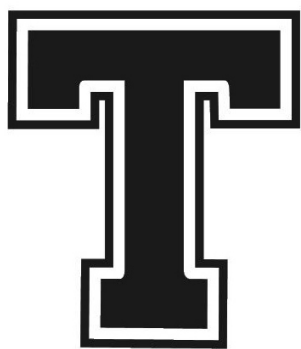




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

30 July 2026 - Volume 59 – Issue 15

THURSDAY RUN

This Week's Course

St. Pauls Anglican
Grammar 6km

Duty

Cat Leonard &
Ree Graham

Marker

Angelo Gaudiano

6/8/26

The Rise 5km

Duty

Nick Hodson &
Che Laurenz

Marker

Dave Barr

13/8/26

Netball Courts 6km

Duty

Mark Lansdown &
Anja Norwood

Marker

Mark Lansdown



Our Traralgon Marathon RD and 2IC take their event recon very seriously – Desley and Marieka conquered the Outback Marathon last weekend!

President's Message

Thursday 30 July 2026

Our New Committee for 2026/ 27

Thanks to everyone who attended our recent Annual General Meeting, where we had the pleasure of welcoming our new committee for the 2026 / 27 term.

I had the honour of being re-elected as Club President, and I'm grateful to everyone for your continued support. Vice President Desley Gray and Club Secretary David Barr were also re-elected.

We also welcomed our new Treasurer, Marieka Reilly, to her first term on the Executive Team, after serving on the general committee for several years. Marieka brings with her a wealth of knowledge and experience, and we're grateful to have her on board.

The next 12 months will continue to have a focus on delivering great events, great experiences and great value for our members

I want to express my sincere thanks and appreciation to Ann Bomers, who has stepped down as Treasurer after seven years in the role.

Ann's commitment to the club and its members has been extraordinary, extending well beyond her role as Treasurer – regularly volunteering at all our running events, coordinating merchandise, assisting with our social nights, and always going out of her way to help the club and its members.

Ann, thank you for being such a positive and committed member of the Harriers team. The club is undoubtedly in a better position because of you.



Our AGM also saw us welcome new members to our committee, with Samantha McGown and Shane Wilson stepping up. We're excited to have Sam and Shane on board!

To all outgoing committee members, we thank you for your contributions and all the great work you've done to support the club. I also acknowledge that many outgoing members have already put their hands up to volunteer for future events, which reflects the wonderful support we have at Harriers.

Whether you're a committee member, assisting with Thursday night duties, or helping at a club event, everyone's support makes a difference!

Mid-Year Presentation Night this Saturday!

Thanks to everyone who has registered for this **Saturday's Mid-Year Presentation Night at Dal Mondo Restaurant Traralgon, starting from 6:30pm**. It's going to be a great evening of fun, food and celebration!

I look forward to seeing you there!

All the best,
Sep

Giuseppe Marino
President
Traralgon Harriers Athletic Club

Welcome to our 2026/ 27 Committee!

Left-Right (previous page): Miles Verschuur, Des Dalton, Trent Kooyman, Marieka Reilly (Treasurer), Samantha McGown, Chris Van Unen, David Barr (Secretary), Giuseppe Marino (President), Shane Wilson, Ron Verschuur, Shay Lorenz, Toby Grzmil, Gary Fox and Desley Gray (Vice President). Not pictured, Kaye Livingstone, who was also reappointed to another term on committee.

***** 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.

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

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						
17	Thurs 30 July	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms	Angelo Gaudiano	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		Dave Barr	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 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 & 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

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 16th – Doughnut Run ~6km

Last Thursday night's run saw 52 motivated runners, joggers and walkers complete a brisk 6km course around the surrounding paths of the Traralgon Harriers Clubrooms. The 3-lap course started at the rooms, before heading along Douglas Parade, down Gilmour Street, along Grey Street and then right onto Douglas Parade ending back to where the start/finish was.

The first three runners across the line for the night were Sav Mavrofridis in a speedy time of 22:53, followed by Seth Bomers in another great time of 26:02, and Clinton Jolly in 26:45 to take third place for the night.

For the females, the fastest three times belonged to Chelsea Fox in 27:56, followed by Caitlin Pitt in 33:01, and consistent performer Cat Leonard in 34:03 to round out the podium.

Results Doughnut Run walk/run

Sav Mavrofridis 22:53, Seth Bomers 26:02, Clinton Jolly 26:45, Stephen Renahan 27:27, Chelsea Fox 27:56, Errol Poole 29:21, Seb Morrow 30:00, Gary Fox 30:12, Geoffrey Francis 30:21, Trent Kooyman 30:25, Glenn Crawford 30:30, Chris Van Unen 31:24, Peter Sanders 31:27, Jay McGown 32:08, Phillip Mayer



Chelsea Fox continues to show great improvements in her running, completing the 3-lap course in 27:56 which saw her finish in the top 5 of all runners.

32:16, Caitlin Pitt 33:01, Nicholas Talerico 33:13, Catherine Leonard 34:03, Archie Sedgwick 34:54, Ashley Marsh 35:58, Adrian Sutcliffe 36:16, David Barr 36:16, Marieka Reilly 36:43, Desley Gray 36:43, Drew Sedgwick 37:42, Adam van baalen 37:56, Mark Lansdown 38:36, Claire Macumber 38:46, Ree Graham 38:54, Rebecca Anderson 39:49, Daniel Symons 40:51, Mandy Ellis 41:05, Megan Kenny 41:22, Isabella Blythman 44:00, Helen Whitby 44:50, Orannah Brightman 45:00, Barry Higgins 49:15, Samantha McGown 50:57, Natalie Blythman 52:00, Tania Whitehead 59:00, Molly Irvine 59:00, Chester Goulter 1:00:59, Ross Jones 1:02:02, Lynda Jones 1:02:05, Kathy Quinn 1:03:34, Michelle Colwell 1:03:34, Karlie Brightman 1:14:49, Karen Graham NTR, Nick Hodson NTR, Kylee Earl NTR, Paul Ellis NTR, Owen Notting NTR

Thursday July 23rd – Rangeview Drive 5km

On last Thursday night's run, 37 keen participants completed the Rangeview Drive course on the cold and unfavourable Winter's night. With the run both starting and finishing out the front of St Gabriel's Primary School on Rangeview Drive in Traralgon, the course took runners along parts of Wirilda Crescent, up Parkwood Way and along Stirling Avenue before looping back onto Rangeview for a 3 lap 5km course.

The first three runners across the line this week were Andrew Greenhill in 20:28, followed by Pete Sanders in 21:51, and third fastest outright for the night was female runner Chelsea Fox in 22:29.

Following close behind Fox, was Geoff Francis just 2 seconds back in 22:31, next across the line and fifth fastest outright was another female runner Caitlin Pitt in 22:42, and Clinton Jolly rounded out the top sixth spot in 22:59.

This week's run (30/7/26) is the St Paul's 5km course which starts next to St Paul's Anglican Grammar School on Cross's Road, Traralgon. Check-in time is from 5:30pm.



Results – Rangeview Drive walk/run

Andrew Greenhill 20:28, Peter Sanders 21:51, Chelsea Fox 22:29, Geoffrey Francis 22:31, Caitlin Pitt 22:42, Clinton Jolly 22:59, Karen Graham 23:00, Jason Odum 23:05, Ron Verschuur 23:37, Chris Van Unen 24:30, Trent Kooyman 24:35, Phillip Mayer 26:57, Bjorn Luxmann 27:06, Ivy Crawford 28:10, Ash Crawford 28:10, Ashley Marsh 28:34, Charlotte Barr 28:56, David Barr 28:57, Giuseppe Marino 29:06, Daniel Symons 29:06, Drew Sedgwick 29:13, Mark Lansdown 29:23, Megan Kenny 29:23, Archie Sedgwick 30:15, Isabella Blythman 38:40, Lynda Jones 38:42, Barry Higgins 42:22, Molly Irvine 44:16, Natalie Blythman 45:00, Alyce Jolly 45:00, Michelle Colwell 45:40, Shane Wilson 47:00, Belinda Heafield 48:20, Shay Lorenz 48:47, Sav Mavrofridis NTR, Kylie Murray NTR, Darrel Cross NTR

Pictured left - Club member Andrew Greenhill completed the 5km course in 20:28 to take line honours on Thursday night

Molly Irvine

Traralgon Harriers Return to Lakeside:10

PERFECT running conditions – the gentlest of breezes, a mild air, and a subtle sunshine – welcomed thirteen Harriers to the home of Victorian athletics at Lakeside Stadium for the second time this season. With the 5km kickstarting the season back in May, the distance was doubled for the ten kilometres.

The men's race was first and whilst lacking usual frontman Corey Milner, Richard Ogilvie and Dempsey Podmore were more than capable of leading the team out along Lakeside Drive. Whilst Podmore hit the front for the Harriers, Ogilvie got moving and stopped the clock at 32:53, a personal best. Podmore was next across the line, followed by William Robertson and Miles Verschuur.



Our fastest four captured by the most technologically savvy of the group – Miles, Richard, Will and Dempsey

Glenn Crawford (40:37) was next, with the standard battle between Ron Verschuur and Gary Fox ensuing behind him. With three quarters of the run over, a stalking Fox made his move, putting forty seconds between himself and Verschuur by the end of the race.

The women's race was next, with the commonplace order of Yani Cornthwaite (41:42), Kate Jones, Chelsea Fox, and Anna Cardillo occurring once again. Fox slashed almost five minutes off her ten-kilometre personal best despite being without a watch for the entire run.

The undoubted highlight of the Harriers' day was watching Seth Bomers overtaking over eight people with a mighty sprint in the final stretch of his junior three-kilometre race. Whilst not quite scoring his goal time of sub-eleven minutes, Bomers rightly held his arms aloft on his return to his cheering teammates.

In a fortnight, the team travels to the gold rush city of Ballarat to race the half-marathon distance around the picturesque Lake Wendouree. Hopes are high that some will be able to shout “eureka” having earned a personal best.

Results:

Female Open

10km: Yani Cornthwaite 41:42; Kate Jones 44:31;
Chelsea Fox 44:34; Anna Cardillo 48:21.

Male Open

10km: Richard Ogilvie 32:53; William Robertson 34:12;
Miles Verschuur 36:33; Glenn Crawford 40:37; Gary
Fox 49:43; Ron Verschuur 50:19.

Male 18

10km: Dempsey Podmore 33:08.

Male 16

3km: Seth Bomers 11:07.



*Pictured above - Glenn Crawford
striding along Lakeside Drive*

*Left - Ron Verschuur with his
“Big T” award*



Miles Verschuur

Orange Sand, Frozen Fingers and 42.2 Kilometres

Our Australian Outback Marathon Adventure

No photograph can truly capture the colour of the Australian Outback. The landscape is the most spectacular shade of orange, so rich and intense that it almost doesn't look real.



Our adventure began the day before the marathon with an early morning trip to watch the sunrise over Uluru. Unfortunately, the morning was cloudy, freezing cold and not quite the spectacular sunrise we had imagined. However, the 10-kilometre Uluru Base Walk that followed more than made up for it. Recent rain had transformed the landscape, and the native flowers were putting on an incredible display of colour. We stopped countless times to take photos and use Google Lens to identify everything we discovered along the way. And then there were the toilets, well, they were a story in themselves! Nothing says Australian Outback adventure quite like a good old-fashioned Aussie long drop.

That evening, we attended the Marathon Welcome Dinner at Sails in the Desert. It was held outside and, yes, it was still very cold, but the opportunity to mingle with fellow runners and enjoy one of the most delicious dinners we had ever eaten made it completely worthwhile.

Marathon morning began with a very early 5 am breakfast before we boarded the bus to the starting line. The intensity of the Outback cold was unlike anything we had experienced. It was a different kind of cold, sharp, dry and absolutely freezing. We even started the marathon wearing our Kathmandu puffer jackets!

By the 10-kilometre mark, we had finally warmed up enough to remove a few layers and settle into our run. Although, to be completely honest, it was probably better described as a gentle trot, with plenty of stops to admire the incredible views and photograph even more of the stunning native flowers.

The sandy tracks were challenging. We had been warned that this was a tough marathon, but nothing could truly prepare us for how intensely tired our legs would feel by the 30-kilometre mark, especially knowing we still had another 12 kilometres to go.



We stuck together for the entire 42.2 kilometres and, true to form, talked for most of it. Somewhere along those sandy Outback tracks, we may even have solved a few of the world's problems!

Crossing the finish line brought an overwhelming mixture of relief and immense accomplishment. We had trained together, travelled together and completed this incredible marathon side by side. It wasn't about achieving a particular finishing time. It was about soaking up the experience, enjoying the landscape and sharing an unforgettable adventure with my best friend, Marieka.

But crossing the finish line wasn't the end of our day.

After a well-earned shower to wash off multiple layers of orange sand and a very quick rest, we headed out on our next adventure, a sunset helicopter flight over Uluru and Kata Tjuta.

From the air, the shades of orange were even more intense and almost impossible to describe. With a clear, crisp sky, the sunset was absolutely stunning and provided the perfect ending to an extraordinary day. Needless to say, we slept very well that night.

The Australian Outback Marathon was challenging, beautiful, freezing, sandy and completely unforgettable. It was so much more than a marathon, it was an experience of a lifetime, made even more special because Marieka and I shared every kilometre together.

Desley Gray

San Francisco Marathon 2026

Recent Harrier Mark Rossiter ran the San Francisco Marathon last weekend. This is Mark's facebook post on Monday 27th July.

Today I ran my 30th marathon and my first International Marathon where I crossed the line in 3:47:44. Reflecting on the result, the following stand out:

Epic - Not only did I get to run over the Golden Gate Bridge (twice), the views of the Bay, Alcatraz and the amazing city were absolutely breathtaking.

Brutal - While I was prepared for a hilly course, the 446m elevation gain felt more like something out of UTMB. The humidity and travel fatigue also made it very interesting!

Age PB - I'm just going to leave this here 🤔

Marathons aren't supposed to be easy 😓 After a 20 week training program, I am proud to finish another marathon. Lauren (Bourke, my wife) also joined in on the epic adventure and completed the 10km race where she smashed out a speedy time to ensure she met me at the finish line.

Thanks to all for your continued support, we both look forward to enjoying the wonders of the United States over the next 4 weeks.



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

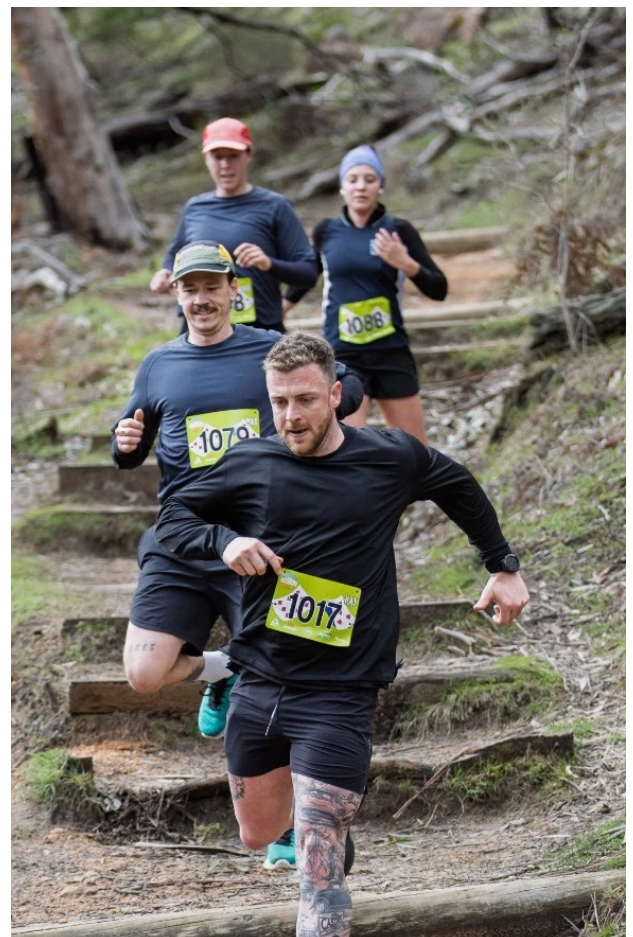
RACE DISTANCES - SATURDAY:

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

RACE DISTANCES - SUNDAY:

- 50km
- 30km
- 20km

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



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

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

FOOD & WINE FESTIVAL
FAMILY ENTERTAINMENT
VINTAGE CARS
LIVE MUSIC

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









