

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

24 September 2026 - Volume 59 – Issue 19

THURSDAY RUN

This Week's Course

The Rise 5km

Duty

Jye Kaestner &
Stephen McLeod

Marker

Andrew Greenhill

01/10/26

Track Night - Newborough
5km

Duty

Kat Fenech, Tracey
Matheson, Kylee Earl, Nick
Hodson + Committee
Members

Marker

Megan Kenny

8/10/26

Traralgon to Morwell Bike
Path -5km

Duty

Natalie Blythman &
Mandy Ellis

Marker

TBA



**Our speedy pocket rocket, Mckenna Smith
has had a big fortnight of racing – seen
here smashing out the Puffing Billy kids run on
her way to 9th outright and 4th female**

President's Message

Thursday 24 September 2026

A special announcement to all members regarding our Drink Tickets Policy

I would like to use this fortnight's President's Message to announce an important change that applies to our social events.

As members would be aware, Traralgon Harriers is committed to ensuring our club is a safe, inclusive, and family-friendly environment for athletes of all ages and abilities.

To ensure our practices reflect current community standards, we're updating our event drink ticket policy.

What's Changing?

Going forward, free drink tickets issued at our monthly club social dinners and major events (such as the Mid-Year Awards Night and Christmas Event) will **only be valid for non-alcoholic beverages**.

Why We Are Making This Change

- **Aligning with Community Standards:** Providing free alcohol, directly or via tickets, goes against [current guidelines](#) set by **Good Sports**, which is Australia's leading community health sports program run by the Alcohol and Drug Foundation.
- **Living Our Mission:** Our Club Mission is to *"...provide a family-friendly club for athletes of all ages and abilities, to reach their full potential, and to promote and develop well-being and fitness within the community."*

Actively subsidising alcohol does not align with this mission, especially as a club that welcomes members under 18.

- **A Modern Approach:** Free alcohol tickets are increasingly uncommon across community sports. Updating this policy brings us in line with standard practice.

What Remains the Same

- **Your Freedom of Choice:** Importantly, we are **not restricting anyone's ability to purchase alcoholic drinks** at our events. Members are free to make their own choices, and we support responsible drinking.
- **Our Financial Commitment to You:** This is not a cost-cutting measure. Our club remains in a strong financial position, and in recent years we have significantly increased our average spend to over \$80 per person at major events, with the aim of providing high quality food, host venues and prizes.

Between free event entries, new member reflective vests (valued at over \$50), and our weekly runs, we will always focus on delivering incredible value and great experiences for our members.

As a community running club, it's vital that we model healthy choices. Our words and actions matter, so that's why we're making this change.

If you have any comments or feedback, I encourage you to email me via president@traralgonharriers.org.au, or speak to me following a Thursday night run.

I hope to have your support, and I look forward to seeing you at our upcoming gatherings to enjoy great food, entertainment and social connection with fellow Harriers.

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~~ ~~Podmore & Claire Macumber~~
~~30 April~~ ~~Daniel Wright & Matilda Lapin~~
~~7 May~~ ~~Darren Fielden & Errol Poole~~
~~14 May~~ ~~Yani, Des, Marieka and Sep~~
~~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 Wood & Dave Mann~~

~~09 July~~ ~~Megan Kenny & Ann Bomers~~
~~16 July~~ ~~Paul Ellis & Owen Notting~~
~~23 July~~ ~~Kylie Murray & Darrel Cross~~
~~30 July~~ ~~Cat Leonard & Ree Graham~~
~~6 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~~ ~~Tracey Matheson & Ricky Glover~~
~~17 Sep~~ ~~Tania Whitehead & Giuseppe Marino~~
~~24 Sep~~ ~~Jye Kaestner & Stephen McLeod~~
~~01 Oct~~ **Track Night**
(volunteers confirmed thank you!)

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

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						
25	Thurs 24 Sep	The Rise	5 km		Andrew Greenhill	Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner – Newborough Pub		Kat Fenech, Tracey Matheson, Kylee Earl, Nick Hodson + Committee Members

Summer Season White Singlet Order

\$50.00 each



Mens / Unisex & Womens

<https://www.sub4.com.au/pages/size-guides>

Please order via Marieka at treasurer@traralgonharriers.org.au

Orders close 22 October 2026



Want to check out the first cut of our fresh new summer run calendar?
[Click here](#) to jump to it!

<https://www.sub4.com.au/pages/size-guides>

(note: these are slimmer fitting so consider sizing up rather than down)

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 September 10th – The Avenue 6km

Last weeks (September 10th) Harriers Thursday night run was a flat 6km course consisting of three loops starting at Sanctuary Lake on The Avenue. The course takes in Park Lane and Hammersmith Circuit with the three laps having a total ascent of 40m. Conditions were perfect for the field of 57 keen runners.

First over the line in 22:00 minutes was Peter Cutler followed by Jay McGown 24:06, and Andrew Greenhill 25:17. First of the ladies home was Yani Cornthwaite 26:20 followed by Karen Graham 27:54 and new runner Mina Alkhafaji 28:21.

Results – The Avenue walk/run

Peter Cutler 22:00, Jay McGown 24:06, Andrew Greenhill 25:17, Matthew Deppeler 25:18, Adrian Sutcliffe 25:38, Ash Crawford 25:56, Yani Cornthwaite 26:20, Stephen Renehan 26:26, Clinton Jolly 27:15, Karen Graham 27:54, Trent Kooyman 28:10, Mina Alkhafaji 28:21, Geoffrey Francis 28:23, Darrel Cross 28:29, Jason Odlum 28:40, Gary Fox 29:28, Ron Verschuur 29:33, Errol Poole 31:23, David Hood 32:21, Megan Kenny 32:28, Nicholas Talerico 32:43, Catherine Leonard 32:46, Jye Kaestner 33:22, Phillip Mayer 33:46, Ben Wilkinson 33:47, Bjorn Luxmann 33:51, Mark Lansdown 33:54, Drew Sedgwick 34:21, Angelo Gaudiano 34:46, Ashley Marsh 35:19, Marieka Reilly 35:23, Desley Gray 35:23, Maddy Wood 35:54, Dave Mann 35:56, Charlotte Barr 36:18, David Barr 36:27, Claire Macumber 36:39, Giuseppe Marino 36:51, Jim Cutler 39:24, David Matheson 39:28, Mandy Ellis 39:53, Kaye Livingstone 40:20, Tania Whitehead 40:22, Ree Graham 41:05, Daniel Symons 44:22, Samantha McGown 48:36, Barry Higgins 48:37, Ann Bomers 49:52, Natalie Blythman 56:00, Kylee Earl 1:02:00, Nick Hodson 1:02:00, Kathy Quinn 1:03:11, Michelle Colwell 1:03:11, Ian Heafield 1:14:38, Darren Fielden NTR, Tracey Matheson NTR, Sav Mavrofridis NTR.

Thursday September 17th – Netball Courts 5km

Last weeks (September 17th) Harriers Thursday night run was an undulating 5km course starting at the Agnes Brereton Netball Courts. The course takes in the Traralgon Creek walking track followed by a climb up Balmoral Place and St George's Road with a total ascent of 50m. Followed by a cruise down Eton Avenue, and back home. A cold wind made the start a bit chilly but our 49 runners soon warmed up.

First over the line in 17:11 minutes was Sav Mavrofridis followed by Adrian Sutcliffe 21:47, and Ash Crawford 21:57. First of the ladies home was Chelsea Fox 24:59 followed by Karen Graham 25:45 and Megan Kenny 25:55.

Results – Netball Courts walk/run

Sav Mavrofridis 17:11, Adrian Sutcliffe 21:47, Ash Crawford 21:57, Clinton Jolly 22:00, Peter Sanders 22:48, Trent Kooyman 24:00, Geoffrey Francis 24:07, Chris Van Unen 24:39, Corey Milner 24:59, Chelsea Fox 24:59, Errol Poole 25:03, David Barr 25:25, Karen Graham 25:45, Megan Kenny 25:55, Stephen Mcleod 26:12, Stephen Renehan 26:26, Catherine Leonard 27:06, David Hood 27:48, Jason Odium 28:09, McKenna Smith 28:13, Ivy Crawford 28:14, Phillip Mayer 28:32, Mark Lansdown 28:41, Luke Marino 29:10, Giuseppe Marino 29:14, Ashley Marsh 29:18, Ree Graham 29:22, Dave Mann 29:53, Angelo Gaudiano 31:00, Emma Marino 31:23, Bec Anderson 31:31, Desley Gray 31:39, Marieka Reilly 31:39, Daniel Symons 31:55, Ron Verschuur 31:59, Gary Fox 31:59, Tracey Matheson 32:33, David Matheson 32:51, Ann Bomers 39:06, Lynda Jones 39:50, Rebecca Darby 40:25, Barry Higgins 41:25, Darren Fielden 48:00, Natalie Blythman 49:00, Nick Hodson 54:17, Kylee Earl 54:17, Michelle Colwell 54:25, Ian Heafield 59:55, Tania Whitehead NTR

Gary Fox

Traralgon Harriers Wrap Up the Season at the Tan

THE 2026 AV XCR season once again concluded with the traditional Tan Relays. The famed running track, circumnavigating the Royal Botanic Gardens, saw some seriously fast running. Always a busy festival atmosphere, the relays were greeted with brilliant sunshine and a very equable temperature.

Nineteen Harriers, the highest deputation for the season, showed up eager to tackle the climb up Anderson Street. The women's division 2 capped off a well-compiled season with a tenth-place finish. Led out ably by Kate Jones (16:19), Bec Anderson and Anna Cardillo held well in the middle before Yani Cornthwaite stormed home in 15:34.

The Men's Division 3 team once again showed their class. Dempsey Podmore was in good form from the start whipping round the course in an extravagant time of 12:05, the fastest Harrier on the day. Sav Mavrofridis was out next only three seconds slower than Dempsey, with Will Robertson stopping the clock in thirteen minutes flat. Miles Verschuur (13:18) and Corey Milner (12:09) guided the team to a third-place finish. The men's team is showing considerable promise and if consistency can be maintained in 2027, a premiership beckons.

Ian Cornthwaite made his AV return following an injury lay-off, kicking off proceedings for Division 5 men. Gary Fox and Ron Verschuur mooched around before Trent Kooyman made his XCR debut in the anchor leg, the team finishing in thirteenth.

Two division 7 teams were entered. Ian Twite and Greg Semmler made for an entertaining pair in one team, whilst a slew of youngsters were able to enjoy a taster of XCR racing. Father and son duo Hayden and Andy Matthews distinguished themselves, as did Oliver Semmler. Clinton Jolly also ran in that team (Ed: *just* missing out on classification as one of the youngsters 😊).

The 2026 XCR season was once again a success for Traralgon Harriers, with athletes across all teams showing considerable promise. 2027 is shaping up to be a boon year for Traralgon showing its capabilities at the state level.

Results:

Female Open 4x3.83km: (Kate Jones: 16:19, Rebecca Anderson: 18:15, Anna Cardillo: 17:49, Yani Cornthwaite: 15:34) 1:07:57.

Male Open 5x3.83km: (Dempsey Podmore: 12:05, Sav Mavrofridis: 12:08, William Robertson: 13:00, Miles Verschuur: 13:18, Corey Milner: 12:09) 1:02:40.

4x3.83km: (Ian Cornthwaite: 16:13, Gary Fox: 17:46, Ron Verschuur: 18:11, Trent Kooyman: 17:20) 1:09:30; (Ian Twite: 20:18, Greg Semmler: 16:48) 37:06; (Clinton Jolly: 16:01, Hayden Matthews: 15:09, Andy Matthews: 17:39, Oliver Semmler: 24:07) 1:12:56.

Volunteers: Randella Barnes, Chelsea Ray.



Miles Verschuur

Run Prix 2026

From the team behind the very popular Two Bays Trail Run comes a very different type of event that is flat, fast and about as far removed from gravel and trails as you can get – *Run Prix*. Held on the Albert Park Grand Prix circuit with the traffic islands removed and no turn backs, this year was the fourth instalment of this relatively new event.

Whilst not entirely on my personal radar, it popped up in my training plan en route to Melbourne Marathon in the form of the 10km event. There is also a 5km, 21km and a second 10km option on offer with a promise of the fastest course going around, regardless of the distance. No doubt, you will not find a flatter, smoother or faster* course – and if it's a quick run or perhaps the pursuit of a new PB you're after, then Run Prix should be on your schedule too. However, the big asterisk* this year was the WIND which was present for much of the weekend but gusting to 70kph(!) on Sunday – race day. Fortunately, the first of the two 10km events kicked off at 0650 but even at that relatively early time, the wind had well and truly kicked in (exhibit A below – note the faces of joy).



The plan for me was supposed to be to hold ~4min/km but with the wind behind us and feeling good, I started off at 3:51 for the first km followed by 3:53. I figured I may as well use the breeze to my advantage while I could. The course for the 10km ran in an anti-clockwise direction, starting near the Melbourne Swimming and Aquatic Centre before going past the Albert Park pit buildings. Once we got to the end of the pit wall and started turning back towards the city, we were rudely introduced to the wind – at it's worst feeling like someone was literally putting an arm across your chest and holding you back. The fourth km was the worst, and my pace dropped to 4:09 for the km before I rounded the corner towards the stadium and got back on the good side of the breeze. It was great seeing Sam and Jay out on the course taking photos, along with Ian and Vee. Lap two played out much the same for me with the first two kms of the lap the quickest before once again being smacked around by the wind. The penultimate km was confirmed as the worst section, netting 4:16 for me the second time around. I did

my best to kick down to the finish line but despite a strong finish and the speedy sections whilst out of the wind/with it's assistance, I couldn't quite get under 40mins. That said, my overall average did pan out at pretty much 4:00min/km depending on which app you look at. Rarely though on such a flat and consistent course would you expect to see such a variation in the pace, but such was the impact of the wind on the day. Even accomplished ultra runner and three-time Traralgon Marathon winner, Dion Finocchiaro, lamented the wind, saying that he got slower and slower as the race progressed and the winds got stronger. He still managed to hang on for the win in the half marathon though, stopping the clock at 1:10:04!

I'd be keen to give this event another crack though I will cross my fingers for either no wind, or even just a lot LESS wind than we copped for the 2026 edition!

Selected results –

5km – McKenna Smith 26:38 (pictured below left)

10km – Andrew Crawford 36:37, Glenn Crawford 40:23 (pictured together – right, thanks to the Eventurers)

21km – Joan Zheng 2:02:13, Mark Lansdown 2:03:04, Bjorn Luxmann 2:08:08 (pictured below right)

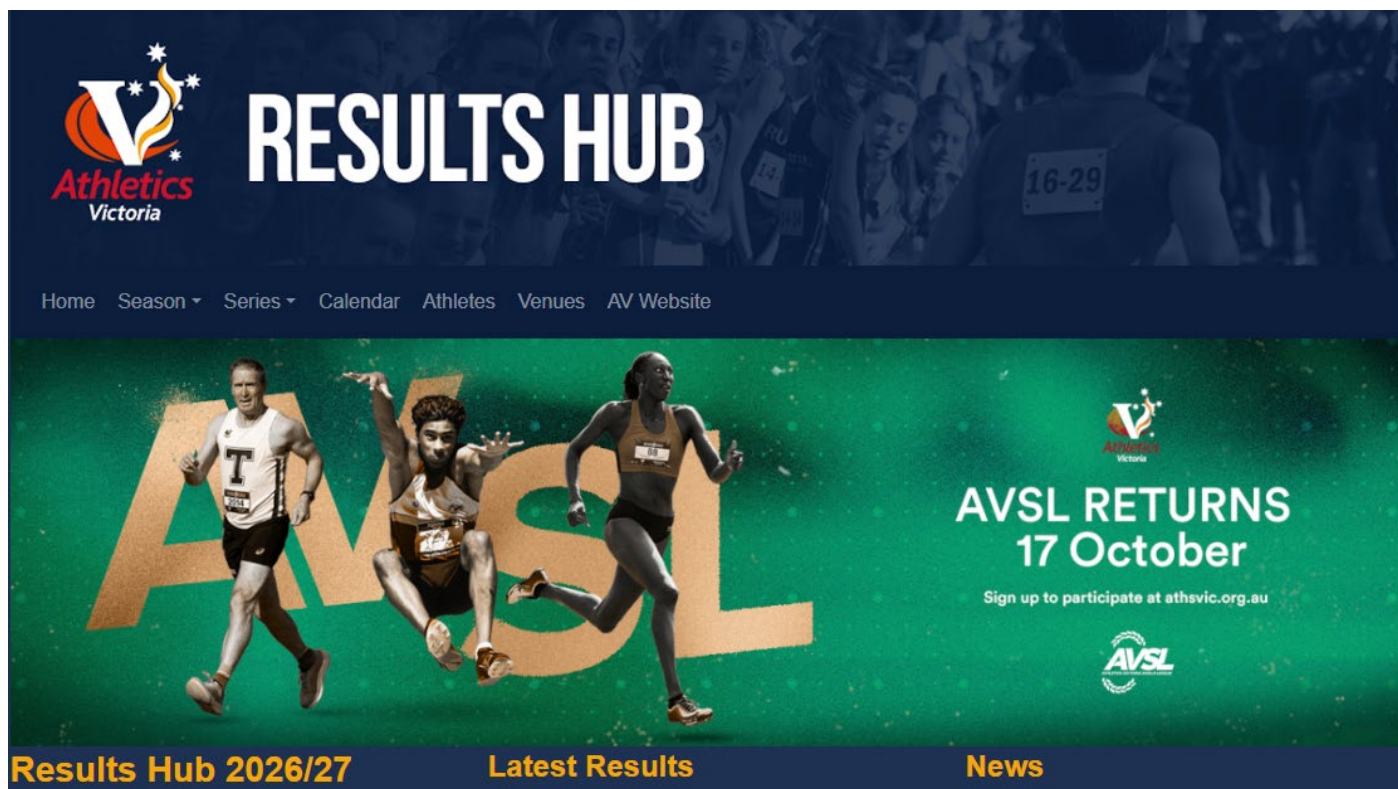
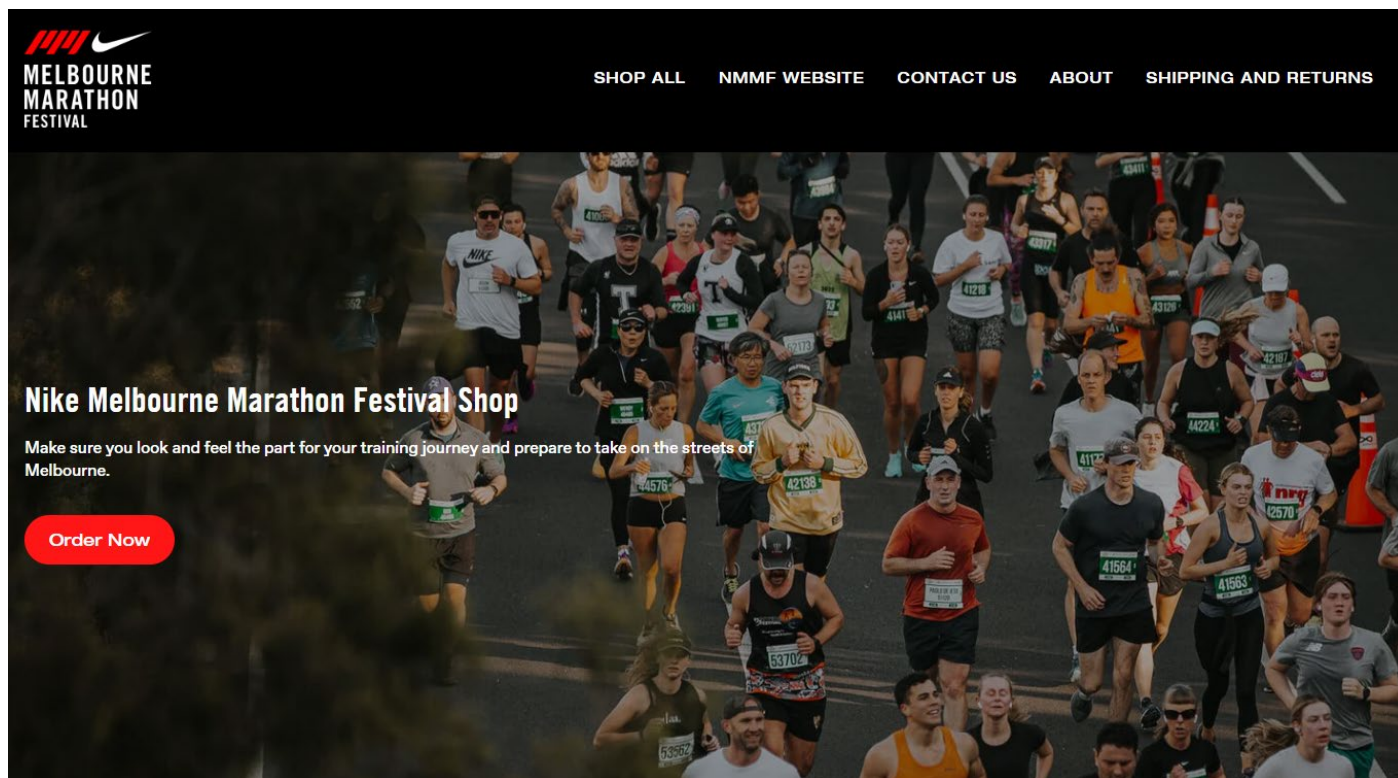
Glenn Crawford



Media watch

It seems there's a few Big T's popping up online lately. The first one I noticed recently was on the Melbourne Marathon Festival Shop page – can you spot a certain former president and his daughter?

Then Twitey pops up in the hero image on the Athletics Victoria website promoting the return of AVSL!





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ASSISTIVE DEVICES,
OPENING NEW
POSSIBILITIES THAT WERE
ONCE OUT OF REACH.



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For Gracie



<https://donorbox.org/helpinghands-glenn>

 **FREE 3D HANDS**

Helping Hands Running Festival

**STEPHEN IS
RUNNING 24
HOURS FOR FREE
3D HANDS**

EVERY DOLLAR DONATED
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TRANSFORM THE LIVES OF
PEOPLE WITH LIMB
DIFFERENCES BY CREATING
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OPENING NEW
POSSIBILITIES THAT WERE
ONCE OUT OF REACH.



For Gracie







MOOR
Endurance Fuel Co.


SUMMIT
Health + Performance Centre

<https://donorbox.org/helpinghands-stephen>

Steve is aiming to run 100 laps of the lake in 24hrs with view to trying to raise \$2,400 or \$24 per lap.

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

Raising funds in support of

 **BETTERMENT ALL**
AUSTRALIA INC.

MIND OVER MILES CHALLENGE

24 HOUR CHALLENGE





24-hour solo or team event



Choose your own adventure: come for a walk or run anytime over the 24hrs



Bring a friend for a walk and talk (and coffee of course!)



Promoting mental health through movement



Saturday 3rd October 2pm til Sunday 4th October 1pm
(with daylight savings)

Joe Carmody Athletics Track, Newborough

Proudly Sponsored by:

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Powering  **clintoenergy**

CCLP Community Project proudly supported by:

 **Gippsland Community Leadership Program**

Proudly delivered by the Committee for Gippsland



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**active feet
YOUNG
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SPOT PRIZES**

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

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

FOOD & WINE FESTIVAL
FAMILY ENTERTAINMENT
VINTAGE CARS
LIVE MUSIC

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.





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Summer Run Calendar 2026-27

	DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
Thurs	8 Oct 2026	Traralgon to Morwell Bike Path Lutheran Church, Kay Street, Traralgon	5km		TBC	Natalie Blythman & Mandy Ellis
Sun	10 - 11 Oct 2026	<i>Melbourne Marathon</i>				
Thurs	15 Oct 2026	Lake Hyland Mackeys Road, Churchill	6 km		TBC	Rebecca Darby & Peter Sanders
Thurs	22 Oct 2026	Humphrey Road, Toongabbie	6km	⚠ Last 500m of dirt road before starting area is rough. Please drive slowly, as the road is washed out in some sections.	Sam McGown	Jay McGown & Daniel Symons
Thurs	29 Oct 2026	 Halloween Run at the Haunted Railway Reserve  Traralgon Railway Reservoir Conservation Reserve Hickox Street, Traralgon	5 km	 Halloween Dress-up Theme! 	TBC	Ben Wilkinson & Ashley Marsh
Sat - Tues	31 Oct - 4 Nov 2026	<i>4 Peaks</i>				
Thurs	5 Nov 2026	Toners Lane, Morwell (Original course. Turn Right)	5 km		TBC	Andrew Matthews & Molly Irvine
Thurs	12 Nov 2026	Carol & Barry Summersgill Cross Country Championships 2026 Edward Hunter Heritage Bush Reserve, Coalville Road, Moe	6 km & 12 km		Miles Verschuur & Gary Fox RD	Kathy Quinn & Michelle Cowell

Thurs	19 Nov 2026	Clarkes Road On Your Marks, Get Set, Clarkes!	6km		TBC	Tracey Matheson & Stephen Renehan
Thurs	26 Nov 2026	 Traralgon South Trundle Starting on N Boundary Track, behind John Black Reserve, Traralgon South	5 km or 7.7km-Non Points Run		Desley Gray & Rob Preston	Bec Anderson & Lynda Jones
Sun	29 Nov 2026	Memorial Run 2026 Toongabbie Golf Club Traralgon-Maffra Road, Toongabbie	6km & 12km	Supporting Lifeline Gippsland	Phill Mayer RD	Shadow Race Director + Volunteers TBC
Thurs	3 Dec 2026	Cochranes Water Works & Sneaky Peaks 😊	5.5 km		TBC	Chelsea Fox & Daniel Furmston
Thurs	10 Dec 2026	Morwell National Park	TBC	TBC	David Hood	Sav Mavrofridis & Andrew Broberg
Sun	13 Dec 2026	 King & Queen of The Mountain 2026 🏔️	30 km	Individual Team 2 Team 4	Ron Verschuur RD	Shadow Race Director + Volunteers TBC
Thurs	17 Dec 2026	 Christmas Fun Run and End of Year Awards 🎄 Breed Street Netball Courts, followed by function at Traralgon Tennis Centre	Team Fun Run		Committee	Committee + Volunteers TBC
Thurs	24 Dec 2026	Summer Break				
Thurs	31 Dec 2026					
Thurs	7 Jan 2027					
Thurs	14 Jan 2027	 Gelato Gallop Queens Parade, Train Station Car Park, Traralgon	5 km	 Join us for a sweet treat at Augustus Ice Creamery after the run	TBC	David Matheson & Shane Gavin
Sun	17 Jan 2027	<i>Two Bays Trail Run Dromana</i>				

Thurs	21 Jan 2027	New Clarks Road	6 km			Karen Graham & Ree Graham
Mon	26 Jan 2027	Australia Day				
Thurs	28 Jan 2027	 Glengarry Rail Trail  Starting at Platform 3854 Café, Main Street, Glengarry	6 km	Australia Day Celebration		William Robertson & Clinton Jolly
Thurs	4 Feb 2027	Traralgon to Morwell Bike Path Lutheran Church, Kay Street, Traralgon	5 km			Darren Fielden & Megan Kenny
Sun	7 Feb 2027	<i>Kilcunda Running Festival</i>				
Thurs	11 Feb 2027	New Toners Lane - Morwell-turn left	5 km			Ryan McLeod & Paul Rollandin
Thurs	18 Feb 2027	TBC				Matthew Deppeler & Dave Hood
Thurs	25 Feb 2027	New Cochranes Road				Matthew Frescura & Bjorn Luxmann
Sun	28 Feb 2027	<i>Mt Baw Baw Snow Gum Run</i>				
Thurs	4 Mar 2027	Honeysuckle Hill, Rosedale				Robert Embleton & Ann Bomers
Thurs	11 Mar 2027	International Women's Day Run Village Avenue, Latrobe Regional Health Hospital Car Park <i>Right-turn course</i>	6 km	Purple theme in support of International Women's Day (Monday 8th March)		Committee + Volunteers TBC
Sat	13-14th March	<i>Inverloch Running Festival</i>				

Sun	March (Date TBC)	Martin Thompson Running Championships 2027 Boolarra to Mirboo North Rail Trail	25km & 10 km		RD TBC	Shadow Race Director + Volunteers TBC
Thurs	18 Mar 2027	Scales Road	5km			Yani Cornthwaite & Nicholas Talerico
Sun	Late March 2027 (Date TBC)	<i>Run 4 The Kids</i>				
Thurs	25 Mar 2027	 Track Night  Joe Carmody Athletics Track, Old Sale Rd, Newborough	5km	A great chance to set a new PB and maybe get yourself re-graded for Thursday night handicap groups!		
Fri	26 Mar 2027	Good Friday				
Fri	28 Mar 2027	Easter Sunday				
Sat	(Date TBC)	<i>Run Tarra Bulga</i>	42.3k, 25.4k, 6.8k, 2.5k			