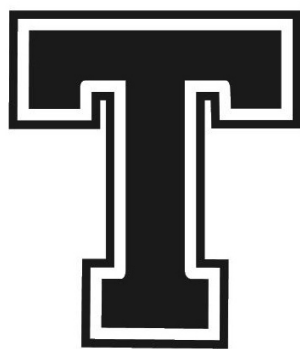




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

27 August 2026 - Volume 59 – Issue 17

THURSDAY RUN

This Week's Course

View Hill Drive 5km

Duty

Helen Whitby &
Ian Cornthwaite

Marker

Phill Mayer

3/9/26

Waterhole Creek Morwell
6km

Duty

Shane Gavin &
Stephen Renehan

Marker

Dave Mann

10/9/26

The Avenue 5km

Duty

Ricky Glover &
Tracey Matheson

Marker

Angelo Gaudiano



**Pictured above are the winners of the 'world's toughest challenge' One Water race -
Glenn Wilkinson, Elizabeth Dornom,
Julian Dent and Rob Preston**

President's Message

Thursday 27 August 2026

We've been getting some hints of an early spring in recent weeks, with longer daylight hours and a few warmer sunny days.
I stress... only a few!

In the meantime, we enter the final six weeks of our Winter Season, with plenty of great running ahead.

Our **Winter Season concludes on Thursday 1 October with track night at the Joe Carmody Athletics Track in Newborough**, followed by our monthly club social dinner.

If you're available to volunteer on the night, please reach out to me or another member of the club committee. It would be great to have a few extra hands assisting, to ensure the night runs smoothly.



President's Award winner Ann Bomers, who was recognised for her outstanding contribution to Traralgon Harriers following seven years as Club Treasurer.

Last Thursday night we welcomed back **Ann Bomers** who recently returned from her overseas trip. I had the pleasure of presenting Ann with our **President's Award**, recognising her incredible work over the past seven years as Treasurer.

As most members know, Ann has also been a dedicated volunteer at our events and has always provided amazing support to all our members. Thank you once again Ann, for all your contributions to our club!

It's with great pride that I'd also like to share this feedback received from the *Friends of Tyers Park*, following this season's Ray & Doris Ellis Trail Run at Wirilda Park.

"I need to congratulate the Harriers for leaving the Wirilda Track in a great condition after the recent running event," said **Joe van Beek, Works Coordinator and Committee Member for FoTP**.

"All tapes had been removed and there was no rubbish on the track. The only evidence of the event was the many footprints and some tyre marks. Please pass on FoTP appreciation."

Joe also generously offered the assistance of FoTP volunteers for future events at Wirilda. We're very grateful to Joe and FoTP for their feedback, and very proud of the professionalism and care taken by our Harriers event volunteers.

It's a great example of our club looking out for the community and getting wonderful support in return. Well done to all involved.

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	09 July	Megan Kenny & Ann Bomers
16 April	Bjorn Luxmann & Ash Crawford	16 July	Paul Ellis & Owen Notting
23 April	Podmore & Claire Macumber	23 July	Kylie Murray & Darrel Cross
30 April	Daniel Wright & Matilda Lapin	30 July	Cat Leonard & Ree Graham
7 May	Darren Fielden & Errol Poole	6 Aug	Nick Hodson & Che Laurenz
14 May	Yani, Des, Marieka and Sep	13 Aug	Mark Lansdown & Anja Norwood
21 May	David Hood & Des Dalton	20 Aug	Adrian Sutcliffe & Geoff Francis
28 May	Drew Sedgwick & Dave Mann	27 Aug	Helen Whitby & Ian Cornthwaite
4 June	Greg Semmler & Karen Graham	03 Sep	Shane Gavin & Stephen Renehan
11 June	Kat Fenech & Kylee Earl	10 Sep	Tracey Matheson & Ricky Glover
18 June	Kathy Quinn & Michelle Cowell	17 Sep	Tania Whitehead & Giuseppe Marino
25 June	Kathryn Preston & Linda Buhagiar	24 Sep	Jye Kaestner & Stephen McLeod
2 July	Maddy Wood & Dave Mann	01 Oct	Volunteers required for Track Night

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

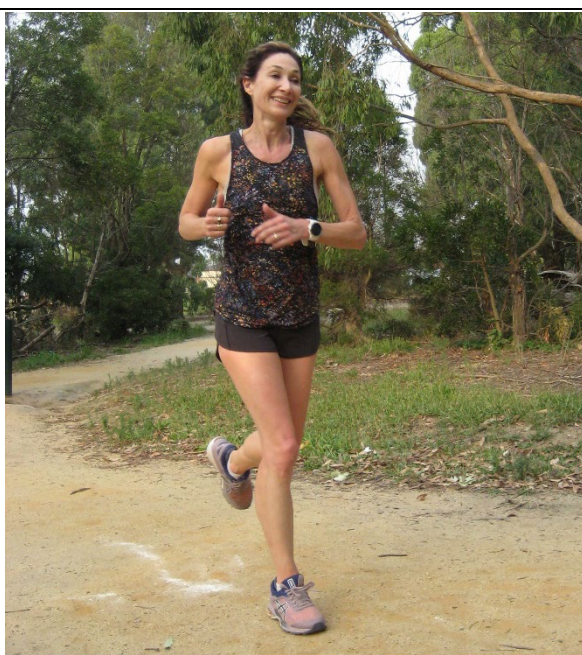
REMEMBER: If you can't fulfil your allocated duty, it is your responsibility to swap with someone.

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						
21	Thurs 27 Aug	View Hill Drive	5 km		Phill	Helen Whitby & Ian Cornthwaite
22	Thurs 03 Sep	Waterhole Creek Morwell	6 km	Club Dinner – Morwell Club	Dave Mann	Shane Gavin & Stephen Renehan
23	Thurs 10 Sep	The Avenue	5 km	Committee Meeting @ Clubrooms	Angelo Gaudiano	Ricky Glover & Tracey Matheson
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		Kat Fenech + Volunteers needed



*A fast woman.
Karen Graham was the
quickest woman in last
Thursday's run*

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 August 13th – Netball Courts 6km

Last Thursday (August 13th) runners and walkers enjoyed the Traralgon Creek path northwards from Agnes Brereton Reserve before turning westwards to climb up to St Georges Road. After a small loop they followed Eton Avenue back down to retrace their outward path.

Given the lengthy uphill section the leading times were impressive. First home was William Robertson in a sub-18 minutes time, ahead of Peter Cutler with a sub-19 - both remarkable times. Third fastest was talented junior Seth Bomers on the edge of a sub-20 result.

Quickest women were Molly Irvine, junior speed machine Ivy Crawford, and Catherine Leonard, just ahead of sub-teenager Charlotte Barr who ran an excellent time.



*Happy Harriers.
Molly Irvine and
Clint Jolly both
enjoyed their
Thursday evening
run*

Results – Netball Courts walk/run

William Robertson 17:43, Peter Cutler 18:47, Seth Bomers 20:05, Matthew Deppeler 20:27, Andrew Greenhill 20:43, Sav Mavrofridis 21:12, Hayden Matthews 21:17, Adrian Sutcliffe 21:24, Stephen Renehan 22:22, Clinton Jolly 22:31, Darrel Cross 23:35, Molly Irvine 24:06, Geoffrey Francis 24:16, Trent Kooyman 24:20, Andrew Matthews 24:27, Gary Fox 24:31, Ron Verschuur 24:33, Nicholas Talerico 24:56, Paul Ellis 25:37, Stephen Mcleod 26:01, Phillip Mayer 26:32, Peter Sanders 26:38, Ivy Crawford 28:05, David Barr 28:07, Jim Cutler 28:37, Catherine Leonard 28:37, Charlotte Barr 28:44, Jye Kaestner 29:23, Giuseppe Marino 29:50, Drew Sedgwick 29:50, Desley Gray 29:54, Marieka Reilly 29:54, Daniel Symons 30:47, Rebecca Anderson 30:50, Ree Graham 31:22, Kaye Livingstone 31:38, Archie Sedgwick 32:55, Mark Lansdown 32:58, Tracey Matheson 33:13, Bjorn Luxmann 33:20, David Matheson 34:24, Ben Wilkinson 34:33, Ashley Marsh 34:35, Tania Whitehead 35:08, Lynda Jones 39:41, Rebecca Darby 42:12, Isabella Blythman 44:59, Ross Jones 45:55, Darren Fielden 48:00, Kathy Quinn 51:22, Michelle Colwell 51:22, Barry Higgins 51:56, Belinda Heafield 51:56, Nick Hodson 52:34, Kylee Earl 52:34, Natalie Blythman 1:00:00, Alyce Jolly 1:00:00, Ian Heafield 1:16:30, Chester Goulter 1:16:30, Anja Norwood NTR, Chris Van Unen NTR.



Buln Buln farmer and dedicated Harrier Peter Cutler was outright second in last Thursday's run.

Thursday August 20th – McNairn Road 6km

In almost perfect conditions last Thursday evening (20th) the Harriers ran a two lap course from McNairn Road via Tulloch Way, Liddiard Road and Shakespeare Street. The runners were slightly bemused when they saw the message "NEARLY DONE" chalked by the course marker Molly Irvine on the footpath near the finish. Some were unsure if it referred to their proximity to the finish line, or how they were feeling.

The fastest men home were Sav Mavrofridis, Luke Yeates and Peter Cutler and the quickest women finishers were Karen Graham, Molly Irvine and Chelsea Fox.

This Thursday's run/walk is the 5km View Hill Drive off Cross's Road. See the Harriers' Fb page for details.

Results – McNairn Road walk/run

Sav Mavrofridis 22:11, Luke Yeates 23:22, Peter Cutler 23:51, Andrew Greenhill 24:57, Matthew Deppeler 24:58, Clinton Jolly 25:58, Stephen Renehan 26:26, Peter Sanders 27:26, Karen Graham 27:38, Molly Irvine 27:50, Darrel Cross 28:15, Ron Verschuur 28:48, Trent Kooyman 29:10, Gary Fox 30:13, Chelsea Fox 30:26, Stephen McLeod 30:56, Ash Crawford 31:01, Ivy Crawford 31:07, Jim Cutler 33:11, Nicholas Talerico 33:12, Giuseppe Marino 33:31, Charlotte Barr 33:36, David Barr 33:37, Hayden Matthews 33:45, Andrew Matthews 33:50, Megan Kenny 34:10, Ree Graham 34:56, Drew Sedgwick 35:07, Phillip Mayer 35:25, Daniel Symons 35:32, Desley Gray 36:10, Marieka Reilly 36:10, Ashley Marsh 36:25, Angelo Gaudiano 36:30, Jack Glover 37:12, Kaye Livingstone 38:23, McKenna Smith 39:15, Jason Odum 39:17, Tania Whitehead 41:22, Oliver Semmler 42:00, , Helen Whitby 43:30, Rebecca Darby 48:00, Barry Higgins 48:15, Ann Bomers 54:08, Tracey Matheson 57:18, David Matheson 57:18, Nick Hodson 59:38, Kylee Earl 59:38, Belinda Heafield 59:50, Shay Lorenz 1:04:03, Shane Wilson 1:04:03, Ian Heafield 1:14:55, Chester Goulter 1:14:55, Chris Van Unen NTR, Adrian Sutcliffe NTR, Geoffrey Francis NTR.



Veteran Harrier Geoff Francis is a regular Thursday night participant, this week volunteering

Barry Higgins

One Water – One Win!

*One Water Race combines extreme physical endurance with tactical navigation and teamwork. Using only a map and compass, teams must battle unpredictable weather, cold waters, rugged terrain, day, night and the complete darkness. Along the way, they must locate and pass unknown checkpoints, making strategy and decision-making just as crucial as physical strength. The race lasts for approximately **60 hours non-stop, without sleep**, making it a true test of human resilience, determination, and adaptability. <https://onewaterrace.com/about-the-race/>*

Talented Harrier and renowned international adventure racer Rob Preston and his team have again won the world recognised One Water Race in Sweden - for the second time. After racing non-stop down the Swedish east coast the Australian team finished last Wednesday, three hours ahead of the second-placed team. The teams started at Arholma in the north of Sweden, with each member to run 200km and do a 50km ocean swim to Landsort in the south. There was no defined course and the teams had to pass through a number of check points, making heavy demands on Rob's proven navigation and orienteering skills.



Only ten teams, selected to a high standard, take part. Each team consists of three active racers with at least one woman, plus a team member on board the safety boat, who is responsible for the support of the team. He or she meets the team on land to give food or equipment support, but cannot help navigate or assist the team's progress on land. The active team cannot board the boat.

Rob, with team members Elizabeth Dornom, Glenn Wilkinson and Julian Dent, took on the demanding challenge. The route was along the coastline through all types of country - rocks, cliffs and gravel roads, with some made tracks but mostly unpaved and difficult terrain.

Swimming in the open seas, competitors crossed bays and inlets that exposed them to winds, waves and currents. Along the coastal

tracks Rob's team came face to face with native moose a number of times, causing them to take careful detours.

Finishing their 250km run/swim/navigation without sleep in 51 hours and 50 minutes, Rob's team shaded the second-placed Swedish-Australian team, with Adriel Young its Australian member.

Rob's team also won in 2023. To win it once is outstanding. Twice is a remarkable achievement.

Barry Higgins

Former Harrier is a Master athlete



A (very) early junior Traralgon Harrier John Bermingham is currently taking part in the World Masters Athletics Championships in South Korea (pictured left as a promising teenager).

The games are taking place at Daegu, a city of 2.5 million about 300km south of Seoul. John said, "The weather is very hot - around 35C during the middle of the day - but probably not as humid as I was expecting".

"The competition officially opened on Saturday night with a ceremony that might have done many Olympic opening ceremonies proud. Unfortunately, it rained for most of the ceremony, but impressively the program still proceeded as scheduled. It began with a march by teams (6000 athletes from 102 countries), official speeches, fireworks and choreographed dancing and music, and finished with a two hour K Pop performance."

An active athlete throughout the years and now in his mid-70s, John is competing in three middle distance events at the Masters.

He is running the 5000m this Thursday, the 1500m four days later and the 6km cross country the next morning.

John won the 1971 Traralgon Marathon as a teenager. Living and working in Alice Springs for many years, he returned for our 50th anniversary marathon in 2017 to place first in the 60-plus age group and has visited the Harriers in more recent times. We wish John well in all of his Masters events.

Barry Higgins

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

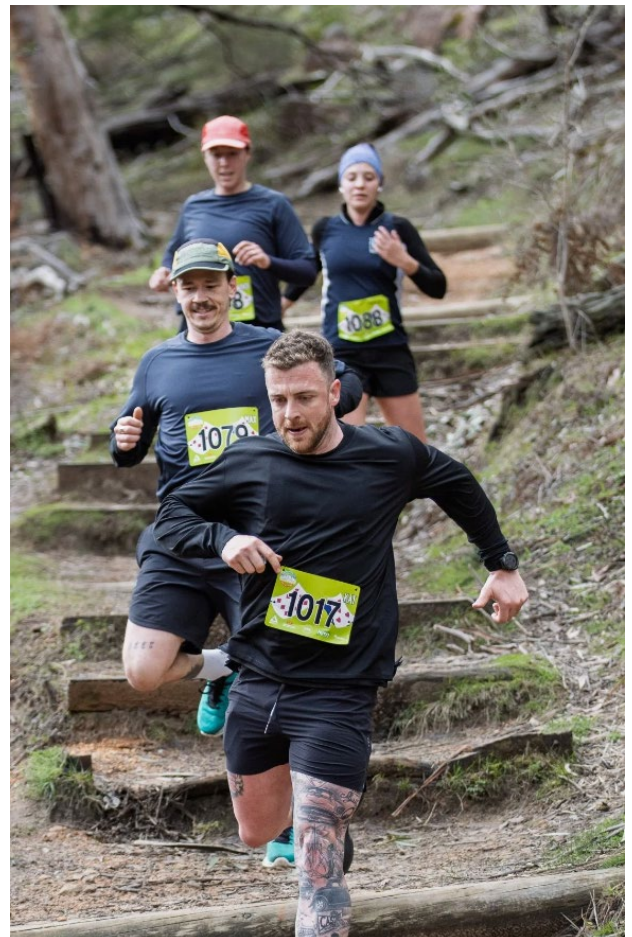
RACE DISTANCES - SATURDAY:

- 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

Jayco®

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**

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

active feet
**YOUNG
ACHIEVEMENT
AWARDS**

**FANCY DRESS
SPOT PRIZES**

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
4PEAKS.COM.AU









