



TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

12 February 2026 - Volume 59 - Issue 3

THURSDAY RUN

This Week's Course

Clarkes Road 6km

Duty

Jye Kaestner &
Tania Whitehead

Marker

Chris Van Unen

19/2/26

Toners Lane - Morwell
5km

Duty

Paul Smith &
Adrian Sutcliffe

Marker

Sep

26/2/26

Railway Reserve 6km

Duty

Marieka Reilly &
Ree Graham

Marker

Marieka



**Cat Leonard and Ree Graham strike a pose during the
17km Kilcunda Trail Run on February 1st**

[Click through to find out - How to Cool Down After Running +
The Best Cool Down Stretches for Runners](#)

President's Message

Thursday 12 February 2026

The summer running season is rolling along nicely, and the past few weeks have delivered some excellent runs and strong attendance.

It's been great to see so many familiar faces (and plenty of new ones) each week. There's a real buzz around Thursday nights at the moment.

A **big thanks to everyone** for their patience and flexibility as we continue to tweak the run calendar and course locations. Behind the scenes, we're juggling the usual summer curveballs: plantation logging, restricted access, surprise new gates, blocked entrances, and the occasional "well, that wasn't there last week" moment. None of these decisions are taken lightly. Your safety and enjoyment always come first.

Please make it a habit to check the run calendar each week via the **Thursday Night Runs** link on the Harriers website, or our facebook and Instagram pages. Late changes can sometimes pop up during the week, and your understanding makes a huge difference. A massive shout-out to our **course markers and duty roster legends** who help make it all happen.

It was fantastic to see close to 40 members turn out for our recent club dinner at the Italian Australian Club in Morwell. Good food, laughs and amazing company. If you're a newer member, or you've never been to a club dinner before, I can't recommend it enough. We run the club dinners once a month at different venues. They're relaxed, social, and a big part of what makes Harriers **more than just a running club**.

As always, if you've got a story worth sharing, whether it's a big run, a small win, a funny moment, or anything else running-related, please send it through to Glenn for the newsletter. Sharing your personal stories and experiences is a big part of what makes our newsletter a success.

Finally, a **very warm welcome to all the new members** who've signed up over recent months, and to the newbies who've been giving Thursday nights a trial run. We're excited to have you on board and look forward to many kilometres together!

A final thought to finish on: one of the great things about running is that it doesn't ask where you started, how fast you are, or how serious you look while doing it. It just asks that you **show up**.

Every Thursday night, someone is running their longest distance; someone is coming back from injury; someone is nervously trying their first group run; and someone else is quietly ticking off another day of a solid week.

Different stories, same start line. And that's exactly what makes Harriers special.

I look forward to seeing you out there!

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

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 Podmore & Aaron More

NOVEMBER

6 ——— Pete Sanders & Kristina Creighton
13 ——— Tim Graham & Ryan Hon
20 ——— Kimberly Imperial & Adam van Baalen
27 ——— Andrew Greenhil & 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 Marino
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



**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



**TRARALGON
HARRIERS**
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Brought to you by



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
12 Feb 2026	Clarkes Road	6 km		Chris van Unen	Jye Kaestner & Tania Whitehead
19 Feb 2026	Toners 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	International Womens Day 08/03- Purple		Committee - TBC
12 Mar 2026	Glengarry Rail Trail	6 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	Toongabbie Golf Club	5 km	Club Dinner – Golf Club	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	Newborough Track Night	5 km	A great chance to set a new PB and maybe get yourself re-graded for Thursday night handicap groups!		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 29th – Crinigan Road 5km

On the last Thursday night run of January, 73 participants completed the Crinigan Road bushland reserve run on a warm night. With the run both starting and finishing in the reserve just across from the Morwell Golf Club, the course took runners up and down the trails for a 2-lap 5km course.

The club welcomed some new runners such as Maddy Wood and Matthew Frescura who completed the course in times of 28:47 and 36 minutes flat, respectively.

The first three runners across the line this week were again the ever-so-speedy Sav Mavrofridis in 16:27, Pete Cutler less than 20 seconds behind in 16:46 and young-gun Dempsey Podmore in 17:38.

For the females, the fastest three times were Lucy Sedgwick in 21:43, Yani Cornthwaite in 23:16, and third was Molly Irvine in 24:10.



Pictured left - Adrian Sutcliffe continues to show great improvements in his running, completing the 2-lap course in 20:55 which saw him finish in the top 10 of all runners.

Results – Crinigan Road 5km run/walk

Sav Mavrofridis 16:27, Peter Cutler 16:46, Dempsey Podmore 17:38, Ian Cornthwaite 18:59, Ash Crawford 20:28, Dave Mann 20:42, Riley Evans 20:47, Adrian Sutcliffe 20:55, Danny Dilger 21:10, Ryan McLeod 21:19, Stephen Renahan 21:21, Lucy Sedgwick 21:43, Clinton Jolly 21:50, Shane Gavin 21:52, David Barr 22:00, Trent Kooyman 22:38, Peter Sanders 22:46, Seth Bomers 23:12, Yani Cornthwaite 23:16, Ron Verschuur 23:29, Jay McGown 23:30, Andrew Broberg 23:39, Chris Van Unen 24:02, Kylie Murray 24:20, Miles Verschuur 24:20, Kate Mayer 24:30, Daniel Wright 24:38, Errol Poole 24:40, Gary Fox 24:50, Remey Podmore 25:12, Jim Cutler 25:22, Nicholas Talerico 26:59, Ivy Crawford 27:04, David Hood 27:09, Jason Odlum 27:30, Belkey Podmore 27:43, Patrick Duncan 27:57, Heramb Dayananda 28:09, Maddy Wood 28:47, Jye Kaestner 28:52, Ree Graham 28:58, Phillip Mayer 29:20, Liam Ellis 29:36, Desley Gray 30:05, Marieka Reilly 30:05, Sep Marino 30:08, Toby Grzmil 31:03, Megan Kenny 31:40, Archie Sedgwick 31:44, Drew Sedgwick 32:00, Catherine Leonard 32:37, Matthew Frescura 36:00, Danelle Wright 37:10, Helen Whitby 37:10, Samantha McGown 39:59, Alyce Jolly 40:00, Barry Higgins 40:00, Molly Irvine 42:10, Ann Bomers 44:53, Paul Ellis 45:13, Michelle Colwell 47:47, Kathy Quinn 47:47, Anja Norwood 47:55, Peter Grixti 48:00, Lynda Jones 49:20, Belinda Heafield 52:45, Kylee Earl 52:52, Des Dalton 58:42, Darren Fielden 59:30, Ian Heafield NTR, Johnn Skordakis NTR, Stephen McLeod NTR, Rebecca Anderson NTR

Molly Irvine

Thursday February 5th – Latrobe Regional Hospital (left turn) 5km

Last Thursday evening saw a monstrous 83 Harriers and friends show up for the first run of the new month. The task at hand was 5-kilometres from Latrobe Regional Hospital to Alexander's Road in Morwell and return. A fast and flat course beckoned, although the heat and a harsh headwind on the way out through the open sections provided some form of challenge. There was some reprieve with some shade by a lake, replete with bird life including pelicans and black swans.

Familiar names once again dominated the upper echelons of the run, with Buln Buln dairy farmer Pete Cutler clocking 17:25, just ahead of Sav Mavrofridis and Dempsey Podmore. Dave Barr was not far behind, dipping under the 20-minute mark, and continuing his meteoric rise through the ranks.

For the women, Lucy Sedgwick continued her winning ways with crowd favourite Molly Irvine not far behind, continuing her return to fast racing. Talented effervescent racer, Karen Graham, rounded out the unofficial podium.

Beyond those at the front, consistent improvements are being made by Harriers across the board. Juniors Ivy Crawford (26:45) and Jim Cutler (26:49 – pictured right) are fast proving their running mettle, as is club president Sep Marino on return from injury.



The next Thursday night run is the traditional Clarkes Road 6-kilometre run out at Hazelwood South, with both climbs and descents to challenge all parts of the runner.

Results – Latrobe Regional Hospital (left turn) run/walk

Peter Cutler 17:25, Sav Mavrofridis 17:49, Dempsey Podmore 18:06, David Barr 19:58, Ian Cornthwaite 20:11, Ash Crawford 20:55, Adrian Sutcliffe 21:08, Clinton Jolly 21:09, Andrew Greenhill 21:21, Rob Preston 21:44, Dave Mann 22:09, Trent Kooyman 22:15, Stephen Renehan 22:22, Danny Dilger 22:32, Lucy Sedgwick 22:41, Ryan McLeod 22:49, Chris Van Unen 22:57, Peter Sanders 23:50, Nicholas Talerico 23:56, Molly Irvine 24:00, Ron Verschuur 24:14, Andrew Broberg 24:30, Karen Graham 24:30, Shane Gavin 24:31, Jack Warr 24:51, Gary Fox 25:26, Brett Van Der Velden 25:39, Lucy Magaldi 25:45, Darrel Cross 25:59, David Hood 26:14, Ivy Crawford 26:45, Jim Cutler 26:49, Megan Kenny 27:22, Leopold Notting 27:32, Owen Notting 27:33, Marieka Reilly 27:56, Ree Graham 27:57, Desley Gray 28:11, Toby Grzmil 28:27, Jye Kaestner 28:37, Remey Podmore 28:53, Belkey Podmore 29:01, Ashley Marsh 29:08, Chesney Podmore 29:12, Maddy Wood 29:12, Sep Marino 29:29, Claire Macumber 30:09, Patrick Duncan 30:31, Catherine Leonard 30:31, Phillip Mayer 31:31, Michelle Sawyer 32:14, Liam Ellis 33:35, Mandy Ellis 35:08, Tania Whitehead 35:57, Shane Wilson 37:27, Paul Rollandin 39:21, Bailey Rollandin 39:25, Samantha McGown 40:14, Timothy Graham 40:57, Bjorn Luxmann 41:46, Ann Bomers 42:24, Paul Ellis 43:59, Darren Fielden 45:00, Paul Smith 45:35, Fiona Syme 48:41, Mark Lansdown 50:12, Lynda Jones 52:14, Tony Marino 52:19, Belinda Heafield 53:02, Michelle Colwell 53:12, Kim Ryan 53:12, Kathy Quinn 53:12, Kylee Earl 55:35, Nick Hodson 55:35, Kat Kent 58:28, Angelo Gaudiano 58:28, Peter Grixti NTR, Mark Fairbairn NTR, Ian Heafield NTR, Rick Mann NTR. Volunteers: Jay McGown, Geoff Francis, Greg Semmler, Miles Verschuur.

Kilcunda Trail Run

The first day of the new month saw a Harriers contingent travel to Kilcunda for the popular trail event along the George Bass Coastal Trail. This excellent path provides impressive views of Bass Strait, Phillip Island, and the Bunurong Coast. In the half-marathon, Sav Mavrofridis continued his prodigious run of form, finishing a close outright second. Daniel Furmston and Courtney Ellis both enjoyed the half, with Ellis also picking up second place. In the seventeen-kilometre run, Ree Graham finished just outside the top ten, exceeding her own expectations quite considerably. Cat Leonard, appropriately given the distance finished in 17th place.

Kilcunda Trail Run (selected results):

21km:

Jack Steele 1:30:25, Sav Mavrofridis 1:31:00, Kate Avery 1:33:50, Daniel Furmston 1:39:51, Mario Vicente 1:42:30, Courtney Ellis 1:45:50, Danny Dilger 1:52:37, Tyler Kanara 1:55:42, Errol Poole 2:20:43.

17km:

Kyle Standfield 1:21:04, Olivia Ghisoni 1:24:59, David Hood 1:55:56, Ree Graham 2:05:28, Cat Leonard 2:14:12, Eudora Walker 2:34:49.

Miles Verschuur

How To Cool Down After Running + The Best Cool Down Stretches For Runners

By Thomas Watson from Marathon Handbook – updated December 5th 2025

Cooling down after running is an important part of your workout – but so many runners skip it. I must admit, I've been rushed after workouts and completely bypassed cooling down and stretching, but I always end up paying the price. My muscles stay tighter, and soreness lingers longer, which, in turn, can and has affected my next runs.

Skipping the cool down might seem like no big deal at the time—especially when you're short on time or just want to collapse on the couch—but I've learned the hard way that it can make a world of difference in recovery.

Taking even just a few minutes to gradually bring your heart rate down and stretch those worked muscles helps prevent stiffness and speed up your body's recovery.

Now, even on the busiest days, I make sure to fit in at least a quick cooldown routine, and my body is thanking me for it. In this guide, I'll get into the details of my post-run cooldown routine and show you what has been working for me to recover efficiently.



What are the Benefits of a Cool Down After Running?

Cooling down should be integral to your post-run routine because it prepares your body for regular activity. When you push yourself during a run, your body must pump blood quickly to fuel your muscles. When you stop running, it can't immediately stop the process.

When you abruptly stop running, blood can pool in your legs, and you may feel [dizzy](#) or even faint. A cool-down can prevent this and allow your heart to begin circulating blood evenly throughout your body. In addition to slowing your blood flow, cooling down helps your body safely lower your heart rate and return your breathing back to normal.

This helps your heart understand that your run is over, so it can return to baseline, and you can go about your day. Cooling down also helps your muscles fully relax. Your body can now begin to oxygenate your muscles more efficiently and eliminate waste products created during your run.

Cooling down after running dramatically reduces the risk of developing stiffness and adhesions that will leave you sore, and can help you avoid a big case of the [DOMS](#).¹

Ultimately, cooling down cements your progress from your run in your body. Think of a cool down as the save function after writing a document or playing a game. It increases the effectiveness of your training and speeds up your recovery. This means you'll be ready to hit the road for your next run, less sore, and more energetic.

It also means you'll be less prone to getting injured.

Related: [The Best Post-Run Routine: Do These 9 Things After Every Run](#)



How Long Should Your Cool Down Last?

A good [rule of thumb](#) is to cool down for 5-15 minutes, depending on how strenuous your workout was.² This means your cool down should be proportionate to your run. If you have just run a race or completed a difficult training run, then you need to cool down for much longer than if you ran a short, [easy run](#).

What are the Stages of a Cool Down?

There are a few different pieces to a proper cool down. The best way to begin is by either slowly jogging or walking immediately after your workout. Depending on how your heart works, you may find that walking is the most effective way to bring down your heart rate back down to baseline. Your cool down should feel easy and require no effort, so adjust your pace accordingly. The goal is to get your breathing rate and heart rate back down to a normal state.

Once you've done this, you can move on to stage two: *your stretches*. (ED: Yes, your stretches)

What are the Best Post-Run Stretches?

Click through to the full article to find out!

[How To Cool Down After Running + The Best Cool Down Stretches For Runners](#)

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

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>



Little Jem Foundation
Forever in our hearts

<http://trybooking.com/events/landing/1534490>

Little Jem Foundation and Heyfield Lions Club

03/04/2026

Fun Run

NEWRY GOLF COURSE



LUKES LONG HAUL- 21.3KM RUN

BENNY BLITZ- 15KM RUN

DUSTYS DASH- 5KM RUN/WALK

Heyfield Lions Club - Little Jem Fun Run
Tickets, Newry Golf Course, Newry |
TryBooking Australia

www.trybooking.com

SCAN THE QR CODE TO
REGISTER!

ALL PROCEEDS GO TOWARDS
SUPPORTING FAMILIES
THROUGH INFANT AND CHILD
LOSS

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:



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**Sunday 14 June
2026**

WIN Network Marathon

**Aussie Broadband
Half Marathon**

GOLD 1242 10km



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or visit traralgonmarathon.org.au



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