again. I couldn't run very far or very fast without all my muscles and joints becoming very sore and tired. What kept me going was running felt good and my sore hip and knee didn't seem to be getting sorer, just everything else was. I was also monitoring the inflamed Bursa behind my knee; it was progressively getting smaller. After 3 weeks it went away and after 6 weeks all the swelling in the knee went away. I

still had some deep soreness in it, but it just kept diminishing to the point where I now have a strong pain free normal knee. That was the amazing part.

Although my hip had improved and all the radiating pain in the Glute and IT band had subsided there was still a lot of weakness in it structurally. I was hoping I hadn't done any permanent damage to it. While it was one thing to learn how to run while staying really relaxed it was another thing trying to learn to sprint and race short track races while staying really relaxed. There is a simple logic why racing short track races and sprinting is so important to build strength. The faster you race the stronger you get the stronger you get the faster you get. Still, what followed was a one step forward two steps backwards scenario. I do a short track race or sprint session to build strength then spend two weeks recovering from a sore hip or groin. Things changed suddenly after doing the Tara Bulga 25km. During this race I was able to ascertain the only weakness in my left hip was now an inflamed and stiff fascia where it passes the hip joint. The fascia is a solid thin part of the muscle that can become inflamed and sore where it passes near a moving joint. A good example is where the fascia tissue passes the knee joint, it can become very inflamed and sore and make the knee joint very sore to move. I.E. IT band syndrome. Fortunately, where it had become inflamed on my hip wasn't as bad as a IT band syndrome.

I worked this out because when I was doing the 25km Tara Bulga race I tripped and stumbled and gave my hip a massive jolt. I immediately felt a lot of pain in my left hip joint. But once I recovered, I could continue running without any pain. This only could be the fascia if there was any other weakness in my hip, I would not have been able to continue running. Also, after the run I was a bit stiff and sore in the hip but the next day it was feeling good and I had full pain free movement in my hip. It was such a relief to know I had no structural damage to my hip. Now I could focus on getting fit and strong by putting a solid block of racing together.

My next race was the 8km Springwood Trophy. This was an unbelievable race I don't think I have ever felt so relaxed and moved so freely in my life. It did highlight how much speed and strength I had lost though. My hip was only slightly stiff after, highlighting the improvement in my fascia. The best way to build strength and speed is to race a Cross-Country. While Trail races have sections that really test your strength and work you hard, they also have sections that are smooth and flat, and the muscles can have a breather. Not in a Cross-Country the muscles work flat up all the way. That is why in some circles they are called speed sessions on steroids.

It was so good to be back at Jell's Park racing Cross-Country again. Although I may look slow and struggling on the outside on the inside, I was feeling good and going as fast as I could. I really enjoyed feeling injury free and racing a Cross – Country again. Joe used to say race the Winter Cross – Country to build strength and then race the Summer Track season to turn it into speed. It is something I have followed religiously for over 30 years. Just because I am now old and slow it is not something I am going to stop doing soon. After the race the only thing that is sore are my glutes highlighting how hard a Cross-Country works them.

My next race wasn't planned I was in Perth for a family wedding when Mel suggested we do one of the local Park Runs. Racing on a flat hard surface is not in my textbook for improving strength and speed and avoiding injury, but I tagged along. I was surprised at how easy it was to stay relaxed and maintain my speed and form. I have never been able to group together such even 1km splits in a 5km on the flat before. There was only 10 seconds between my fastest and slowest 1km split. Also, it felt so easy doing it and it was only 1min slower than what I was racing 12 months ago.

Buoyed by this effort the next week I was hoping to race at a faster pace at the St Annes 8km Cross-Country than I did at Jells Park. Silly me the hills were steeper and longer, the grass longer and wetter and the surface rougher. So, I just put the training wheels on and enjoyed the ride. After the race my hip

fascia was stiff and sore highlighting how much harder the hips worked on this course. The next day it was all good again.

I must thank AV for providing me with over 30 years of interesting and challenging traditional Cross – Country courses to race on. I have no doubt this has contributed to my longevity and stopped me wearing out my hips and knee joints. Also, Joe, for his sound advice it might have taken over 30 years to get it all right but better later than never.

Cheers Twitey



Pictured left is Ian Heafield, Ian Twite, Rob Embleton, world runner Jesper Olsen and Ken Lancaster leaving Traralgon on a Sunday morning in November 2004.

Further than a marathon

Danish runner Jesper Olsen ran through Gippsland in November 2004 as part of the Australian leg of his two-year, 26,000 kilometre attempt to be the first person to circumnavigate the world on foot. And he was successful.

Harrier members ran with him on the Saturday afternoon, from Flynn to Traralgon, and on Sunday morning from Traralgon to Warragul. Nicole Morrison provided the greatest stretch of moral support, running with Jesper from Hernes Oak to Warragul – about 36 kilometres!

Jesper's local support team member Sandra Howorth sent an e-mail, "Special thanks to those Traralgon runners who helped Jesper on his way, it was greatly appreciated". The Australian Ultra Runners (AURA) vice president Phil Essam passed on his thanks for the support the Harriers provided. Traralgon Harriers also received a special mention on the Cool Running web site in relation to the run.

Jesper Olsen recently sent this message to a Harrier friend: *"I still have very fond memories of Australia and the Great Support I got there! Especially the 'above and beyond' support during my run across the Nullabor desert - where Peter Gray insisted on supporting. That probably saved my life. I am forever grateful for the Australian support of the world run! Jesper"*.

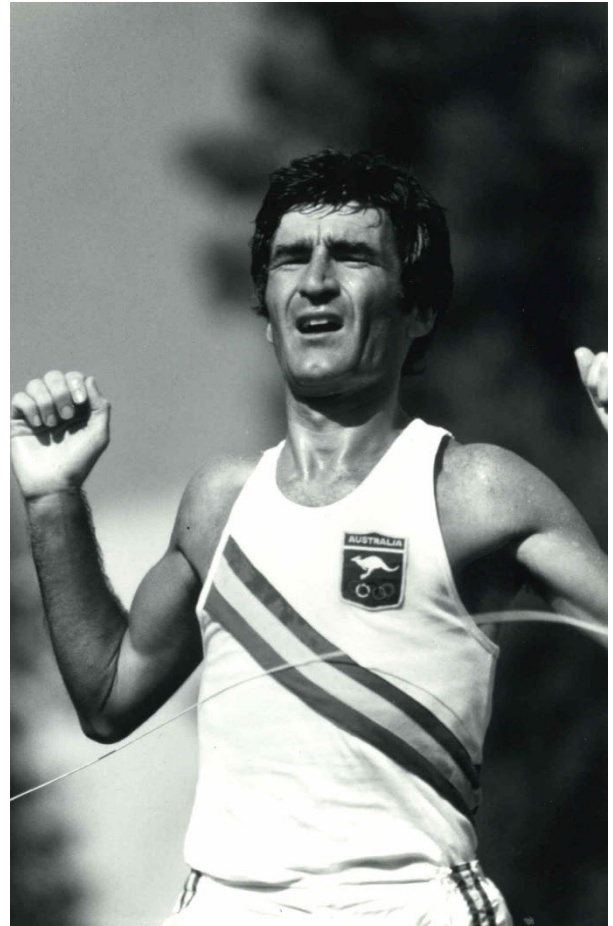
Australia's longest running marathon

Next Sunday's Traralgon Marathon sees it retain its record as Australia's oldest continuous marathon. This year is its 59th consecutive running since its inception in 1968, soon after the beginning of the Traralgon Harriers Athletics Club in 1967.

From humble beginnings as an all-male event, with the first women entrant ten years later, the local classic 42.2km run has grown remarkably in numbers, with entrants from across Victoria and interstate as well as from overseas.

Dual Olympian and then world marathon record holder, Derek Clayton, ran and won at Traralgon in 1970, to set the still standing race record of 2:13:40. Clayton recently gave his views on marathons: "As marathons around the world have gone from strength to strength, especially with the incredible growth of female participation, the event is not just for the elite but for the many thousands who run to find satisfaction in achieving a worthy goal".

Clayton (pictured right) said he still has happy memories of the Traralgon marathon. "It is a credit to all those dedicated Traralgon Harriers who have ensured the event has prospered and continued to this day".



And after the excitement of this year's marathon, running from the Glengarry football ground and along the Gippsland Rail Trail and return, the Harriers will be eagerly looking forward to next year's 60th anniversary celebration.



Pictured right is the start of the 2006 marathon from near the Traralgon Tennis courts.

Some Traralgon Marathon history

All long running (pun intended) events have unique occasions along the way that remain in the memories of those who were there or are recorded in the annals of history. Traralgon has some of these special landmarks.

The Traralgon Marathon had its first running in 1968, an historic local event. But the next year made its mark. Run in blizzard conditions with visibility at times down to only a few metres, only 14 of the 26 starters completed the course, with some suffering from hypothermia. National champion Ian Wheeler won in 2:27:49 but was unable to walk for several hours.

Other impressive times were run in the 1970s. Melbourne runner Kon Butko and his Black and Tan terrier Scottie (pictured right) ran together a few times with both recorded as finishing, with Kon and his beloved dog achieving the same time. One year the results posted "Kon Butko (Scottie) 4:09:18." Kon claimed he ran extra kilometres retrieving Scottie from the farmers' cows in the adjoining paddocks.



It took ten years for the first woman to run at Traralgon. In 1978, Patricia Cooper ran her first marathon as the only female competitor in the field, alongside 87 male starters.



In 1979 it was a partner's double as revered Harrier pioneer Martin Thompson and his wife Linda (pictured left) both won, with " hail, rain and freezing gales taking their toll of the field" according to the Traralgon Journal.

Derek Clayton was not the only celebrity to run the Traralgon Marathon. Other interesting people followed. Former world featherweight boxing champion Johnny Famechon, in his mid-forties, ran 3:28:31 in 1989. In 1991 he suffered horrific injuries when by hit a car when out jogging in Sydney. Happily, he recovered over time.

In 1990 a highlight of the day was the appearance of the legendary Sydney to Melbourne winner Cliff Young, then aged 68, who was the official race starter and then ran under 3:30.

Many Harriers have won their local marathon over the years, including Ian Cornthwaite, Darrel Cross, Fay Tomholt, Anne Wilson, Lee Graham, Nenet Susa, Kylie Murray, Ryan Wissmer and others. A number of Harriers, including Ian Heafield and Bruce Salisbury, have run sub-3 hour times at Traralgon -

and elsewhere. They say that it is not about winning – it is about the enjoyment of taking part and the sense of achievement that follows.

Multi-winners

There are many multi-winners, with Mary Edwards (1986-1989) achieving the first four in a row, followed by Morgan Tucker (1991-1994). In the numbers game John Mackenzie and Sandra Timmer-Arends are the stand-out performers.

John MacKenzie

John MacKenzie (pictured right) has five consecutive titles to his name for a total of seven, beginning in 2001, following Ian Cornthwaite's millennium victory in 2000. John has said earlier that he had fond memories of the course and club that made him the man he has become.

"The Traralgon Harriers is a fantastic club; they accept anyone of any calibre and any level", John said. "It changed me; it gave me people to talk to, people to run with, it gave me a support group, it gave me knowledge when I didn't have it, and people I could look up to and respect."

Sandra Timmer-Arends

A talented runner in middle-distance school events, Sandra joined the Traralgon Harriers in the early 1990s. Sandra said she started out with the Harriers' 5km races, running to get fit and lose weight. She won four Traralgons in a row (2006-2009) with a total of seven victories.



At Melbourne in 1999 Sandra placed second behind Susan Hobson who ran an Olympic qualifying time for Sydney 2000. Sandra has won or finished in single digit placings in a number of marathons around Australia.

Pictured left - The women trophy winners after the 2011 marathon events: Anna Cardillo, Sandra Timmer-Arends, Lisa Luckie, Lynda McRae, Kylie Murray, Jenny Northe

Other highlights were to represent Australia at the world 100km road championships in France in 1999 and at the World Cup 100km championships in South Korea in 2006. Also in 1999, beside a number of fellow Harriers, Sandra ran and won the gruelling Mansfield to Mount Buller 50km road race, setting the women's record, and winning again in 2000 and 2001, in even faster times.

Sandra won the Walhalla Wound-Up 50km ultra for five years straight, from 2003 to 2007, setting the course record in 2004. She now enjoys the weekly Traralgon parkrun where she is one of the highly respected and appreciated Race Directors.

Barry Higgins

Pictured right - Ian Cornthwaite won the 2000 marathon after a number of second places

Pictured below - Crossing the line. Sandra Timmer-Arends, Tania Whitehead, Sally Eenjes and Sheryl Millar celebrate their finish of the 50th anniversary marathon in 2017.



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

XCR²⁰²⁶ SERIES CALENDAR

DATE	EVENT	VENUE
Sat 2 May	All Schools Road Relays	Princes Park
Sun 10 May	XCR Round 1 - R:5	Albert Park
Sat 16 May	XCR Round 2 - XC:Relays	Jells Park
Sat 23 May	All Schools Cross Country Relays	Jells Park
Sat 30 May	XCR Round 3 - XC:8	Bendigo
Sat 13 Jun	XCR Round 4 - XC:12	Cruden Farm
Sat 20 Jun	All Schools Individual Champs	Bundoora
Sun 28 Jun	XCR Round 5 - R:Relays	Calder Raceway
Sat 11 Jul	XCR Round 6 - XC:10	Bundoora
Sun 26 Jul	XCR Round 7 - Lakeside:10	Albert Park
Sun 9 Aug	XCR Round 8 - R:Half	Ballarat
Sun 6 Sep	XCR Round 9 - R:15	Burnley
Sat 12 Sep	XCR Round 10 - Tan:Relays	The Tan





**Sunday 14 June
2026**

WIN Network Marathon

**Aussie Broadband
Half Marathon**

GOLD 1242 10km



Entries are strictly limited. Scan the code
or visit traralgonmarathon.org.au



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WONDERLAND RUN

29 - 30 August 2026

A COLOURFUL TRAIL RUNNING ADVENTURE THROUGH ANCIENT ROCK, WILD LANDSCAPES AND GOOD TIMES IN THE HEART OF THE GRAMPIANS

This technical trail running event takes you across rocky ridge lines, flowing singletrack and spectacular sandstone landscapes with courses designed for adventure and fun.

Event Village Address: Centenary Hall, 115 Grampians Road, Halls Gap, VIC 3381, Australia

RACE DISTANCES - SATURDAY:

- 11km - The Pinnacle
- 6km - Chatauqua Loop
- 2km Kids Trail

RACE DISTANCES - SUNDAY:

- 50km
- 30km
- 20km

<https://www.singletrack.com.au/wonderland/enter-now>

