

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

21 May 2026 - Volume 59 - Issue 10

THURSDAY RUN

This Week's Course

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

Duty

Des / Marieka

Marker

David Hood &
Des Dalton

28/5/26

The Rise 5km

Duty

Drew Sedgwick &
Dave Mann

Marker

Dave Barr

4/6/26

Liddiard Rd Primary School
6km – Club dinner at
Traralgon Bowls Club

Duty

Greg Semmler &
Karen Graham

Marker

Trent



Master and the Apprentice

**Ian Cornthwaite takes home a bronze medal
from the Lakeside 5km with Daughter Yani
finishing strongly in the Women's event**

President's Message

Thursday 21 May 2026

It's great to be back at the club I love after being away on leave! A massive thanks to our Vice President, Desley Gray, for stepping in and covering for me in recent weeks, and of course to the amazing members of our Executive Team and committee for their ongoing support.

I'm a strong believer that leadership at Traralgon Harriers doesn't sit solely with the President. We can all show leadership in the way we represent the club, and by supporting our weekly runs, volunteering, and jumping in to help fellow members whenever needed. That shared spirit and commitment is exactly what makes the Harriers such a great club to be a part of.

Traralgon Marathon and Running Festival 2026

Our marquee event is fast approaching on Sunday, 14 June. Spots are filling up rapidly, so if you haven't secured your entry yet, please don't leave it to the last minute!

If you can assist with volunteering (whether that's before, during, or after the event) your help is greatly appreciated. Please see Desley or myself if you can lend a hand.

I also want to give a special shout-out to the team at the Glengarry Football Netball Club, who are once again hosting the event and providing fantastic support in the lead-up. They're one of the incredible community partners that we're proud to be working with to make this event possible.

Thursday Night Run Safety

Our usual, but vital reminder regarding safety at our Thursday night runs. I know it sounds like a broken record, but high-vis vests are mandatory. We also strongly recommend wearing bright clothing and using running lights. ***You can never be too visible!***

Please also ensure you are parking in appropriate areas, keeping well away from driveways and avoid parking on nature strips. It may all sound like

common sense, but it goes a long way to ensuring we maintain a good relationship with our local community.

Club Achievements

Once again there are plenty of great Harriers stories to read about in this week's newsletter. This includes some wonderful performances from our AV Team, who continue to go from strength to strength.

We have an incredible AV Team, and I know I speak on behalf of all members when I say how proud we are of you all, and your achievements!

Membership

We've had a great uptake of new memberships and renewals. Thanks to everyone who has signed up so promptly. Your support ensures our club remains in a strong position, meaning we can continue giving great value and great running experiences back to our members.

If you haven't signed up, a friendly reminder that **2026/27 membership fees are now overdue**. For Thursday Night regulars please select the "Recreational Runner" (or Junior) category when signing up. If you're part of our AV Team, please select your preferred AV package.

For more information please head over to traralgonharriers.org.au/about/membership or select "**Become a member**" at the top-right of the Harriers website.

Wishing everyone well as our winter running season continues, whatever your personal goals may be. I look forward to seeing you all out there again 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 ***

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



**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





Curtis Cooper Runs 52 Marathons in 52 Weeks for the Prevention of Child Sexual Abuse

The What

Born and bred in the Latrobe Valley, now Melbourne resident Curtis Cooper will complete his 51st Marathon in as many weeks at this year's Traralgon Marathon as part of his quest to run 52 Marathons in 52 Weeks for child protection charity Bravehearts.

Curtis will cover almost 2,200 kms for the year in the form of full marathons (42.2km) and has so far run in major races such as the Gold Coast Marathon, World Major Sydney Marathon and the Melbourne Marathon among many others across the country.

He will complete #50 of #52 at this year's Brisbane Marathon on June, 7th and will do his penultimate run (#51) at this year's Traralgon Marathon on June, 14th.

Curtis' quest began on June 30, 2025 where he ran 7 Marathons in 7 Days Across 7 States, which is where it will culminate at the Bravehearts 777 on Day 1 in Perth on 29th June.

His goal is to raise \$52,000 to help protect kids from child sexual abuse.

The Charity

Founded in 1997, Bravehearts is an Australian child protection charity dedicated to the prevention and treatment of child sexual abuse.

Bravehearts EDUCATES, EMPOWERS and PROTECTS children and young people by way of personal safety education programs, child protection training, trauma-informed counselling, research, lobbying and national awareness campaigns.

The Facts

The hard truth is more than **1 in 3 Australian girls** and almost **1 in 5 boys** experience child sexual abuse. A ridiculous statistic that simply shouldn't be, especially in our own backyard.

Where Will the Money Go

On costs associated with intervention and counselling for Children, Young People and Families as well as programs such as Ditto's Keep Safe Adventure.

Bravehearts also provides case management and counselling services to adults undergoing Redress, operates a National toll- free Information and Support Line (1800 272 831) and provides holistic therapy and support services to young people who have engaged in, or are at risk of engaging in, harmful sexual behaviours.

Additional Links

<https://fundraise.bravehearts.org.au/52-in-52>

https://www.instagram.com/52_in_fiftytwo/

<https://www.facebook.com/61555233417822/>

Scan here for more



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						
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 – Traralgon Bowls Club	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 Odlum	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 Renehan
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

Traralgon Harriers "Big T" T-shirt order

Orders open until 31st of May - \$60 each
Men's & Women's | Black & White



Sub4 Size Guide: https://www.sub4.com.au/pages/size-guides?srsId=AfmBOoqEholPAvxJySxjGhrf28n6MueARocTlz_0W00_697GW7dOtqsQ

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 May 7th – View Hill Drive 5km

Braving an early taste of winter, 49 participants tackled last Thursday's Harriers' 5km run amidst cold and blusterly conditions. On this occasion the event traversed the streets around View Hill Drive, just north of Crosses Road in Traralgon.

While some of these brave souls were holding back in order to come up fresh for Sunday's Athletics Victoria 5km Road Race, others were prepared to give it their all. Amongst these, veteran athlete Karen Graham stood out for her fifth outright placing and first among the females result, while others such as Jye Kestner and Molly Irvine are reaping the results of dedication to improving fitness. Seth Bomers' results are also advancing in leaps and bounds, evidenced by his recent foray into sub-20 minute 5km territory.

The quickest female finishers were Karen Graham, Molly Irvine and Yani Cornthwaite; while the males were lead by trail-runner extraordinaire Sav Mavrofridis, with Daniel Furmston and Ash Crawford less than 2 minutes behind.

Following this chilly event many of the Harriers then warmed their extremities at a Club social dinner in the Crown Hotel in Traralgon.

Results – View Hill Drive 5km run/walk

Sav Mavrofridis 18:59, Daniel Furmston 20:08, Ash Crawford 20:50, Seth Bomers 21:03, Karen Graham 22:30, Adrian Sutcliffe 22:45, Molly Irvine 23:45, Yani Cornthwaite 24:10, Lucy Sedgwick 24:29, Gary Fox 24:48, Dempsey Podmore 24:53, Ron Verschuur 24:53, Chris Van Unen 25:05, Geoffrey Francis 25:43, Belkey Podmore 26:04, Peter Sanders 26:07, Clinton Jolly 26:31, Kate Mayer 26:32, Darrel Cross 26:59, Stephen Mcleod 27:02, Phillip Mayer 28:10, Jye Kaestner 29:09, Catherine Leonard 29:14, David Hood 29:39, Drew Sedgwick 29:49, Marieka Reilly 30:18, Maddy Wood 30:39, Dave Mann 30:39, Claire Macumber 31:23, Kaye Livingstone 31:54, Desley Gray 32:00, Stephen Renehan 32:49, Mark Lansdown 32:58, Bailey Rollandin 33:18, Kat Fenech 33:24, Paul Rollandin 33:35, Daniel Symons 34:38, Tania Whitehead 34:40, Paul Smith 35:52, Mandy Ellis 36:00, Barry Higgins 37:18, Megan Kenny 37:49, Shay Lorenz 51:00, Shane Gavin 52:23, Kylee Earl 52:28, Jason Odlum 58:00, Johnn Skordakis NTR, Darren Fielden NTR, Errol Poole NTR

Traralgon Harriers Kickstart XCR Season at Lakeside Stadium

IN GOOD NEWS, Athletics Victoria's Cross Country and Road series is back up and racing for 2026. The season started fast, flat, and hard with the 5km road race at Lakeside Stadium, the home of athletics in Victoria. All your favourite runners were met with near perfect running conditions, with only the slightest hint of a breeze on the return leg along Lakeside Drive.



First to cross the start line for 2026 was the men's 5km race (pictured above from left to right - Ian Cornthwaite, Gary Fox, Ron Verschuur, Miles Verschuur, Corey Milner, Sav Mavrofridis, and William Robertson). Once again leading the way was Corey Milner, who sped around in 15:37, demonstrating how a well-built engine can tackle any distance with aplomb. Next up was a dead heat of 16:03 between Sav Mavrofridis and Harriers latest recruit the Hobartian William Robertson. Both of these runners have enjoyed marked improvement over recent months and show plenty of promise for the remaining nine events. Next across was Miles Verschuur, who shocked himself with a personal best of 16:25. Ian Cornthwaite then once again added to his age group medal tally, with a bronze medal in 18:38. Gary Fox and Ron Verschuur once again tussled, with Fox snagging the advantage.

In the women's race, it was personal bests aplenty. Yani Cornthwaite (20:23) was just ahead of Chelsea Fox (21:31). Kate Jones and Anna Cardillo both put in a very impressive shift and finished within a minute of each other. Pictured below is some of our women stars – Kate, Anna and Chelsea.



A pneumonia-effected Dempsey Podmore was still able to record 15:54 in his junior race. Seth Bomers, returning to AV for the first time since 2024 dipped below the 20-minute mark for the first time, with Belkey Podmore notching a time of 22:40.

In an interesting quirk, both of Harriers fastest runners in Milner and Yani Cornthwaite finished 119th in their respective categories.

The team will be hastily starting their recovery, with only a six-day break until the fan favourite in the Jells Park relays.

Results:

Female Open

5km: Yani Cornthwaite 20:23; Chelsea Fox 21:31; Kate Jones 22:00; Anna Cardillo 22:53.

Male Open

5km: Corey Milner 15:37; Sav Mavrofridis 16:03; William Robertson 16:03; Miles Verschuur 16:33; Ian Cornthwaite 18:38; Gary Fox 23:15; Ron Verschuur 23:27.

Male 18

5km: Dempsey Podmore 15:54; Belkey Podmore 22:40.

Male 16

5km: Seth Bomers 19:46.

Ian Cornthwaite and Miles Verschuur

Thursday May 14th – Club Run Doughnut 6km

The Harriers' run/walk last week celebrated International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT) and attracted a colourful band of 60 participants (some of which are pictured below). The course, designated the "Doughnut," encompassed a 6.2km two-lap course from the Harriers' clubrooms in Traralgon's north-east and stimulated some glowing competition amidst balmy, early evening conditions.

Based on finishing times there were several close tussles between small groups including a mere six seconds amongst Karen Graham, Trent Kooyman, Lucy Sedgwick and Darrel Cross; and a similar situation between Nicholas Talerica, Ivy Crawford and Dave Mann.

The female competition was dominated by established triathlete Molly Irvine with Chelsea Fox and Karen Graham one to two minutes in arrears.

The quickest males constituted a veteran trio of Ian Cornthwaite, Andrew Greenhill and Ash Crawford.



This Thursday's (21.5.26) event is the Hickox Hills 5km beginning from near Dunbar Road, Traralgon. Registration is from 5:30pm and Harriers' supplied high-vis. Vests are compulsory.

Additional events last weekend featuring Traralgon Harriers were the iconic UTA 50, Australia's internationally recognized premier trail running event at Katoomba in the Blue Mountains. This event saw trail-running connoisseur Sav Mavrofridis tackle 2400m elevation over rocky trails to then finish 20th outright and 17th male amongst a field of 2337 starters. His time was 4:59:36.

Saturday also saw a committed group of Harriers compete in the Athletics Victoria 6km cross country relay championships at Jells Park. (Report by Miles Verschuur to follow).

On Sunday Corey Milner raced the Great Ocean Road Running Festival 60km Ultra event taking the win in an impressive 4:02.25 while fellow Harrier Glenn Crawford ran in the 'marathon' event (44km) placing 188th in a time of 3:42.09 (pictured below).



Only a matter of four weeks away is the much-loved Traralgon Marathon Festival which incorporates a 42.2km marathon, a 21.1km half-marathon and a 10km event - time therefore to pull on the training shoes and complete the last few weeks of training opportunity!

Results – Club Run Doughnut 6km

Ian Cornthwaite 25:26, Andrew Greenhill 25:26, Ash Crawford 25:51, Molly Irvine 27:03, Clinton Jolly 27:10, Adrian Sutcliffe 27:29, John Skordakis 27:41, Peter Sanders 27:50, Chelsea Fox 28:35, Karen Graham 29:42, Trent Kooyman 29:45, Lucy Sedgwick 29:45, Darrel Cross 29:48, Geoffrey Francis 30:12, Stephen Renahan 30:30, Shane Gavin 30:44, Ron Verschuur 31:06, Stephen Mcleod 32:25, Chris Van Unen 32:31, Phillip Mayer 34:12, Catherine Leonard 34:15, Jye Kaestner 34:25, Paul Rollandin 36:31, Drew Sedgwick 37:00, Nicholas Talerico 38:22, Ivy Crawford 38:22, Dave Mann 38:23, Ashley Marsh 38:53, Desley Gray 39:21, Marieka Reilly 39:21, Charlotte Barr 40:11, David Barr 40:12, Matthew Frescura 40:46, Maddy Wood 40:54, Lauren Peter 40:54, Tania Whitehead 41:45, Mandy Ellis 41:52, Daniel Symons 41:57, Tracey Matheson 42:32, Bailey Rollandin 42:36, Mark Lansdown 42:40, David Matheson 42:43, Clara Sedgwick 43:05, Bjorn Luxmann 44:30, Barry Higgins 51:05, Clancy Sedgwick 52:00, Jason Odlum 54:45, Darren Fielden 55:00, Anja Norwood 56:48, Peter Grixti 1:01:30, Michelle Colwell 1:04:39, Belinda Heafield 1:07:56, Nick Hodson 1:09:00, Kylee Earl 1:09:00, Angelo Gaudiano 1:09:00, Ree Graham 1:13:00, Ian Heafield NTR, Sep Marino NTR, Ben Pickett NTR, Yani Cornthwaite NTR

Ian Cornthwaite

Traralgon Harriers Fight Hard at Jells Park Relays

TWELVE of your favourite Harriers ventured to Jells Park in the Glen Waverley district on Saturday for the traditional Jells Park cross-country relays. Two twisting and winding laps of three kilometres set against a grassy sloping rise once again constituted the course set for the runners to tackle.



Will “Danger” Robertson (pictured above) was the first runner in the Harriers’ top men’s team, working hard for 21:53 across the 6-kilometres. Wily veteran Ian Cornthwaite (23:43) ran hard, followed by Greg Semmler (23:50), his first run after spending the 2025 XCR season on the sidelines. Miles Verschuur (22:21) and Dempsey Podmore (21:21) effectively anchored the team into a 10th place finish.

In Division 5, Seth Bomers ran well, with the team’s senior citizens Ron Verschuur and Ian Twite constituting the tail of the team. For the women, Yani Cornthwaite (26:32) continues her purple patch of form, as does Anna Cardillo (29:32 pictured right). Chelsea Fox and Kate Jones guided the team in the second half of the race into a respectable 9th place in Division 2.



The Big T awards were received by Robertson and Jones for their exigent efforts across the afternoon. In a fortnight, the team will travel on the bus to St Anne's Winery on the outskirts of Bendigo for the 8km Country XC Championships, where Harriers will be in good chances to potentially collect more silverware.



Results:

Female Open (team pictured above)

4x6km: (Yani Cornthwaite: 26:32, Anna Cardillo: 29:32, Chelsea Fox: 28:34, Kate Jones: 27:33) 1:52:11.

Male Open

5x6km: (William Robertson: 21:53, Ian Cornthwaite: 23:43, Greg Semmler: 23:50, Miles Verschuur: 22:21, Dempsey Podmore: 21:21) 1:53:08;

4x6km: (Seth Bomers: 29:36, Ron Verschuur: 29:22, Ian Twite: 34:22) 1:33:20.

Miles Verschuur

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

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

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



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