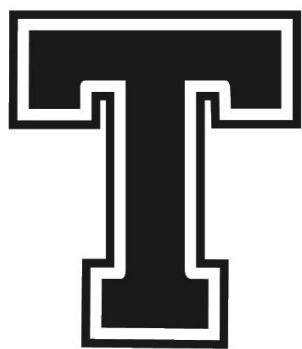




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

13 August 2026 - Volume 59 – Issue 16

THURSDAY RUN

This Week's Course

Netball Courts 6km

Duty

Mark Lansdown &
Anja Norwood

Marker

Mark Lansdown

20/8/26

McNairn Road 6km

Duty

Adrian Sutcliffe &
Geoff Francis

Marker

Molly Irvine

27/8/26

View Hill Drive 5km

Duty

Helen Whitby &
Ian Cornthwaite

Marker

Phill Mayer



**Pictured above are the recipients of our latest
'Quiet Achiever' awards. From left to right -
Yani Cornthwaite, Tracey Matheson,
David Matheson and Megan Kenny**

President's Message

Thursday 13 August 2026

Thanks to everyone who joined our recent Mid-Year Presentation Night. It was wonderful to see so many members in attendance, and I hope everyone enjoyed the evening!

We celebrated the success of members from the 2025/26 Summer Season, with Ash Crawford taking out first place in the Men's Championship and Marieka Reilly securing top spot in the Women's Championship. You can find a full list of placegetters and award recipients in this edition of the newsletter.

One award winner who couldn't attend on the night was **Jason Odum**. Jason was the recipient of the Traralgon Harriers **President's Award** – and we had the pleasure of presenting his award last Thursday evening after The Rise run.

If you've ever turned up to a Traralgon Harriers event over the years, chances are you'll see Jason there. He's a member who is usually the first to put their hand up to help, and someone who never asks for recognition for the hours of setup and volunteering he quietly puts in behind the scenes.

But Jason's impact goes far beyond the logistics of race day. What truly sets him apart is his incredible positivity and the genuine care he shows to every single member of this club.

Jason is a constant source of encouragement out on the course, and a supportive presence for anyone who needs it.

And this dedication doesn't stop with Traralgon Harriers. Through his work with Moe Little Athletics, Jason has poured his time and energy into supporting the next generation of athletes in our region, shaping tomorrow's sporting community with that same trademark enthusiasm.

Jason is a truly outstanding club person and someone we are proud to call a fellow Harriers member.

Congratulations to Jason and all our award winners from Mid-Year. We're incredibly fortunate to have so many outstanding people at the club.



President's Award Winner Jason Odum, pictured with Vice-President Desley Gray and President Giuseppe Marino

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.

~~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

Pictured below – Dal Mondo during our Mid Year Presentation evening



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						
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 – Morwell Club	Dave Mann	Shane Gavin & Stephen Renehan
23	Thurs 10 Sep	The Avenue	5 km	Committee Meeting @ Clubrooms	Volunteer needed	Courtney Ellis & Ricky Glover
24	Thurs 17 Sep	St. Pauls Anglican Grammar	5 km		Megan Kenny	Tania Whitehead & Sep Marino
25	Thurs 24 Sep	Traralgon – Course TBC	5 km		Andrew Greenhill	Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner – Newborough Pub		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 30th – St Pauls Anglican Grammar 6km

On the last Thursday night run of the month of July 2026, 52 participants completed the St Paul's 5km course. With the run both starting and finishing near St Paul's Anglican Grammar School in Traralgon, the course took runners up and down the hills of both Riverslea Boulevard and Independent Way for a 2 (and a bit) lap course.

The first two runners across the line this week in a dead heat were the talented Pete Cutler and Sav Mavrofridis both crossing the line in a super-fast time of 17:52. Then, third following them was Luke Yeates in 19:28.

For the females this week, the fastest three times were Karen Graham in 24:18, Bec Anderson in 27:01, and junior runner Ivy Crawford was third in 28:52.



Adrian Sutcliffe continues to show great improvements in his running, completing the 5km course in 21:19 which saw him finish in the top 6 of all runners

Results – St Pauls Anglican Grammar walk/run

Peter Cutler 17:52, Sav Mavrofridis 17:52, Luke Yeates 19:28, Matthew Deppeler 20:54, Seth Bomers 21:15, Adrian Sutcliffe 21:19, Peter Sanders 21:59, David Barr 22:18, Clinton Jolly 22:29, Andrew Greenhill 23:30, Geoffrey Francis 24:15, Ron Verschuur 24:16, Karen Graham 24:18, Gary Fox 24:26, Chris Van Unen 24:40, Stephen Renehan 25:25, Andrew Broberg 26:43, Rebecca Anderson 27:01, Ivy Crawford 28:52, Ash Crawford 28:52, Phillip Mayer 28:55, Giuseppe Marino 29:35, Bjorn Luxmann 29:37, Ashley Marsh 29:39, Caitlin Pitt 29:53, Jason Odlum 30:16, Desley Gray 31:18, Marieka Reilly 31:18, Kaye Livingstone 31:30, Mandy Ellis 31:46, Megan Kenny 31:49, Daniel Symons 32:15, Claire Macumber 32:59, Tracey Matheson 33:21, David Matheson 34:13, Tania Whitehead 35:08, Lynda Jones 39:40, Samantha McGown 40:10, Jye Kaestner 40:31, Isabella Blythman 42:45, Angelo Gaudiano 46:24, Kat Fenech 46:24, Michelle Colwell 50:14, Kathy Quinn 50:14, Kylee Earl 51:29, Nick Hodson 51:29, Belinda Heafield 51:37, Ian Heafield 57:17, Natalie Blythman 58:00, Alyce Jolly 58:00, McKenna Smith NTR, Catherine Leonard NTR

Molly Irvine

Thursday August 6th – The Rise 5km

Last Thursday's run/walk was the Harrier's second event along the Rise 5km course through the new estate in the north-east of Traralgon. The area displays modern urban design and many of the streets are named in honour of local men who gave their lives in war.

The quickest women were Molly Irvine, Rebecca Anderson and Catherine Leonard. The results saw the steady approach of the younger brigade, as Peter Cutler, first home, was closely shadowed by teenagers Dempsey Podmore and Seth Bomers.

This week's event (Thursday 13th August) is 5km from the Agnes Brereton Reserve netball pavilion. Check-in time is from 5:30pm. See the Harriers' Fb page for details.

Results – The Rise walk/run

Peter Cutler 18:13, Dempsey Podmore 19:04, Seth Bomers 19:29, Sav Mavrofridis 19:53, Luke Yeates 19:55, Adrian Sutcliffe 21:00, Jay McGown 21:04, Andrew Greenhill 21:17, Stephen Renehan 22:22, Ash Crawford 22:32, Clinton Jolly 22:35, Darrel Cross 24:07, Molly Irvine 24:18, Geoffrey Francis 24:22, Peter Sanders 24:30, Ron Verschuur 25:03, Trent Kooyman 25:27, Rebecca Anderson 27:06, Stephen Mcleod 27:19, Catherine Leonard 27:23, McKenna Smith 27:23, Jason Odlum 27:25, Phillip Mayer 28:08, Jye Kaestner 28:28, Ivy Crawford 28:38, Charlotte Barr 28:43, David Barr 28:44, Jim Cutler 28:55, Toby Grzmil 29:03, Giuseppe Marino 29:18, Mark Lansdown 29:19, Desley Gray 29:29, Shane Wilson 30:04, Daniel Symons 30:09, Gary Fox 31:15, Oliver Semmler 32:00, Tania Whitehead 32:37, Ree Graham 33:11, Tracey Matheson 33:14, Paul Smith 33:15, David Matheson 34:21, Mandy Ellis 35:15, Kat Fenech 35:31, Orannah Brightman 36:22, Samantha McGown 41:42,



A talented duo. Junior Summer Championship winners Dempsey Podmore and Ivy Crawford enjoy running with the Harriers.

Rebecca Darby 45:00, Michelle Colwell 50:54, Kathy Quinn 50:54, Lynda Jones 51:37, Ross Jones 51:37, Barry Higgins 53:50, Belinda Heafield 53:50, Ian Heafield 59:00, Ashley Marsh NTR, Caitlin Pitt NTR, Nick Hodson NTR, Kylee Earl NTR

Harriers mid- year awards evening

On Saturday August 1st the Harriers celebrated their Summer Season awards at the Dal Mondo Function Centre. After an enjoyable dinner and much socialising, club President Giuseppe Marino, aided by Vice-president Desley Gray, bestowed awards on members. Marieka Reilly, Ash Crawford and Dempsey Podmore were announced as the outstanding runners across the summer period.

Giuseppe announced - "I would like to thank all committee members, both outgoing and recently appointed new members at the club's recent AGM, and also the many dedicated volunteers who support the club. Special thanks to Ann Bomers for her peerless seven years as treasurer".

Ron Verschuur provided a humorous but informative update on the newly introduced Trail Running Series. The club's Athletics Victoria co-captain Miles Verschuur reported on the Victorian Cross Country season, where the Harriers' team are punching well above its weight.

Giuseppe concluded, "(The evening) was a wonderful opportunity to recognise the placegetters in the 2025-26 Summer Championships and to celebrate the achievements of the year so far".

2025-26 Summer Season awards

Male Runners: Ash Crawford, David Mann, Adrian Sutcliffe.

Female Runners: Marieka Reilly, Desley Gray, Molly Irvine.

Junior Runners: Dempsey Podmore, Ivy Crawford, Seth Bomers.

Male Group 1 and Walkers: Barry Higgins, Ian Heafield, Timothy Graham.

Female Group 1 and Walkers: Michelle Colwell, Kathy Quinn, Belinda Heafield.

Most Consistent Runners: Ian Cornthwaite, Marieka Reilly, Ash Crawford.

Quiet Achiever Awards: David Matheson, Tracey Matheson, Megan Kenny and Yani Cornthwaite.



A champion line-up. Summer Champions, from left, Ash Crawford, Desley Gray, Marieka Reilly, Molly Irvine, Adrian Sutcliffe and David Mann smile for the camera

Barry Higgins



*Top left – Male Group 1/Walkers
Barry Higgins and Ian Heafield*

*Top right – Our leading Summer
Champions, Ash Crawford and
Marieka Reilly*

*Left – Female Group 1/Walkers
Michelle Colwell and Belinda
Heafield*

Traralgon Harriers Battle the Elements Around Lake Wendouree

The gold rush city of Ballarat's famous lake has long been a staple of the AV XCR season. For many years fifteen kilometres has been the challenge on offer, yet for 2026 an additional lap of the lake was added to turn the race into a half-marathon.

Whilst the bone-chilling cold winters of Ballarat are quite well-known, your beloved Harriers have largely avoided the worst of the wind and rain at Ballarat over the seasons. Unfortunately, such success ended today.

Varying warring weather apps were definitive that the apparent temperature was below zero for almost the entire race with a howling headwind and lashing rain. Ian Twite - both the most experienced and wisest of the team - stayed tucked up in his car until ten minutes prior to the start, doing a couple of drills on the way to the start line.

Juniors Seth Bomers and Dempsey Podmore both completed one lap of the lake for their six-kilometre event, with Bomers notching up his highest-place finish of the season in eleventh.

Both men and women started the half-marathon together with a small three-kilometre out-and-back. Yani Cornthwaite was once again the fastest woman Harrier, only thirty seconds away from ducking under the magical ninety-minute mark. Kate Jones was under one hundred minutes, with Anna Cardillo and Chelsea Fox powering through the final stages with impressive efforts.

Corey Milner finished as both the fastest Harrier and 40+ male. With a time of 1:11:03, Milner put himself within striking distance of taking out the season title. Sav Mavrofridis was just over three minutes behind, an impressive performance given he was running solo for much of the course on a particularly windy day.

Miles Verschuur (1:20:50) was next, having made a great start before his pack dropped him at halfway. Clinton Jolly enjoyed his first outing of the season stopping the clock in 1:36:14. Towards the end of the race the conditions seemed to worsen, the rain becoming more direct and the wind more biting. The trio of Gary Fox, Ron Verschuur, and Ian Twite all trembled across the finish, making a beeline for the warmth of the tent.

The team has a month's break before two races in six days at Burnley and The Tan to conclude an already successful XCR season.

Results:

Female Open

21.1km: Yani Cornthwaite 1:30:39; Kate Jones 1:39:03; Anna Cardillo 1:44:44; Chelsea Fox 1:47:39.

Male Open

21.1km: Corey Milner 1:11:03; Sav Mavrofridis 1:14:44; Miles Verschuur 1:20:50; Clinton Jolly 1:36:14 (INV); Gary Fox 1:50:13; Ron Verschuur 1:56:10; Ian Twite 2:07:24.

Male 18

6km: Dempsey Podmore 19:07.

Male 16

6km: Seth Bomers 23:14.

Miles Verschuur



Above left - Corey Milner is ripe to win the 40+ men's title this season

Above right - Ian Twite completed his first XCR race since the Gold Coast Marathon

Left - Anna Cardillo is enjoying a fruitful XCR season

Simple Glute Exercise Could Help Protect You From Injury

This simple move helps you maintain proper running form and requires zero equipment.

By Morgan Petruncy - Published: Jul 21, 2026

Courtesy Runners World magazine



Like many runners, I prefer clocking miles to lifting weights. So when I do strength train, I like to turn to exercises that maximize payoffs in the shortest amount of time. I often wonder, “If I only do a single strength exercise, which one should it be?”

A study of marathon runners, published in the *Clinical Journal of Sport Medicine*, provides at least some of that answer.

Before we get into the research, let’s confirm why we need strength workouts in the first place. (I always love the reminder!)

Strength training has been shown to improve running performance, particularly when it comes to running economy, or how fast you can run using a given amount of oxygen. (Translation: It helps you run faster with less effort because it makes you more efficient.)

Beyond running gains, strength workouts also help preserve and build muscle mass, support metabolic and cardiac health, and reduce symptoms of depression and anxiety. While research is mixed on strength training to prevent running injuries, it can help shore up weak spots, like the glutes or calves, and science links these weaknesses to running-related injuries.

To help you build strength where you need it most and sidestep aches and pains, one exercise appears to offer greater benefits than others.

The Best Strength Move for Runners

To figure out the must-do move for runners, researchers followed 867 participants training for the New York City Marathon. Sixteen weeks before the race, runners performed a series of self-assessment exercises at home to test their strength and flexibility, including a sit-and-reach test, side planks, single-leg glute bridges, heel raises, and push-ups.

Throughout marathon training, researchers tracked which runners developed overuse injuries, and about 36 percent of participants got one. Heather Milton, CSCS, a clinical exercise physiologist and founder of Stronger With Science, says this percentage is in line with published injury rates—between 30 and 50 percent—among marathon runners.

Based on the series of exercises the marathoners did before they started training, researchers concluded that the only move that predicted their injury risk was the single-leg glute bridge: Runners who could hold the position for at least 20 seconds had anywhere between 49 and 64 percent lower risk of injury, compared with runners who could only hold the position for nine seconds or fewer.

“Researchers found that only the single-leg glute bridge test was negatively correlated with injury,” Milton explains. “Meaning, the better the glute strength, the lower the injury rates were in that sample of runners.”

6 Glute Bridge Exercise Variations to Power Up Your Runs

The Benefits of Single-Leg Glute Bridges for Runners

The single-leg bridge tests more than just glute strength. “The single-leg glute bridge exercise assesses pelvic stability and muscular endurance of the gluteus max and medius muscles,” Milton says. “These muscles are imperative to withstand the impact of running step after step, as well as to maintain proper alignment of the pelvis.”

According to Milton, if these muscles are weak or fatigue quickly, it’s likely a runner will not be able to maintain proper running form. The resulting poor biomechanics can ultimately lead to a greater risk of injury.



Photo by Thomas Hengge

How to Do a Single-Leg Glute Bridge Hold

Lie faceup with arms straight by sides. Bring feet hip-width apart, approximately six inches away from fingertips.

Place fingertips on hip bones to maintain alignment and lift hips off the ground, engaging glutes. Keeping hips high and level, straighten out one leg.

Hold this position for as long as you can, up to 30 seconds.
Note how many seconds until hips drop or hamstring cramps.

Single-Leg Glute Bridge Variations

Milton uses two versions of the single-leg glute bridge with her clients, depending on their training goal. She typically suggests doing these moves two to three days per week, on nonconsecutive days.

To Enhance Hip Stability and Endurance

Hold the position described above for longer, up to 90 seconds per side.
Do at least 3 sets per side.

To Build More Strength

Use the same setup as described above, but place a dumbbell across the working hip.
Lift and lower hips, driving grounded foot into the floor, and holding for 1-3 seconds at the top.
Repeat for 8-12 reps before switching sides.
Do 3 sets.

Keep in mind that if this exercise feels difficult, it doesn’t mean you’re headed for injury. But depending on how challenging it is, it can indicate weaker muscle groups. The key is to start slowly and gradually increase the duration of your single-leg glute bridge hold and how frequently you perform the exercise. Building this strength takes time and consistency, but it may become a promising injury buffer.

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

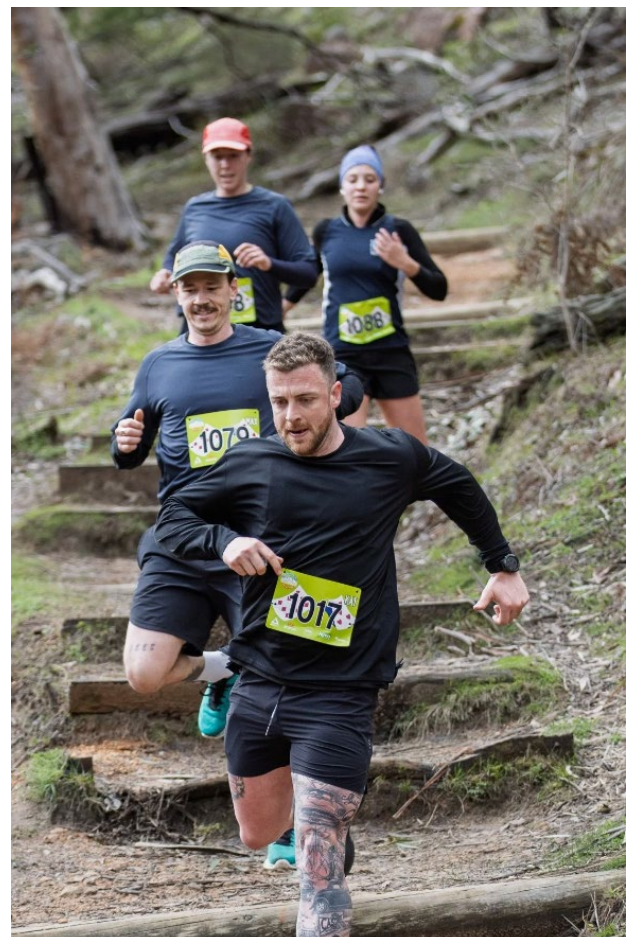
RACE DISTANCES - SATURDAY:

- 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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18.10.26

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**PARTICIPANTS RECEIVE MEDAL, GIFT
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**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.







LA SPORTIVA®

31 OCT - 3 NOV
2026
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