

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

9 October 2025 - Volume 58 - Issue 20

THURSDAY RUN

This Week's Course

Scales Rd

Duty

Martin Lynch &
Lee Graham

Marker

Sav M

Week 16/10

Crinigan Road 6km

Duty

Shane Gavin &
Ryan McLeod

Marker

??

Week 23/10

All Occasions Winery-
Burnets Rd – Traralgon
East 5km

Duty

Ian Cornthwaite &
Adam Riddle

Marker

Molly



Happy birthday Liz Kenney!

A Melbourne 'Spartan', Liz has run ten Melbourne Marathons, as well as many other distance events and will lace up again this weekend

President's Message

9 October 2025

What an exciting time of year — **the start of the summer season!** We kick things off this week with our run at Scales Road, and I can't wait to see everyone back out there enjoying the longer daylight hours. It's always refreshing to swap the roads and footpaths for the trails, where the scenery, terrain, and atmosphere offer something special.

If you're a new Harrier — or even new to running — and haven't tackled trail running before, you're in for a treat. The hills and uneven surfaces might look daunting, but don't be intimidated. Like all Harriers runs, you'll have plenty of support from your fellow members. It's all about **challenging yourself, having fun, staying safe, and soaking up the Harriers experience.**

I'm genuinely excited about the **calendar of summer runs** ahead. While Victoria's weather can sometimes keep us guessing, we can look forward to plenty of sunshine (in between all the rain, grey clouds and wind!), warmer conditions, and great camaraderie along the way.

We recently wrapped up the winter season with a wet but enjoyable evening at Rangeview Drive. Despite the conditions, 46 runners and walkers turned up — a fantastic turnout that really captures the Harriers spirit. Rain, hail or shine, it's always rewarding to get out there and give it a go.

A few important reminders about upcoming events:

- **Memorial Run — Sunday 9 November, Toongabbie Golf Club (RESCHEDULED)**
Choose from the **12km or 6km course**, with check-in from **8:30am** and both events starting at **9:30am**. We strongly encourage pre-registration at forms.office.com/r/RQpGj4eH7W to make check-in quicker on the day. A **\$20 minimum**

donation (cash or EFTPOS) will be collected at check-in, with proceeds going to **Lifeline Gippsland**, supporting their important work in mental health and suicide prevention.

- **Thursday 23 October — Rail Trail Run from All Occasions Wedding & Functions Gippsland** (formerly Traralgon Vineyard/The View Function Centre)

Our Thursday night run the week of 23 Oct will be starting from the winery at Burnets Road, Traralgon East, and setting off along the Rail Trail. Afterward, all members, family and friends are invited to stay for our monthly club dinner. To help the staff at All Occasions plan, please **book your table by calling Narelle on 0455 417 186** or emailing [aloccasionsgippsland@outlook.com](mailto:alloccasionsgippsland@outlook.com). You can [view the menu here](#).

Finally, it's a **big weekend ahead** with the **Melbourne Marathon Festival** taking place. Best of luck to all Harriers taking part across the various distances. Don't forget to capture a few photos and share your stories for the next newsletter — we'd love to celebrate your achievements!

Here's to an amazing summer season ahead — full of great runs, great company, and the shared spirit that makes the Traralgon Harriers such a special club.

Wishing you all the best,
Sep

Giuseppe Marino
President
Traralgon Harriers Athletic Club

IMPORTANT Harriers Dates

Memorial Run (RESCHEDULED)

(Race Director: Phill Mayer)

Sunday 9 November

Toongabbie Golf Club

Registrations now open at:

forms.office.com/r/RQpGj4eH7W

King & Queen of the Mountain

(Race Director: Ron Verschuur)

Sunday 7 December

Martin Thompson Boolarra Run

(Race Directors: Tobi Grzmil and Danelle Wright)

Date TBC

Harriers Christmas Run and End of Year

Awards Night (Venue TBC)

Thursday 11 December

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 Saunders & 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 Event (details to come)
18	Christmas Lights Run (details to come)

JANUARY

15	Scott Syme & Lauren Peter
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



Traralgon Harriers Memorial Run

***** Sunday November 9th *****

12k & 6k - Both Events Start at 9:30

Pre-Enter here <https://forms.office.com/r/RQpGj4eH7W>

or on the day from 8:30 - \$20 Minimum Donation

Non-Members & Walkers Welcome

NEW LOCATION - Toongabbie Golf Club, Main Street Toongabbie

*Funds raised go to Lifeline Gippsland
to support their invaluable work
raising awareness for mental health
and suicide prevention*

**Presentations & Morning Tea
after the event**



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
9 Oct 2025	Scales Road	5km		Sav Mavrofridis	Kristine Sapkin & Lee Graham
12 Oct 2025	Melbourne Marathon				
16 Oct 2025	Crinigan Road Bushland Reserve	6 km			Shane Gavin & Ryan McLeod
23 Oct 2025	All Occasions Winery-Burnets Rd, Traralgon East	5 km	Club Dinner - All Occasions Winery	Molly	Ian Cornthwaite & Adam Riddle
30 Oct 2025	Trip & Treat on Kay St No tricks, just trips (and a little treat at the end)	5km	Halloween Theme	Desley	Stacey Podmore & Aaron More
1 - 4 Nov 2025	4 Peaks				
6 Nov 2025	Railway Reserve Traralgon	6 km	Committee Meeting-TBC	Jason Odlum	Pete Saunders & Kristina Creighton
9 Nov 2025	Memorial Run – Toongabbie Golf Club	6km & 12 km		Phill	
13 Nov 2025	Edward Hunter Reserve Moe	6 km & 12 km	Carol & Barry Summersgill Cross Country Championships	Sep, Miles V, Ron V & Gary Fox	Tim Graham & Ryan Hon
20 Nov 2025	Kay Street Church TGN - MWL Bike Path	5 km			Kimberly Imperial & Adam van Baalen
27 Nov 2025	Cochranes Road	6 km	Club Dinner-Crown Hotel Traralgon	Bec Anderson	Andrew Greenhil & Anja Norwood
4 Dec 2025	Churchill - Lake Hyland	6 km		Mandy	Vicky Atkins & Catherine Leonard
7 Dec 2025	King & Queen of The Mountain	30 km	Individual Team of 2 Team of 5	Ron V	
11 Dec 2025	Club Rooms / Oval	Games	Xmas Bash	Committee	
18 Dec 2025	From Netball Courts Traralgon	7 km	Xmas Lights Run - NON-POINTS RUN	Desley, Marieka, Sep	
25 Dec 2025	Summer Break				
1 Jan 2026					
8 Jan 2026					
11 Jan 2026	Two Bays Trail Run Dromana				
15 Jan 2026	Gelato Gallop Traralgon	5 km	Augustus Ice Creamery	Ron V	Scott Syme & Lauren Peter
22 Jan 2026	Traralgon South Trundle	5 km or 7.7km	Club Dinner-Wheely Good Pizza's on Traralgon Sth Oval - NON- POINTS RUN	Desley	Rob Preston & Helen Whitby
26 Jan 2026	Australia Day				
29 Jan 2026	Chook Hill	6 km		Molly	Stephen McLeod & Stephen Renehan
1 Feb 2026	Kilcunda Running Festival				

5 Feb 2026	Derhams Lane - Morwell	6km		Greg	Jay McGown & Geoff Francis
12 Feb 2026	Clarks Road	6 km	Committee Meeting-TBC	Chris van Unen	Jye Kaestner & Tania Whitehead
19 Feb 2026	Toners Lane -Morwell	5 km	Club Dinner-Morwell Club		Paul Smith & Adrian Sutcliffe
26 Feb 2026	Wirlida Park -Tyers	6 km		Marieka	Marieka & Ree Graham
5 Mar 2026	LRH Hospital Run turn Right	6 km	International Womens Day 08/03- Purple		Committee - TBC
12 Mar 2026	Maryvale Pines	6 km		Dan Furmston	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	Glengarry Rail Trail	6 km	Glengarry Club Dinner	Mark Landowne	Bailey Rollandin & Paul Rollandin
28 Mar 2026	Inverloch Running Festival				
2 Apr 2026	Tropical Track Night Tracks, Tropics & Terrible Shirts!	10 & 5 km	NON-POINTS RUN		Committee
3 Apr 2025	Good Friday				
5 Apr 2026	Run 4 The Kids		Easter Sunday		
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			



STOP PRESS

Lucky Draw this Thursday (9th) after the Scales Road run/walk

Collect your raffle ticket when you check in.

Two lucky Harriers will each win a bottle of classic Mitchleton Wine at the Geoff Watt run.

You must have entered and be there. Otherwise delegate your prize to another Harrier member.

Good luck !



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

September 25th 2025 – Waterhole Creek – 6km

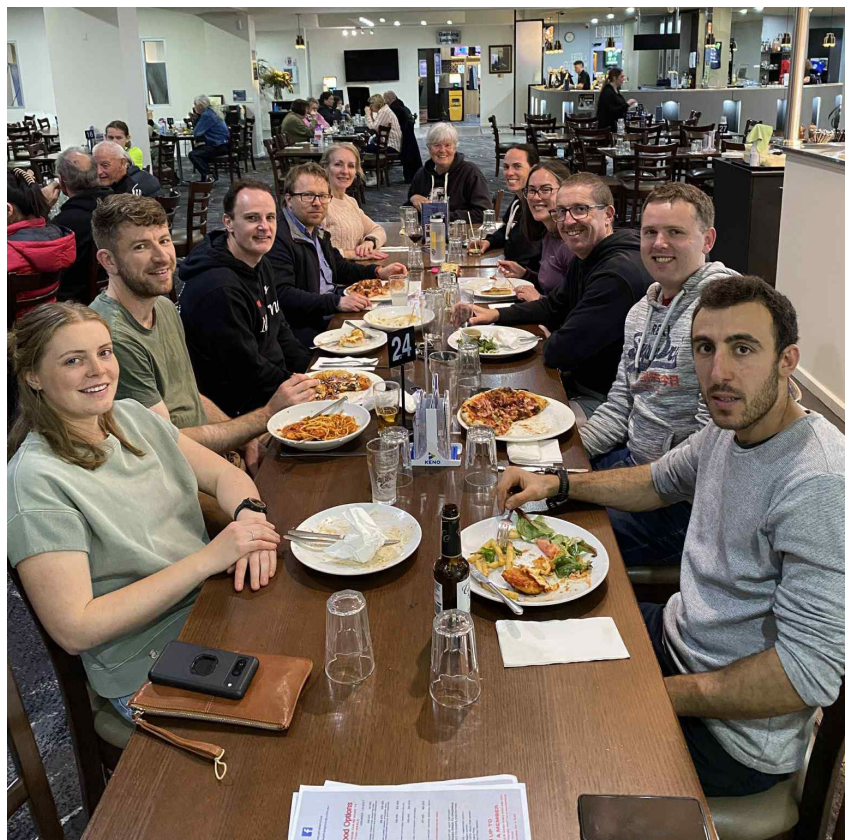
THURSDAY evening saw fifty-seven of everybody's favourite Harriers front up in Morwell for the Waterhole Creek six-kilometre event. Starting from outside Morwell Park Primary School, the run takes in three laps of a course that runs each side of the creek. The anticipation of daylight savings not only means that most of the run was in the soft hue of daylight, but also spirits are lifting across the club.

Continuing his purple patch of form was Morwell local Sav Mavrofridis who whipped around the course in 20:02. The ever-speedy Pete Cutler took the opportunity of a run slightly closer to his farm to be only eleven seconds in arrears. Cutler brought along son Jim (29:16) and wife Sheryn (37:04) to underline how Harriers is inimitably a family affair.

Daniel Furmston (23:01) made a particularly fast return to Harriers from an injury setback, hopefully in time for the Melbourne Marathon. Recent new runner Jack Warr (25:43) continues to impress, and Matt Deppeler (25:47) enjoyed his first run with the club for a short while.

Yani Cornthwaite was just over a minute ahead of Karen Graham and Courtney Ellis; three of Harriers best women runners, with Liz Kenney not far behind.

After the run was complete, many kicked off the AFL Grand Final long weekend by piling into the Italian Australian Club in Morwell for the Harriers' monthly club dinner.



Waterhole Creek Run/walk results:

Sav Mavrofridis 20:02, Peter Cutler 20:13, Ian Cornthwaite 22:47, Daniel Furmston 23:01, Clinton Jolly 24:35, Peter Sanders 24:39, Andrew Greenhill 24:55, Adrian Sutcliffe 25:32, Jack Warr 25:43, Matthew Deppeler 25:47, Aaron More 25:56, Yani Cornthwaite 26:49, Trent Kooyman 27:45, Geoffrey Francis 27:47, Karen Graham 28:02, Ron Verschuur 28:16, Courtney Ellis 28:30, Gary Fox 28:44, Darrel Cross 29:11, Jim Cutler 29:16, Liz Kenney 29:24, Stephen Mcleod 29:44, Chris Van Unen 30:07, David Barr 30:10, Andrew Broberg 30:10, Kate Mayer 30:39, Rebecca Anderson 31:46, Mark Lansdown 31:58, Ree Graham 32:49, Marieka Reilly 32:53, Seth Bomers 33:42, Jack Waddell 34:45, Phillip Mayer 35:50, Ivy Crawford 36:26, Ash Crawford 36:26, Paul Smith 37:04, Daniel Symons 38:04, Kaye Livingstone 38:45, Sheryn Cutler 39:04, Mandy Ellis 39:20, Collette Hofmann 40:00, Barry Higgins 48:23, Kristina Creighton 52:43, Bob Duljas 54:54, Des Dalton 54:56, Sep Marino 57:08, Michelle Colwell 57:55, Belinda Heafield 58:28, Nicky Semmler 58:31, Ian Heafield 1:02:15, Darren Fielden NTR, Johnn Skordakis NTR, Kat Kent NTR, Kylee Earl NTR, Lauren Peter NTR, Toby Grzmil NTR, Desley Gray NTR

October 2nd 2025

Harrier members have recently held their weekly runs at Yallourn North, Morwell and Traralgon, with the Athletics Victoria team competing in Melbourne and around Victoria. Others ran further afield – at the Sydney Marathon and the Berlin Marathon, both World Marathon Majors. Furthest of all (pun intended), Shane Wilson ran 100km in the Surf Coast Century ultramarathon.

While many members rubbed shoulders with the other 35,000 runners in the recent Sydney Marathon, in late September Stephen Renehan finished high in the Berlin Marathon field. He ran with Harry Styles of One Direction fame, and 50,000 others, finishing just over the 3-hours 30 minutes mark – a great result. The previous week saw Shane Wilson run his first solo 100km ultra after completing a relay leg the year before. The course runs from Anglesea up the coastline and hinterland to Torquay and back before heading down the coast to Moggs Creek and return to finish at Anglesea.

Shane said of his achievement, “It was proof that the mind is a powerful thing - especially when my body wanted me to quit . . . To anyone considering a challenge like this I say do it. Find the right environment, surround yourself with the right people, put a plan in place, and make it happen. Make mistakes, learn, and keep moving forward”.

Back home, last week's Harriers' event (Thursday 2nd) was a 5km run/walk from St Gabriel's Primary School in Rangeview Drive. The three easy laps around Wirilda Avenue, Parkwood Way and Stirling Avenue demanded very little effort, but in the final run of the winter season, mother nature took her revenge with a cold cutting wind and drizzling rain. Relative newcomers Jack Warr, Aaron More and father-daughter duo Ash and Ivy Crawford achieved good times despite the bleak conditions.

The quickest women finishers were Melbourne Marathon 'Spartan' Liz Kenney, talented triathlete Fiona Syme and Yani Cornthwaite.

The fastest men were Sav Mavrofridis, Jack Warr and Ian Cornthwaite.

A number of members were tapering off for the Melbourne Marathon on Sunday (October 12th) and cruised home, planning to again take it easy tomorrow. They will be joining the three remaining Melbourne Marathon 'Legends' – those who have completed every one since its inception in 1978, 47 in total. One of the three, John Dobson, has also run six Traralgon Marathons across the years, between 2004 and 2017.

Sunday 9th November is the new date for the 2025 Harriers Memorial Run, supporting Lifeline Gippsland. You can register online. See the Harriers' Facebook page for details. With the start of daylight saving, this week's run is the first of the club's summer series, at Scales Road, Flynn's Creek, off the Hyland Highway beyond Loy Yang A and B. See the Harriers' Fb page.

St Pauls AG Run/walk results:

Sav Mavrofridis 17:55, Jack Warr 18:44, Ian Cornthwaite 19:09, Adrian Sutcliffe 20:18, Miles Verschuur 20:51, Peter Sanders 20:51, Andrew Greenhill 20:51, Dempsey Podmore 20:51, Clinton Jolly 20:59, Darrel Cross 21:02, Aaron More 21:20, Trent Kooyman 22:30, Geoffrey Francis 22:30, Ron Verschuur 22:52, David Barr 23:09, Andrew Broberg 23:10, Chris Van Unen 23:11, Jason Odum 23:30, Belkey Podmore 24:46, Seth Bomers 24:49, Liz Kenney 25:21, David Hood 25:51, Paul Rollandin 26:00, Scott Syme 26:13, Fiona Syme 26:13, Yani Cornthwaite 26:16, Remey Podmore 26:28, Phillip Mayer 26:52, Marieka Reilly 27:46, Desley Gray 27:46, Ivy Crawford 28:17, Ash Crawford 28:17, Mark Lansdown 28:18, Ree Graham 29:28, Daniel Symons 30:21, Tania Whitehead 30:42, Mandy Ellis 31:30, Barry Higgins 42:40, Collette Hofmann 44:37, Belinda Heafield 45:50, Michelle Colwell 46:44, Kathy Quinn 46:44, Sep Marino 49:23, Ian Heafield 51:31, Claire Macumber NTR, Nicky Semmler NTR



Left - Harrier stalwarts Michelle Colwell and Kathy Quinn enjoy their weekly Harriers' run/walks and also the Traralgon parkrun.



From the archives - 31 years ago this month

Some results from the October 1994 Newsletter

29th September, 6km Loy Yang B circuit. Ian Twite 21.57, Glenn Graham 24:07, Ian Heafield 24:46, Lynda Jones (Fitzmaurice) 28:54 (Plus an Advert for Ian Cornthwaite's Strezelecki Plant Farm.)

6 October, 5km "New" Clubrooms run. Ian Cornthwaite 17:30, Ian Twite 17.45, Ian Heafield 19:46, Mick Bridle 21.40, Lee Graham 22.46, Belinda Issell 23:36.

Left – Ian Cornthwaite with Biasi Silvestro in hot pursuit.

Below – Lee Graham and Mick Bridle in the 2019 Traralgon Community Fun Run



SOME MARATHON HISTORY

Spartans and Legends



Pictured above from left - Wayne Thompson, John Dobson (bandanna) and David Foskey (white hair) are training to run their 47th Melbourne Marathon. They are the only three people who have run every Melbourne Marathon since the event started in 1978.

Picture by JOE ARMAO

Photo and details by kind permission of The Age newspaper, 23rd September 2025.

There is a proud relationship between our own iconic Traralgon Marathon and the Melbourne Marathon, with a number of our members running Melbourne this Sunday.

We may not be as big as Melbourne, but we are the older sibling. Traralgon began in 1968 with Melbourne a tidy ten years younger. The first Melbourne Marathon, on its original Frankston to Melbourne course, was run on November 5, 1978.

A few Melbourne runners and a number of Harriers ran the first Traralgon Marathon in 1968. Ten years later many Harriers and other Gippsland and Latrobe Valley athletes ran the first Melbourne Marathon in 1978.

A very special few ran both inaugural marathons – Traralgon and Melbourne. Leigh Thompson, son of Harriers “founder” Barry Thompson, was a teenager. Newborough man John Poelsma was 63 at Traralgon and 74 when he ran the first Melbourne.

A Spartan is a person of great courage and self-discipline

People who have completed ten Melbourne marathons are awarded the title of “Spartan”. Many Traralgon Harriers have reached the noble status of Spartans. Graeme Alford, Peter Grixti, Bruce Salisbury,

Roger Bond, John Brennan, Mick Bridle, Rob Donaldson, Rob Embleton, Lee Graham, Robert Sapkin, Saul Bakaitis, Darren Chester (our local federal member and Harriers supporter), Ian Twite (Spartan number 1000!), David Birks, Ian Dobson, Steve Eagle (ten straight in the 1990s), Ken Lancaster and Lance Thomas were among the Gippsland athletes who proudly wore the distinctive green singlets that identify them as Spartans.

Since then a few more Harriers have become Spartans, including Liz Kenney and Mark Rossiter. Darrel Cross is running this year to qualify, with nine Melbournes against his name and 26 marathons in total, and a number of sub-3 hour times. Ian Cornthwaite has eight, and 45 in total. And there are more!

Legends in their lifetime

There are only three remaining Melbourne Marathon 'Legends' – those who have completed every one since its inception in 1978, 47 in total. One of the three, John Dobson, has also run six Traralgon Marathons across the years, between 2004 and 2017.

In earlier years there were more 'Legends'. They have now dropped out from the 'Legend' category, except Thompson, Dobson and Foskey.

Over the years twelve Legends have run at Traralgon, including strong Harriers supporters Shirley Young, Chas Harcoan and Frank Biviano. Other Legends, Peter Battrick, Bruce Hargreaves, Roger Weinstein, Dennis Nish, Laurie Glover, Gray Summers, Jack Gubbins and Brian Walsh have also run Traralgon Marathons.



Legend Shirley Young won the Traralgon Marathon in 1998 aged 68, the oldest woman to win at Traralgon. She ran six Traralgon marathons, placing in the top four on five occasions, with her last in 2004 at age 74. She completed thirty Melbourne Marathons, the first one at the age of 48, ending with the 2007 Melbourne race at age 77. As a world record ultra-marathon runner she ran and won a number of the 50 km-6 hour Victorian Championships conducted by the Harriers.

But if you run a marathon, you are a 'legend'!

Pictured left - An ageless champion. Shirley Young, then aged 76, on her way to winning her third 6-hour track championship in 2006, also won the 1998 Traralgon Marathon. Photo supplied.

The Phantom

A STORY OF COURAGE AND INSPIRATION

Linda sets 48 hour records

When Linda Christison won the 1993 Traralgon Marathon in under 3 hours, with her sister Heather in second place, she had the world at her feet. It was the year Morgan Tucker claimed his third in a row, leading up to his four-peat the next year.

Linda won other marathons and ran the world's oldest, Boston, in 1998. She then qualified for the Sydney 2000 Olympic trials, but suffered a hamstring injury – and other issues began to loom.



After showing symptoms including difficulty in writing she was diagnosed in 2004, aged in her mid-forties, with Parkinson's disease and told she would probably be immobile within 10 years – a chilling sentence for a keen runner and athlete.

Linda lost her ability to run soon after. "I was like a child learning to skip and suffered injuries" she recalls. She decided doing nothing was a waste of time. "So I began walking, and exercised every day", was her response.

A few years later she did a 5:20 marathon with a walking stick. But for reasons of safety and proximity to support she then began track events, albeit slowly. With her sister Heather she did her first 48 hour walk in 2016, setting an Australian record, and improved it the next year.

Left - Linda Christison and her sister Heather complete the marathon at the Blackmores Sydney Running Festival in 2013.

Linda also attempted the Centurion challenge – 100 miles in 24 hours, but was not successful. She said although she can

stay upright with the aid of her walking stick she develops muscular pain. Despite this Linda continues with 48 hour walks, alongside her ever-supportive sister Heather.

At the end of September this year Linda tackled the Australian 48 Hour Track Championships at South Sydney, from 10 am Friday to 10 am Sunday, to raise money for Dementia Australia, in memory of their mother who passed away last year.

In the final hours toward the mid-morning finish a friend commented, "It's super warm out there again, but a bit of a breeze . . . Linda has barely been off the track except for a couple of brief sleeps, and Heather has made her second or third comeback from a dodgy stomach and headaches . . ."



Left - Linda in the final laps of the Australian 48 Hour Track Championships in September on her way to setting age group records. Photos supplied.

Heather ran 207.037 km to be the fourth woman and outright 7th. Linda walked 232.745 km to place third woman and was 5th outright. And Linda set three walking records for the 60-64 age group - 100 miles, 200 km and 48 hours.

Linda said, "We are exhausted but elated and on Sunday night we had post- race pizza and thought of Mum".

Noah Littlemore

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

GEOFFWATTRUN.COM.AU | FACEBOOK.COM/GEOFFWATTRUN

 **GEOFF WATT MEMORIAL
FUN RUN & FESTIVAL**
26.10.25



**ZAMBRERO
FANCY DRESS
SPOT PRIZES**

**active feet
YOUNG
ACHIEVEMENT
AWARDS**

**PARTICIPANTS RECEIVE MEDAL, GIFT
& \$50 ACTIVE FEET VOUCHER**

**GEOFF WATT MEMORIAL ATHLETICS TRACK
BURKE STREET, WARRAGUL**

EVENT TIMES 9AM - L&F EYECARE GEOFF WATT HALF MARATHON
9.50AM - WARRAGUL DOWNTOWNER 10K - JAYCO 5KM
10.00AM WARRAGUL COUNTRY CLUB 2.5KM WALK/RUN
10.30 - 11.25AM JUNIOR ATHS CLINIC (RUN, JUMPS, THROW)
11.30AM APERLOOS BAKERY 400M 12.15PM PRESENTATIONS



**FOOD & WINE
FESTIVAL** **LIVE
MUSIC** **FAMILY
ENTERTAINMENT** **VINTAGE
CARS**





Head to [4peaks.com.au](https://www.4peaks.com.au) for event information, and enter via the Entry portal at <https://www.4peaks.com.au/enter>.

If you have not challenged yourself in Bright yet, then this is what you need to prepare for:

Saturday 1st Nov- Mount Buffalo 10.6km, 1360m vert

Sunday 2nd Nov- Mount Feathertop, 12km, 1652m vert

Monday 4th Nov- Mt Hotham, 15km, 1867m vert

Tuesday 5th Nov- Mystic Hill, 13km, 800m vert

Tuesday 5th Nov- 2km kids run at Nightingales Alpine Produce Farm

Enter 1 day or enter all 4 mountains.

Book your accommodation early and bring the family. Bright is an amazing place to visit in spring with lots of activities to keep the whole family entertained. There have been lots of Harriers competing in this event in recent years and we can't wait to share the Melbourne Cup long weekend with you all.

Rob and Kathryn Preston

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:



Supported by:

