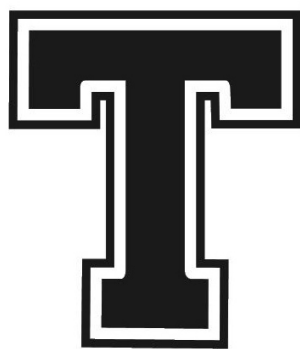




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

7 May 2026 - Volume 59 - Issue 9

THURSDAY RUN

This Week's Course

View Hill Drive 5km
and Club Dinner

Duty

Darren Fielden &
Errol Poole

Marker

Phill

14/5/26

Club Run Doughnut 6km

IDAHOBIT DAY

Duty

Yani & Volunteer

Marker

Volunteer needed

21/5/26

Hickox Hills 5km – parking
at C2A Disability 23
Dunbar Rd

Duty

Des / Marieka

Marker

David Hood & Des Dalton



King Long

Stephen Renehan levels up with a particularly
long run at 2026 Melbourne Front Yard Ultra

[for pics and more – click here](#)

Vice President's Message

Thursday 7 May 2026

Little Wins

I've been thinking a lot about this time of year, and if I'm honest, winter running isn't always easy. It's cold, it's dark, and some nights it takes a lot just to get out the door. And that's exactly why I think this is the most important part of the season.

Because winter isn't about big performances or chasing PBs...

It's about the **Little Wins**.

Getting out of the car, that's a win.

Starting the run, that's a win.

Finishing it, no matter what the pace, that's a win.

I've seen so many of you doing exactly that over the past few weeks, just showing up, supporting each other, and getting it done. That consistency is what builds not just better runners, but a stronger club.



Thursday Nights Are Building Momentum

It's been great to see solid numbers each week, and we have been blessed with beautiful evenings, perfect for running.

Whether you're running, walking, or somewhere in between, it all counts. These are the weeks where habits are built, and it's fantastic to see so many of you sticking at it.

If you've missed a couple of weeks, no stress, just jump back in. There's always a place for you on the start line.



Thank You to Our Volunteers

A big thank you to everyone stepping up for duty and course marking, it doesn't go unnoticed. It's one of those behind-the-scenes roles that keeps everything running smoothly, and it's a big part of why our Thursday nights work so well.



A Quick Winter Reminder

As the nights get darker earlier:

- Reflective vests are mandatory
- Headtorches, lights and bright colors are strongly encouraged
- Please be mindful when parking in residential areas

- For runners who choose to run on the road rather than the footpath (although the footpath is strongly recommended), please run on the **right-hand side of the road ONLY**.

Looking after each other and our community ensures we can keep enjoying these runs all season.



Looking Ahead

With winter underway, we're now building towards one of the biggest events on our calendar, and it's not far away.

Traralgon Marathon & Running Festival, Sunday 14th June 2026

We've got distances to suit just about everyone:

- 10km
- Half Marathon
- Marathon

Whether you're chasing a goal, stepping up to a new distance, or just giving something new a go, it's a great event to be part of.

And I'd really love to hear from you, if this will be your first 10km, half marathon or full marathon at Traralgon, please reach out to me. I'd love to put together a few runner stories in the lead-up and share what this event means to our members. It's shaping up to be a fantastic day for our club and community, and I'm looking forward to seeing plenty of Harriers out there.



Final Word

If you take one thing into the next few weeks, let it be this - the **Little Wins** matter.

Not every run needs to feel amazing. Not every run needs to be fast. But every time you show up, you're building something.

And as a club, that's exactly what we're doing together, one run, one night, one Little Win at a time.

See you on Thursday!

Desley Gray
Vice President
Traralgon Harriers Athletic Club

*** Please check the duty roster in this newsletter and make note of your allocated date ***

Duty Roster WINTER SEASON 2026

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

09 April Toby Grzmil
16 April Bjorn Luxmann & Ash Crawford
23 April Stacey Podmore & Claire Macumber
30 April Daniel Wright & Matilda Lapin
7 May Darren Fielden & Errol Poole
14 May Duty TBC

21 May David Hood & Des Dalton
28 May Drew Sedgwick & Dave Mann
4 June Greg Semmler & Karen Graham
11 June Kat Fenech & Kylee Earl
18 June Kathy Quinn & Michelle Cowell
25 June Kathryn Preston & Linda Buhagiar
2 July Maddy Green & Shane Wilson
09 July Megan Kenny & Nicky Semmler
16 July Paul Ellis & Owen Notting
23 July Kylie Murray & Darrel Cross
30 July Cat Leonard & Ree Graham
8 Aug Nick Hodson & Che Laurenz
13 Aug Mark Lansdown & Anja Norwood
20 Aug Adrian Sutcliffe & Geoff Francis
27 Aug Helen Whitby & Ian Cornthwaite
03 Sep Shane Gavin & Stephen Renehan
10 Sep Courtney Ellis & Ricky Glover
17 Sep Tania Whitehead & Molly Irvine
24 Sep Jye Kaestner & Stephen McLeod
01 Oct Duty TBC

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

CLUB DINNER



JOIN US AFTER THIS WEEK'S RUN!



**CROWN HOTEL,
TRARALGON**



**RIGHT AFTER
THE RUN**



**COME ALONG FOR A
RELAXED NIGHT OF
FOOD, DRINKS, AND
GOOD COMPANY
WITH THE CREW.**





TRARALGON
HARRIERS
EST. 1967



IDAHOBIT CELEBRATION RUN

CELEBRATING
INCLUSION, DIVERSITY
& OUR COMMUNITY



THURSDAY
14 MAY

Join Traralgon Harriers as we celebrate IDAHOBIT
(International Day Against Homophobia, Biphobia,
Intersexism and Transphobia) with a fun, **inclusive** run!



WEAR RAINBOW
COLOURS

and

GLOW

FOR THE
RUN!



TRARALGON HARRIERS
CLUB ROOMS
21 Douglas Parade,
Traralgon VIC 3844



5:30PM – 7:00PM
Start at regular
handicap times



ALL WELCOME!
Walk, jog or run –
everyone belongs.





**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**
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

WINTER RUN CALENDAR 2026

#	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
5	Thurs 7 May	View Hill Drive	5 km	Club Dinner – Crown Hotel Traralgon	Phill	Darren Fielden & Errol Poole
6	Thurs 14 May	Club Run Doughnut	6 km	IDAHOBIT DAY- International Day against LGBTIQA+ Discrimination	Volunteer needed	Yani + Volunteer
7	Thurs 21 May	Hickox Hills – parking at C2A Disability 23 Dunbar Rd	5 km	Committee Meeting @ Clubrooms	Des / Marieka	David Hood & Des Dalton
8	Thurs 28 May	The Rise	5 km		Dave Barr	Drew Sedgwick & Dave Mann
9	Thurs 4 June	Liddiard Road Primary School	6 km	Club Dinner - Venue TBC	Trent	Greg Semmler & Karen Graham
10	Thurs 11 June	The Avenue	5 km		Clinton	Kat Fenech & Kylee Earl
	Sunday 14 June	Traralgon Marathon	42.2, 21.1 and 10km	Glengarry Football Netball Club	Desley & Marieka	All Committee
11	Thurs 18 June	Ron's Run TBC	5 km		Ron	Kathy Quinn & Michelle Cowell
	Date TBC June	Harriers Mid-Year Presentation Night	Venue and Date TBC			
12	Thurs 25 June	Tennis Courts	5 km	Committee Meeting @ Clubrooms	Daniel Symons	Kathryn Preston & Linda Buhagiar
13	Thurs 2 July	Meadow Park Drive	6 km		Jason Odum	Maddy Green & Shane Wilson
14	Thurs 09 July	ASIC Building	6 km		Chris V U	Megan Kenny & Nicky Semmler

15	Thurs 16 July	Club Run - Doughnut Course	6.2 km	Annual General Meeting @ Harriers Clubrooms	Mark Lansdown	Paul Ellis & Owen Notting
16	Thurs 23 July	Rangeview Drive, St Gabriel's Primary School	5 km		Sav	Kylie Murray & Darrel Cross
17	Thurs 30 July	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms	Volunteer needed	Cat Leonard & Ree Graham
18	Thurs 8 Aug	The Rise	5 km	Club Dinner - Venue TBC	Volunteer needed	Nick Hodson & Che Laurenz
19	Thurs 13 Aug	Netball Courts	6 km		Mark Lansdown	Mark Lansdown & Anja Norwood
20	Thurs 20 Aug	McNairn Road Tulloch Way	6 km		Volunteer needed	Adrian Sutcliffe & Geoff Francis
21	Thurs 27 Aug	View Hill Drive	5 km		Phill	Helen Whitby & Ian Cornthwaite
22	Thurs 03 Sep	Waterhole Creek Morwell	5 km	Club Dinner - Venue TBC	Dave Mann	Shane Gavin & Stephen Renahan
23	Thurs 10 Sep	The Avenue	5 km		Volunteer needed	Courtney Ellis & Ricky Glover
24	Thurs 17 Sep	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms	Megan Kenny	Tania Whitehead & Molly Irvine
25	Thurs 24 Sep	Park Lane	5 km		Andrew Greenhill	Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner - Venue TBC		Volunteers needed

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 April 23rd – Meadow Park Drive 6km

Last weeks (April 23rd) Harriers Thursday night run was a flat 6km course starting on Meadow Park Drive. Conditions were perfect for the field of 64 keen runners. The course takes in Stirling Drive to Grubb Avenue followed by two loops made up of Grubb Avenue, Wirilda Cres and Cross's Road. For the second week in a row new runner William Robertson was first over the line in 21:14 with Dempsey Podmore 2 seconds behind followed by Sav Mavrofridis 24:37 and Bowie Ruyg 24:48. First of the ladies home was young Lucy Sedgwick 27:39 followed by Chelsea Fox 27:58 and Karen Graham 28:00.

Results – Meadow Park Drive 6km run/walk

William Robertson 21:14, Dempsey Podmore 21:16, Sav Mavrofridis 24:37, Bowie Ruyg 24:48, Jay McGown 25:04, Andrew Greenhill 25:41, Jerzey Podmore 26:13, Ash Crawford 26:35, Seth Bomers 26:37, Trent Kooyman 27:00, Lucy Sedgwick 27:39, Geoffrey Francis 27:45, Darrel Cross 27:52, Chelsea Fox 27:58, Karen Graham 28:00, Gary Fox 28:19, Chris Van Unen 28:23, Ron Verschuur 28:27, Peter Sanders 28:37, Shane Gavin 29:41, Stephen Mcleod 30:47, Molly Irvine 31:15, Catherine Leonard 31:56, Bjorn Luxmann 33:03, Rebecca Anderson 33:34, Phillip Mayer 34:10, Heather Farley 34:29, Toby Grzmil 34:34, Leopold Notting 34:59, Owen Notting 35:00, Paul Rollandin 35:05, Andrew Broberg 35:14, David Hood 35:16, Dave Mann 35:19, David Barr 35:19, Nicholas Talerico 35:19, Marieka Reilly 36:10, Desley Gray 36:10, Matthew Frescura 36:11, Maddy Wood 36:16, Tracey Matheson 39:16, David Matheson 39:31, Daniel Symons 39:53, Tania Whitehead 41:22, Mandy Ellis 41:27, Kat Fenech 41:47, Barry Higgins 47:50, Samantha McGown 48:36, Ann Bomers 49:01, Kristal Gittos 52:11, Mark Lansdown 54:23, Ree Graham 58:04, Megan Kenny 58:29, Michelle Colwell 59:15, Belinda Heafield 59:15, Kathy Quinn 59:15, Ross Jones 59:27, Lynda Jones 59:27, Kylee Earl 1:01:09, Nick Hodson 1:01:09, Anja Norwood 1:02:01, Jason Odlum 1:20:00, Stacey Podmore NTR, Claire Macumber NTR.

Thursday April 30th – ASIC Building 5km

Last weeks (April 30th) Harriers Thursday night run was a flat 5km course starting on Traralgon Creek pathway behind the ASIC building on Grey Street. Conditions were perfect for the field of 60 keen runners who were given lots of very vocal encouragement by the resident Corella population. The course consisted of three loops taking in the walking path along Traralgon Creek, crossing the Franklin Street Bridge then running up to Peterkin Street via George and Munroe streets. The loop was completed by crossing back over Traralgon Creek on the Highway Bridge and taking the walking track back to the start.

First over the line in 18:20 was Sav Mavrofridis followed by the fast improving Seth Bomers 19:53, and youngster Bowie Ruyg 20:12. First of the ladies home was Yani Cornthwaite 21:28 followed by Chelsea Fox 21:48 and Lucy Sedgwick 21:59.

Results – ASIC Building 5km run/walk

Sav Mavrofridis 18:20, Seth Bomers 19:53, Bowie Ruyg 20:12, Ian Cornthwaite 20:20, Ash Crawford 20:30, Clinton Jolly 20:49, Yani Cornthwaite 21:28, Shane Gavin 21:32, Chelsea Fox 21:48, John Skordakis 21:51, Lucy Sedgwick 21:59, Geoffrey Francis 22:39, Ron Verschuur 22:59, Gary Fox 23:09, Peter Sanders 23:27, Darrel Cross 23:33, Molly Irvine 23:33, Chris Van Unen 24:08, Stephen Mcleod 24:52, David Hood 26:46, Catherine Leonard 27:11, Ben Wilkinson 27:18, Ree Graham 27:22, Toby Grzmil 27:44, Owen Notting 27:57, Desley Gray 27:57, Marieka Reilly 27:57, Andrew Broberg 28:00, Ivy Crawford 28:11, Stephen Renehan 28:28, Drew Sedgwick 29:02, Phillip Mayer 29:20, Tracey Matheson 29:40, Claire Macumber 29:52, David Matheson 31:05, Daniel Symons 31:06, Kaye Livingstone 31:23, Lauren Peter 31:45, Mandy Ellis 32:28, Clara Sedgwick 33:00, Tania Whitehead 33:22, Bailey Rollandin 33:41, Paul Smith 34:04, Clancy Sedgwick 35:28, Helen Whitby 36:31, Megan Kenny 39:02, Mark Lansdown 39:44, Ann Bomers 39:55, Barry Higgins 40:30, Robert Embleton 43:39, Peter Grixti 49:00, Kathy Quinn 49:04, Michelle Colwell 49:04, Belinda Heafield 49:40, Nick Hodson 50:09, Kylee Earl 50:09, Jason Odlum 50:52, Alyce Jolly NTR, Matilda Lappin NTR, Wally Lappin NTR

Harriers Springwood Trophy Trail Running Event

The Harriers held its annual Springwood Trophy - Trail Running event on Sunday 27th April at Morwell's Crinigan Road bush reserve. Runners enjoyed perfect autumn conditions for the events 4km and 8km distance runs. These runs are the first in a series of four annual trail running events held by the club – with points being earned at each event towards the trail running championship.

The run is on the pleasant bush walking trails of the reserve. It's a little hilly with a total ascent of 166m for the 8km event - with this being two laps of the 4km course. In the 8km event - great running by Sav Mavrofridis and Anna Cardillo had them first home and winners of the Springwood Trophy for 2026.

Selected Results - Springwood 8km:

Female 1st: Anna Cardillo 44:49, 2nd Chelsea Fox 46:50, 3rd Cat Leonard 55:23

Male 1st: Sav Mavrofridis 30:45, 2nd Daniel Furmston 36:01, 3rd Bowie Ruyg 36:20, 1st 50+: Ash Crawford 36:52

Springwood 4km:

Female 1st: Lucy Sedgwick 21:43, 2nd Tegan Morley 22:54, 3rd Phoebe Walker 22:55,

Male 1st: Dempsey Podmore 15:40, 2nd Trent Kooyman 20:02, 3rd Jensen Morley 22:07

Gary Fox



Left - Springwood Trophy Winners Anna Cardillo (Left), Sav Mavrofridis (Right) presented by Nicky Semmler (middle).

Below - Springwood Place Holders – Left to right - Ash Crawford, Chelsea Fox, Bowie Ruyg, Dempsey Podmore, Anna Cardillo, Sav Mavrofridis, Lucy Sedgwick, Trent Kooyman, Cat Leonard, Daniel Furmston



Running Wild Single Track, Wilsons Promontory trail runs, 3 - 4th May 2026

Selected results. 5km: Lucy Sedgwick 29:17
(Outright 1st), Bernie Larsen 58:08.

27km: Sav Mavrofridis 2:07:14 (1st), Yani
Cornthwaite 4:11:42.

Pride of Workmanship Award

Congratulations to our lovely Harrier companion
Anja Norwood. Anja was presented with a Pride
of Workmanship Award for 2026 from the Rotary
Club of Traralgon.

After the award ceremony last Tuesday evening
Anja said, ". . . I was honoured to receive a Pride
of Workmanship (POW) Award for 2026 from the
Rotary Club of Traralgon. 🏆. I'm honestly pretty
chuffed! 😊 It's such a special acknowledgment,
and I know there are so many others just as
deserving".

"I'm feeling very grateful and happy! 💛"

Well deserved Anja!



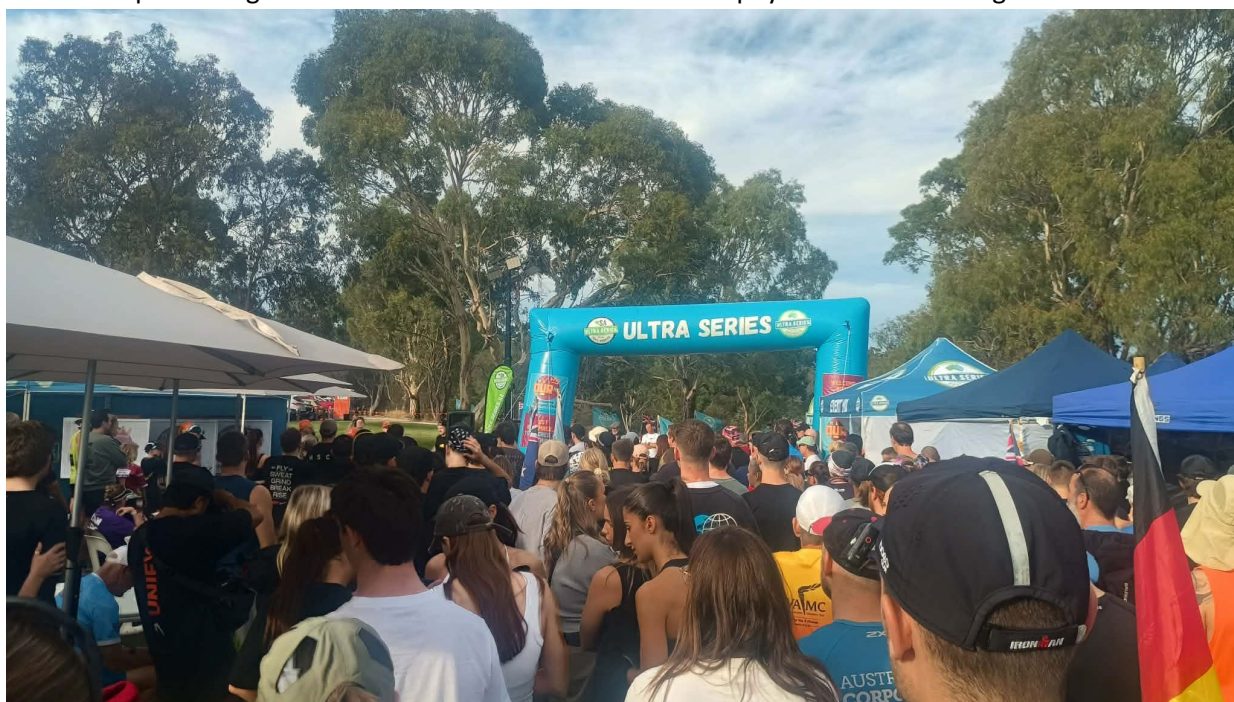
Above - Talented junior
Harrier Lucy Sedgwick,
left, and her 5 km
comrade are all smiles
after their run

Left - Anja with Latrobe
City Council Deputy
Mayor Dale Harriman
and local Federal MP
Darren Chester

Melbourne Frontyard Ultra 2026

Some of you may know of a Backyard Ultra, well a Frontyard Ultra is exactly the same just the setting of the course is in a more urban environment and instead of trails it's concrete & gravel paths.

The distance on each lap, known as a Yard, is 6.71kms. Each Yard starts on the hour and you have 59 mins & 59 secs to complete the 6.71kms before the next Yard commences - sounds easy right 🤔 8:30-9min pace will get it done but as the hours tick over the physical & mental fatigue starts to kick in!



MFYU 2026 was my third attempt at this format, previously having done Wild Dog in 2024 (completed 26 yards) and Dead Cow Gully in 2025 (completed 27 yards).

Not having done much specific training for the event due to focusing on the road marathon at Boston, I wasn't entirely confident of posting a high number of yards.

Due to my family having other commitments and the logistics of getting to Melbourne for the event, I didn't have my usual support crew, my beautiful partner Sammy, to assist in between Yards. Like most long-distance ultra events, your support crew is perhaps the most important component in producing a good result.

Despite this, I was still fortunate enough to have some fellow Harriers, Miles Verschuur & Sally Theobald, offer their services at set-up and during the event which I greatly appreciated.



The event started on Saturday 2nd May at 4pm with 264 competitors. We got 2 Yards in daylight before the sunset and the headlamps came out. Then it was night Yards for 13 hours which was quite challenging as I find running/walking at night requiring significantly more focus which compounds your fatigue. On top of this it rained quite heavily plus it was windy - typical Melbourne weather 😊 Further compounding matters was my inability to get enough proper nutrition in which was decreasing my speed and increasing my fatigue.

As the sun began to rise and the Yard count was 15, the field size had decreased to about 115. 15 Yards is the first major milestone = 100kms and where you start to see major reductions in runners, some because they are just tired and can't go on and others because they have achieved the goal they set.



With the rain cleared and the sun shining, I was able to refocus on maintaining the pace I needed to achieve the optimum Yard time. In my opinion, 45-50mins per Yard is ideal as it gives you 5-10mins of rest time or change clothes/shoes/socks with a few extra minutes to organise any gear you need for the next Yard.

This day session on Sunday was a huge success. With my Yard times holding steady at 42-48 minutes and my body in overall good shape due to improved nutrition intake, I was feeling very confident to achieve my goal. At 4pm on Sunday, 24 hours in, we reached the second major milestone = 100 miles.

This milestone saw another chunk of runners withdrawing, reducing the field to 32. At this point this is where the race begins for the more elite backyarders and strategy starts to come into play. For me I'm not in the elite category but was now within striking distance of achieving the goal I'd set.

I smashed out 2 quick yards before the 2nd night session was about to commence,

putting me at 26 Yards. With sleep deprivation starting to set in and my dislike of night running, I physically and mentally pushed myself for another 4 Yards to reach the magical 30 Yards or 200kms (201.30kms to be exact!)

That final Yard I completed was rather nerve racking and stressful, as I was constantly concerned about timing out. The reality was I had nothing to worry about, managing to finish in just under 50 mins.

Whilst I had sufficient time to go "One More Time" (think of the Daft Punk song - it's what they play 5 minutes before every Yard) I had already committed to finishing at 30 Yards - plus I was ridiculously tired



I crossed the start line for Yard 31 as the countdown finished then immediately turned back to ring the DNF bell. This signals you are done and technically Did Not Finish - only the winner finishes, known as the Last Person Standing.

After a few hugs and pics with some of the fellow runners that finished up with me, some chats with the amazing race organisers Ultra Series I headed back to my Harriers Marquee and stretcher bed for some food & sleep.

Overall I was really happy with my performance and result. The event had lots of Gippsland based runners plus I met some Strava buddies which enhances the event and the support crews, spectators and passers-by were so encouraging and loud on every Yard. I even had Australian Rep & Olympian Jack Rayner giving me high fives and telling me how good I am on course which was I pretty chuffed with.

If you're ever considering running a longer distance, this format is perfect for that. You have an aid station every 6.71kms and you always have fellow runners around you to chat with and help you. Every runner is equal, every Yard and pace is irrelevant, the only important thing is to complete the Yard before the hour finishes.

This is a great event, run by excellent people, with amazing vibes, in a beautiful location (Studley Park Boathouse, Yarra Bend Park along the Yarra River and Merri Creek trails). I hope next year a few Harriers will come and join the party with me for a few Yards 🤗👉

Stephen Renehan



Add these two fast-running workouts to your training to fight ageing and increase your heart health

VO2 max dips with age, but with a smart a running regime you can slow – if not stop – the drop by running fast

While maturity can increase [mental strength](#) and some runners even improve with age when taking on endurance events, we all slow down somewhat with each lap of the sun. Much of this is down to a decline in maximal [aerobic capacity](#) (VO2 max), which – unless you're Benjamin Button – drops as you get older.

But why, exactly, does this happen – and is there anything that you can do to stop the process? A group of research scientists recently set out to answer these questions and their [findings](#) might just change your running routine.

Run fast, lift weights

One key message is that it pays to run fast. [Interval training](#) forces your body to take in and use oxygen at a different rate to regular running, triggering the development of new blood vessels and capillaries, which promotes blood flow and nutrient delivery to your hard-working muscles.

Here are two classic interval sessions:

- 8 x 400m repeats at your 5K pace, with 60 seconds of rest between reps.
- 4 x 4 minute reps at slightly faster than your 5K pace, with 3 minutes of jogging in between.

Smart runners can also concentrate on strength and resistance training, including for the upper body, to better maintain muscle density and improve the ability to both absorb oxygen and create energy.

And don't treat any of these things as mere add-ons to your regular running regime – view them as integral parts of staying run fit. Unlike Benjamin Button, we can't reverse the ageing process, but by implementing the above you can take steps to slow the decline.

Why people tend to slow down

Your [VO2 max](#) is determined by two things. First, cardiac output, which is the amount of blood that your ticker can push around your body per minute and which is typically seen as the biggest component for optimal performance. Secondly, how much oxygen your tissues can grab from that blood as it flows past, which boils down to the quality and quantity of your muscle mass, plus the state of repair of your blood vessels and the efficiency of your mitochondrial function.

As the oxygen in the air that you breathe in cascades around the organs and tissues within your body, it gets funnelled through a series of tight spaces (resistors). These go from your lungs to your heart and then out along the large arteries, into the small arteries and capillaries, before squeezing through the spaces between cells and muscle fibres and finally reaching the mitochondria, where chemical energy is created.

Like any engine, the human heart performs less well as it gets older – a process called ‘cardiovascular resistance’ – and, until now, it has simply been accepted that this slowing down of oxygen delivery is why VO2 max drops as we age. The new study, however, focusses more on the second part of the process, examining muscle performance.

The news is both good and bad for older runners. The downside is that your heart works less efficiently as you get older and your muscles also become increasingly bad at using the oxygen that does get through. But cheer up, because you can take measures to improve this.

During the study, scientists examined existing data on the VO2 max and cardiac output of (mostly) active, healthy men aged between 30 and 90. They discovered that, while both measurables drop as people get older, the decline doesn’t happen at the same rate. Importantly, VO2 max drops significantly faster than cardiac output. While a 20-year-old’s muscles typically use 80% of the oxygen delivered, that rate drops to 60% for those aged 75 to 80.

Basically, when you’re a whippersnapper, your VO2 max score is limited only by the performance of your heart. When you become an old chugger, meanwhile, your maximal aerobic capacity is impacted by both your aging heart and a drop in the efficiency of your muscles and mitochondria to absorb oxygen effectively and convert it into energy, with the second factor being a much bigger deal than previously thought.

There are multiple causes for this, from muscle mass deterioration to impaired blood vessels and mitochondrial disfunction, all of which naturally happens as our bodies age. But don’t hang up your [running shoes](#) and reach for the pipe and slippers just yet, because this isn’t entirely inevitable – and being aware of why your vascular system is less able to use oxygen efficiently is the first step to addressing the problem.

Gentle [zone 2 runs](#) mixed with [tempo workouts](#) help to keep your ticker in shape, but it’s important to have a ‘low-resistance’ system beyond the heart for oxygen to cascade through and to keep your tissues tuned up. While regular aerobic exercise helps to slow the decline of vascular function, the smarter gains can be made through faster running and strength training

Printed from

Runners World

By Pat Kinsella. Published: 28 November 2025

Traralgon Harriers' Annual Trail Running Championships

The Traralgon Harriers' committee is pleased to announce the launch of two new annual trophies, to combine the results of the Harriers' major trail running events.

The first trophy is for long courses, and will be awarded to both male and female Harriers who have accumulated the most points from the following trail events, in the same calendar year:

Springwood

Crinigan Road Bushland Reserve - **8km**

Ray & Doris Ellis Hill Running Championship

Wirilda Environmental Park - **23km**

Barry & Carol Summersgill Trail Running Championship

Edward Hunter Reserve - **12km**

King & Queen of the Mountain

Traralgon South – Callignee – Mount Tassie - **32km**

The second trophy is for short courses, and will be awarded to both male and female Harriers who have accumulated the most points from the following trail events, in the same calendar year:

Springwood

Crinigan Road Bushland Reserve - **4km**

Ray & Doris Ellis Hill Running Championship

Wirilda Environmental Park - **10km**

Barry & Carol Summersgill Trail Running Championship

Edward Hunter Reserve - **6km**

Points will be allocated for each event as follows:

1st- 10 points, 2nd- 7 points, 3rd- 5 points, 4th- 4 points

5th- 3 points, 6th- 2 points, everyone who finishes - 1 point

Entries: Entry is free, and open to all Harriers.

No pre-registration or nomination is required (just turn up).

The trophies will be presented at the Harriers' annual Christmas presentation event.

GIVE A DAMN - GIVE A CAN May 2026



'Give a Damn - Give a Can' is the Rotary Club of Traralgon Central's annual food appeal that supports Vinnies Australia.

Since its inception the community has donated more than 250,000 cans of tinned food to families in need, especially through the winter months.

The appeal has become well known and accepted in the Latrobe Valley with the distinctive red collection bins seen throughout the community.

Schools and local businesses are the main contributors with many individuals and community groups also donating.

A red collection bin will be at the Harriers start line for four weeks from this Thursday.

Please "Give a Damn - Give a Can" and drop in a tin or two of food



Introducing our pacing team for the 59th edition
of the Traralgon Marathon & Running Festival

HALF MARATHON *PACERS*



1:30	BILL BARRY
1:45	TOM GAFA
2:00	DAVE BARR
2:15	CAITLIN PITT
2:30	MICHELLE HARRIS



FIND YOUR PACER. STAY ON PACE. FINISH STRONG.

MARATHON *PACERS*



3:00	RICHARD OGILVIE
3:15	MITCH DOWSE
3:30	STEVE RENEHAN
3:45	TYLER HALLETT
4:00	AMY MORRISON
4:15	ANDREW GREENHILL
4:30	MATTHEW BRIGGS
4:45	SAMANTHA BOND
5:00	SUSIE PRICE



FIND YOUR PACER. STAY ON PACE. FINISH STRONG.

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

A vibrant poster for the IDAHOBIT Celebration Run. The background is a dark blue gradient with a silhouette of runners at sunset. The title 'IDAHOBIT CELEBRATION RUN' is in large, colorful, brush-stroke font. The date 'THURSDAY 14 MAY' is in white, bold, block letters. A banner at the bottom encourages wearing rainbow colors and glowing. Icons for a calendar, location, clock, and group of people are used to present key details. A rainbow heart icon is also present.

T TRARALGON HARRIERS
EST. 1967

**IDAHOBIT
CELEBRATION RUN**

CELEBRATING
INCLUSION, DIVERSITY
& OUR COMMUNITY

**THURSDAY
14 MAY**

Join Traralgon Harriers as we celebrate IDAHOBIT
(International Day Against Homophobia, Biphobia,
Intersexism and Transphobia) with a fun, **inclusive** run!

**WEAR RAINBOW
COLOURS** and **GLOW** FOR THE RUN!

**TRARALGON HARRIERS
CLUB ROOMS**
21 Douglas Parade,
Traralgon VIC 3844

5:30PM – 7:00PM
Start at regular
handicap times

ALL WELCOME!
Walk, jog or run –
everyone belongs.

XCR²⁰²⁶ SERIES CALENDAR

DATE	EVENT	VENUE
Sat 2 May	All Schools Road Relays	Princes Park
Sun 10 May	XCR Round 1 - R:5	Albert Park
Sat 16 May	XCR Round 2 - XC:Relays	Jells Park
Sat 23 May	All Schools Cross Country Relays	Jells Park
Sat 30 May	XCR Round 3 - XC:8	Bendigo
Sat 13 Jun	XCR Round 4 - XC:12	Cruden Farm
Sat 20 Jun	All Schools Individual Champs	Bundoora
Sun 28 Jun	XCR Round 5 - R:Relays	Calder Raceway
Sat 11 Jul	XCR Round 6 - XC:10	Bundoora
Sun 26 Jul	XCR Round 7 - Lakeside:10	Albert Park
Sun 9 Aug	XCR Round 8 - R:Half	Ballarat
Sun 6 Sep	XCR Round 9 - R:15	Burnley
Sat 12 Sep	XCR Round 10 - Tan:Relays	The Tan





**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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