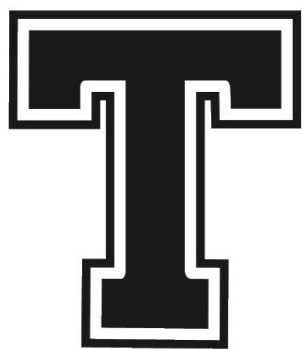




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

16 July 2026 - Volume 59 – Issue 14

THURSDAY RUN

This Week's Course

Meadow Park Drive 6km

Duty

Club Run - Doughnut
Course 6.2km + AGM

Duty

Paul Ellis &
Owen Notting

Marker

Mark Lansdown

23/7/26

Rangeview Drive 5km, St
Gabriel's Primary School

Duty

Kylie Murray &
Darrel Cross

Marker

Sav

30/7/26

St. Pauls Anglican
Grammar 6km

Duty

Cat Leonard &
Ree Graham

Marker ??



**Our AV team last travelled to Bundoora for a
challenging 10km cross country assignment.**

**Pictured are our wonderful Harrier AV ladies –
Kate, Anna, Chelsea and Yani**

President's Message

Thursday 16 July 2026

Annual General Meeting

Our **Annual General Meeting** is this Thursday at the clubrooms, following our weekly run.

I'll have more to say at our AGM, but I want to sincerely thank all committee members for their wonderful support and contributions over the past 12 months. We're so lucky to have such an amazing group of people who have dedicated their time and energy to Harriers.

If you're passionate about supporting your club, I strongly encourage you to put in a nomination for the new committee.

Being part of committee is an incredibly rewarding experience and means you can have a real impact on how the club operates. It's also an opportunity to use your skills, knowledge and experience for the benefit of all members.

Some people may be a little intimidated by the idea of joining a committee, but I can tell you from experience that from day one **you'll be well supported and part of a group that values your input** and the unique qualities you bring to the table.

It's not too late to put in a nomination. Sign up via <https://forms.office.com/r/gU1CpQB29J> or put your hand up on Thursday night at the AGM. All you'll need is the name of a primary and secondary nominator (who must also be club members).

I encourage all members to attend the AGM this Thursday to hear from our executive team and to learn more about the future direction of Traralgon Harriers.

Regardless of whether you have a role on committee or not, your support is greatly appreciated and makes everything we do at Harriers possible. I've been so impressed by the volunteer support we've received this year, whether that's for our major events, club functions or our weekly Thursday runs. Great people equals a great club!

Events wrap up

In recent weeks we've had the Ray and Doris Ellis Trail Run at Wirilda, and more outstanding performances from our AV Team, including action at the Victorian Cross Country Championships. Check out the excellent write-ups in this edition. **The achievements of our club members have been exceptional**, and they do us proud every time they wear the Big T!



All smiles from our life members at last year's Mid-Year Awards night

Mid-Year Awards Night: Save the date!

Another reminder about our **Mid-Year Awards Night and dinner celebration on Saturday 1 August from 6:30pm at Dal Mondo Restaurant Traralgon**. Formal invites and menu details will be going out to all members shortly. We're looking forward to another wonderful night of celebration, with great food and great company.

My best wishes to all our club members and supporters. I look forward to catching up with you all again soon!

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 & Sep Marino

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

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						
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
	Saturday 1 Aug	Harriers Mid-Year Presentation Night		Dal Mondo Restaurant Traralgon 6:30pm		
18	Thurs 6 Aug	The Rise	5 km		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		Molly Irvine	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 & Sep Marino
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



*Pictured above – Anna and Chelsea challenge one another at Bundoora while below,
Miles keeps ahead of Wally*



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 July 2nd – Meadow Park Drive

On the first Thursday night Harriers run for the month of July, 52 participants completed the Meadow Park drive 2-lap course in less than ideal, wet and cold conditions. With the run both starting and finishing between Meadow Park Drive and Grubb Avenue, the course took runners along Wirilda Crescent, up Cross's Road and then back along Grubb Avenue.

The first three runners across the line this week were again the ever-so-speedy Sav Mavrofridis, 21:22, followed by Dempsey Podmore, 21:34, who is also in exceptional running form at the moment, and another talented Harriers legend Pete Cutler, only 3 seconds behind Podmore in 21:37.

For the females, the fastest three times were clocked by another up-and-coming Harriers legend in Chelsea Fox, 27:43, with second belonging to junior runner Charlotte Barr, 32:11, while third place went to Cat Leonard, 33:11, who is also in great form.

Results Meadow Park Drive walk/run

Sav Mavrofridis 21:22, Dempsey Podmore 21:34, Peter Cutler 21:37, Ryan McLeod 26:26, Jerzey Podmore 26:50, Warren Shields 27:11, Stephen Renehan 27:27, Chelsea Fox 27:43, Shane Gavin 28:15, Belkey Podmore 28:18, Errol Poole 28:38, Chris Van Unen 29:12, Geoffrey Francis 29:56, Stephen McLeod 30:22, Ron Verschuur 30:26, Adrian Sutcliffe 30:59, Darrel Cross 31:15, Gary Fox 31:18, Charlotte Barr 32:11, David Barr 32:12, Matthew Frescura 32:28, Ben Wilkinson 33:08, Catherine Leonard 33:11, Jye Kaestner 33:15, McKenna Smith 33:59, Jason Odum 34:00, Mark Lansdown 34:40, Angelo Gaudiano 35:42, Toby Grzmil 35:44, Drew Sedgwick 36:09, Claire Macumber 36:18, Adam van baalen 36:28, Ashley Marsh 36:35, Ree Graham 38:00, Desley Gray 38:18, Marieka Reilly 38:18, Mandy Ellis 38:51 (pictured right), Daniel Symons



40:12, David Matheson 40:56, Tracey Matheson 40:59, Megan Kenny 45:02, Barry Higgins 46:05, Helen Whitby 47:36, Belinda Heafield 1:01:00, Ian Heafield 1:06:32, Seth Bomers NTR, Ann Bomers NTR, Andrew Broberg NTR, Michelle Colwell NTR, Anja Norwood NTR, Maddy Wood NTR, Dave Mann NTR.

Thursday July 9th – Aussie Broadband Head Office 5km

Last week's Thursday night run was the newly named 'Aussie Broadband Head Office' course (originally known as the ASICS 5km course). The run was a 3-lap course near the main centre of Traralgon that took runners and walkers across the Franklin Street bridge, along Davidson St, and then followed the Traralgon Creek alongside Bert Thompson Reserve. In cool but calm conditions, 63 runners and walkers completed the course.

For the males this week, it was Sav Mavrofridis who took line honours in a speedy time of 15:57, followed closely by Pete Cutler in 17:18, and third for the males belonged to Ash Crawford in another great time of 19:48.



Pictured above – Ash Crawford continues to show great form in his running and as such, finished third outright on Thursday night, with his daughter Ivy Crawford (L) finishing third on points handicap for the females.

In the female race, it was Chelsea Fox who took line honours in 22:50, second to her was Karen Graham only 15 seconds behind in 23:05, and third for the females this week was Bec Anderson in a time of 25 minutes flat.

This week's run (16/7/26) is the Doughnut 6km course which starts at the Traralgon Harriers Clubrooms on the corner of Grubb Avenue and Douglas Parade in Traralgon. Check-in time is from 5:30pm. Following our run will be our Annual General Meeting in the clubrooms. Everyone is welcomed to attend where the focus will be on the election of the 2026/27 Committee. For more information: www.traralgonharriers.org.au

Results – Aussie Broadband Head Office walk/run

Sav Mavrofridis 15:57, Peter Cutler 17:18, Ash Crawford 19:48, Andrew Greenhill 19:57, Seth Bomers 20:07, Matthew Deppeler 20:19, Bowie Ruyg 20:21, Adrian Sutcliffe 20:41, Andrew Matthews 22:00, Stephen Renehan 22:22, Trent Kooyman 22:45, Chelsea Fox 22:50, Errol Poole 22:58, Karen Graham 23:05, Gary Fox 23:22, Geoffrey Francis 23:27, Ron Verschuur 23:35, Hayden Matthews 24:00, Darrel Cross 24:10, Shane Wilson 24:20, Chris Van Unen 24:28, Jack Glover 24:30, Stephen McLeod 24:52, Bec Anderson 25:00, Jay McGown 25:08, Ivy Crawford 25:12, Catherine Leonard 25:37, Jye Kaestner 25:56, Matthew Frescura 26:43, Toby Grzmil 27:17, Giuseppe Marino 27:35, Drew Sedgwick 27:43, Desley Gray 28:07, Marieka Reilly 28:07, Maddy Wood 28:53, Bjorn Luxmann 28:53, Mark Lansdown 28:54, Archie Sedgwick 28:58, Angelo Gaudiano 29:05, Dave Mann 29:09, Ashley Marsh 29:13, Claire Macumber 29:45, Ree Graham 30:40, Daniel Symons 31:38, Paul Smith 31:51, Mandy Ellis 32:11, Tracey Matheson 32:18, David Matheson 32:39, Samantha McGown 39:03, Barry Higgins 40:15, Phillip Mayer 41:20, Molly Irvine 45:20, Isabella Blythman 47:00, Natalie Blythman 48:00, Michelle Colwell 49:56, Nick Hodson 50:00, Kylee Earl 50:00, Belinda Heafield 50:50, Chester Goulter 54:55, Ian Heafield 59:18, Peter Sanders NTR, Megan Kenny NTR, Nicky Semmler NTR



Pictured above - The long and the short. As well as enjoying Harrier's shorter events Stephen Renehan runs 100km ultra-marathons.

Photos: JASM Photography

Molly Irvine

Traralgon Harriers make gains at Bundoora

AFTER a year's hiatus, the Victorian Cross Country Championships returned to the slopes of Mount Cooper in Bundoora alongside the typical July weather and muddy course conditions. The usual ten kilometres was on the menu, yet by avoiding a road crossing, the course now consisted of four laps; two of two-kilometres, followed by two of three-kilometres.

First up, however, was our eager juniors Dempsey Podmore and Seth Bomers in the six-kilometre junior race. It was a tough assignment for the lads but they both powered across the finish line.

A full team was present for the women's race. Yani Cornthwaite moved efficiently up through the field finishing in 50th, her highest placing for the season thus far. Kate Jones (47:28) was next, with Anna Cardillo and Chelsea Fox coming across the line together.

The men's team were feeling bullish after their second-place finish at Calder Park. Whilst Richard Ogilvie was an out, a seriously in-form Sav Mavrofridis was more than up for the task of tackling Bundoora. Corey Milner (34:04) was first across the line for Traralgon, 42nd being his highest finish for the year and collecting another age group medal. Mavrofridis (35:21) and William Robertson (36:59 pictured right), who continues to build a very smart racing resume, were next across the line. Miles Verschuur and Greg Semmler wrapped up the team and secured a stunning first-place, vaulting the team into second on the ladder and in contention for promotion.

Ron Verschuur and Gary Fox constituted the Division 5 team, with Verschuur proving faster than Fox for the first time during the 2026 XCR season. In a fortnight, the team will return to Lakeside Stadium, this time for the ten-kilometre road race.



Results:

Female Open

10km: Yani Cornthwaite 44:33; Kate Jones 47:28; Chelsea Fox 51:58; Anna Cardillo 51:58.

Male Open

10km: Corey Milner 34:04; Sav Mavrofridis 35:21; William Robertson 36:59; Miles Verschuur 39:12; Greg Semmler 41:27; Ron Verschuur 51:46; Gary Fox 52:39.

Male 18

6km: Dempsey Podmore 21:40; Seth Bomers 28:49.

Miles Verschuur

Ray and Doris Ellis 2026

A DARK and fresh wintery Sunday morning was the setting for another successful running of the Ray and Doris Ellis Trail Runs at Wirilda Park. Traversing both the east and west banks of the Tyers River as it winds its way through a gorge downstream from Moondarra Dam, the trails and dirt roads on offer were in excellent condition. Without a surplus of rain, the three water crossings were very manageable.

In the 23km, which headed all the way to Moondarra Dam and back, Sav Mavrofridis was in front from the start and never looked back. Smashing his own course record by over six minutes, Mavrofridis was four minutes ahead of Corey Milner (1:53:57). Miles Verschuur and Ash Crawford battled throughout, with Kylie Murray collecting another Harriers championship event to add to her esteemed trophy collection. Yani Cortnthwaite and her trusty canine companion Roo finished in 2:33:06, with Chelsea Fox returning from a small injury in third place.

The 23km distance also saw two relay teams enter with the Speedy Gonzales team of Andy Matthews, Harriers' own Dempsey Podmore, Maddy Wood, and Dee Evans collect the medals only four minutes ahead of The Goobers team.

In the 10km, which featured only one river crossing, Curtis Lloyd-Webb proved victorious, ahead of Dave Barr and Glenn Crawford. Glenda Anderson was only a minute ahead of Kym Renooy, with Harriers legend Anna Cardillo collecting the bronze medal.

Runners and volunteers were treated to a warm fire, some excellent bacon and egg rolls, and some homely company at the finish line on the banks of the Tyers River.

Results:

23km:

Sav Mavrofridis 1:49:11, Corey Milner 1:53:57, Miles Verschuur 2:13:48, Ash Crawford 2:16:14, Kylie Murray 2:20:17, Stephen Renahan 2:26:29, Steve Wallace 2:28:49, Andrew Greenhill 2:29:24, Jay McGown 2:29:35, Yani Cornthwaite 2:33:06, Adrian Sutcliffe 2:37:05, Sean Wolfe 2:41:40, Ray Larsen 3:00:07, Geoffrey Francis 3:08:00, Chelsea Fox 3:08:38, Shane Wilson 3:12:47, Stan Urbanic 3:12:47, Ntsume Matjila 3:16:08, Sarah Daddo 3:31:44, Bjorn Luxmann 3:34:12, Sally Eenjes 3:47:05, Gary Fox 3:47:06.

10km:

Curtis Lloyd-Webb 54:27, Dave Barr 56:25, Glenn Crawford 1:05:33, Glenda Anderson 1:05:34, Dale Ingleton 1:06:30, Kym Renooy 1:06:47, Anna Cardillo 1:07:57, Bec Anderson 1:11:30, Lynette McGowan 1:14:01, Ivy Crawford 1:19:52, Matthew Frescura 1:26:49, Alex Vuillermin 1:31:11, Jodie Mason 1:32:43, Carmen Weaver 1:51:22, Leanne Pease 1:51:22, Eudora Walker 1:59:33, Sam McGown 2:08:02.

23km Relay:

Speedy Gonzales (Andrew Matthews, Dempsey Podmore, Maddy Wood, & Dee Evans) 2:31:12, The Goobers (Hayden Matthews, Dave Mann, Oliver Semmler, & Inika Buhagiar) 2:35:29.

Volunteers:

Ree Graham, David Hood, Nicky Semmler, Greg Semmler, Dempsey Podmore, Desley Grey, Mareika Reilly, Warren Shields, Tobiaz Grzmil, Des Dalton, Matt Veenstra, Ann Bomers, Sam McGown, Sally Eenjes, Gary Fox, Shay Lorenz, Randella Barnes, Miles Verschuur, Ron Verschuur.



Pictured above left - Ray and Doris Ellis Championship Winners Kylie Murray and Sav Mavrofridis



Pictured above right - 23km Men's Medal Winners (L-R) Ash Crawford, Corey Milner, Sav Mavrofridis, and Miles Verschuur



Pictured above left - 10km Women's Medal Winners (L-R) Anna Cardillo, Glenda Anderson, and Kym Renooy and above right – the 23km start line just before take off!



Miles Verschuur

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



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

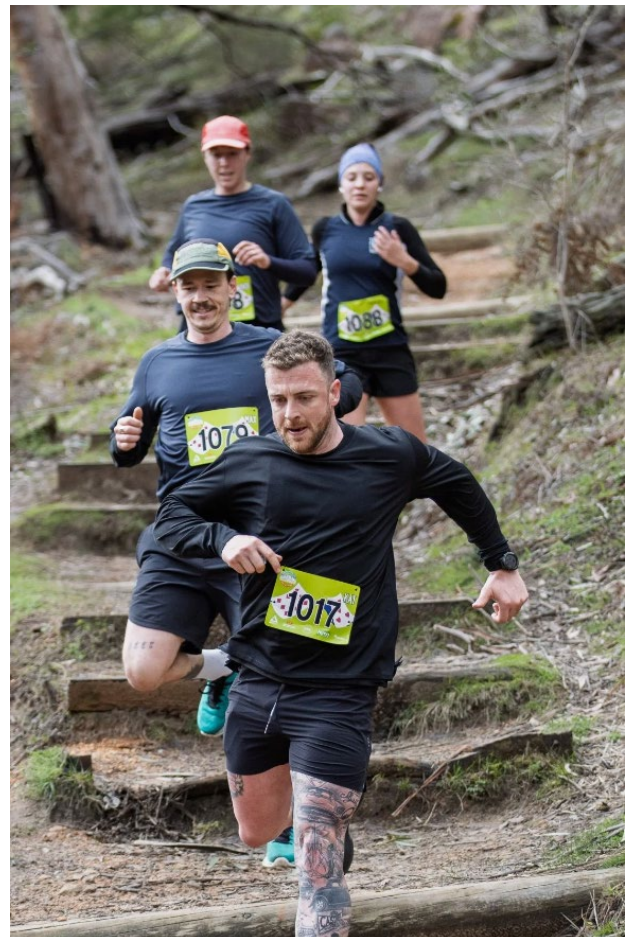
RACE DISTANCES - SATURDAY:

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

RACE DISTANCES - SUNDAY:

- 50km
- 30km
- 20km

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



GEOFFWATTRUN.COM.AU | FACEBOOK.COM/GEOFFWATTRUN



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**



**GEOFF WATT MEMORIAL ATHLETICS TRACK
BURKE STREET, WARRAGUL**

**active feet
YOUNG
ACHIEVEMENT
AWARDS**

**FANCY DRESS
SPOT PRIZES**

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.







31 OCT - 3 NOV
2026
4PEAKS.COM.AU









