TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

19 November 2026 - Volume 59 – Issue 23

THURSDAY RUN

This Week's Course

Clarkes Road 6km

Duty
Tracey Matheson &
Stephen Renehan

Marker
Marieka and Chris

26/11/26
Traralgon South Trundle (non points run) 5km and 7.7km followed by Club Dinner at The Crown Hotel

Duty
Bec Anderson &
Lynda Jones

Marker
Desley Gray &
Rob Preston

3/12/26
Cochranes Water Works & Sneaky Peaks 5.5km

Duty
Chelsea Fox &
Daniel Furmston

Marker
Pete Sanders



Courtney Ellis and Sav Mavrofridis proudly pose with the perpetual shields for the Carol and Barry Summersgill Cross Country Championships after topping the podium for 2026.

President's Message

Thursday 19 November 2026

Congratulations to everyone who took part in last Thursday's **Carol & Barry Summersgill Cross Country Championships** event at Edward Hunter Reserve in Moe. It was a wonderful night, with excellent conditions and some outstanding results.

I also want to pass on my thanks to our volunteers who helped make the event possible, in particular our race directors **Miles Verschuur and Gary Fox.**

The event of course bears the names of two very special Harriers, Past President and Life Member Carol Summersgill and her husband Barry – two people who have contributed so much to our club and continue to be an important part of the Harriers legacy.

Carol served as Traralgon Harriers President from 2005 to 2007. When she began her term as President, she brought a powerful vision: that Harriers shouldn't be a club solely for elite runners, but a place that embraces runners and walkers of all abilities.

I hope all members would agree the club upholds that spirit. We're inclusive, supportive, and community-minded. These are values that Carol and Barry helped build, and ones we all proudly carry forward to this day.

Two big events coming up

The focus now moves on to two big events coming up before our end of year celebrations, namely the **Memorial Run on Sunday 29 November** and the epic **King and Queen of the Mountain on Sunday 13 December.**

I strongly encourage all members to **register online for these events as soon as possible**. This makes planning for the events much easier for our volunteers, and also saves you the hassle of mucking around with paper forms on race day, or scrambling with a late entry.

It's super simple – register online, check in on race day. Done! ✅ 🏃 🏃 🏃

Registration Links:

- Memorial Run Registration
- K&Q Solo Entry
- K&Q Relay Team Entry

See the flyers in this newsletter for more information.

Parking and carpooling

Finally, I want to sincerely thank our members for supporting our focus on parking improvements and getting on board with carpooling. We've had alternative arrangements at some of our recent runs, and I've been so happy to see our members following the advice provided, which has been a huge help in alleviating concerns around congestion.

As always, please be mindful of where you park and take up the opportunity to carpool with fellow Harriers when possible. With petrol prices still ridiculously high, there's never been a better time.

Thanks for your ongoing support. I look forward to seeing you all at the next run.

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

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

Memorial Run Registration



Relay Entry Form: 2026 King and Queen of the Mountain Relay Entry Form – Fill out form

Individual Entry Form: 2026 King and Queen of the Mountain Individual Entry Form – Fill out form

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	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 - Crown Hotel**	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**	32 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				

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 November 5th

SCORES of Harriers and friends made the trek to the Alpine oasis of Bright over the Melbourne Cup long weekend for the annual 4 Peaks race; scrambling up Mount Buffalo, Mount Feathertop, Mount Hotham, and Mystic Hill. 51.3 kilometres of running and 4770 metres of climbing was the set challenge. With long-time Harriers Kathryn and Rob Preston organising the event, club members were out in force as Big Ts were seen hurtling up each of the mountains. Pictured below are some of the many Big T stars.



Despite the unpredictability of the weather over the weekend, each day was blessed with ideal running conditions. Any remnant winter snow was burnt off with the earlier week of thirty-degree weather. Sav Mavrofridis – in his second edition – was the fastest Harrier across all four days, finishing seventh overall in a very competitive field, rounded out with a fifth-place finish on Mystic Hill. The prodigal Dempsey Podmore nailed down third place in the juniors' category, as did Greg Semmler in the 40+ men's, with Davids Barr and Hood in fourth and fifth respectively. Likewise, Ians Cornthwaite and Twite won the 60+ and 70+ men's categories.

Returning from a long injury layoff, Courtney Ellis showed excellent consistency across the four mountains and was the third woman. Yani Cornthwaite also ran impressively, finishing just outside the top ten.

After four days of hard mountain running, Cornthwaite was a mere ten minutes ahead of Semmler, with both recovering from an array of ailments. There were some close Harriers finishes in all sections of the field, as Ron Verschuur and Anna Cardillo had less than a minute between them.

Plenty of Harriers who were not lapping up the 4 Peaks optimism were brimming with severe bouts of FOMO from afar, with many eyeing off the mountain trails for 2027.

MORWELL'S Toners Lane was the venue for Harriers' first Thursday night run of November, a five-kilometre out-and-back from the Toners Lane Reserve right along the Morwell West Walking Trail to Latrobe Road was the order of the evening. Fresh from taking excellent photographs at 4 Peaks, Jay McGown was the fastest Harriers, stopping the clock comfortably under the twenty-minute mark. Glenn Crawford and Andrew Greenhil were next, with Kerry Barker (21:59) the fastest woman ahead of the evergreen Karen Graham by fourteen seconds. Youngster McKenna Smith finished in 23:04.
Ian Cornthwaite and Sav Mavrofirids (both 22:50) used the gentle terrain as a recovery from 4 Peaks, with groans of soreness being heard especially from Gary Fox (24:10) and Ron Verschuur (24:17).

Results – 4 Peaks 2026 (Overall):

Patrick Clark 4:52:21, Sav Mavrofridis 5:31:56, Lucy Bartholomew 6:05:48, Dempsey Podmore 6:10:15, Courtney Ellis 6:45:57, Ian Cornthwaite 7:25:33, Greg Semmler 7:35:06, David Barr 7:54:25, Yani Cornthwaite 7:56:39, David Hood 8:53:48, Belkey Podmore 8:56:19, Gary Fox 9:10:18, Ron Verschuur 9:23:49, Anna Cardillo 9:24:44, Ian Twite 9:28:50, Rebecca Anderson 9:55:24, Nathan Sargent 12:02:05. Volunteers include but not limited to: Kathryn, Mattais, Charlotte, and Rob Preston, Randella Barnes.

Results – Toners Lane 5km:

Jay McGown 19:29, Glenn Crawford 20:20, Andrew Greenhill 20:37, Adrian Sutcliffe 20:48, Clinton Jolly 20:48, Peter Sanders 21:43, Trent Kooyman 21:50, Kerry Barker 21:59, Karen Graham 22:13, Ian Cornthwaite 22:50, Sav Mavrofridis 22:50, Geoffrey Francis 22:50, McKenna Smith 23:04, Molly Irvine 23:13, Darrel Cross 23:20, Chris Van Unen 24:02, Gary Fox 24:10, Ron Verschuur 24:17, Stephen Renehan 24:24, Shane Gavin 24:57, David Hood 26:26, Jason Odlum 26:30, Stephen Mcleod 26:39, Archie Sedgwick 27:53, Giuseppe Marino 28:17, Mark Lansdown 28:26, Drew Sedgwick 28:34, Catherine Leonard 28:59, Megan Kenny 29:00, Phillip Mayer 29:09, Angelo Gaudiano 29:46, Desley Gray 29:58, Marieka Reilly 29:58, Tracey Matheson 35:09, David Matheson 37:48, Ann Bomers 38:33, Samantha McGown 39:18, Barry Higgins 42:20, Kathy Quinn 47:19, Michelle Colwell 47:19, Orannah Brightman 49:04, Chester Goulter 50:10, Nick Hodson 53:00, Kylee Earl 53:00, Bec Anderson NTR, Andrew Matthews NTR.

Thursday November 12th – Carol & Barry Summersgill Trail Running Championships 6km/12km

A GORGEOUS early summer's evening played host to the Traralgon Harriers' Carol and Barry Summersgill Trail Running Championships at Edward Hunter Reserve in Moe Thursday last. Courses of six kilometres (standard fare for a Thursday night) or twelve kilometres were on offer, with the latter involving well over three hundred and fifty metres of vertical climbing.

Sixty-one runners were spread out over the two distances, with the challenges deriving from the constant climbing or descending across both courses. Two echidnas were even spotted judging those running up the toughest hill.

In the six-kilometre, the wily Andrew Greenhill held the lead throughout to finish in first place, stopping the clock in 28:15, just over thirty seconds ahead of the ever-improving Seth Bomers. Stephen Renehan (30:31), fresh off more long-distance racing was next across the line. Molly Irvine (31:40) proved victorious in the women's short-course event, ahead of Karen Graham and Rickie Glover. Megan Kenny and Desley Gray were not far behind this lead trio, making them earn their medals.

The men's long course results may have been predictable, but they sure were a joy to watch with Sav Mavrofridis chalking up yet another victory and breaking the course record. Dempsey Podmore who finished second was over six minutes in arrears, with a similar gap to Hayden McMahon in third. An entertaining battle ensued just behind between Greg Semmler and Ian Cornthwaite, with Semmler proving victorious. Less than thirty seconds behind Cornthwaite was the women's winner Courtney Ellis, continuing her positive return from injury. Caitlin Pitt and Bec Anderson wrapped up the women's podium. Pictured below are all the medal winners on the night.



THE WEEKEND prior, a small but talented contingent of Harriers and friends travelled over the mountains to the picturesque valley of Marysville for the eponymous marathon and running festival. In the one-hundred-kilometre race, Megan Scott was the second woman across the line. Dave Mann completed another ultra-marathon with the fifty-kilometre distance, and who else but Sav Mavrofridis became the second Harrier to win the marathon outright after John McKenzie during the inaugural event in 2009 and 2010. Steve Rehehan continued his good form with a fifth-place finish.

Looking ahead, the Harriers Memorial Run for Lifeline is less than two weeks away, followed by the King and Queen of the Mountain race on 13 December, with the Christmas Run and Presentation just four days later. There has never been a better time to join the Big T.

Results – Carol and Barry Summersgill 6km:

Andrew Greenhill 28:15, Seth Bomers 28:48, Stephen Renehan 30:31, Glenn Crawford 30:45, Molly Irvine 31:40, Shane Gavin 31:52, Trent Kooyman 33:20, Chris Van Unen 33:25, Karen Graham 34:37, Jason Odlum 35:28, David Hood 36:37 (pictured below enjoying the bucolic trails of Edward Hunter), Rickie Glover 36:58, Megan Kenny 37:10, Desley Gray 37:47, Ian Twite 38:20, Maddy Wood 38:28, Marieka Reilly 40:01, Ivy Crawford 40:22, Charlotte Barr 42:50, David Barr 42:51, Phillip Mayer 43:38, Toby Grzmil 43:47, Tracey Matheson 46:12, Ree Graham 48:26, David Matheson 52:20, Samantha McGown 55:37, Ann Bomers 59:34, Shay Lorenz 1:00:12, Peter Grixti 1:01:00, Bruce Salisbury 1:02:57, Collette Hofmann 1:11:19, Nick Hodson 1:16:00, Kylee Earl 1:16:00, Jackson Richie & McKenna Smith NTR.



Results – Carol and Barry Summersgill 12km:

Sav Mavrofridis 46:28, Dempsey Podmore 52:43, Hayden Mcmahon 58:01, Greg Semmler 59:50, Ian Cornthwaite 1:00:34, Courtney Ellis 1:00:59, Jay McGown 1:02:31, Ash Crawford 1:02:41, Adrian Sutcliffe 1:02:47, Clinton Jolly 1:04:20, Geoffrey Francis 1:08:57, Daniel Board 1:09:30, Dave Mann 1:10:10, Caitlin Pitt 1:11:05, Darrel Cross 1:11:10, Keith Gibson-Williamson 1:11:14, Ron Verschuur 1:11:44, Gary Fox 1:15:21, Belkey Podmore 1:20:27, Bec Anderson 1:20:31, Shane Wilson 1:24:09, Catherine Leonard 1:33:23. Volunteers: Michelle Colwell, Kathy Quinn, Kat Fenech, Gary Fox, and Miles Verschuur.

Miles Verschuur

The pitfalls of race directing

Race directing is often a fraught and thankless business. Weather, lack of participants, equipment failures, sabotage, and many other factors can threaten to derail even the most carefully orchestrated race directing plans. But no race directing disaster will ever compare to the 1904 Olympic Marathon in St Louis, Missouri. Enjoy this edited extract from the *Smithsonian Magazine:*

From the start, the 1904 marathon was less showstopper than sideshow, an absurdist spectacle that seemed more in keeping with the carnival atmosphere of the fair than the reverential mood of the games. After seeing how the event played out, officials nearly abolished it for good.

The majority of the field was composed of middle-distance runners and assorted oddball characters. Fred Lorz, an American who trained at night because he worked as a bricklayer by day, earned his spot in the Olympics by placing in a special five-mile race sponsored by the Amateur Athletic Union. Other noteworthy contenders included two men from the Tswana tribe of South Africa—the first Black Africans to ever participate in the modern Olympics— who were in St. Louis as part of the South African World's Fair exhibit. They are fabled to have arrived at the starting line barefoot, though photos show that at least one was wearing shoes.

Then there was Félix Carvajal, a Cuban national and former mailman who raised money to come to the United States by demonstrating his running prowess throughout Cuba, once trekking the length of the island. Upon his arrival in New Orleans, he reportedly lost all his money in a dice game and had to walk and hitchhike to St. Louis. A 5-foot-1 man, he presented a slight but striking figure at the starting line, attired in a white, long-sleeved shirt; long, dark pants; a beret; and a pair of street shoes. Legend has it that one fellow Olympian took pity, found a pair of scissors and cut Carvajal's trousers at the knee.

On August 30, at precisely 3:03 p.m., David R. Francis, president of the Louisiana Purchase Exposition, fired the starting pistol, and the men were off. Heat and humidity soared into the low 90s, and the 24.85-mile course—which one fair official called "the most difficult a human being was ever asked to run over"—wound across roads inches deep in dust. The race was slightly shorter than today's marathons, which are almost always 26.2 miles. "This was more like cooking than civil engineering," the *New York Times* wrote in 2012. "Race directors designed their courses by a sense of feel, not by a fastidious recipe."

The course had seven hills, varying from 100 to 300 feet high, some with brutally long ascents. In many places, cracked stone was strewn across the roadway, creating perilous footing. The men had to constantly dodge crosstown traffic, delivery wagons, railroad trains, trolley cars and people walking their dogs. Cars carrying coaches and physicians motored alongside the runners, kicking the dust up and launching coughing spells.

There was only one spot where athletes could officially secure fresh water, 12 miles from the start of the race. (Carvajal somehow got a drink at a water tower six miles into the course.) James Sullivan, the chief organizer of the games, wanted to minimize fluid intake to test the limits and effects of purposeful dehydration, a common area of research at the time.

Thomas Hicks, an experienced runner from Massachusetts, led the 32 starters from the gun. William Garcia of California nearly became the first fatality of an Olympic marathon when he collapsed on the

side of the road some eight miles from the finish. The dust had coated his oesophagus and ripped his stomach lining, causing serious haemorrhaging. Had he gone unaided an hour longer, he might have bled to death.

Lordon, one of the Americans, suffered a bout of vomiting and gave up. Len Tau, one of the South African participants, was chased a mile off course by a wild dog. Carvajal trotted along in his cumbersome shoes and billowing shirt, making good time even though he paused to chat with spectators in broken English. The *St. Louis Post-Dispatch*'s car "passed the little Cuban three miles out, still running at an even gait, and he waved his cap and yelled enthusiastically," as the paper reported the following day.

On one occasion, Carvajal stopped at a car, saw that its occupants were eating peaches, and asked for one. When the strangers refused, he playfully snatched two of the fruits and ate them as he ran. A bit further along the course, he stopped at an orchard and snacked on some apples, which turned out to be rotten. Suffering from stomach cramps, he laid down and took a nap. Sam Mellor, now in the lead, also experienced severe cramping. He slowed to a walk and eventually stopped. At the nine-mile mark, cramps also plagued Lorz, who decided to hitch a ride in one of the accompanying automobiles, waving at spectators and fellow runners as he passed.

At the time, the rules of the Olympic marathon "allowed runners to be coached and assisted by race officials," writes George R. Matthews in *America's First Olympics: The St. Louis Games of 1904*. Hicks, one of the early American favourites, "received an inordinate amount of coaching and some extraordinary assistance during the marathon."

At the ten-mile mark, Hicks came under the care of a two-man support crew, whom he begged for a drink. They refused, instead sponging out his mouth with warm distilled water. Seven miles from the finish, his handlers fed him a concoction of strychnine and egg whites—the first recorded instance of drug use in the modern Olympics, which had no rules about performance-enhancing drugs at the time. Strychnine, in small doses, was commonly used a stimulant at the time; today, the Centres for Disease Control and Prevention describes it as a "strong poison" that is "used primarily as a pesticide, particularly to kill rats." Hicks' team also carried a flask of French brandy but decided to withhold it until they could gauge the runner's condition.

Meanwhile, Lorz, recovered from his cramps, emerged from his 11-mile ride in the automobile. One of Hicks' handlers saw him and ordered him off the course, but Lorz kept running and finished with a time of 3 hours, 13 minutes. The crowd roared. But the cheers quickly turned to boos as the truth came to light. Lorz smiled and claimed that he had never intended to accept the honour; he'd finished only for the sake of a joke.

Hicks, the strychnine coursing through his blood, had grown ashen and limp. When he heard that Lorz had been disqualified, he perked up and forced his legs into a trot. His trainers gave him another dose of strychnine and egg whites, this time with some brandy to wash it down. They fetched warm water and soaked his body and head. After the bathing, he appeared to revive and quickened his pace. Race official Charles Lucas wrote:

Over the last two miles of the road, Hicks was running mechanically—like a well-oiled piece of machinery. His eyes were dull, lustreless; the ashen colour of his face and skin had deepened; his arms appeared as weights well tied down; he could scarcely lift his legs, while his knees were almost stiff.

The athlete began hallucinating, believing the finish line was still 20 miles away. During the last mile, he begged for something to eat. Then he begged to lie down. He drank more brandy but was refused tea.

He swallowed two more egg whites. He walked up the first of the last two hills, then jogged down on the incline. Swinging into the stadium, he tried to run but was reduced to a graceless shuffle. The *St. Louis Post-Dispatch* described the moments that followed:

There was not a semblance of the elastic spring with which he had started. He must have heard the uproar about him, but he betrayed no sign of it. He was past that. He did look up once when the din was at its height. He was within a few yards of the finish. His lower jaw was hanging as in imbecility, his eyes stared blankly, but his pitiful expression didn't change.

Hicks' trainers carried him over the line, holding him aloft while his feet moved back and forth, and he was declared the winner. It took four doctors and one hour for Hicks to feel well enough just to leave the grounds. He declared, "Never in my life have I run such a tough course. The terrific hills simply tear a man to pieces." Hicks and Lorz would meet again at the Boston Marathon the following year, which Lorz won—this time without the aid of anything but his legs.

An Historian

Australian Distance Running Nostalgia

by Eric Giacoletto as published on Facebook

Derek Clayton (Australia), the toughest marathon runner of them all, celebrated his 84th birthday on November 17, probably by burning off all the younger guys on a fierce bike ride, or a highly competitive game of golf. An Australian born in working-class England, Derek genuinely transformed the marathon when he broke the world record by two minutes, first under 2:10. That leap made a bigger impact worldwide than any subsequent record, even the (stage-managed) sub-two. It was a privilege to interview Derek in Melbourne in 2013 for the excellent Marathon and Beyond magazine. I was impressed by his forthright honesty and the high standards he lives and works by.



(Photo, with Bill Adcocks, GB,)
Maxol Marathon, 1969, Ron Hill won and is just behind Derek and Bill in this picture.

Derek ran and won the 1970 Traralgon Marathon in 2:13:40, still a race record for Traralgon.
He visited in 2017 for the club's 50th marathon and spoke to the post race presentation audience.

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.















Upcoming Events



Memorial Run Registration



Relay Entry Form: 2026 King and Queen of the Mountain Relay Entry Form – Fill out form

Individual Entry Form: 2026 King and Queen of the Mountain Individual Entry Form – Fill out form



https://raceroster.com/events/2026/119052/the-hallora-marathon-festival-2026


LA SPORTIVA
4 PEAKS
Bright Alpine Climb
VIC ALPS
30 OCT-2 NOV
2027
4PEAKS.COM.AU
bogong
EQUIPMENT
BRIGHT
Thought Sports
ALPINE
SHIRE COUNCIL
skratch
Nightingale Bros.
Alpine Produce


START