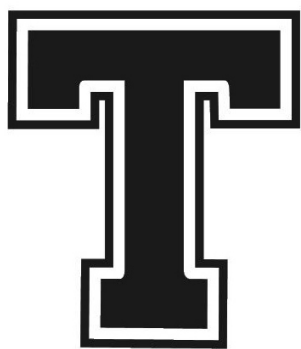




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

10 September 2026 - Volume 59 – Issue 18

THURSDAY RUN

This Week's Course

The Avenue 6km

Duty

Ricky Glover &
Tracey Matheson

Marker

Angelo Gaudiano

17/9/26

Netball Courts 5km

Duty

Tania Whitehead &
Sep Marino

Marker

Megan Kenny

24/9/26

The Rise 5km

Duty

Jye Kaestner &
Stephen McLeod

Marker

Andrew Greenhill



Straight to the pool room!

An iconic shot of Chris Van Unen, feeling good as he runs under Sydney Harbour Bridge during the 2026 Sydney Marathon

To read all about it from Chris and Stephen Renehan, [click here](#)

President's Message

Thursday 10 September 2026

Spring is finally here! We're entering the final stretch of our Winter Running Championship, with longer daylight hours and milder temperatures on the horizon.

We've made a couple of **changes to our run calendar over the next few weeks**, bringing in some of our most popular courses.

This week we'll be at The Avenue, then return to the Netball Courts next week, followed by The Rise in our penultimate winter run before Track Night in Newborough.

A reminder to always check out our **"Thursday Night Runs"** page on the Harriers website, or follow us on facebook or Instagram for all the latest updates on our weekly runs, upcoming events, news and announcements.

As we look ahead to spring and summer, there are some **exciting events to look forward to**. These include:

- Our annual **Memorial Run on Sunday 29 November** at the Toongabbie Golf Course
- **King & Queen of the Mountain on Sunday 13 December**, racing to the top of Mount Tassie
- Our always popular **Christmas Run and End of Year Awards Celebration on Thursday 17 December**, which will once again be hosted at the Traralgon Tennis Centre

Of course, there will be plenty of other events and fantastic Thursday Night runs, as we hit the trails for our Summer Championship Season.



Above: Members tune in to one of Ron Verschuur's legendary AV updates after a Thursday Night Run

Stay tuned for further event updates during the months ahead. You won't want to miss out on what's in store!

Our AV Team were back in action at Burnley last weekend, and you can read all about it in this edition of the newsletter. A big thanks to Miles Verschuur for his excellent write-up, and a shout-out to our amazing media team for all the articles they've been producing this year.

The coverage has been taken to another level in 2026, and we've received some great exposure in the Latrobe Valley Express and across our social media channels.

Thanks to all members for your support. I'll see you at the next run!

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	Track Night (volunteers confirmed thank you!)

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						
23	Thurs 10 Sep	The Avenue	6 km	Committee Meeting @ Clubrooms	Angelo Gaudiano	Ricky Glover & Tracey Matheson
24	Thurs 17 Sep	Netball Courts	5 km		Megan Kenny	Tania Whitehead & Sep Marino
25	Thurs 24 Sep	The Rise	5 km		Andrew Greenhill	Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner – Newborough Pub		Kat Fenech, Tracey Matheson, Kylee Earl, Nick Hodson + Committee Members



We Three Kings

Chris Van Unen,
Dave Barr and
Stephen Renehan
proudly display their
finishers medals post
Sydney Marathon

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 27th – View Hill Drive 5km

Last Thursday's run/walk under a bright daylight moon was two laps around the Stockdale Estate, from the View Hill Drive shelter. Many of the streets crossed carried the names of the cattle breeds that once filled the original farmlands. It is believed that other street names acknowledge members of the Stockdale family.

First finisher was ace marathoner Sav Mavrofridis, one minute ahead of talented runner and triathlete Dempsey Podmore. Next were Peter Sanders, Clinton Jolly, Karen Graham and Molly Irvine in a multi sprint finish, crossing the line only a few seconds apart.

Thanks to Bjorn Luxmann who set up a drink station in the home stretch – the Buttery Chardonnay was especially refreshing!

Results – View Hill Drive walk/run

Sav Mavrofridis 17:23, Dempsey Podmore 18:29, Peter Sanders 22:59, Clinton Jolly 23:00, Karen Graham 23:07, Molly Irvine 23:13, Shane Gavin 23:25, Trent Kooyman 23:40, David Barr 24:26, Ron Verschuur 24:30, Gary Fox 24:56, Geoffrey Francis 25:11, Belkey Podmore 25:48, Stephen Renehan 26:26, Hayden Matthews 26:31, Stephen Mcleod 26:31, Jason Odlum 26:32, Luke Yeates 26:32, Andrew Matthews 26:33, Darrel Cross 26:40, Catherine Leonard 27:41, Courtney Ellis 28:00, Phillip Mayer 28:02, Nicholas Talerico 28:31, Ashley Marsh 28:50, Giuseppe Marino 28:57, Marieka Reilly 28:59, Desley Gray 28:59, Jay McGown 29:04, Ivy Crawford 29:05, Ash Crawford 29:08, Drew Sedgwick 29:11, Megan Kenny 29:16, Adam van Baalen 29:52, Claire Macumber 31:10, Kaye Livingstone 31:31, Ree Graham 31:33, David Hood 31:55, Tania Whitehead 32:58, Rebecca Anderson 33:04, Tracey Matheson 34:08, Chris Van Unen 35:06, David Matheson 35:34, Helen Whitby 36:22, Rebecca Darby 38:26, Orannah Brightman 39:27, Barry Higgins 39:50, Samantha McGown 40:48, Kat Fenech 44:21, Angelo Gaudiano 44:30, Caitlin Pitt 44:46, Isabella Blythman 47:00, Daniel Symons 48:17, Lynda Jones 51:12, Ross Jones 51:12, Bjorn Luxmann 51:54, Nick Hodson 53:07, Kylee Earl 53:07, Michelle Colwell 53:18, Kathy Quinn 53:18, Alyce Jolly 56:00, Natalie Blythman 56:00, Chester Goulter NTR, Belinda Heafield NTR, Ian Heafield NTR, Ian Cornthwaite NTR, Ann Bomers NTR

Barry Higgins



Versatile - Kaye Livingstone ran with the Harriers after taking part in the Book Week event at the local library.

He went on to take the win in the shorter 1500m event despite some issues. John said, "After warming up and feeling great, we were walking to the start when I felt a real tightness in my left calf. The calf had cramped or spasmed. I tried to massage it loose without success. At one stage I thought I couldn't run, but I did start, wondering if I could finish. A couple of times during the race, I felt I was hobbling and I couldn't push off with my calf. After finishing, I could hardly walk . . . it's a frustrating end to my Championships as I won't be running the cross country or 4x400 relay".

John's time of 5 mins 24 secs for the 1500m was a championship record, despite his injury. He said, "It was slow by my standards. My pre-race goal was 5:15".

World Masters Athletics Championships

Former Traralgon Harrier turned Masters Athlete, John Bermingham, has sent through some updates following competition in South Korea.

"This morning I ran in the 5000m. The temperature was in the high 20's with a cloud cover - so not quite as hot as it has been - but the humidity was 95%...it was very oppressive and building to a thunderstorm later in the day.

Given that, I was very pleased to win with a time of 19.43 (John is pictured below with his medal). The time is an Australian record and also a Championship record.

The race itself was not really competitive for me and I do feel a little sorry for the others as the second place was over 2 laps behind me. I really am an outlier at the moment in this age group."



Thursday September 3rd – Waterhole Creek 6km

Last weeks Harriers Thursday night run was a flat 6km course running along the pathways at Waterhole Creek in Morwell. Conditions were perfect for the field of 61 keen runners. The course consisted of three loops taking in the walking paths and parkland along Waterhole Creek.

First over the line in 19:45 was Sav Mavrofridis followed by Dempsey Podmore 19:54, and Clinton Jolly 25:22. First of the ladies home was Karen Graham 27:16 followed by Molly Irvine 27:30 and Megan Kenny 31:31.

Next week's Thursday night run (10th September) is a pleasant 5km run starting from the pond at park on The Avenue.

Results – Waterhole Creek walk/run

Sav Mavrofridis 19:45, Dempsey Podmore 19:54, Clinton Jolly 25:22, Adrian Sutcliffe 25:31, Peter Sanders 26:51, Karen Graham 27:16, Trent Kooyman 27:24, Molly Irvine 27:30, Jay McGown 27:32, Geoffrey Francis 28:06, Ron Verschuur 28:23, Gary Fox 28:28, Darrel Cross 29:26, Chris Van Unen 29:26, Errol Poole 30:17, Stephen Mcleod 30:36, Belkey Podmore 31:20, Megan Kenny 31:31, Shane Wilson 31:40, David Hood 32:06, Rebecca Anderson 32:38, Angelo Gaudiano 33:44, Ben Wilkinson 33:54, Jye Kaestner 34:00, Maddy Wood 34:05, Mark Lansdown 34:11, Drew Sedgwick 34:54, Phillip Mayer 35:02, Charlotte Barr 35:50, David Barr 36:01, Jason Odlum 37:01, Kaye Livingstone 37:03, Marieka Reilly 37:20, Paul Smith 37:31, Tracey Matheson 37:44, David Matheson 37:50, Archie Sedgwick 37:51, Mandy Ellis 38:37, Tania Whitehead 38:52, Orannah Brightman 39:38, Daniel Symons 42:39, Rebecca Darby 45:27, Samantha McGown 45:43, Shay Lorenz 46:21, Ann Bomers 46:42, Barry Higgins 47:40, Darren Fielden 53:00, Michelle Colwell 58:23, Kathy Quinn 58:23, Kate Dalton 1:00:00, Nick Hodson 1:00:00, Kylee Earl 1:00:00, Ree Graham 1:01:47, Ian Heafield NTR, Rick Mann NTR, Yui Fox NTR, McKenna Smith NTR, Giuseppe Marino NTR, Dave Mann NTR, Shane Gavin NTR, Stephen Renehan NTR.

Gary Fox



Traralgon Harriers with a spring in their step at Burnley

The blossoming of wattle generally signals Spring, but in AV parlance, the emergence of those bright clouds of gold means it is time to thunder along Yarra Boulevard in Burnley. Traditionally being the half-marathon distance, the course was more than capable of hosting the fifteen-kilometre race.



The Spring wind largely held off as did the gentle spits of rain that hovered above the Yarra River upon arrival. Itinerant rays of sun occasionally pricked the skin. The first agenda item was Dempsey Podmore's four-kilometre race. Taking off brightly, Dempsey (pictured left in hot pursuit) secured fourth place, his highest individual finish for the season, breaking the tape in twelve minutes and twenty-three seconds.

The fifteen-kilometre race was originally to be bisected based on predicted finish time, but only days prior the races were combined back into one. On the women's side of the

ledger, Yani Cornthwaite showed her racing class clocking in at 1:04:19 and in 52nd place. Kate Jones (1:07:41 and pictured below) was next, who has also compiled a very respectable season of running. Anna Cardillo (1:13:07) and season debutant Bec Anderson (1:21:40) rounded out the women's team who finished fourth in their division. Harrier Molly Fitzgerald who had taken a XCR sabbatical ran a highly impressive 1:01:49.

In the men's proceedings, Corey Milner (48:19) romped home to finish 28th, his highest for the season and won the 40+ men's category by a considerable distance. Sav Mavrofridis has raced in the back half of the season with aplomb, finishing in 59th in a time of 50:46. William Robertson demonstrated some expert pacing in his longest ever race and was only two minutes behind Mavrofridis. Miles Verschuur (54:15) scored a personal best for the distance. Glenn Crawford (1:03:48) rounded out the Division 3 team who finished first for the second time this season.

Division 5 men consisted of the now infamous trio of Gary Fox, Ron Verschuur, and Ian Twite, who all achieved their varying aims for the day. The "Big T" trophies went to Bec Anderson for her debut performance and Ian Twite for his strangely enjoyable anecdote about when he worked in a sports shop.

Your beloved Harriers enjoy only a six-day break before the Tan Relays, the fast final race of what has been a highly successful season.



Results:

Female Open

15km: Molly Fitzgerald 1:01:56 INV; Yani Cornthwaite 1:04:19; Kate Jones 1:07:41; Anna Cardillo 1:13:07; Rebecca Anderson 1:21:40.

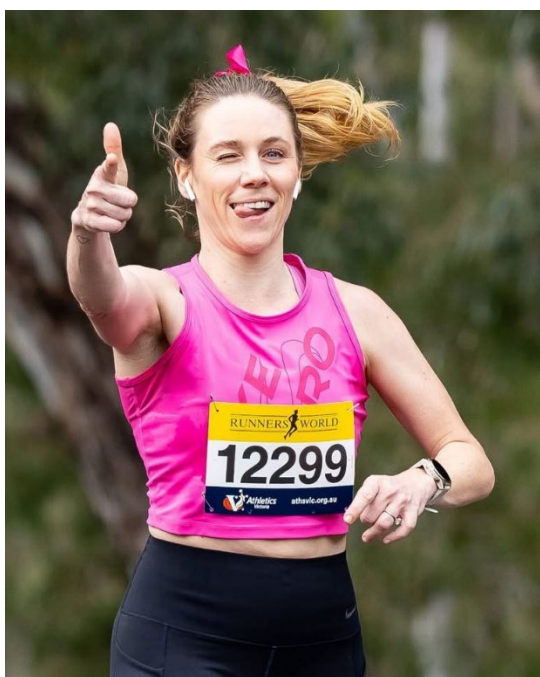
Male Open

15km: Corey Milner 48:19; Sav Mavrofridis 50:46; William Robertson 52:55; Miles Verschuur 54:21; Glenn Crawford 1:03:48; Clinton Jolly 1:04:33 (INV); Gary Fox 1:15:52; Ron Verschuur 1:18:12; Ian Twite 1:28:28.

Male 18

4km: Dempsey Podmore 12:23

Miles Verschuur



Pictured above left – a cheeky Molly Fitzgerald enjoying herself out on course

Above right – Glenn and Clinton ran stride for stride for most of the run with Yani ultimately splitting the pair across the line

Left - Happy Harriers. Most of the team that tackled the Burnley 15km road event

Sydney Marathon 2026

After running the 2025 Sydney Marathon and getting a PB (3:35:06), I decided to apply for the 2026 ballot and to my surprise I got in. I was aiming to run sub 3:30 and my training was going well until about 3 weeks before race day when I strained my hamstring. The final 3 weeks of training was non-existent and, in the end, I was just happy to make the start line. I had no goal time in mind, just to run to feel, enjoy the run and get through it uninjured.

The first 16km went off without a hitch running over the Harbour Bridge, through Pyrmont and The Rocks and through the CBD up Oxford Street towards Anzac Parade I was averaging around 5:10/km..... but this is where it all started to go downhill (metaphorically speaking, as it felt like most of the hills were uphill). My stomach started playing games and it was time for pitstop number 1. Throw in pitstop number 2 at 21km, pitstop number 3 at 23km and pitstop number 4 at 28km and now it was just a case of not when, but if, I'd make the finish line. I was worried that my gels were triggering my pitstops so I stopped taking them which in turn left me struggling for any energy at all. The final 14km back down Anzac Parade, past the SCG and around Centennial Park and Mrs Macquarie's Chair to the finish line was a jog/walk combination until I finally hit that glorious final 500m to the Opera House which is all downhill.

I crossed the finish line in a time of 4:36:49. My slowest of the 7 marathons I have run but strangely enough it felt like the most rewarding. The thought of getting a DNF didn't cross my mind and whether I finished in 3 hours 30 mins or 6 hours 30 mins, I just wanted to finish. Mission accomplished.

I will one day aim for redemption in Sydney and attempt my elusive sub 3:30..... but I might wait a few years.



Chris Van Unen

A happy Chris Van Unen displays his hard-fought finishers medal

Sydney Marathon 2026

At the end of August I was lucky enough to take to the streets of Sydney and run another World Marathon Major (WMM). Along with 36,296 other eager runners, from over 140 nations, I lined up at the wee hours of Sunday morning at North Sydney Oval to run south over the iconic Harbour Bridge.

The revised course, from my last run here in 2023, takes in many of Sydney's well-known areas such as:

- Darling Harbour
- The Rocks
- Circular Quay
- Oxford St (Mardi Gras)
- Allianz Stadium (NRL)
- SCG (AFL)
- Centennial Park
- Royal Botanic Gardens
- Opera House (Harbour Bridge and Bay in the background)

It measures quite accurately, my watch got 42.65kms, with an elevation gain of 276m. I would consider the course undulating but a couple of decent climbs on Pitt & Oxford St (12-16km mark) and then Botanic Gardens past Mrs Macquarie's Chair (40-42km mark).

Being a World Major you expect there to be lots of spectators and they did not disappoint with over 400,000 people cheering all the runners along nearly all sections of the course. My favourite part of these big events is giving high fives to the little kids and seeing their smiles, my hope is one day they'll run a marathon and do the same 😊



The volunteers were simply amazing and it felt like there were so many of them at every aid station (approx.. every 2.5kms). Getting water and/or electrolytes was so easy and I experienced minimal congestion which allowed me to continue running. It was a warm, sunny day and I'm greatly appreciative of the volunteers being there to support myself and other runners which further enhances the experience.

Time wise I managed to set a new marathon PB of 3:05:05 which I'm extremely happy about. In 2023 I ran 3:39:20 so it would seem that I've learnt a few lessons over the last couple of years when it comes to training, fuelling and managing yourself on race day. I feel that my fuel intake (30g gel every 30 mins plus water at every aid station) was the biggest factor in allowing me to maintain an even pace over the full 42.65kms. As mentioned earlier, the course had undulating hills, so I took to the strategy to respect them

and not over-exert myself on these sections. In previous marathons I've let my ego get in the way and attempted to keep up with runners passing me, which has led to burn-out at the latter stages ultimately affecting my overall time. It's the first marathon I've run where I have had a negative split (second half faster than the first half) with my quickest KM split coming at the 38km mark.

Regardless of the result, good or bad, I always enjoy these running events and the experience associated with it. It's important to reflect on how the race went and what I have learned from the experience. I think the biggest take-away, for me, from this event is that the only thing you're really competing against is yourself and the clock. There are so many factors that can affect performance over the marathon distance, so worrying about trying to catch another runner is ultimately not going to help. Put that energy into fuelling regularly, controlling a manageable pace based on the conditions/environment and being positive with yourself.

A big shout out to my fellow Harriers – **Dave Barr & Chris Van Unen** – for also completing the marathon with mixed results but I think it's safe to say we all had a great weekend representing the Big T.

I absolutely love visiting Sydney and everything it offers other than running (but the running/scenery is so so good) and I am already excited for the next time I go back there for a running event.

Sydney Marathon 2027 ballot opens on September 29th 2026 and is free to enter – do yourself a favour and put your name forward and I promise you won't regret it!!



Stephen Renehan

Pumped from a cracking PB, Stephen Renehan proudly displays his finishers medal with a couple of iconic Sydney landmarks in the background

Barossa Marathon August 23rd



Errol proudly wears his Big-T top as he enjoys his run. Photo Jay McGown

Esteemed Harrier Errol Poole recently ran the Barossa Marathon in South Australia.

Set in the township of Tanunda, in the heart of one of South Australia's best known wine regions, its flat and scenic course passes many prestigious wineries. This was a temptation to Errol, but he managed to run non-stop to the finish, without being enticed elsewhere.

Errol ran 4:11:40, finishing 5th out of 13 in his 60-plus age group.

Well done Errol – that deserves a celebratory glass of wine!

2026 Australasian 24hr Rogaining Championships August 30th

Team 15 - Paul Monks (Vic), Tim Cochrane (ACT)

Overall Rank: 10 Total Score: 2480 Finish Time: 23:38:35

Controls Visited: 45

Tim is a former Harrier and dual Traralgon Marathon winner.

Team 53 - Tim Farrant (NZ), Narelle Crozier (Vic)

Overall Rank: 17 Total Score: 2120 Finish Time: 23:47:17

Controls Visited: 39

Narelle is a three time Traralgon Marathon winner and a talented Latrobe Valley Triathlon Club member. (Her 3 Traralgon Marathons victories were a three-peat in 2020 - 2022.).

Held at Nundubbermere, Queensland, the event spanned 24 hours. The course offered a mix of hills, open sheep-grazing country, and parts of Sundown National Park.

Noah Little

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



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**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

**active feet
YOUNG
ACHIEVEMENT
AWARDS**

**FANCY DRESS
SPOT PRIZES**

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









