

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

2 July 2026 - Volume 59 – Issue 13

THURSDAY RUN

This Week's Course

Meadow Park Drive 6km

Duty

Maddy Green &
Shane Wilson

Marker

Jason Odum

9/7/26

Aussie Broadband Head
Office 5km

Duty

Megan Kenny &
Nicky Semmler

Marker

Chris Van Unen

16/7/26

Club Run - Doughnut
Course 6.2km

Duty

Paul Ellis &
Owen Notting

Marker

Mark Lansdown



Our AV team travelled to Calder Park Raceway last weekend for the running of the road-relays event. Pictured are *most* of the team minus Twitey and Kate

President's Message

Thursday 2 July 2026

We've reached the halfway point of 2026 and what a huge year it's been so far.

Our members should be incredibly proud of everything we have achieved together over the past 6 months, not only with the success of our major events – such as the recent Traralgon Marathon and Running Festival – but also the weekly participation that is at the core of what we do as a club.

Traralgon Harriers provides so many opportunities for runners and walkers of all abilities to get involved and reach their full potential, whether that's Thursday runs, AV Team or taking part in our running events throughout the year.

Speaking of which, we have the **Ray and Doris Ellis Trail Run coming up this Sunday** at Wirilda Park, with a 23km solo or relay entry available, as well as a 10km solo run. This is a fantastic event and the perfect opportunity to increase your points tally for our inaugural **Trail Running Championship**. [Sign up here](#).

On **Thursday 16 July we have our Annual General Meeting** at the clubrooms, following our regular Thursday run. Hopefully you've all seen the AGM announcement email from Club Secretary Dave Barr, which includes committee nomination forms.

I strongly encourage members to consider being part of the new committee, and to help make a valuable contribution. Harriers doesn't exist without your support, and we can all play a role. One of our focuses with the 2026 / 27 Committee will be a clearer definition of roles, to ensure everyone can contribute their skills and to provide a better understanding of what's actually involved in running the club.

Being part of committee and volunteering is a rewarding experience, and you'll be well supported by fellow members and our Executive Team. Plus, there's the added bonus of free pizza at every committee meeting!

If you're interested in joining committee and have a particular strength in event planning, sponsorship coordination or communications, or simply have the enthusiasm to step up and get involved, we would love to have you on board.



Nomination forms must be received before the AGM on 16 July. [Please reach out to me](#) or any of our Executive Team members if you're keen to learn more.

We also have our **Mid Year Awards Night and Dinner Celebration taking place on Saturday 1 August**, from 6:30pm at Dal Mondo Restaurant Traralgon. This is always a fantastic occasion where you can enjoy great food and great company with your fellow Harriers, and celebrate the announcement of our summer season championship winners.

We'll be awarding our season placegetters and also acknowledge other members who have made outstanding contributions throughout the year. **Invitations and more information about the night will be sent to all members very soon.**

Thanks to everyone for your ongoing support.

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 Grzmił~~

~~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 & Sep Marino

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

Click HERE to enter>> <https://tinyurl.com/raydorisellis2026>

RAY AND DORIS ELLIS TRAIL RUN



SUNDAY JULY 5 AT WIRILDA PARK
23KM INDIVIDUAL OR RELAY 8AM
10KM INDIVIDUAL 9AM

REGISTER NOW USING THE QR CODE OR ENTER ON THE DAY



BROUGHT TO YOU BY TRARALGON HARRIERS

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 | | | | | | |
| 11 | Thurs 18 June | Ron's Run | 5 km | | Ron | Kathy Quinn & Michelle Cowell |
| 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 | Aussie Broadband Head Office | 5 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 |
| | Saturday 1 Aug | Harriers Mid-Year Presentation Night | | Dal Mondo Restaurant Traralgon 6:30pm | | |
| 18 | Thurs 6 Aug | The Rise | 5 km | | 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 | | Molly Irvine | 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 & Sep Marino |
| 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 |



Pictured above – Sav Mavrofridis is enjoying a purple patch of form

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

JUNE has once again been a busy month for the Traralgon Harriers, with the 59th Traralgon Marathon, two Athletics Victoria XCR races, and preparations for the Ray and Doris Ellis Trail Run in the first weekend of July. That has not stopped, however, a score of Harriers turning up to the bread-and-butter Thursday runs and braving the wintry evenings.

Just over a week prior to the marathon Liddiard Road in the south-west quadrant of Traralgon was the venue for a six-kilometre run, with marathon pacer Andrew Greenhill and Dempsey Podmore crossing the line together, just ahead of Adrian Sutcliffe. Yani Cornthwaite (pictured below) and Molly Irvine were, as ever, towards the front of the pack, with Mareika Reilly in third. On handicap, Jason Odlum scored a victory, ahead of star netballer Belkey Podmore, and veteran Clinton Jolly. For the women, the handicap results matched the podium.



The following week at the six-kilometre run starting from Sanctuary Lake on The Avenue, it was a tale of promising junior success. Fresh off second place in the marathon was Sav Mavrofridis (20:37) who was followed by youngsters Bowie Ruyg (24:24) and Seth Bomers (24:39). Once again Cornthwaite and Irvine were towards the front, as was Harriers evergreen Karen Graham (28:36). On handicap, Bomers was followed by Angelo Gaudiano and McGown; Cornthwaite, Cat Leonard, and Graham for the women.

On Thursday the 18th, forty dedicated Harriers took the short trek to the Newborough Public Hall for a two-lap course around the sloping hills of "Old Newborough." A breezeless warmth hung in the air, a rare reprieve from the goosebump-inducing weather of a Gippsland winter. Across the five-kilometres, Pete Cutler (18:27) was far in front, with Matt Deppeler also making an appreciated appearance. Another Pete (Sanders) also put in a fair effort. Young Charlotte Barr was the second-fastest woman behind Molly Irvine with Maddy Wood rounding the podium. Odlum and Irvine collected further handicap victories.

Back in Traralgon, the Tennis Courts run was on offer, a tight finish between Mavrofridis and Cutler was in order, Bomers once again amongst the fastest runners. Chelsea Fox (23:16) continued her rapid improvement, ahead of Graham and Caitlin Pitt (26:30). The smiling Shane Wilson nabbed a handicap win, as did Pitt, just ahead of Ree Graham and Mandy Ellis.

July will remain as exciting as June; another two Athletics Victoria races and the popular trail race at Wirilda are perfect places to start your Harriers journey.

Results

Newborough Public Hall 5km walk/run:

Peter Cutler 18:27, Seth Bomers 20:10, Matthew Deppeler 21:34, Peter Sanders 22:53, Molly Irvine 23:15, Stephen Renehan 23:23, Shane Gavin 23:30, Clinton Jolly 24:02, Ron Verschuur 24:02, Gary Fox 25:38, Jason Odlum 26:03, Chris Van Unen 26:17, David Hood 27:14, Jim Cutler 27:58, Charlotte Barr 28:47, David Barr 28:53, Dave Mann 29:11, Maddy Wood 29:11, Toby Grzmil 30:14, Sep Marino 30:33, Bjorn Luxmann 33:06, Liesl Sexton 33:15, Jye Kaestner 33:26, Matilda Lappin 33:26, Daniel Symons 34:17, Mandy Ellis 34:18, Desley Gray 35:00, Marieka Reilly 35:00, Tania Whitehead 37:43, Ree Graham 37:47, Angelo Gaudiano 44:31, Kat Fenech 44:31, David Matheson 44:59, Tracey Matheson 44:59, Nick Hodson 54:02, Kylee Earl 54:02, Ann Bomers NTR, Megan Kenny NTR, Kathy Quinn NTR, Michelle Colwell NTR

Tennis Courts/Franklin Street 5km walk/run:

Sav Mavrofridis 17:25, Peter Cutler 17:25, Seth Bomers 20:01, Ash Crawford 20:18, Andrew Greenhill 20:39, Clinton Jolly 20:56, Adrian Sutcliffe 21:05, Matthew Deppeler 21:30, Peter Sanders 22:38, Chelsea Fox 23:16, Shane Gavin 23:29, Karen Graham 23:32, Ron Verschuur 23:47, Gary Fox 23:57, Trent Kooyman 24:01, Geoffrey Francis 24:27, Nicholas Talerico 24:57, Stephen Mcleod 25:32, Shane Wilson 25:46, Hayden Matthews 26:00, Ben Wilkinson 26:02, Andrew Matthews 26:30, Caitlin Pitt 26:30, Chris Van Unen 27:09, Catherine Leonard 27:29, Errol Poole 28:25, McKenna Smith 28:58, Jason Odlum 28:59, Angelo Gaudiano 29:00, Charlotte Barr 29:26, David Barr 29:27, Drew Sedgwick 29:36, Toby Grzmil 29:55, Mark Lansdown 30:04, Claire Macumber 30:16, David Hood 31:06, Phillip Mayer 31:08, Desley Gray 31:08, Ashley Marsh 31:35, Ree Graham 31:43, Mandy Ellis 31:44, Tracey Matheson 31:51, David Matheson 32:02, Paul Smith 33:33, Liesl Sexton 33:36, Daniel Symons 33:39, Megan Kenny 34:34, Helen Whitby 37:23, Barry Higgins 39:10, Bjorn Luxmann 43:45, Shay Lorenz 48:20, Michelle Colwell 48:51, Anja Norwood 49:31, Nick Hodson 51:47, Kylee Earl 51:47, Lynda Jones 52:10, Ross Jones 52:10, Giuseppe Marino NTR, Ann Bomers NTR, Marieka Reilly NTR

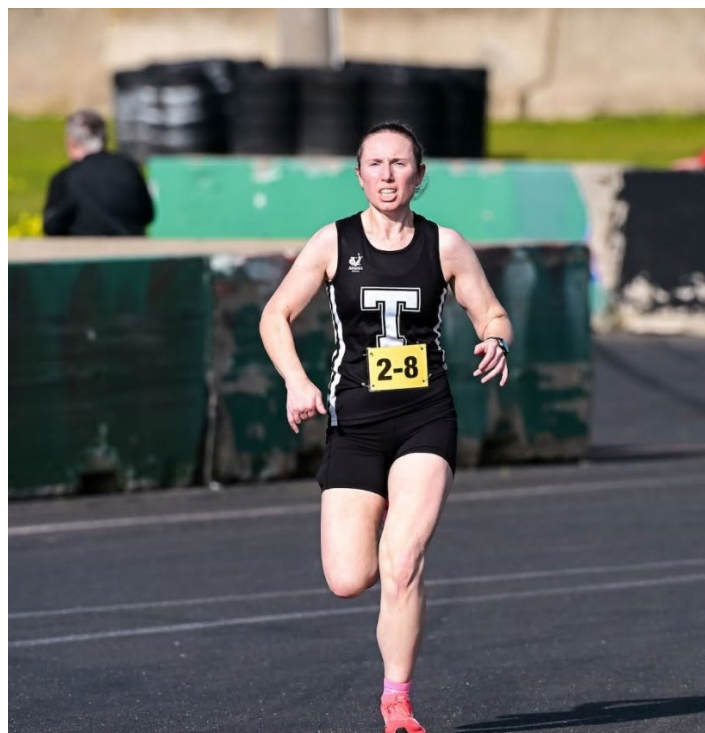
Miles Verschuur

Traralgon Harriers Burn Rubber at the Thunderdome

YOUR FAVOURITE Harriers' engines were roaring around Calder Park on Sunday afternoon for the Athletics Victoria Road Relays. After a foggy start to the day, brilliant sunshine and a soft breeze were the order from the weather gods. Each runner traversed a leg 7.4 kilometres in length – a lap of the Thunderdome followed by a lap of the National Circuit – twice. The change from Sandown racetrack was appreciated for the novelty factor (pictured below is car racing enthusiast, Glenn Crawford enjoying said novelty factor!)



The men's division three team were feeling bullish about their chances, with Sale speedster Richard Ogilvie drafted in for his first run of the season. Corey Milner (22:39) was the fastest Harrier on the day and put the team into third place. After Will Robertson's leg the team was slightly back in fourth. Dempsey Podmore and Miles Verschuur then returned to third place, before Ogilvie thundered home into second place by only eight seconds, the team's best results in over five years.



Pictured above – Greg Semmler made a welcome return to the team along with Kate Jones

Glenn Crawford, Seth Bomers, Gary Fox, and Greg Semmler finished higher than expected in Division 5 in tenth place. There was a drama in the Division 7 team with the starting runner Ron Verschuur forgetting the timing chip/relay baton, giving the other teams a three-minute head start. Yani Cornthwaite and Kate Jones also had a ball in the Division 2 women's team picking up some valuable points.

Next up the season returns to the slopes of Mount Cooper at Bundoora for the State Cross Country Championships.



Results:
Female Open
 4x7.4km: (Yani Cornthwaite: 30:21, Kate Jones: 39:20).
Male Open
 5x7.4km: (Corey Milner (below): 22:39, William Robertson: 24:29, Dempsey Podmore (left): 24:09, Miles Verschuur: 25:05, Richard Ogilvie: 23:30) 1:59:52.
 4x7.4km: (Glenn Crawford: 28:55, Seth Bomers: 29:08,

Gary Fox: 34:22, Greg Semmler: 28:27) 2:00:52; (Ron Verschuur: 38:04, Ian Twite: 38:22).



Miles Verschuur

Surf Coast Trail Marathon

Why is it after weeks of training, the week leading into a race you get knocked over and end up with a cold?? Unfortunately, this was my lead up to the Surf Coast Trail marathon. The SCTM had introduced a team marathon and Jay jumped on board when I suggested we do it together as we had the Cairns marathon a few years ago.

The forecast wasn't looking to be in our favour for the day with predicted rain but with bibs collected from the gin distillery and with event t-shirt acquired we headed to the local Thai restaurant for our traditional pre-event satay chicken and rice before getting an early night.

We woke up to a fresh day with a stiff breeze in Torquay and made our way to the startline. The TourdeTrails team always put on a fantastic event and the vibe at SCTM was no exception. It is always so lovely to be greeted by lots of hugs from the RD team and from people we have come to know over the past few years photographing events. My nerves for this race weren't too bad although Jay would say different. My main concern was being caught by the sweeps and missing cut off. As I had chosen to go first, I had to run 19.6km with over 500m of vert running from Torquay to Point Addis before tagging Jay to bring us home to the Fairhaven surf lifesaving club.



My first challenge of the day for me was a 2.5km stretch of sand before double backing along the foreshore to pass the start line and run along the cliff top concreted path, heading towards the Torquay surf beach. As soon as I rounded the corner and was hit by the wind, I knew it was going to be a tough day. Despite this I was super happy to get the first 5kms done in my parkrun time of around 40 minutes. The views of the choppy sea along the cliff tops were ruggedly beautiful.

Crossing the boardwalk, I was greeted by Jay and the event photographer both taking my photo 😊. The first climb up a headland came next, along with the sand track, making my way towards Bells beach. The wind was so savage in one spot that I was knocked off my feet and picked up by a lovely couple walking

their dog. I held onto the fence and made my way along receiving lots of comments from passersby of encouragement and warnings about the wind around another corner. With 10km down the track headed inland and it was a relief to get away from the relentless gusts.



At Bells beach I hit the first aid before heading down the insanely steep concreted path and stairs to cross my second beach of the day. It was slow going in the soft sand as I went up and down over the sand dunes following the footprints of all the runners in front of me.

On the climb out of Bells was where

I encountered my second challenge of the day and not one I was expecting at all – my stomach. Although I had practiced with my nutrition all through my training, on race day it was time to revolt apparently. A few text messages to Jay to tell him how bad I was feeling with his words of encouragement I trudged up the hills, slowly sipping on water till I felt better, which got me to the start of the Great Otway NP. Even though this was the biggest hill of the day it was my favourite section surrounded by grass trees, birds hanging on for dear life and runnable flowing sections. Getting my groove back I was diverted onto a road section due to a late track closure. I thought I was nearly done but apparently not, as I finished the 800m of road, I was then redirected back onto the single track making my way down some mountain bike tracks which by then the rock steps down were pretty painful as the inevitable blisters on my right foot began to scream at me. A final set of steps up another headland took me back to the Point Addis road and the sight of Jay walking down the road in the distance towards me. I walked up the last hill to be met by a volunteer who took a photo of Jay and I (where I looked suitably relieved to reach the top of that last hill) before stopping at the aid station to tag Jay in.



I wandered back to the car parked back down the hill where I saw the sweeps in the distance – which was when it hit me that I had made it! I rang a friend to tell her I had finished and to download trying not to cry from the emotions running through me.

I drove to Anglesea to get there just before Jay came flying through. I made my way to Fairhaven beach and waited for Jay so we could cross the finish line together while trying not to seize up from the cold. Jay ran an amazing time and was soon ringing me to make sure I was ready. We ran together to the bottom of the steps which I struggled up to then cross the line together and to be greeted by Kellie Angel handing us our medals.

Lots of congratulations and celebratory hugs were an awesome way to finish the day along with a beer and hot chips. Thank you to Jay and Megan for believing that I could run a trail half marathon. Today's run was harder than I thought, but I'm lucky to have people who believe in me. A good reminder that hard things are still doable. We finished with a time of 5 hours and 25 minutes but our time didn't matter, it was the fact that Jay and I could do this together surrounded by friends in an amazing part of our state that made this one adventure I won't be forgetting anytime soon. I wonder what adventure I could get Jay to do with me next....



Sam McGown

From teenage Harrier to World Masters Championship

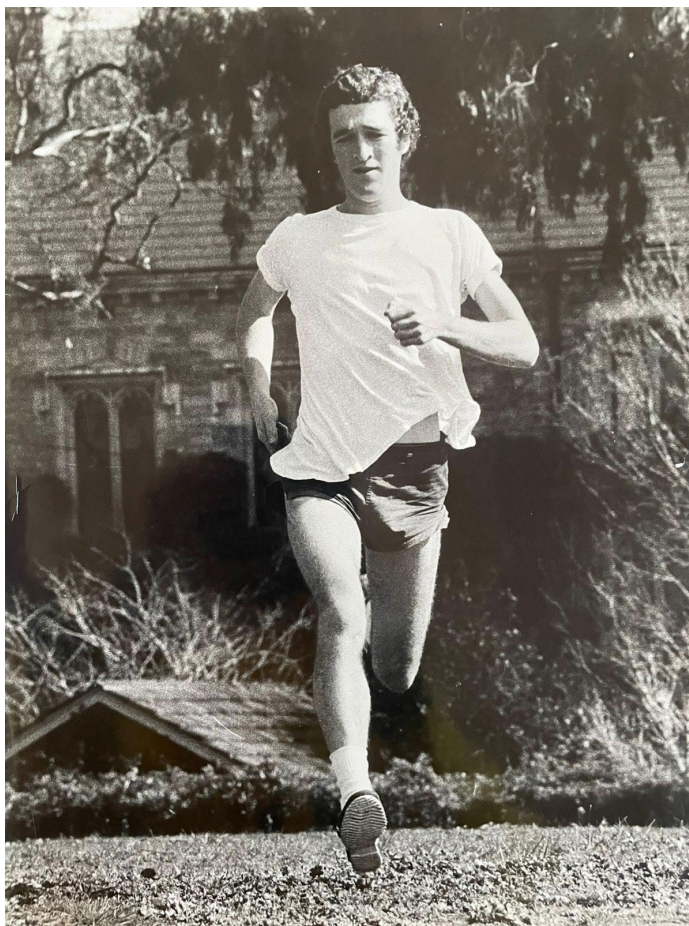
Some Harriers History

Former junior Traralgon Harrier John Bermingham has reached his mid-70s, but has not put his running shoes away. John is poised to tie his laces and tackle the World Masters Athletics Championships in South Korea in August.

A young John Bermingham joined the Harriers in 1967 as a St Paul's (Lavalla College) secondary student. His Latin language lessons helped him translate Barry Thompson's earthy Harriers' motto into the more acceptable Latin phrase: "Omnia Abiecta Faeciei". (Ask someone who knows 😊)



John was a spectator to the inaugural Traralgon Marathon in 1968. In the second marathon in 1969, run in arctic conditions, John, aged 17, was one of the 'cold shock' victims and when he was ordered out at 34 km was unable to speak or recognise the friends who assisted him. Undeterred, soon after he ran and finished his first marathon, the Victorian Marathon Championship, in 2 hours 47 minutes.



The following year, 1970, he was sixth in the field of 24 behind dual Olympian and world record holder Derek Clayton, who set the still standing Traralgon Marathon record.

A teenage victory in 1971

John went on to win comfortably at Traralgon the following year, still in his teens. The 1971 results were: John Bermingham 2:32:08, Philip Lear 2:37:49 and John Shanahan 2:44:15.

John later said, "I was only nineteen, and with a number of the good experienced runners there I didn't expect to win. But a few of them fell away around the 20 mile (32km) mark."

Philip Lear increased his speed by almost ten minutes to win the following year, and returned to win again in 1976. In later years when asked about his two victories, Phil Lear jokingly said, "I was able to do what Derek Clayton didn't do – win *two* Traralgon Marathons!"

John went on to run excellent times across different distances, and in 1973 won the Victorian Marathon Championship in 2:17:21 as a member of the Melbourne University Amateur Athletic club.

John took part in an attack on the four-minute mile on an indoor track in New York, racing against the Kenyan Mike Boit and Irish world record holder Eamon Coghlan. In more recent years he has achieved outstanding results and established age group records across various distances.

A severe attack of the 'flu just before the selection trials for the 1976 Montreal Olympics upset his very likely chance of representing Australia. In 1980 as a Melbourne Uni graduate his 6-months gap year adventure saw him ride his bike about 7000 km across northern Australia, from Cairns via Alice Springs to Darwin.

In 2017, almost half of a century after his last Traralgon Marathon, John travelled from his home in Alice Springs to help the Harriers celebrate their 50th anniversary event. He placed high in the field and first in his over-60 age group (pictured below). Maintaining contact, a couple of years ago he dropped in for a Thursday night run on the Chook Hill course on his way back home.



As the Australian Distance Running Nostalgia Fb page recently posted, "An all-star contributor - Happy Birthday to one of Australia's great distance runners, John 'Boomer' Birmingham, still going strong at 75 and preparing to head to Daegu for the World Masters Athletics Championships".

And best wishes from John's (very) old Harrier friends.

Barry Higgins

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 |



RAY AND DORIS ELLIS TRAIL RUN



SUNDAY JULY 5 AT WIRILDA PARK
23KM INDIVIDUAL OR RELAY 8AM
10KM INDIVIDUAL 9AM

REGISTER NOW USING THE QR CODE OR ENTER ON THE DAY



BROUGHT TO YOU BY TRARALGON HARRIERS

WONDERLAND RUN

29 - 30 August 2026

A COLOURFUL TRAIL RUNNING ADVENTURE THROUGH ANCIENT ROCK, WILD LANDSCAPES AND GOOD TIMES IN THE HEART OF THE GRAMPIANS

This technical trail running event takes you across rocky ridge lines, flowing singletrack and spectacular sandstone landscapes with courses designed for adventure and fun.

Event Village Address: Centenary Hall, 115 Grampians Road, Halls Gap, VIC 3381, Australia

RACE DISTANCES - SATURDAY:

- 11km - The Pinnacle
- 6km - Chatauqua Loop
- 2km Kids Trail

RACE DISTANCES - SUNDAY:

- 50km
- 30km
- 20km

<https://www.singletrack.com.au/wonderland/enter-now>



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GEOFF WATT

MEMORIAL FUN RUN & FESTIVAL

18.10.26

ENTRIES: www.geoffwattrun.com.au
or Scan QR Code



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



active feet
YOUNG
ACHIEVEMENT
AWARDS

FANCY DRESS
SPOT PRIZES

GEOFF WATT MEMORIAL ATHLETICS TRACK
BURKE STREET, WARRAGUL

EVENT TIMES 9AM - L&F EYECARE GEOFF WATT HALF MARATHON **FOOD & WINE FESTIVAL**
9.50AM - MICHELTON 10K - JAYCO 5KM **FAMILY ENTERTAINMENT**
10.00AM ACTIVE FEET 2.5KM WALK/RUN **VINTAGE CARS**
10.30 - 11.25AM JUNIOR ATHS CLINIC (RUN, JUMPS, THROW) **LIVE MUSIC**
11.30AM JUNIOR 400M 12.15PM PRESENTATIONS

Entries are now open for the 2026 Jayco Geoff Watt Memorial Fun Run & Festival — Gippsland's longest running fun run event!

Join us for a fantastic day out with live music, a food & wine festival, vintage car show, family entertainment, and infield skills sessions with Australian Athletics Ambassadors.

🏆 EVERY PARTICIPANT RECEIVES A MEDAL, GIFT PACK & \$50 ACTIVE FEET VOUCHER!

Plus keep an eye out for Fancy Dress Spot Prizes and Active Feet Young Achievement Awards on the day.

Head to www.geoffwattrun.com.au [1] to register for your event — entries are available for all distances including family and junior options.

This year there are also individual AND team prizes for fastest times and most entries from a club, workplace, or team — so why not bring a friend or get your crew together and make a day of it!

Follow us on Facebook at facebook.com/geoffwattrun for competitions, giveaways, and event updates in the lead-up to race day.