

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

18 June 2026 - Volume 59 – Issue 12

THURSDAY RUN

This Week's Course

Ron's Run 5km meet
Newborough Town Hall/
Henry White Reserve

Duty

Kathy Quinn &
Michelle Cowell

Marker

Ron

25/6/26

Tennis Courts 5km

Duty

Kathryn Preston &
Linda Buhagiar

Marker

Daniel Symons

2/7/26

Meadow Park Drive 6km

Duty

Maddy Green &
Shane Wilson

Marker

Jason Odium



The 59th Traralgon Marathon and Running Festival was one of our best yet thanks in part to the fabulous Gippy Pacers team

Read the wrap up from race director Desley [here](#)

President's Message

Thursday 18 June 2026

I'm still buzzing from the incredible weekend we've just had celebrating the **59th Traralgon Marathon and Running Festival**.

Sunday's event was the culmination of many months of planning, led by our Vice President and Marathon Race Director Desley Gray, with the amazing support of Marieka Reilly.

Des and Marieka's tireless work and dedication was clear on the day, with another well organised and vibrant event for all the participants.

Of course, the Traralgon Marathon wouldn't be possible without our **amazing Harriers volunteers**. If I didn't personally thank you on the day, please know that I truly value and appreciate all the time and energy you put into making the event such a success.

I've been hearing many positive stories from Sunday, and most of the feedback centres on one common theme – **we truly are the friendliest marathon** and people keep coming back because they know what a wonderful and supportive atmosphere will be there!

I also want to shout out to our inaugural **Gippy Pacers**, who were sporting their awesome pink uniforms and helping our participants achieve their goals across the half marathon and marathon events. You all did a magnificent job and took the event to a whole new level.

Whether you were running, volunteering or cheering on a family member or friend, thank you on behalf of Traralgon Harriers for your support.

And the best is yet to come, with our historic **60th Traralgon Marathon & Running Festival in 2027**. We can't wait to share the experience with 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 *****

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

Race Director's Report 59th Traralgon Marathon & Running Festival 2026

Well, we did it!

After months of planning, committee meetings, spreadsheets, emails, race briefs, Facebook posts, and more weather checking than any sane person should admit to, the 59th Traralgon Marathon & Running Festival is done and dusted.

And what a day it was.

One of the biggest challenges this year turned out to be a very good problem to have, all three events reached capacity before race day.



This resulted in waiting lists, late entry requests and plenty of hopeful runners trying their luck right up until race week. It was a wonderful position to be in and a reflection of the growing reputation of the Traralgon Marathon & Running Festival.

The feedback from runners has been overwhelmingly positive. One of the things that stood out most to me this year was the number of first-time marathon runners who chose the Traralgon Marathon to tackle the 42.2km distance for the very first time.

I had the opportunity to speak with many of them throughout the weekend, and I never take for granted the trust runners place in us when they choose our event for such an important milestone. We were genuinely privileged to be part of their marathon journey and to watch them achieve something they will remember for the rest of their lives.

One of my personal highlights was the introduction of Gippy Pacers.



Pictured above is Bill Barry leading the 1hr 30 train in the half marathon

The idea came from wanting to build something local, a Gippsland pacing team supporting Gippsland runners. I wanted pacers who understood our local running community and could help create the supportive atmosphere we are becoming known for.

What started as a conversation and a simple idea quickly grew into something much bigger than I imagined.

A huge part of that success belongs to Chris, who took on the role of Pacing Coordinator. Chris did an outstanding job recruiting pacers, coordinating the team and helping bring the vision of Gippy Pacers to life.

The feedback from participants was outstanding. The pacers weren't just accurate with their pacing, they encouraged runners, shared advice, lifted spirits when things got tough and genuinely cared about helping runners achieve their goals.



Pictured left is Matthew Briggs pacing in the marathon. What he lacked in participants on his pace train he more than made up for with support for others out on course

I have no doubt that Gippy Pacers will continue to grow and become a valued part of not only the Traralgon Marathon & Running Festival but running events throughout Gippsland.

Of course, no marathon journey would be complete without a few moments of panic along the way. There was the small matter of discovering the handbook contained a marathon cut-off time that didn't match what we'd been promoting. There were the inevitable race-week curveballs that seem to appear no matter how much planning you do. And there were enough late entry requests after we sold out to fill another event altogether!

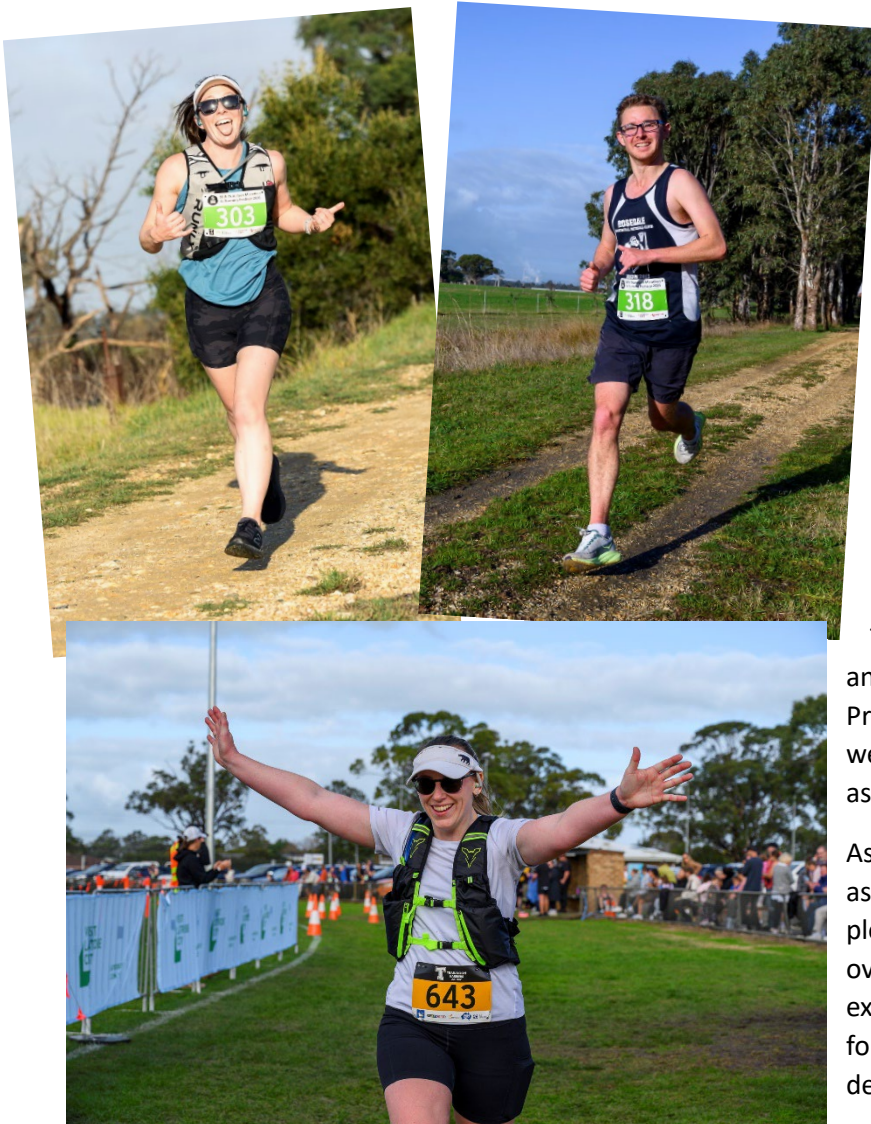
One person I simply must mention is Marieka.

Anyone who has worked closely with me over the last twelve months knows that while I might be the one standing at the microphone on race day, there is an enormous amount of work happening behind the scenes, and much of that has been driven by Marieka.

By the end of race week, Marieka and I could probably finish each other's sentences, mostly because we'd spent the previous six months discussing every possible marathon scenario imaginable.

Whenever I thought something was finished, Marieka would find three more things that needed checking. Whenever I thought I'd covered everything, she'd ask the question I hadn't thought of. The event is

unquestionably better because of her attention to detail, commitment and willingness to do whatever is needed behind the scenes.



Another personal highlight for me on race day was seeing runners return with smiles on their faces and hearing so many positive comments about the atmosphere and overall event experience. As Race Director, that's what makes all the planning worthwhile.

Every year I ask myself whether all the planning, emails, phone calls and problem-solving are worth it. Then race day arrives, I see runners achieving goals they never thought possible, and the answer becomes very clear.

This was my third year as Race Director and the first working alongside Sep as President. I am incredibly proud of what we achieved together as a committee and as a club.

As for the 60th running in 2027, I can assure you that Marieka and I are already plotting, planning and probably overthinking ideas. We have some exciting possibilities ahead and look forward to sharing more as those plans develop.

Our goal remains simple: to continue building an event that runners want to return to year after year and to be known as Australia's Friendliest Marathon.

Finally, while race day may be over, I suspect I will continue waking up at 3am wondering if I've forgotten to order something for at least another month.

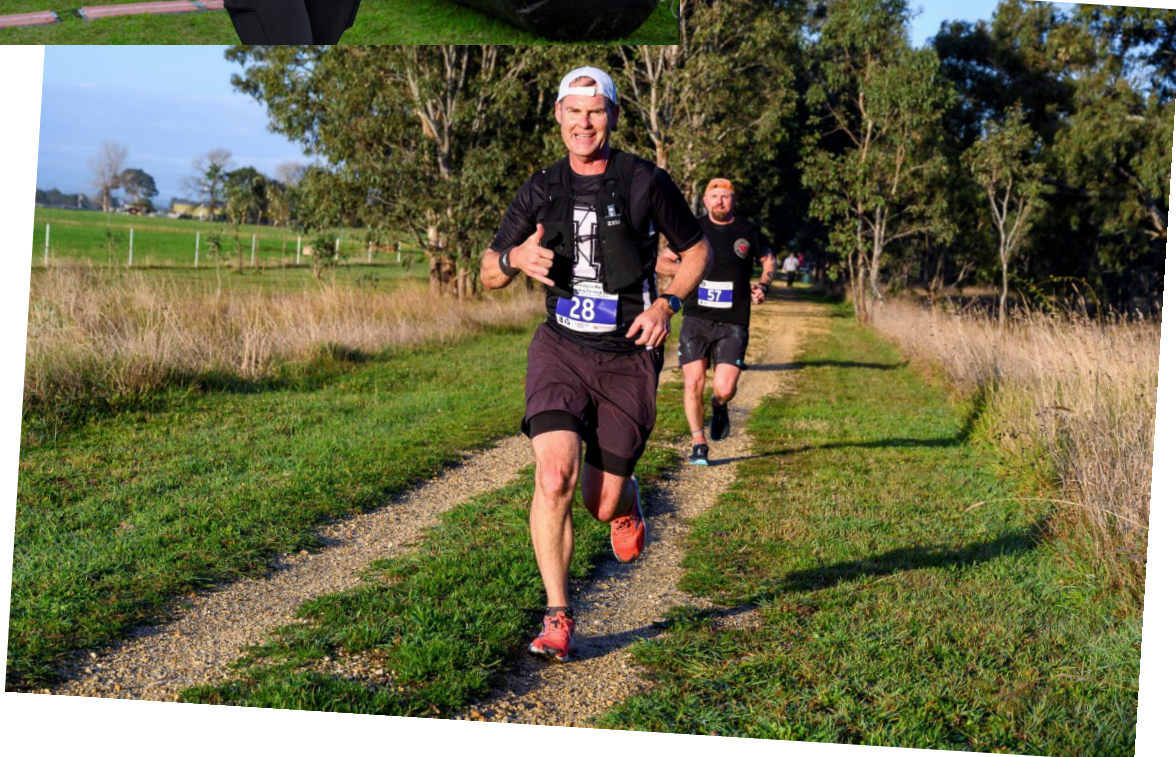
Thank you for the opportunity to serve as Race Director for the 59th Traralgon Marathon & Running Festival. It was a privilege, a challenge, a lot of fun, and a day I will remember for a very long time.

Desley Gray
Race Director
59th Traralgon Marathon & Running Festival 2026





A huge thankyou to Jay and Sam from **JASM Photography** for all our event photos from the day. You can check out the whole suite of photos right [here](#) and even use a selfie to download your favourite photos for just \$6.90 each



A Special Birthday Milestone at the Marathon! 🎉

Amidst all the post-Marathon excitement on Sunday, our Harriers family took a moment to celebrate a very special occasion.

We were thrilled to host a surprise celebration for none other than our dear friend and Life Member, **Barry Higgins**, in honour of his 88th birthday!

Barry, you are a truly remarkable person. You are held in the highest regard by everyone in our running community and we're so grateful for everything you contribute to the club.

Below is a photo from Sunday, along with a classic photo of Barry in action!



Barry Higgins charges to the finish at the 2002 Walhalla Woundup (was it really 2002? If not for the car you'd swear it was 1982! - Ed)

RAY AND DORIS ELLIS TRAIL RUN



SUNDAY JULY 5 AT WIRILDA PARK
23KM INDIVIDUAL OR RELAY 8AM
10KM INDIVIDUAL 9AM

REGISTER NOW USING THE QR CODE OR ENTER ON THE DAY



BROUGHT TO YOU BY TRARALGON HARRIERS

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						
11	Thurs 18 June	Ron's Run	5 km		Ron	Kathy Quinn & Michelle Cowell
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
	Date TBC July	Harriers Mid-Year Presentation Night	Venue and Date TBC			
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 Renehan
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 everyone who wished me 'Happy Birthday' at the final gathering after the Marathon on Sunday.

Thank you to the organisers of the birthday 'ambush' – Desley, Marieka and Sep, et al. Thank you for the iconic drinking glass – I have christened it with a fine red – and I hope you enjoyed the cake as much as my family and I did.

And thank you to all of the Harriers past and present who are always so encouraging and supportive, as well as being so warm and welcoming.

Thank you for your friendship,
Barry



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

Results Thursday June 4th – Liddiard Road Primary School 6km

Andrew Greenhill 24:20, Dempsey Podmore 24:21, Adrian Sutcliffe 25:07, Clinton Jolly 25:57, Yani Cornthwaite 26:29, Shane Gavin 27:11, Molly Irvine 27:35, Geoffrey Francis 28:17, Peter Sanders 28:40, Trent Kooyman 28:50, Errol Poole 29:06, Ron Verschuur 29:25, Darrel Cross 29:26, Belkey Podmore 29:33, Gary Fox 30:00, Stephen Mcleod 30:08, Stephen Renehan 30:30, Simon Wilson 30:34, Chris Van Unen 31:29, Jack Glover 32:47, Paul Rollandin 32:52, Mckenna Smith 33:26, Jason Odium 33:27, Jye Kaestner 34:00, Marieka Reilly 34:23, Desley Gray 34:27, Rebecca Anderson 35:55, Ashley Marsh 36:01, Maddy Wood 36:14, Dave Mann 36:15, Kaye Livingstone 36:41, Bailey Rollandin 36:56, Charlotte Barr 37:01, David Barr 37:02, Mark Lansdown 37:40, Tracey Matheson 39:34, David Matheson 39:49, Mandy Ellis 40:06, Tania Whitehead 41:52, Oliver Semmler 43:18, Phillip Mayer 43:30, Isabella Blthyman 45:00, Barry Higgins 45:10, Megan Kenny 45:26, Toby Grzmil 45:43, Kat Fenech 50:18, Daniel Symons 56:04, Belinda Heafield 1:01:42, Michelle Colwell 1:02:37, Kathy Quinn 1:02:37, Natalie Blythman NTR, Alyce Jolly NTR, Kylee Earl NTR, Ann Bomers NTR, Greg Semmler NTR, Karen Graham NTR

Results Thursday June 11th – The Avenue 5km

Sav Mavrofridis 20:37, Bowie Ruyg 24:24, Seth Bomers 24:39, Jay McGown 24:57, Andrew Greenhill 25:20, Ian Cornthwaite 26:28, Dempsey Podmore 26:28, Daniel Furmston 26:28, Yani Cornthwaite 26:42, Adrian Sutcliffe 28:27, Trent Kooyman 28:30, Geoffrey Francis 28:35, Karen Graham 28:36, Gary Fox 28:56, Ron Verschuur 29:16, Molly Irvine 29:20, Peter Sanders 29:34, Jack Glover 30:06, Chelsea Fox 30:11, Darrel Cross 30:16, Stephen Mcleod 30:19, Rickie Glover 31:19, Chris Van Unen 31:47, Nicholas Talerico 32:37, Shane Wilson 32:52, Catherine Leonard 33:24, Ben Wilkinson 33:28, Desley Gray 34:30, Marieka Reilly 34:30, Angelo Gaudiano 34:50, Shane Gavin 34:52, Errol Poole 34:57, Sep Marino 35:31, Orannah Brightman 35:42, Drew Sedgwick 35:50, Ashley Marsh 36:07, Claire Macumber 36:43, Kaye Livingstone 38:01, Bjorn Luxmann 38:05, Mark Lansdown 38:07, Charlotte Barr 38:31, David Barr 38:32, Tracey Matheson 38:37, David Matheson 39:25, Jason Odium 39:42, Mckenna Smith 39:49, Mandy Ellis 40:45, Phillip Mayer 41:21, Tania Whitehead 41:50, Daniel Symons 42:30, Isabella Blthyman 45:00, Barry Higgins 47:15, Ann Bomers 49:22, Helen Whitby 52:00, Natalie Blythman 56:00, Michelle Colwell 59:31, Kathy Quinn 59:31, Belinda Heafield 1:00:49, Anja Norwood 1:09:43, Chester Goulter NTR, Ian Heafield NTR, Clinton Jolly NTR, Kat Fenech NTR, Kylee Earl NTR

Traralgon Harriers Take on Cruden Farm

TWELVE dedicated Harriers ventured down to Cruden Farm, a traditional cross-country course that had not been traversed for three years. Races of four, seven, and twelve kilometres were on offer with courses rolling across the gentle grassed undulations of the farm. Strides under gently autumnal trees with leaves gently falling were paired with log jumps, mud pits, and narrow trails through ferns, bracken, and leaf litter. Whilst a grey hue dominated the skies upon arrival, the rain held off until part way through the last race.



Two Podmore siblings ran in junior races today, with Jerzey (16:21) in the four-kilometre and Dempsey clocking 26:17 for the seven-kilometres. Yani Cornthwaite continued her excellent run of form in the women's twelve-kilometre race and is slowly moving up the field, finishing in 55th. Kate Jones (58:57) and Anna Cardillo (61:20) are also compiling another set of consistent cross-country seasons.

Corey Milner, coming into the men's twelve-kilometre leading the 40+ category finished in second place, more than enough to retain the figurative yellow jersey. Will Robertson may have found himself well beyond his usual distances of 1500m, he was more than up for the task crossing the line in 45:18. Miles Verschuur (46:55) and Ian Cornthwaite were next across the line, with Glenn Crawford making his season debut. Ron Verschuur and Ian Twite rounded out the men's division.

A whole club effort was required to pack down the marquee with both precipitation and wind coming in hard. The Big T awards were received by Corey Milner and Yani Cornthwaite. In a fortnight's time, your beloved Harriers will travel to Calder Park, with the racetrack making its AV debut for some road relays.

Results:

Female Open

12km: Yani Cornthwaite 54:33; Kate Jones 58:57; Anna Cardillo 1:01:20.

Male Open

12km: Corey Milner 41:26; William Robertson 45:18; Miles Verschuur 46:55; Ian Cornthwaite 54:09; Glenn Crawford 55:27; Ron Verschuur 1:03:09; Ian Twite 1:10:41.

Male 14

4km: Jerzey Podmore 16:21.

Male 18

7km: Dempsey Podmore 26:17.

Miles Verschuur



*Pictured below - Miles and Will lead Andrew Crawford (Wellington) over the bridge for the first time.
Courtesy of Soaring Vision*



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



RAY AND DORIS ELLIS TRAIL RUN



SUNDAY JULY 5 AT WIRILDA PARK
23KM INDIVIDUAL OR RELAY 8AM
10KM INDIVIDUAL 9AM

REGISTER NOW USING THE QR CODE OR ENTER ON THE DAY



BROUGHT TO YOU BY TRARALGON HARRIERS

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

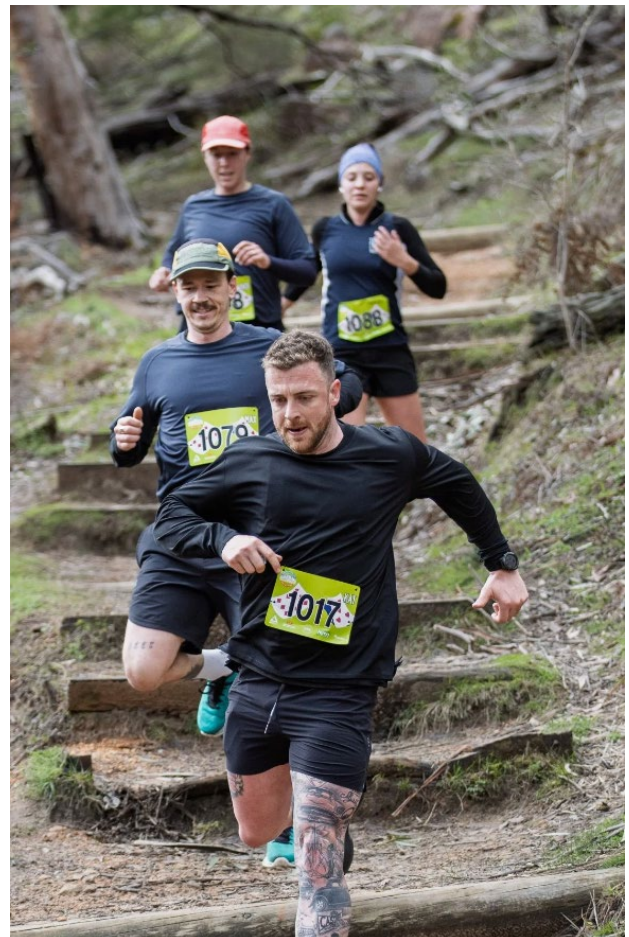
RACE DISTANCES - SATURDAY:

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

RACE DISTANCES - SUNDAY:

- 50km
- 30km
- 20km

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



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GEOFF WATT

MEMORIAL FUN RUN & FESTIVAL

18.10.26

ENTRIES: www.geoffwattrun.com.au
or Scan QR Code



PARTICIPANTS RECEIVE MEDAL, GIFT
& \$50 ACTIVE FEET VOUCHER



active feet
YOUNG
ACHIEVEMENT
AWARDS

FANCY DRESS
SPOT PRIZES

GEOFF WATT MEMORIAL ATHLETICS TRACK
BURKE STREET, WARRAGUL

EVENT TIMES 9AM - L&F EYECARE GEOFF WATT HALF MARATHON **FOOD & WINE FESTIVAL**
9.50AM - MICHELTON 10K - JAYCO 5KM **FAMILY ENTERTAINMENT**
10.00AM ACTIVE FEET 2.5KM WALK/RUN **VINTAGE CARS**
10.30 - 11.25AM JUNIOR ATHS CLINIC (RUN, JUMPS, THROW) **LIVE MUSIC**
11.30AM JUNIOR 400M 12.15PM PRESENTATIONS

Entries are now open for the 2026 Jayco Geoff Watt Memorial Fun Run & Festival — Gippsland's longest running fun run event!

Join us for a fantastic day out with live music, a food & wine festival, vintage car show, family entertainment, and infield skills sessions with Australian Athletics Ambassadors.

🏆 EVERY PARTICIPANT RECEIVES A MEDAL, GIFT PACK & \$50 ACTIVE FEET VOUCHER!

Plus keep an eye out for Fancy Dress Spot Prizes and Active Feet Young Achievement Awards on the day.

Head to www.geoffwattrun.com.au [1] to register for your event — entries are available for all distances including family and junior options.

This year there are also individual AND team prizes for fastest times and most entries from a club, workplace, or team — so why not bring a friend or get your crew together and make a day of it!

Follow us on Facebook at facebook.com/geoffwattrun for competitions, giveaways, and event updates in the lead-up to race day.