

# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

26 March 2026 - Volume 59 - Issue 6

### THURSDAY RUN

#### **This Week's Course**

Traralgon-Morwell bike path – Kay Street

#### *Duty*

Bailey Rollandin &  
Paul Rollandin

#### *Marker*

Phill Mayer

#### **2/4/26**

Newborough Track 5km

#### *Duty*

Committee

#### *Marker*

Joe Carmody

#### **9/4/26**

#### **Winter season starts!**

See next newsletter and keep an eye on the socials for the when and where.

In the meantime – it's time to dig out your Harriers Power Ranger reflective vest 😊



**Andrew Greenhill eyes the finish line with  
Glenn Crawford in hot pursuit**

*Photo Jay McGown, JASM Photography*

[Martin Thompson 2026 Championships – Recap and results](#)

# President's Message

**Thursday 26 March 2026**

A big thank you to everyone who took part in Sunday's Martin Thompson Running Championship. It was fantastic to see such a strong turnout for both the 10k and 25k distances, and some outstanding performances on the day.



Events like this rely on a team effort, and we're fortunate to have such a committed group of volunteers. Special thanks to Race Director Toby Grzmil for his leadership, along with Danelle Wright, Ann Bomers, Kaye Livingston and Cat Leonard for their great work at registration and the finish line.

Shout out as well to our course volunteers at the aid stations and turn-around points — Des Dalton, Kylie Murray, Stephen Renehan and Matilda Lappin — and to our event sweepers, Marieka Reilly (10km) and Trent Kooyman (25km).

Be sure to check out Toby's race report for photos and a full list of placegetters, with additional photos available on our Facebook page. Sunday's event was another reminder of how lucky we are to have such a diverse and scenic range of running locations across Gippsland!

With everything happening globally, some members and their families may be feeling unsettled. While we can't control the bigger picture, we *can* control how we support one another. Our club's strength lies in its community, and continuing to show up, connect, and look out for each other. In uncertain times, this is what really matters.

We're now into the final fortnight of our summer running calendar, with this week's run along the Traralgon to Morwell bike path, followed by next week's track night at Newborough. If you haven't been to a track night before, it's a great opportunity to test yourself, chase a PB and potentially earn a re-grading for your Thursday night handicap group. Keep an eye out for reminders. We'd love to see a strong turnout!

Our Winter Season calendar will be released shortly, with several course improvements based on member feedback, particularly around safety, lighting, parking and accessibility.

A reminder that wearing your Harriers reflective vest is mandatory for all winter runs, with new members receiving theirs at the first event. We also strongly recommend a running light/headtorch, and bright clothing. You can never be too visible during winter!

As we return to town-based runs, please be mindful of your parking and be respectful of local residents. Unfortunately, we've had some issues in the past with blocked driveways and damage to nature strips, so please park considerately. Maintaining good relationships with the community is essential to the long-term future of our Thursday night runs.

Finally, we're approaching the rollover to the 2026/27 AV membership period, so all members will need to renew. Further details and reminders will be sent out shortly.

Thanks again to everyone for your ongoing support and contribution to the club. I look forward to seeing you out on course soon!

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)



### 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](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



# 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
26 Mar 2026	Traralgon-Morwell bike path – starting from Good Shepherd Lutheran Church, Kay Street	5 km		Phill Mayer	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				
3 Apr 2025	Little Gem Fun Run - Newry	5km, 15km, 21km			
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			



*Above – Sav Mavrofridis and Courtney Ellis flanked by placegetters, volunteers and fellow participants in the 2026 Martin Thompson Championships*

# 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 March 12<sup>th</sup> – Glengarry Rail Trail 6km

Last Thursday (12<sup>th</sup>) members assembled at the old Glengarry railway station, now a popular coffee shop, for an out-and-back 6km run/walk along the rail trail toward Toongabbie and return. The intermittent showers paused and the mild breeze was refreshing.

Quickest women were talented junior Lucy Sedgwick, returning triathlete Molly Irvine and international adventure racer Kathryn Preston. Fastest men were Sav Mavrofridis, following his 27km victory at the Warburton Trail Festival, gifted teenager Dempsey Podmore and Daniel Furmston, only three seconds further back.

At the after event gathering, president Sep Marino welcomed Tracey and David Matheson, 'first timers' at the Harriers, but seasoned *parkrun* athletes. And with the club's monthly dinner to follow after the run it was fortunate that the Glengarry Hotel was immediately opposite the start/finish line at the Glen Station.

### Results – Glengarry Rail Trail 6km run/walk

Sav Mavrofridis 21:28, Dempsey Podmore 22:29, Daniel Furmston 22:32, Ian Cornthwaite 23:29, David Barr 23:39, Andrew Greenhill 23:39, Jay McGown 24:46, Clinton Jolly 24:48, Adrian Sutcliffe 24:53, Ash Crawford 24:54, Rob Preston 24:59, Trent Kooyman 26:00, Shane Gavin 26:42, Lucy Sedgwick 26:56, Molly Irvine 27:20, John Skordakis 27:25, Owen Notting 27:31, Darrel Cross 27:50, Peter Sanders 27:51, Stephen Renahan 28:28, Ron Verschuur 28:31, Gary Fox 29:31, Errol Poole 29:56, Stephen Mcleod 30:13, Nicholas Talerico 30:14, Kathryn Preston 30:30, David Hood 31:04, Ben Wilkinson 32:17, Mattias Preston 32:44, Ree Graham 32:48, Toby Grzmil 32:50, Sep Marino 33:21, Paul Rollandin 33:34, Marieka Reilly 33:34, Megan Kenny 33:39, Maddy Wood 33:41, Rebecca Anderson 34:00, Tracey Matheson 35:45, Phillip Mayer 37:04, Catherine Leonard 37:07, David Matheson 38:42, Tania Whitehead 38:53, Ann Bomers 48:30, Samantha McGown 49:27, Bailey Rollandin 49:47, Barry Higgins 49:55, Darren Fielden 50:00, Kathy Quinn 1:00:00, Michelle Colwell 1:00:00, Ian Heafield 1:00:56, Rick Mann 1:00:56, Nick Hodson 1:01:30, Kylee Earl 1:01:30, Angelo Gaudio 1:02:00, Belinda Heafield 1:02:30, Anja Norwood 1:02:44, Jason Odlum 1:03:21, Mark Lansdown NTR, Ashley Marsh NTR

## Thursday March 19<sup>th</sup> – Edward Hunter Reserve 5km

The Thursday evening runners and walkers who threaded their way through the Edward Hunter Reserve at Moe South last Thursday (March 19<sup>th</sup>) enjoyed the welcome evening coolness - but less so the steep uphill sections of the demanding new course. Despite the testing undulations many achieved excellent times as a 'warm up' to the Martin Thompson Championships the following Sunday. Numbers were down as some of those further away chose to safeguard the fuel reserves of their vehicles.



Post-run, the many smiling faces, despite a few painful grimaces, belied the intensity of the hills. Minds triumphed over the physical body.

Given the hilly terrain, the leading times were extremely fast. Sav Mavrofridis was sub-19 minutes and Dempsey Podmore was a shade over. Courtney Ellis ran just over 21 minutes to place outright fourth, while juniors Lucy Sedgwick, Ivy Crawford and Wally Lappin showed speed and stamina beyond their years.

A number of Harriers tested their versatility by taking part in the Cowwarr Classic triathlon the previous weekend, with a swim, ride and run, around and in the hidden jewel of the Cowwar Weir. The length of the Sprint Distance was twice the length of the ironically named 'Fun' distance event, both part of the regional triathlon series. The participants declared they enjoyed the challenge in the delightful surroundings of the weir precinct.

The Martin Thompson Championships, held last Sunday (22<sup>nd</sup>) ran the rail trail from Boolarra to Mirboo North and return. Former Harrier president Geoff Duffell said Martin was a Harriers founding member, coach and mentor, international athlete, club life member and a noted sports scientist.

*Above - The leading group float through the air ahead of the field, from left, Dempsey Podmore, Ian Cornthwaite, Tania Whitehead, Chesney Podmore and Daniel Furmston*

Geoff said, “Martin inspired and motivated many. In the early days he turned local runners into junior Victorian champions, and helped many others to achieve outstanding running results. He served many years in club administration roles where his innovative ideas and sound judgment helped in early club building”.

Thursday’s run/walk (26<sup>th</sup>) is out and back along the Traralgon-Morwell bike path from the Lutheran Church at the top of Kay Street.

### Results – Edward Hunter Reserve 5km run/walk

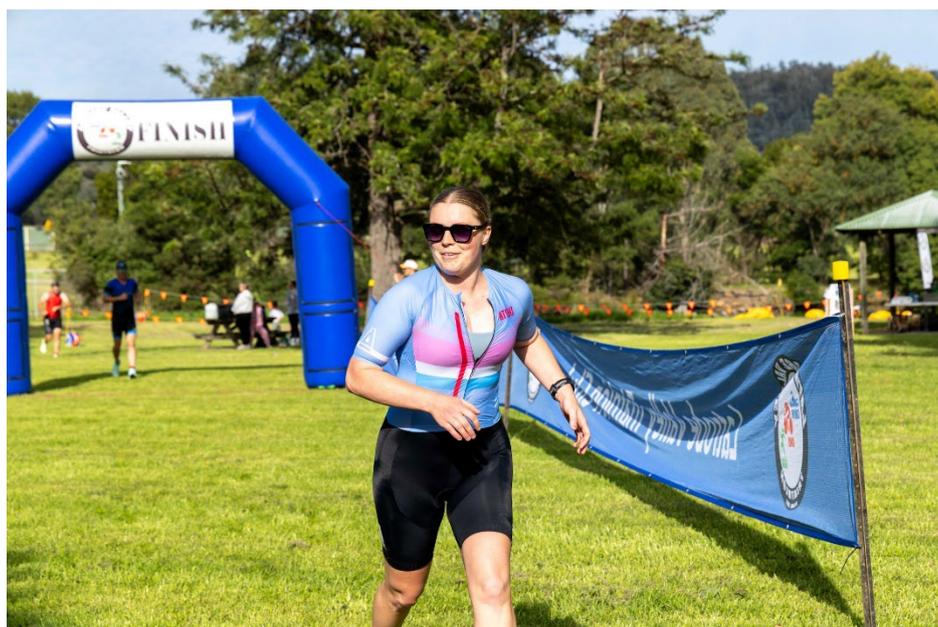
Sav Mavrofridis 18:45, Dempsey Podmore 19:12, Peter Cutler 19:54, Courtney Ellis 21:12, Daniel Furmston 21:15, Ian Cornthwaite 22:22, Ash Crawford 22:38, Seth Bomers 23:41, Rob Preston 24:15, Clinton Jolly 24:16, Yani Cornthwaite 24:20, Adrian Sutcliffe 24:44, Lucy Sedgwick 24:56, Trent Kooyman 25:30, Darrel Cross 26:10, Chris Van Unen 26:28, Andrew Greenhill 26:32, Greg Semmler 26:32, Shane Wilson 26:32, Jay McGown 26:52, Geoffrey Francis 27:00, Kate Mayer 27:02, Errol Poole 27:10, Ron Verschuur 27:15, Gary Fox 27:19, Jim Cutler 28:13, Megan Kenny 28:27, Peter Sanders 29:09, David Hood 29:15, Sep Marino 31:39, Ben Wilkinson 31:46, John Skordakis 31:55, Ivy Crawford 32:12, Ree Graham 32:44, Marieka Reilly 33:52, Desley Gray 33:52, Phillip Mayer 34:17, Ashley Marsh 35:47, Rebecca Anderson 38:06, Kat Fenech 39:17, Tania Whitehead 40:23, Matthew Deppeler 41:08, Ann Bomers 44:47, Belinda Heafield 47:02, Lauren Peter 50:00, Molly Irvine 50:00, Helen Whitby 55:37, Michelle Colwell 55:37, Kathy Quinn 55:37, Ian Heafield 57:22, Wally Lappin 1:02:22, Matilda Lappin 1:02:22, Jason Odium NTR, Samantha McGown NTR, Michelle Sawyer NTR

### Selected results, Cowwarr Classic Triathlon

**Fun Distance** (250m swim, 10km bike, 2.5km run): Jerzey Podmore (3rd) 41:28, Mattias Preston (4th) 43:49, Grace Griebenow (1<sup>st</sup> F) 44:50, Bec Anderson (2<sup>nd</sup> F) 48:15, Ivy Crawford 51:48, Ange Northover 59:10, Michelle Colwell 1:02:18.

**Sprint Distance** (500m swim, 20km bike, 5km run): Ben Osmand (1st) 1:00:57, Peter Cutler 1:05:49, Rob Preston 1:07:30, Benjamin Bailey 1:08:24, Dempsey Podmore 1:09:10, Matthew Deppeler 1:13:25.

*Right – A happy ending. Bec Anderson enjoys the moment as she passes the finish line at the **Cowwarr Classic Triathlon**.*



Barry Higgins

## Martin Thompson – 2026 Running Championships - Sunday 22 March 2026

Last Sunday saw the running of the Martin Thompson 25km and 10km Running Championships. As you know, events don't happen without our volunteers. This event was made possible by eleven of our members, who volunteered with both preparation and the running of the event. A special and heartfelt thanks to these wonderful people for the assistance before, on the day, and following the event:

Registrations and start / finish line support: Ann Bomers, Cat Leonard, Danelle Wright, Kaye Livingston, and Sep Marino

5 km and 12 km aid stations: Des Dalton, Matilda Lappin, Kylie Murray and Stephen Renehan

Congratulations and well done to all participants and those who contributed, ensuring this was a welcoming, friendly, and inclusive Traralgon Harriers event. There were a total 39 participants in the 2026 events: 20 in the 10 km event and 19 in the 25 km event, including our trail runners. Of these, 30 were members of The Traralgon Harriers and 9 non-members.

The Martin Thompson – 2026 Running Championships Perpetual Shield has been awarded to the overall 25 km distance finishers, Sav Mavrofridis and Courtney Ellis (pictured below in what has become a familiar pose for the talented duo).



Toby Grzmil

## Results – 25km Event

Name	Category	Gender	Time	Place
Sav Mavrofridis	Open 18 to 50	Male	1:32:09	1st M Open
Peter Cutler	Open 18 to 50	Male	1:36:45	2nd M Open
Daniel Furmston	Open 18 to 50	Male	1:38:30	3rd M Open
Ian Cornthwaite	50+	Male	1:44:43	1st M 50+
Courtney Ellis	Open 18 to 50	Female	1:44:43	1st F Open
Ash Crawford	50+	Male	1:53:06	2nd M 50+
Andrew Greenhill	50+	Male	1:56:04	3rd M 50+
Glenn Crawford	Open 18 to 50	Male	1:56:22	
Adrian Sutcliffe	50+	Male	1:58:28	
Clinton Jolly	50+	Male	2:00:03	
Caitlin Pitt	Open 18 to 50	Female	2:00:22	1st F Open
Greg Semmler	Open 18 to 50	Male	2:00:58	
Darrel Cross	50+	Male	2:07:26	
Geoff Francis	50+	Male	2:11:50	
Errol Poole	50+	Male	2:13:31	
Gary Fox	50+	Male	2:18:09	
Ron Verschuur	50+	Male	2:29:54	
Trent Kooyman	Sweep	Male	2:29:55	
Pete Sanders	50+	Male	DNF	

## Results – 10km Event

Name	Category	Gender	Time	Place
Dempsey Podmore	Under 18	Male	0:38:36	1st M U18
Yani Cornthwaite	Open 18 to 50	Female	0:44:32	1st F Open
Curtis Lloyd-Webb	50+	Male	0:44:51	1st M 50+
Keith Gibbson-Williamson	Open 18 to 50	Male	0:46:00	1st M Open
Seth Bomers	Under 18	Male	0:46:08	2nd M U18
Charlie Twomey	50+	Male	0:51:45	2nd M 50+
Josh Last	Open 18 to 50	Male	0:51:47	2nd M Open
Jay McGown	Open 18 to 50	Male	0:53:37	3rd M Open
Matt Jobling	50+	Male	0:55:04	3rd M 50+
Bec Anderson	Open 18 to 50	Female	0:55:08	2nd F Open
Neil Firmin	50+	Male	0:56:06	
Ivy Crawford	Under 18	Female	1:00:18	1st F U18
Tom Pearse	Open 18 to 50	Male	1:02:49	
Mick Bolding	50+	Male	1:04:20	
Megan Kenny	Open 18 to 50	Female	1:05:23	3rd F Open
Damian Casey	Open 18 to 50	Male	1:05:23	
Ashley Marsh	Open 18 to 50	Male	1:06:45	
Samantha McGown	Open 18 to 50	Female	1:22:08	
Marieka Reilly	Sweep	Female	1:22:08	
Belinda Heafield	50+	Female	1:37:00	1st F 50+



## From the track

My spies on the ground spotted a familiar T circulating at Lakeside Stadium last weekend in the form of Marty Lynch competing at the **Victorian Open/U20/Overage Track and Field Championship**.

Spread over a lengthy four-day period, this event had something for everyone with a raft of different events to choose from that (depending on the competitor numbers) often spread over several days where heats were concerned. Not ideal for those not living within driving distance of the track.

Marty lined up on Day 2 at 9:01pm in the final of the Mens 40-44 1500m. He ran a very solid 4:58.50 to place third, less than 10secs behind 2<sup>nd</sup> place. This was his best time in the 1500 since running 4:57.26 at Murrumbeena in November and his best time for 2026.

Two days later, on Day 4 in a more family friendly 2pm timeslot, Marty backed up for the 800m running 2:19.21 to take the win. This was a significant season best for Marty and his best time since February 2025.

This coming Tuesday, Glenn Crawford takes to the track for the 800m at Box Hill for the final Vic Milers Club event for this season. It promises to be an exciting night of racing.





## Introducing Gippy Pacers Built by Runners, for Runners

We're excited to officially launch Gippy Pacers, a new local pacing team created to support and encourage every participant at the 2026 Traralgon Marathon & Running Festival.

Gippy Pacers are local runners leading the way — dependable, community-driven, and proud ambassadors of our running spirit.

Our goal is simple: help every runner find their rhythm, stay motivated, and cross the finish line proudly knowing they gave it their all!

### We are seeking pacers for the following distances:

#### Marathon:

3:00 | 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00

#### Half Marathon:

1:30 | 1:45 | 2:00 | 2:15 | 2:30

Pacers should be able to demonstrate consistent recent results within approximately five minutes of their nominated pace and feel comfortable running evenly (or slightly conservatively) on race day.

Selected pacers will receive official Gippy Pacers race kit and recognition as part of the 2026 Traralgon Marathon & Running Festival team.

### Gippy Strong. Pacing Proud.

For expressions of interest please contact Desley or Chris via: [admin@gippypacers.com.au](mailto:admin@gippypacers.com.au)

# 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

<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](http://www.trybooking.com)

SCAN THE QR CODE TO  
REGISTER!

ALL PROCEEDS GO TOWARDS  
SUPPORTING FAMILIES  
THROUGH INFANT AND CHILD  
LOSS

**PRICE RISE COMING  
MARCH 31ST 2026**

**RTB 42KM  
NORMAL  
PRICE \$105  
LATE PRICE  
\$130**

**RTB 25KM  
NORMAL  
PRICE \$95  
LATE PRICE  
\$115**

**RTB 6KM  
NORMAL  
PRICE \$45  
LATE PRICE  
\$55**

**RTB 2KM KIDS  
NORMAL  
PRICE \$15  
LATE PRICE  
\$20**



**APRIL 11TH 2026  
TARRA-BULGA NATIONAL PARK**



**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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