



# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

29 January 2026 - Volume 59 - Issue 2

### THURSDAY RUN

#### This Week's Course

Crinigan Road Bushland Reserve 6km

*Duty*

Stephen McLeod & Stephen Renehan

*Marker*

Molly

**5/2/26**

Latrobe Regional Hospital, left turn course 6km

*Duty*

Jay McGown & Geoff Francis

*Marker*

Greg

**12/2/26**

Clarks Road 6km

*Duty*

Jye Kaestner & Tania Whitehead

*Marker*

Chris Van Unen



**With a combined 75+ years of Vic Country 10,000m racing between them and the mercury well into the 30's, Twitey and Steve decided to sit on the podium**

[Click through to read Twitey's recap from the weekend](#)

# President's Message

## Thursday 29 January 2026

I hope everyone is having a great start to the year and making the most of the summer season!

Numbers at our recent Thursday runs have been fantastic, and I want to thank everyone who came out to Traralgon South last week to tackle the 5km and 7.7km courses.

**A special thanks to Vice President Desley Gray and Rob Preston** for their excellent course marking on the day, to ensure everyone had a fun and safe experience.

The dual course option is something different for our Thursday nights, and we're always looking at ways to create new experiences for our members.

**Please feel free to share your feedback** on our runs, or any aspect of the club, whether that's having a chat with me or a committee member after a run, messaging us privately via our social media channels, or emailing us via [info@traralgonharriers.org.au](mailto:info@traralgonharriers.org.au).

Constructive feedback is always welcome. Please keep in mind the club executive team and committee are all volunteers, and while we might not always get things right, we're focused on ensuring all Harriers have the best possible experiences and get great value from their membership.

We've had very hot conditions over the past week, so it's a **timely reminder to please ensure you stay hydrated**. This includes being well hydrated throughout the day, before the run. If you're not doing so already, please make sure you bring your own water bottle to our Thursday runs.



*Above: A great turn-out from members at last week's Traralgon South run.*

Keeping one in an esky bag with an ice-brick is a great idea, ensuring you have cold water available after you cross the line.

Finally, a **quick reminder to check our Summer Run Calendar**, as we have a handful of changes to course locations coming up. This is due to safety and access issues which have recently been discovered during our pre-run checks.

As always, you can find details for each Thursday's run on our facebook and Instagram pages, in this newsletter, and on the Harriers website. Don't forget there's a very handy "**Add to calendar**" feature on our [Thursday Night](#) page, meaning you'll always have the details available.

I look forward to seeing you all at our next run!

Wishing you 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 \*\*\*

## IMPORTANT HARRIERS DATES

### Traralgon Marathon and Running Festival 2026

(Race Director: Desley Gray)

Sunday 14 June

Glengarry Football Netball Club

Sign up at: [traralgonmarathon.org.au](http://traralgonmarathon.org.au)

### Martin Thompson Boolarra Run (Race Directors:

Tobi Grzmil and Danelle Wright)

Date TBC

## DUTY ROSTER SUMMER SEASON 2025/26

**REMEMBER: If you can't fulfil your allocated duty, the onus is on you to swap with someone.**

### OCTOBER

9 Kristine Sapkin & Lee Graham  
16 Shane Gavin & Ryan McLeod  
23 Ian Cornthwaite & Adam Riddle  
30 Stacey Pödmore & Aaron More

### NOVEMBER

6 Pete Sanders & Kristina Creighton  
13 Tim Graham & Ryan Hon  
20 Kimberly Imperial & Adam van Baalen  
27 Andrew Greenhill & Anja Norwood

### DECEMBER

4 Vicky Atkins & Catherine Leonard  
11 ~~Christmas Fun Run and Awards Celebration~~  
19 Christmas Lights Run 8pm from the Breed Street Netball Courts Traralgon

### JANUARY

15 Scott Syme & Sep Marine  
22 Rob Preston & Helen Whitby  
29 Stephen McLeod & Stephen Renehan

### FEBRUARY

5 Jay McGown & Geoff Francis  
12 Jye Kaestner & Tania Whitehead  
19 Paul Smith & Adrian Sutcliffe  
26 Marieka Reilly & Ree Graham

### MARCH

12 Ben Wilkinson & Ashley Marsh  
19 Samantha McGown & Michelle Sawyer  
26 Bailey Rollandin & Paul Rollandin

### 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](mailto:glenn@bcsaccountants.com.au)



**Sunday 14 June  
2026**

**WIN Network Marathon  
Aussie Broadband  
Half Marathon  
GOLD 1242 10km**



Entries are strictly limited. Scan the code  
or visit [traralgonmarathon.org.au](http://traralgonmarathon.org.au)



**TRARALGON  
HARRIERS**  
Est. 1967

Brought to you by



**GOLD 1242**



# 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

DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
29 Jan 2026	Crinigan Road Bushland Reserve Morwell	6 km	<b>Club Dinner after the run: Italian Australian Club Morwell</b>	Molly	Stephen McLeod & Stephen Renehan
1 Feb 2026	Kilcunda Running Festival	5,10,17,21km			
5 Feb 2026	Latrobe Regional Hospital, left turn course	6 km	<b>Committee Meeting after run at clubrooms</b>	Greg	Jay McGown & Geoff Francis
12 Feb 2026	Clarks Road	6 km		Chris van Unen	Jye Kaestner & Tania Whitehead
19 Feb 2026	Tonders Lane -Morwell	5 km	Club Dinner-Morwell Club	Sep Marino	Paul Smith & Adrian Sutcliffe
26 Feb 2026	Railway Reserve Traralgon	6 km		Marieka	Marieka Reilly & Ree Graham
1 Mar 2026	Baw Baw Snow Gum Run	1 - 42km			
5 Mar 2026	LRH Hospital Run turn Right	6 km	<b>International Womens Day 08/03- Purple</b>		Committee - TBC
12 Mar 2026	Toongabbie Golf Club	5 km		Phill Mayer	Ben Wilkinson & Ashley Marsh
15 Mar 2026 TBC	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
19 Mar 2026	Yallourn North-TBC	5 km		Ron V	Samantha McGown & Michelle Sawyer
26 Mar 2026	Glengarry Rail Trail	6 km	<b>Glengarry Club Dinner</b>	Mark Landowne	Bailey Rollandin & Paul Rollandin
28-29 Mar 26	Inverloch Running Festival	2-42km			
29 Mar 2026	Run 4 The Kids	5 & 14.4km			
2 Apr 2026	Tropical Track Night Tracks, Tropics & Terrible Shirts!	10 & 5 km	NON-POINTS RUN		Committee
3 Apr 2025	Good Friday				
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			

# 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 January 15<sup>th</sup> – Gelato Gallop

On the first Thursday night Harriers run back for the new year of 2026, 61 participants completed the newly established 5km run, including the welcoming of new runners Jack Glover, Drew and Lucy Sedgwick.

With the run both starting and finishing near the Traralgon train station carpark, the course took runners along parts of the Traralgon creek and outskirts of Victory Park for three laps, before finishing at Augustus Gelatery for a well-deserved sweet treat.

The first three runners across the line this week were again the ever-so-speedy Sav Mavrofridis 18:30, who was followed by Dave Barr 20:23 who is in exceptional running form at the moment, and the talented Harriers legend of Ian Cornthwaite only 4 seconds behind Barr in 20:27.

For the females, the fastest three times were clocked by another Harriers legend in Yani Cornthwaite 23:18 the daughter of Ian, with second belonging to new runner Lucy Sedgwick 24:37, and third place went to Kate Mayer 26:48 who is also in great form at the moment.

### Results - Gelato Gallop run/walk

Sav Mavrofridis 18:30, David Barr 20:23, Ian Cornthwaite 20:27, Daniel Furmston 21:04, Miles Verschuur 21:04, Andrew Greenhill 21:40, Adrian Sutcliffe 21:42, Dave Mann 22:30, Ryan McLeod 23:05, Riley Evans 23:06, Yani Cornthwaite 23:18, Seth Bomers 24:08, Trent Kooyman 24:30, Lucy Sedgwick 24:37, Peter Sanders 25:24, Stephen Renehan 25:25, Ron Verschuur 25:35, Shane Gavin 26:40, Errol Poole 26:41, David Hood 26:47, Kate Mayer 26:48, Gary Fox 27:00, Liz Kenney 27:44, Paul Rollandin 27:53, Karen Graham 28:15, Ree Graham 28:15, Jack Glover 28:49, Rickie Glover 28:53, Toby Grzmil 29:03, Jye Kaestner 29:33, Rebecca Anderson 29:50, Stephen McLeod 30:07, Ivy Crawford 30:32, Drew Sedgwick 31:04, Catherine Leonard 31:11, Phillip Mayer 31:20, Marieka Reilly 32:00, Desley Gray 32:00, Ash Crawford 32:30, Megan Kenny 33:06, Kaye Livingstone 33:06, Mark Lansdown 33:37, Bjorn Luxmann 34:08, Mandy Ellis 35:08, Shay Lorenz 37:31, Shane Wilson 42:32, Helen Whitby 42:44, Ann Bomers 45:56, Timothy Graham 46:33, Darren Fielden 49:30, Nick Hodson 55:30, Kylee Earl 55:30, Sarah McKie 1:00:39, Nicky Semmler 1:00:39, Kat Kent 1:00:56, Angelo Gaudiano 1:00:56, Linda Buhagiar NTR, Johnn Skordakis NTR, Greg Semmler NTR, Fiona Syme NTR, Sep Marino NTR

## **Thursday January 22<sup>nd</sup> – Traralgon South Trundle**

Last week's Thursday night run was another newly established/modified run out in Traralgon South with a 5km or 7.7km option for runners to choose from. The runs were a 1-lap course through the undulating trails and plantation area just off the Traralgon Creek Road starting and finishing next to the Traralgon South oval. 39 runners/walkers completed the 5km option and 34 completed the 7.7km option.

For the males in the 5km, it was some new faces in the likes of Matthew Frescura who took line honours in a speedy time of 26:10, followed by Presley Podmore in 28:00, and third for the males belonged to Andrew Broberg in 28:13.

In the female race, it was new and upcoming Lucy Sedgwick who took line honours in 26:01, second to her was returning Clare Issell in 30:51, and third for the 5km females was another fresh face Remey Podmore in a time of 30:53.

For the males in the 7.7km option, it was a dead-heat with Sav Mavrofridis and Dempsey Podmore both coming across the line in 30:04, and then next across the line not far behind them was yet again Ian Cornthwaite in 30:53.

In the female race, it was Yani Cornthwaite who took line honours in 37:13, second to her was Karen Graham in 42:06, and third for the 7.7km females was Bec Anderson in 47:05.

This week's run (29/1/26) is the Crinigan Road Bush Reserve 5km course which starts at the reserve adjacent to the Morwell Golf Club. Check in time is from 5:30pm.

## **Results - Traralgon South Trundle run/walk**

### **5km Results:**

Lucy Sedgwick 26:01, Matthew Frescura 26:10, Presley Podmore 28:00, Andrew Broberg 28:13, Kate Mayer 28:14, Nicholas Talerico 28:23, Kevin Ng 28:52, Belkey Podmore 30:10, Clare Issell 30:51, Remey Podmore 30:53, Errol Poole 32:15, Lachlan Hore 33:16, Ivy Crawford 34:00, Arlo 34:00, Liam Ellis 34:15, Catherine Leonard 34:30, Angelo Gaudiano 34:36, Phillip Mayer 34:40, Megan Kenny 35:11, Emma Marino 39:01, Duke May 40:56, Stephen Hore 40:56, Timothy Graham 43:16, Barry Higgins 46:50, Ann Bomers 47:45, Samantha McGown 48:16, Maya Smith 48:42, Danielle Smith 48:42, Paul Ellis 50:50, Helen Whitby 52:07, Belinda Heafield 53:50, Nick Hodson 58:35, Kylee Earl 58:35, Sarah McKie 1:02:02, Nicky Semmler 1:02:02, Ian Heafield NTR, Desley Gray NTR, Rob Preston NTR, Miles Verschuur NTR

### **7.7km Results:**

Sav Mavrofridis 30:04, Dempsey Podmore 30:04, Ian Cornthwaite 30:53, Ash Crawford 35:34, David Barr 35:39, Riley Evans 36:02, Danny Dilger 36:42, Yani Cornthwaite 37:13, Clinton Jolly 37:21, Adrian Sutcliffe 37:33, Darrel Cross 39:12, Peter Sanders 40:33, Jay McGown 40:44, Trent Kooyman 41:40, Stephen Renehan 41:41, Karen Graham 42:06, Heramb Dayananda 42:19, Chris Van Unen 42:59, Ron Verschuur 43:03, Ryan McLeod 43:21, Dave Mann 43:57, David Hood 44:49, Stephen Mcleod 45:04, Gary Fox 45:07, Daniel Wright 45:58, Rebecca Anderson 47:05, Mattias Preston 47:30, Jack Glover 47:42, Rickie Glover 48:15, Ree Graham 51:24, Sep Marino 52:18, Marieka Reilly 52:40, Toby Grzmil 52:40, Kaye Livingstone 55:53

## The Victorian Country Championships – 24-26<sup>th</sup> January 2026

As expected, Albury was a very fast track to race on.

Over 30 years of doing a summer track season and finishing off with the Victorian Country Championships every long weekend in January has taught me a lot about the benefits of track racing. One thing I soon learned that the further north the track is the faster and better they are to run on. Despite all my injury woes I was keen to get into some sort of form and have a crack in a race on a track that is constantly being baked in 40 + temperatures.

Coming off almost 6 months of constant injury breaks hadn't been kind to my body, making it fragile and weaker and more susceptible to getting injured again. Strength is the pillar of all fitness without it your speed, form, durability and endurance will all crumble. I can now understand why so many runners stop racing once they reach 60. It is so hard to stay strong once you reach that age. So, an injury period like I just had can make it so hard to get back to any form of competitive racing.

I was lucky in my 60's that I was able to go to the track every summer to race a multitude of sprints and middle-distance races and finish off with a strong performance at the Victorian Country Championships - where I would always run faster in the 3,000m and 1500m than I would in Newborough. I have no doubt this was the main reason I stayed injury free for most of my 60's and was able to race a large number of different types of races. That had all changed this year and now 70 I was faced with not only missing out on the Victorian Country Championships, but I was probably one injury away from never track racing again.

My approach after overcoming my injuries was very cautious. I knew the best place for me to build up my strength was the track, but it took me a long time to get the courage and go. Just before Four Peaks I got the courage to go to the track and race a 3000m. While a 3000m is not as effective as a sprint or middle-distance race it is still more effective than a 5km. It was a safe option. I ran 16:14 and I really struggled. Not only had I lost a lot of strength and speed, but my body had forgotten how to run fast.

Fortunately, I got through Four Peaks okay and my attention returned to the track. It took me a long time to get over Four Peaks so by the time I got back to the track the 3,000m was on the program again. This suited me anyway I was not ready for a middle-distance race. The legendary Joe Carmody once said to me you can build strength by doing hills and cross-country but sooner or later you must return to the track and turn that strength into speed. I felt I had built up a lot of strength doing Four Peaks so I was keen to see if I could turn it into speed. It felt so much easier and faster racing on the track this time and I was wrapped in running 15:44. Now I was in the ballpark where I felt comfortable going to the Country Championships and racing 3,000m.

To give myself every chance of going faster in the 3,000m I switched to the 1500m - this is simple track logic. The shorter the race the faster you run the easier it then becomes to run faster in the longer race. I also used the same logic as Four Peaks. I ran my first 1500m before the Two Bays 28km trail run and my second after. I had the same result my second 1500m was 13 seconds faster than my first. I was wrapped because I had learnt long ago that small improvements in short races lead to big improvements in longer races.

When I first went to the track and raced a lot of sprints and middle-distance races, all the Marathons I raced that year were 20 to 30 minutes quicker than the previous year. This is another good reason why every summer I make the track and the Country Championships my number one priority. On a very fast Albury track and with a lot more competition to chase than Newborough I lowered my 3,000m time to 15:06. I was wrapped this made the trip to Albury worthwhile. It also lit the fire in the belly, and I figured

anything could be possible again if I could get back to racing a full summer track season. Certainly, going back under 15min for 3,000m would be an easy target next season.

I had one more hurdle to overcome - the 10,000m. I had only entered the 10,000m because it is an event the Traralgon Harriers use to dominate at the Country Championships simply with its large number of participants. I always said as long as I am upright and I can run; I would make sure a Traralgon Harrier represents the club at this event. After my successful 3,000m, I wasn't sure I wanted to risk an injury by doing it. It was an agonizing decision to run or not to run. I went to the track early to see how the body felt and it was here that I appreciated how good the track was. It made my tired legs feel better than they were.

A few of the AV officials setting up at the start line acknowledged me and said that it was good that you have come to run the 10,000m again Twitey. The field in the 10,000m was disappointing so it was another good reason to do it. Only 8 had entered across all ages and genders with no one in the open Male. In fact the Male 60+ had the largest field of 2 runners.

It is funny when the gun goes off muscle memory kicks in and you instantly forget all your fears. I immediately jumped into race mode and sat behind my opponent in the 60+ Stephen McLennan. Stephen McLennan has been racing the 10,000m at the Country Championships for 45 years since he was a 16-year-old. He was about nine years my junior and had beaten me by 42 seconds in the 3,000m so he had a huge advantage over me.



In the end I was really surprised at how well I raced and how good I felt, he only beat me by 44 seconds, running 55:12 to my 55:56. I knew I had given it my all as my HR suggested I could not have gone any faster. In fact, it showed a huge improvement in my endurance to have been able to run with such a high H/R for so long in the heat and still feel alright it was a pleasant surprise.

There was another surprise for me at Albury. One of the things I like about track racing is the support you get from the sidelines as you race around the track. In both the 3,000m and the 10,000m I got lots of support from a large number of Athletes from the other Gippsland clubs in attendance. It is very humbling and very encouraging to constantly hear your name called out as you race around the track. I thank all those Athletes for their support.

Still the best lesson of the weekend came my biggest supporter, my lovely wife Dense. When I made it official, we were going to Albury for the long weekend she searched Albury for Pickleball, and she found a tournament on that weekend. Unfortunately for her there was no one in her age group or skill level, so she had to play in open age and skill level. This did not intimidate her, instead she embraced playing against players faster, stronger, younger and better than her. She said she had a great weekend because the opportunity to play against those players just improved her game.

The same can be said about long-distance runners who venture to the track to race over the summer. You will be racing against runners who are faster and stronger than you. If you are not intimidated by that they will drag you along at speeds much faster than your 5km race pace and I guarantee this will make you a better version of yourself. You will not only be stronger and faster but far more durable and you will be an endurance beast.

Talking about beasts, the Legendary Emil Zatopek was affectionately called the ugly best by the Track runners of his time. This is because as a long-distance runner he looked out of place racing all the track runners of his time. This did not worry him and by going to the track and racing all the track runners of his time in short-track races he became the greatest long-distance runner of all time. Funny that!!!!

### **Medal Count Gippsland Clubs**

Wellington - 9 Gold, 4 Silver and 10 Bronze.

Gippsland Athletics - 5 Gold, 10 Silver and 6 Bronze

South Coast – 9 Gold (Sarah Lewis won gold in the 40+ 800m and the 40+ 4 x 100m relay.) 2 Silver (Sarah Lewis won silver in the 40+ 400m) and 2 Bronze.

Traralgon Harriers – 1 Silver.

### **Twitey**

## THE BOGONG TO HOTHAM MOUNTAIN TRAIL RUN

### A twin celebration for Kylie

Veteran Harrier Kylie Murray recently celebrated her birthday with an outstanding result in the Bogong to Hotham mountain race, across not one, but two high mountains. In the 35km event Kylie was outright second to the Albury-based winner, Sarah-Jayne Miller. Five of the first six finishers were women! Go girls!

With a rich trail running history, this year was the B2H's 35<sup>th</sup> running, with a few gap years along the way. One of the toughest races in Australia, it offers spectacular views but is an extreme challenge for trail runners, with over 3 kilometres of steep uphill climbs and 2 kilometres of bone-jarring sheer downhills.



Runners climb Victoria's highest mountain, Mt Bogong, descend to Big River and then climb up to the Bogong High Plains. They continue across the high plains before dropping to the Cobungra River and finally climb to the finish at Mt Hotham summit.

An experienced and successful mountain runner, Kylie said, "It was a great event, with very nice people around us, and lovely scenery. But it was very steep, with long climbs both up and down – challenging elements, especially as it was windy at times".

"It was a new challenge and at one stage I asked myself, 'what am I doing here?', but I enjoyed my first visit to Falls Creek", Kylie said.

*Winners are grinners. Kylie Murray, left, and outright Bogong to Hotham winner Sarah-Jayne Miller, both finished ahead of the male runners*

Selected results. **64km:** Chad Freak (1<sup>st</sup>) 7:01:00, Nicole Paton (1<sup>st</sup> F) 8:49:0. **35km:** Sarah-Jayne Miller (1<sup>st</sup>) 5:02:36, Kylie Murray (2<sup>nd</sup>) 5:20:27, Sam Ferguson (1<sup>st</sup> M) 5:30:38, Sasha Taplin (4th) 5:33:56, Prue Davies (5<sup>th</sup>) 5:41:01, Fan Xiang (6th) 5:44:56. **29km:** Alex Lewis (1<sup>st</sup>) 3:47:47, Michaela Mooney (1<sup>st</sup> F) 4:47:15.

**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

# KILCUNDA TRAIL RUNNING FESTIVAL

**SUN 1 FEB, 2026**

**Victoria's Bass Coast offers fantastic trail running for people wanting to experience coastal trail running at its best.**

Located only 90 minutes from Melbourne on the Bass Highway, Kilcunda offers access to Philip Island, Inverloch, Wonthaggi and a host of other destinations to explore after the run.

Enjoy running along rolling grassy slopes and sandy beaches and striding up challenging hills located between the cliffs overlooking the Southern Ocean and green fields with cattle grazing contentedly.

**Village Address:** Nature reserve opposite the Kilcunda Ocean View Hotel, 3531-3533 Bass Hwy, Kilcunda VIC 3995

<https://www.singletrack.com.au/kilcunda-trail-running-festival>

### **RACE DISTANCES:**

- 21km
- 17km
- 10km
- 5km



## 2026 EVENT CANCELLATION

Due to a busy work schedule, we have to cancel  
the 2026 Rokeby Twilight Trail Run.  
For all that have already signed up, you will be  
contacted directly via email.  
Thankyou all for your support and understanding.

# SNOW GUM RUN

**MOUNT BAW BAW, VICTORIA**

**Sunday 1 March 2026**

**Soak up the pristine alpine environment and challenge yourself to run at an altitude above 1,500 metres during the Snow Gum Run.**

**Event Village Address:** Village Central Restaurant, 32 Currawong Road, Mount Baw Baw VIC 3833

## **RACE DISTANCES:**

- Marathon
- 35km
- 21km
- 15km
- 7km
- 4km
- 1km



<https://www.singletrack.com.au/snow-gum-run>

# RUN TARRA-BULGA 2026

**ENTRIES  
NOW OPEN**

**42 km - 25 km  
6 km - 2.5 km Kids**

**Saturday April 11th 2026  
Tarra-Bulga National Park  
Brataualung Country**

*Presented by:*



*Supported by:*





**Sunday 14 June  
2026**

**WIN Network Marathon  
Aussie Broadband  
Half Marathon  
GOLD 1242 10km**



Entries are strictly limited. Scan the code  
or visit [traralgonmarathon.org.au](http://traralgonmarathon.org.au)



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