TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

5 November 2026 - Volume 59 – Issue 22

THURSDAY RUN

This Week's Course

Toners Lane Morwell 5km

Duty
Mandy Ellis &
Ree Graham

Marker
Mark Lansdown

12/11/26
Carol & Barry Summersgill Cross Country Champs
6km and 12km

Duty
Kathy Quinn &
Michelle Cowell

Marker
Miles Verschuur &
Gary Fox (RD)

19/11/26
Clarkes Road 6km

Duty
Tracey Matheson &
Stephen Renehan

Marker
Marieka and Chris



Veteran Mountaineer, Ron Verschuur, bringing the style to Mystic Mountain on the final day of competition at the 2026 staging of 4 Peaks

President's Message

Thursday 5 November 2026

It's been another great fortnight for the club, with our members tackling a new and challenging course at Humphrey Road Toongabbie, followed by our Halloween Run at the Railway Reserve in Traralgon.

Thanks to all Harriers for your positive energy and participation each week. It's been a terrific start to our summer championship season, with strong Thursday night numbers.

A big November ahead

I've been spruiking two major events that are coming up this month. The first is the **Carol and Barry Summersgill Trail Running Championship**, next Thursday 12 November, at Edward Hunter Reserve in Moe.

The event is open to both members and non-members, so please encourage any family or friends who wish to come along. Sign up here and check out the course map here.

Registrations are also open for our annual **Memorial Run**, which is taking place on Sunday 29 November at the Toongabbie Golf Club. Sign up today using this registration link

Pre-registering online for these events saves you the hassle of filling out a paper form on the day, and also makes things easier for our volunteers.

Be sure to check out our Summer Championship calendar in the newsletter each fortnight. There are some fantastic runs to experience over the coming months, including a number of new courses this season.

Harriers in action

Well done to Stephen Renehan and Glenn Crawford who gritted out 24hrs around Lake Guthridge as part of the Helping Hands Running Festival. In challenging conditions, Stephen managed 140km with Glenn walking his way to 101km. More importantly, together, they raised over $3,600 for the Free3D hands charity and as an event an incredible $260K.



Above: *Harriers gather after our new run at Humphrey Road Toongabbie.*

Well done also to the large contingent of Harriers who took part in this year's 4 Peaks Bright Alpine Climb. This is always a popular event amongst our members, and there were some outstanding individual achievements. Full results are not yet published at the time of writing but check out some of the selected results and photos in this edition.

Congratulations also go out to members who competed at the inaugural Lakes Entrance Running Festival over the weekend.

One thing for certain is that we don't have a shortage of excellent running events and stunning locations to experience throughout the year!

Whether you're walking, running, or crossing your very first finish line, I wish all our members the very best.

Cheers,
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 SUMMER SEASON 2026 / 27

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

~~8 Oct 2026~~	~~Natalie Blythman & Mandy Ellis~~
~~15 Oct 2026~~	~~Rebecca Darby & Peter Sanders~~
~~22 Oct 2026~~	~~Jay McGown & Daniel Symons~~
~~29 Oct 2026~~	~~Ben Wilkinson & Ashley Marsh~~
5 Nov 2026	Mandy Ellis & Ree Graham
12 Nov 2026	Kathy Quinn & Michelle Cowell
19 Nov 2026	Tracey Matheson & Stephen Renehan
26 Nov 2026	Bec Anderson & Lynda Jones
3 Dec 2026	Chelsea Fox & Daniel Furmston
10 Dec 2026	Sav Mavrofridis & Andrew Broberg
14 Jan 2027	David Matheson & Shane Gavin
21 Jan 2027	Karen Graham & Ree Graham
28 Jan 2027	William Robertson & Clinton Jolly
4 Feb 2027	Darren Fielden & Megan Kenny
11 Feb 2027	Ryan McLeod & Paul Rollandin
18 Feb 2027	Matthew Deppeler & Dave Hood
25 Feb 2027	Matthew Frescura & Bjorn Luxmann
4 Mar 2027	Robert Embleton & Ann Bomers
11 Mar 2027	*International Women's Day (Volunteers TBC)*
18 Mar 2027	Yani Cornthwaite & Nicholas Talerico
25 Mar 2027	*Track Night (Volunteers TBC)*

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

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

Traralgon Harriers Athletic Club presents...



CAROL AND BARRY SUMMERSGILL TRAIL RUNNING CHAMPIONSHIPS

12 & 6km

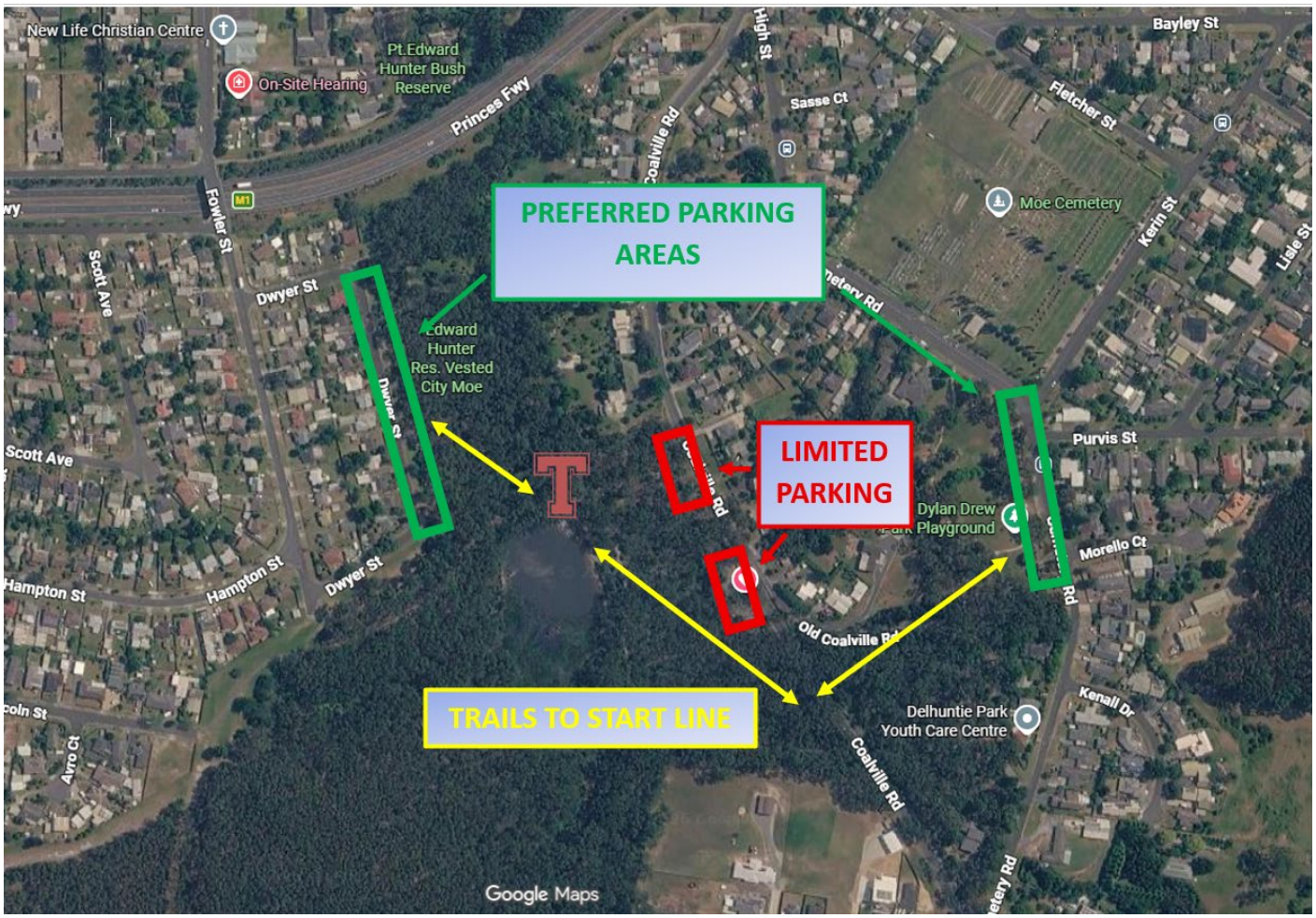
NOV 12 2026

EDWARD HUNTER HERITAGE BUSHLAND RESERVE, MOE

PERPETUAL SHIELDS AND MEDALS ON THE LINE

For Registration: https://tinyurl.com/thaccb2026

Course Maps: https://tinyurl.com/thaccb20261



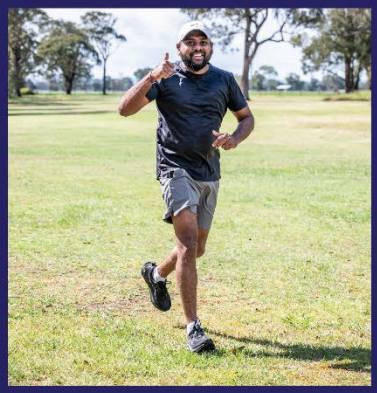


Pictured are the place-getters from the 2025 edition of the Carol & Barry Summersgill trail running championships

Harriers Memorial Run

Sunday 29 November 2026

Toongabbie Golf Club
Traralgon-Maffra Road, Toongabbie





12km & 6km Run or Walk

$20 minimum donation | Check-in from 8:30am | All events start at 9:30am

Proudly raising funds for Lifeline Gippsland, supporting their invaluable work for mental health awareness and suicide prevention.

Scan to register or visit
traralgonharriers.org.au

TRARALGON HARRIERS
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Raising funds for

Lifeline GIPPSLAND

Proudly sponsored by

Tyler Tipping & Woods
Barristers and Solicitors

Quantum Support Services

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

Run Calendar 2026-27

	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
Thurs	5 Nov 2026	**Toners Lane, Morwell** *(Original course. Turn Right)*	5 km		Mark Lansdown	Mandy Ellis & Ree Graham
Thurs	12 Nov 2026	**Carol & Barry Summersgill Cross Country Championships 2026** Edward Hunter Heritage Bush Reserve, Coalville Road, Moe	6 km & 12 km		Miles Verschuur & Gary Fox RD	Kathy Quinn & Michelle Cowell
Thurs	19 Nov 2026	**Clarkes Road** On Your Marks, Get Set, Clarkes!	6km	**Committee Meeting**	Marieka and Chris	Tracey Matheson & Stephen Renehan
Thurs	26 Nov 2026	**🦃 Traralgon South Trundle** Starting on N Boundary Track, behind John Black Reserve, Traralgon South	5 km or 7.7km-Non Points Run	**Club Dinner - Venue TBC**	Desley Gray & Rob Preston	Bec Anderson & Lynda Jones
Sun	29 Nov 2026	**Memorial Run 2026** Toongabbie Golf Club Traralgon-Maffra Road, Toongabbie	6km & 12km	Supporting Lifeline Gippsland	Phill Mayer RD	Shadow Race Director + Volunteers TBC
Thurs	3 Dec 2026	**Cochranes Water Works & Sneaky Peaks** 😄	5.5 km		Pete Sanders	Chelsea Fox & Daniel Furmston

Thurs	10 Dec 2026	**A Billy's Creek Dash** - Morwell National Park Junction Rd car park	5km		David Hood	Sav Mavrofridis & Andrew Broberg
Sun	13 Dec 2026	**King & Queen of The Mountain 2026**	30 km	Individual | Team 2 | Team 4	Ron Verschuur RD	Shadow Race Director + Volunteers TBC
Thurs	17 Dec 2026	**Christmas Fun Run and End of Year Awards** Breed Street Netball Courts, followed by function at Traralgon Tennis Centre	Team Fun Run		Committee	Committee + Volunteers TBC
Thurs	24 Dec 2026	**Summer Break**				
Thurs	31 Dec 2026					
Thurs	7 Jan 2027					
Thurs	14 Jan 2027	**Gelato Gallop** Queens Parade, Train Station Car Park, Traralgon	5 km	Join us for a sweet treat at Augustus Ice Creamery after the run	Megan Kenny	David Matheson & Shane Gavin
Sun	*17 Jan 2027*	*Two Bays Trail Run Dromana*				
Thurs	21 Jan 2027	**Traralgon South Tumbler**	6 km		Des	Karen Graham & Ree Graham
Mon	26 Jan 2027	**Australia Day**				
Thurs	28 Jan 2027	**Glengarry Rail Trail** Starting at Platform 3854 Café, Main Street, Glengarry	6 km	Australia Day Celebration	Molly Irvine	William Robertson & Clinton Jolly
Thurs	4 Feb 2027	**New Toners Lane – Morwell – turn left**	5 km	**Club Dinner - Venue TBC**		Darren Fielden & Megan Kenny
Sun	*7 Feb 2027*	*Kilcunda Running Festival*				
Thurs	11 Feb 2027	TBC	5 km		TBC	Ryan McLeod & Paul Rollandin

Thurs	18 Feb 2027	TBC			TBC	Matthew Deppeler & Dave Hood
Thurs	25 Feb 2027	**Cochranes Water Works & Sneaky Peaks** 😄				Matthew Frescura & Bjorn Luxmann
Sun	*28 Feb 2027*	*Mt Baw Baw Snow Gum Run*				
Thurs	4 Mar 2027	**Honeysuckle Hill, Rosedale**		**Club Dinner - Rosedale Hotel**	Sam McGown	Robert Embleton & Ann Bomers
Thurs	**11 Mar 2027**	**International Women's Day Run** **Village Avenue, Latrobe Regional Health Hospital Car Park** *Right-turn course*	**6 km**	**Purple theme in support of International Women's Day (Monday 8th March)**		**Committee + Volunteers TBC**
Sat	*13-14th March*	*Inverloch Running Festival*				
Sun	March (Date TBC)	**Martin Thompson Running Championships 2027** Boolarra to Mirboo North Rail Trail	25km & 10 km		RD TBC	Shadow Race Director + Volunteers TBC
Thurs	18 Mar 2027	**TBC**				Yani Cornthwaite & Nicholas Talerico
Sun	21 Mar 2027	Run 4 The Kids	4.7, 14.4, 21km			
Thurs	25 Mar 2027	🍍🎀 **TROPICAL TRACK NIGHT IS BACK!** 🌺🦩 **"You Can't Keep a Good Pineapple Down!"** 🍍 Joe Carmody Athletics Track, Old Sale Rd, Newborough	5km	A great chance to set a new PB and maybe get yourself re-graded for Thursday night handicap groups! **Club Dinner – Venue TBC**		

Fri	26 Mar 2027	Good Friday				
Fri	28 Mar 2027	Easter Sunday				

Helping Hands Running Festival in pictures







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 October 22nd – Humphrey Road Toongabbie 6km

Winding down from the excitement of the recent Melbourne Marathon, Harrier members were keen to remain close to home, at least for the present. But in New South Wales a relatively new endurance event was taking place. Almost 1000 runners, in teams of 15, from just on 70 countries, including the Australian team, began the Backyard Ultra World Team Championship at Kembla Grange south of Sydney.

Team members complete a series of 6.7 kilometre loops with one hour before the next lap commences at the same start-finish point. If they finish a lap of the "yard" quicker than the hour they can eat, drink or rest until the next hour starts. This continues, with, predictably, runners dropping out across the hours – and days - until only one runner remains. That person must finish his or her final lap to be crowned the winner.

In the team events the largest number of "yards" completed in aggregate by a team is the winner. Provisional results show USA first, with 1,120 yards (7504 km), Australia next with 1,069 and Belgium the Bronze medal with 1,058 yards.

Dan Camac was the last Australian left standing, completing the 87th lap (583km). One of the few Harriers to have competed in Backyard Ultras is Steve Renehan. At Lardner Park in mid-2024, Steve related, "Most laps take 45 or so minutes, allowing time for food, drink and a ten minute or so rest. But there was not enough time for a nap!"

The Harriers faced up to their first real summer run/walk last Thursday (22nd), in 30 degree heat. To quote the famous opening line of Charles Dickens's novel A Tale of Two Cities, it was "the best of times, it was the worst of times".

The best was the cool shade of the delightful bushland in the foothills north of Toongabbie and the magnificent view of the Valley from the summit. The worst was the almost endless uphill climb to the top and the difficult ground surface that demanded extreme concentration.

Thanks go to Samantha McGown for designing the first-time course in such a scenic location. The final concise judgement voiced by Harriers vice-president Desley Gray was "Marvellous!"

The quickest women finishers were Karen Graham, celebrating her daughter Stephanie's role in 'The Castle' stage show, closely followed by Molly Irvine and Caitlin Pitt. The fastest men were Sav Mavrofridis, Dempsey Podmore and Adrian Sutcliffe.

Most members did their cool down and then enjoyed the monthly dinner, at the geographically convenient Glengarry Hotel.

Results – Humphrey Road Toongabbie walk/run



A family occasion. David Barr and his talented daughter Charlotte stay in rhythm as they run together.

Sav Mavrofridis 22:20, Dempsey Podmore 24:46, Adrian Sutcliffe 27:02, Ash Crawford 27:28, Dave Mann 27:47, Ian Cornthwaite 28:04, Clinton Jolly 28:18, Trent Kooyman 30:10, Ron Verschuur 30:55, Karen Graham 31:07, Geoffrey Francis 31:24, Molly Irvine 31:35, Caitlin Pitt 32:04, Seth Bomers 32:05, Gary Fox 32:11, Melvey Podmore 32:34, Chris Van Unen 33:04, Maddy Wood 35:04, Errol Poole 35:20, Belkey Podmore 36:01, Megan Kenny 37:19, McKenna Smith 37:46, Jason Odlum 37:47, Phillip Mayer 37:57, David Hood 38:13, Desley Gray 38:43, Marieka Reilly 38:43, Giuseppe Marino 39:38, Drew Sedgwick 40:03, Charlotte Barr 40:48, David Barr 40:48, Chris Jones 41:28, Toby Grzmil 41:36, Lauren Peter 42:27, Tracey Matheson 42:37, Archie Sedgwick 44:53, Kaye Livingstone 44:56, David Matheson 45:39, Mandy Ellis 47:42, Tania Whitehead 49:08, Barry Higgins 52:40, Rebecca Darby 53:43, Ann Bomers 55:00, Samantha McGown 56:28, Kathy Quinn 1:03:00, Michelle Colwell 1:03:00, Jay McGown NTR, Daniel Symons NTR.

Barry Higgins



Above – Dempsey Podmore goes stride for stride with Charles Leahy in the 2026 running of the Maffra Mile. This year he managed his best result yet, placing second to Charles.

Thursday October 29th – Halloween Run at Railway Reserve 5km

With the summer season in full swing, trail runs are back on the agenda for the Traralgon Harriers. This week the Harriers enjoyed the cooler conditions relative to last week while running three laps of The Railway Reserve in Traralgon. The gentle hill at the back of the reserve provides a good challenge by the time lap three comes around, but it didn't slow down some of the faster runners.

There were also lots of laughs – and frights – as many members were spookily dressed to mark the advent of Halloween.



Among the females, talented runner Courtney Ellis continued her comeback from injury, completing the 6 km run in 28:03. The consistent duo of Caitlin Pitt and Molly Irvine were not too far behind. For the men, two familiar names finished first and second, Sav Mavrofridis and Dempsey Podmore. In third place was a relatively new member, Luke Yeates. Luke has consistently finished near the top of the field over the past couple of months.

Harrier members are looking forward to some local events to supplement their Thursday evening runs between now and the end of the year. Two such events are the Memorial run to be held at Toongabbie Golf Course on Sunday 29th November and the King and Queen of the Mountain in mid-December. Both events are open to the public. See the Harriers website or social media for details.

Results – Railway Reserve walk/run

Sav Mavrofridis 23:33, Dempsey Podmore 24:23, Luke Yeates 24:44, Jay McGown 25:46, David Barr 26:31, Seth Bomers 26:53, Clinton Jolly 27:12, Courtney Ellis 28:03, Peter Sanders 28:40, Caitlin Pitt 28:53, Molly Irvine 29:30, Shane Gavin 30:08, Trent Kooyman 30:11, Daniel Furmston 30:16, Darrel Cross 30:49, Chris Van Unen 30:52, Ash Crawford 31:31, Bec Anderson 31:45, Gary Fox 31:50, Adrian Sutcliffe 32:23, Stephen Renehan 32:32, Belkey Podmore 32:41, Phillip Mayer 33:21, Shane Wilson 34:12, McKenna Smith 34:18, Jason Odlum 34:19, Catherine Leonard 34:21, Drew Sedgwick 36:18, Errol Poole 36:22, Angelo Gaudiano 37:00, Megan Kenny 37:03, Giuseppe Marino 37:57, Bjorn Luxmann 38:05, Mark Lansdown 38:05, Ron Verschuur 39:01, Ree Graham 39:01, Dave Mann 40:56, Maddy Wood 40:56, Kaye Livingstone 42:44, Mandy Ellis 43:07, Archie Sedgwick 43:31, Desley Gray 45:45, Marieka Reilly 45:45, Lynda Jones 48:55, Samantha McGown 49:37, Ann Bomers 51:25, Tracey Matheson 52:00, David Matheson 52:26, Kathy Quinn 54:56, Michelle Colwell 55:40, Barry Higgins 55:40, Isabella Blythman 57:00, Natalie Blythman 57:00, Chester Goulter 1:05:18, Nick Hodson 1:07:00, Kylee Earl 1:07:00, Des Dalton NTR, Ivy Crawford NTR, Ben Wilkinson NTR, Ashley Marsh NTR.

Andrew Greenhill

Bright Alpine Climb 4 Peaks (selected results)

Day 1: Mt Buffalo. Women: Belinda Dore 1:17:50, Courtney Ellis 1:25:31, Anna Cardillo 1:52:13, Yani Cornthwaite 1:52:52, Remey Podmore 2:01:03, Rebecca Anderson 2:09:48, Catherine Leonard 2:09:49, Maree Graham 2:37:07, Caroline Overbeek 2:41:56. **Men:** Benjamin Butler 59:19, Sav Mavrofridis 1:10:09, Dempsey Podmore 1:16:30, Greg Semmler 1:32:57, Ian Cornthwaite 1:34:01, David Barr 1:38:58, Melvey Podmore 1:40:47, David Hood 1:47:08, Gary Fox 1:49:27, Ron Verschuur 1:52:31, Ian Twite 1:56:29, Belkey Podmore 2:01:00, Presley Podmore 2:06:44, Travis Mcinnes 3:27:04, Mattias Preston 3:27:13.
Day 2: Mt Feathertop. Women: Lucy Bartholomew 1:31:08, Courtney Ellis 1:41:22, Yani Cornthwaite 2:00:23, Anna Cardillo 2:24:49, Rebecca Anderson 2:32:47, Caroline Overbeek 3:32:11, Maree Graham 2:31:17 (Federation Hut). **Men:** Patrick Clark 1:12:51, Sav Mavrofridis 1:25:22, Dempsey Podmore 1:41:05, Ian Cornthwaite 1:52:06, Greg Semmler 1:54:20, David Barr 2:02:57, Belkey Podmore 2:16:11, David Hood 2:16:36, Ron Verschuur 2:19:41, Ian Twite 2:21:08, Gary Fox 2:26:03.
Day 3: Mount Hotham. Women: Lucy Bartholomew 1:50:41, Courtney Ellis 2:05:20, Yani Cornthwaite 2:19:09, Kate Jones 2:26:43, Anna Cardillo 2:56:07, Rebecca Anderson 3:00:40, Caroline Overbeek 4:45:35. **Men:** Patrick Clark 1:30:43, Sav Mavrofridis 1:43:06, Dempsey Podmore 1:51:10, Ian Cornthwaite 2:20:25, Greg Semmler 2:22:35, David Barr 2:25:05, Belkey Podmore 2:45:03, David Hood 2:46:03, Gary Fox 2:48:51, Ian Twite 2:58:16, Ron Verschuur 3:00:54, Travis Mcinnes 3:14:38.
Day 4: Mystic Hill. Women: Lucy Bartholomew 1:22:39, Courtney Ellis 1:33:44, Yani Cornthwaite 1:44:15, Kate Jones 2:05:27, Anna Cardillo 2:11:35, Rebecca Anderson 2:12:09, Remey Podmore 2:38:39, Caroline Overbeek 2:58:19. **Men:** Patrick Clark 1:07:39, Sav Mavrofridis 1:13:19,
Dempsey Podmore 1:21:30, Ian Cornthwaite 1:39:01, Greg Semmler 1:45:14, David Barr 1:47:25, Belkey Podmore 1:54:05, Jerzey Podmore 1:55:55, Melvey Podmore 1:56:30, David Hood 2:03:02, Gary Fox 2:05:57, Ron Verschuur 2:10:43, Ian Twite 2:12:57, Presley Podmore 3:05:15.

Men's Top 5
Vlad Ixel – 4:55:55
Patrick Clark – 4:56:02
Nathan Lawson – 5:10:44
Leith Soden – 5:10:50
Kylian Wymer -5:20:54

Women's Top 5
Lucy Bartholomew – 6:05:48
Tory Thomas – 6:38:37
Courtney Ellis – 6:45:57
Nea Shingler – 6:52:53
Grace Crane – 7:03:32

Pictured right - Ian Twite was first home in the over 70's



More 4 Peaks pics







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



Harriers Memorial Run

Sunday 29 November 2026

Toongabbie Golf Club
Traralgon-Maffra Road, Toongabbie





12km & 6km Run or Walk

$20 minimum donation | Check-in from 8:30am | All events start at 9:30am

Proudly raising funds for Lifeline Gippsland, supporting their invaluable work for mental health awareness and suicide prevention.

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