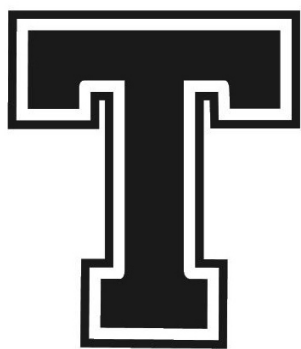




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

8 October 2026 - Volume 59 – Issue 20

THURSDAY RUN

This Week's Course

Traralgon to Morwell Bike
Path - 5km

Duty

Natalie Blythman &
Mandy Ellis

Marker

Ash Crawford

15/10/26

Lake Hyland - 6km

Duty

Rebecca Darby &
Peter Sanders

Marker

TBA

22/10/26

Humphrey Road
Toongabbie - 5 km

Duty

Jay McGown &
Daniel Symons

Marker

Sam McGown



**Whilst the worst of the rains (thankfully)
came after our visit to the track, our
Vice President wasn't taking any chances
coming prepared for the worst of it!**

President's Message

Thursday 08 October 2026

Our Summer Championship Season is finally here!

While it might not exactly feel like summer weather yet, our Thursday night runs are set to heat up, as we swap the footpaths and roads, for trails and hills!

Our **Summer Championship starts this week**, with our season opener along the Traralgon to Morwell Path, starting from the Lutheran Church on Kay Street. The upcoming season features a great mix of old favourites, plus some exciting new courses that we can't wait to experience with you! Please **check out the calendar in this edition** of the newsletter and stay tuned for regular announcements regarding our Thursday night runs.

With daylight savings kicking in, it also means we no longer have to wear our reflective vests. However, we always ask that members **ensure safety is a top priority**, as we'll be venturing onto a range of challenging and uneven trail courses. Take care out there and look out for your fellow Harriers. It's going to be a great season, and we're looking forward to the action!

As you'll see from the calendar, we still have several spots to fill for course markers. If you're available to help, please chat to Vice-President Desley Gray or myself. Your support is greatly appreciated, and makes our Thursday runs possible.

Memorial Run 2026

We've begun promotion of our annual **Memorial Run**, which is taking place on **Sunday 29 November at the Toongabbie Golf Club**. This is a wonderful event, that has great significance for our club and the community.

The Memorial Run was first held in 1997 in memory of Geoff "Swaggy" Wilson, who was a valued Harriers club member and an avid runner, who tragically took his own life. It was set up to not only acknowledge his life and contribution to the club, but also as a support to other club members and his family, and to shine a light on mental health.

A 6km event was added in 2012, and a few years later, was allocated to honour club member Nick Schilling, who also tragically took his own life.

In 2018, after discussions with Swaggy's widow Anne Wilson, we decided to rename the event ***The Memorial Run***, to make it more relevant as an event open to the public. We also nominated **Lifeline Gippsland** as the singular beneficiary charity, to raise funds for their invaluable work around depression awareness, suicide prevention, crisis support and mental health.

During this period **the club has donated over \$16,000 to Lifeline**, who receive virtually no government funding, and rely on community fundraising and charity in order for them to provide their essential services.

The Memorial Run is always an event that receives amazing support from our members and the wider community, so I encourage you to [sign up today using this registration link](#), and check out the details in the promo flyer found in this newsletter.

There's a **12km and 6km event to choose from, and participants can run or walk it**. Family, friends, and all members of the community are welcome!

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 SUMMER SEASON 2026 / 27

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

8 Oct 2026	Natalie Blythman & Mandy Ellis
15 Oct 2026	Rebecca Darby & Peter Sanders
22 Oct 2026	Jay McGown & Daniel Symons
29 Oct 2026	Ben Wilkinson & Ashley Marsh
5 Nov 2026	Andrew Matthews & Molly Irvine
12 Nov 2026	Kathy Quinn & Michelle Cowell
19 Nov 2026	Tracey Matheson & Stephen Renehan
26 Nov 2026	Bec Anderson & Lynda Jones
3 Dec 2026	Chelsea Fox & Daniel Furmston
10 Dec 2026	Sav Mavrofridis & Andrew Broberg
14 Jan 2027	David Matheson & Shane Gavin

21 Jan 2027	Karen Graham & Ree Graham
28 Jan 2027	William Robertson & Clinton Jolly
4 Feb 2027	Darren Fielden & Megan Kenny
11 Feb 2027	Ryan McLeod & Paul Rollandin
18 Feb 2027	Matthew Deppeler & Dave Hood
25 Feb 2027	Matthew Frescura & Bjorn Luxmann
4 Mar 2027	Robert Embleton & Ann Bomers
11 Mar 2027	<i>International Women's Day (Volunteers TBC)</i>
18 Mar 2027	Yani Cornthwaite & Nicholas Talerico
25 Mar 2027	<i>Track Night (Volunteers TBC)</i>

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

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

Harriers Memorial Run

Sunday 29 November 2026

Toongabbie Golf Club
Traralgon-Maffra Road, Toongabbie



12km & 6km Run or Walk

\$20 minimum donation | Check-in from 8:30am | All events start at 9:30am

**Proudly raising funds for Lifeline Gippsland,
supporting their invaluable work for mental
health awareness and suicide prevention.**

Scan to register or visit
traralgonharriers.org.au



Raising funds for



Proudly sponsored by



Important Dates & Duties

REMEMBER: If you can't fulfil your allocated duty, it is your responsibility to swap with someone.

Thursday Start Times

Group 1 – before 5.50pm
Group 2 – 5.50pm
Group 3 – 6.00pm
Group 4 – 6.05pm
Group 5 – 6.10pm



Run Calendar 2026-27

	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
Thurs	8 Oct 2026	Traralgon to Morwell Bike Path Lutheran Church, Kay Street, Traralgon	5km		Ash Crawford	Natalie Blythman & Mandy Ellis
Sun	10 - 11 Oct 2026	Melbourne Marathon				
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! 💀	Jason Odlam	Ben Wilkinson & Ashley Marsh
Sat - Tues	31 Oct - 4 Nov 2026	4 Peaks				
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	Clarks Road On Your Marks, Get Set, Clarks!	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	Traralgon South Tumbler	6 km		Des	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	New Toners Lane – Morwell – turn left	5 km			Darren Fielden & Megan Kenny
Sun	7 Feb 2027	<i>Kilcunda Running Festival</i>				
Thurs	11 Feb 2027	TBC	5 km			Ryan McLeod & Paul Rollandin
Thurs	18 Feb 2027	TBC				Matthew Deppeler & Dave Hood
Thurs	25 Feb 2027	Cochranes Water Works & Sneaky Peaks 😊				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	6 km	Purple theme in support of International Women's Day (Monday 8th March)		Committee + Volunteers TBC

		Hospital Car Park <i>Right-turn course</i>				
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	<i>Late March 2027 (Date TBC)</i>	<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			

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

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

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



Twenty-eight members did not let threatening weather put them off running on the track last Thursday

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 24th – The Rise 5km

Last weeks (September 24th) Harriers Thursday night run was a fairly flat 5km course starting at “The Rise” Park Shelter on Kelleher Drive in Traralgon. The course takes in Walker Crescent and Craven Mews to Traralgon Maffra Road. The return home is via Baldwin Road and George Albet Drive, with two laps to make up the 5km.

Perfect Spring running conditions greeted our 51 runners. First over the line in 18:30 minutes was Sav Mavrofridis followed by Luke Yeates 20:19 and Andrew Greenhill 20:35. First of the ladies home was Karen Graham 23:21 followed by Megan Kenny 26:16 and Bec Anderson 27:32.

Results – The Rise walk/run

Sav Mavrofridis 18:30, Luke Yeates 20:19, Andrew Greenhill 20:35, Dempsey Podmore 21:43, Adrian Sutcliffe 21:57, Hayden Matthews 22:00, Darrel Cross 22:40, Karen Graham 23:21, Shane Gavin 23:28, Peter Sanders 23:30, Trent Kooyman 23:34, Jason Odum 24:00, Ron Verschuur 24:00, Geoffrey Francis 24:10, Errol Poole 24:46, Gary Fox 24:54, Andrew Matthews 24:54, Megan Kenny 26:16, Chris Van Unen 26:29, Bec Anderson 27:32, Catherine Leonard 27:33, Ashley Marsh 28:09, Mark Lansdown 28:17, Ben Wilkinson 28:34, Daniel Symons 28:39, Nicholas Talerico 28:42, David Hood 28:57, Charlotte Barr 29:33, David Barr 29:44, Andrew Broberg 29:44, Ree Graham 30:59, Phillip Mayer 31:00, Giuseppe Marino 31:34, Tracey Matheson 31:49, Desley Gray 32:32, Marieka Reilly 32:32, David Matheson 32:49, Toby Grzmil 35:21, Mandy Ellis 35:34, Helen Whitby 38:35, Lynda Jones 39:33, Ann Bomers 39:39, Barry Higgins 39:40, Rebecca Darby 40:01, Darren Fielden 44:00, Michelle Colwell 51:39, Kathy Quinn 51:39, Angelo Gaudiano 54:30, Kat Fenech 54:40, Jye Kaestner NTR, Stephen Mcleod NTR

Gary Fox

Thursday October 1st – Newborough Track 5km

With rain falling across Victoria last Thursday, the Joe Carmody Athletics Track turned out to be a relatively dry place to be as the Traralgon Harriers wrapped up their winter season on the track.

The fastest female runner was Megan Kenny, who recorded a 5 km PB to stop the clock at 23:24, followed by two juniors McKenna Smith and Charlotte Barr. In the men’s event, Sav Mavrofridis set a

blistering pace finishing well clear of the pack, followed by Miles Verschuur who sacrificed his own run to help pace third placed Andrew Greenhill. Talented senior Ian Cornthwaite and the ever-reliable Dave Mann and Clinton Jolly all set competitive times on the wet track.

This Thursday marks the commencement of the summer season. The first summer run will be on the Traralgon-Morwell bike path, starting at the top of Kay St near the Lutheran church from 5:30 pm. New runners are welcome.

Results – Newborough Track walk/run

Sav Mavrofridis 16:10, Miles Verschuur 19:01, Andrew Greenhill 19:01, Ian Cornthwaite 20:04, Dave Mann 20:10, Clinton Jolly 20:25, Peter Sanders 21:23, Jason Odlum 21:34, Chris Van Unen 22:27, Trent Kooyman 23:10, Ron Verschuur 23:21, Megan Kenny 23:24 (pictured below left with David), David Barr 23:25 (pictured below right), McKenna Smith 24:20, David Hood 24:27, Charlotte Barr 25:22, Ash Crawford 25:35, Desley Gray 25:38, Maddy Wood 26:48, Ivy Crawford 28:16, Daniel Symons 28:45, Marieka Reilly 29:32, David Matheson 31:56, Ann Bomers 39:39, Kat Fenech NTR, Kylee Earl NTR, Tracey Matheson NTR, Nick Hodson NTR.

Andrew Greenhill





Separated at birth

Pia Miranda, nearest, is the co-host of the new ABC cooking show, *Recipe of the Year*. She is a passionate cook and food lover. Our beloved Liz Kenney is also a gourmet cook among her many skills, and a talented runner across various distances. She has run over twenty marathons and ultra-marathons, and is a 'Spartan' – one of the distinguished group who have run ten Melbourne Marathons.

Parkrun celebrates 22 with a Tu-Tu

Many Harriers recently took part in celebrating a significant running event, while others further afield created their own piece of sporting history.

The previous Saturday, October 3rd, saw the Traralgon parkrun tribe, as well as the worldwide parkrun community, celebrate parkrun's 22nd birthday. With the usual lightheartedness, with the 22nd anniversary, as in two-two, the frivolous theme was to wear a Tu-Tu. Coincidentally, about 22 Harriers, a regular core of the local parkrun, took part. Neighbourhood parkruns at Churchill, Newborough, Mirboo North and further afield in many towns across Gippsland and beyond all marked the occasion (Ed: though not at Sale where the event was cancelled due to extreme water on the course due to significant rains over the preceding 48hrs).



Parkrun director on the day, John DiCiero, said, "What started 22 years ago has grown into an incredible worldwide community, and here in Traralgon we've created a pretty amazing chapter of that story ourselves".

John explained, "Traralgon parkrun began in 2015, and since then it has had over 6,000 participants, with more than 67,000 individual parkruns completed, for a total of 337,305 kilometres run or walked (along the Traralgon Creek northern pathway). Over that time we have been supported on the day – for timekeeping, results, etc - by over 600 different volunteers".

“Those numbers represent thousands of Saturday mornings, friendships, milestones, Personal Bests, first parkruns, celebrations and people giving their time to make our community what it is. And the day was Event #550, another little piece of Traralgon parkrun history”, John concluded.

Errol the achiever

Many Harriers take part in their 8am hometown parkrun every week, thanks to their training discipline or a loud alarm clock. Many have reached double and triple figures – up to 200, 300, 400 or more. The stand-alone legend is senior Harrier Errol Poole. Across more than fourteen years he has done 591 parkruns, starting at Mount Barker in Adelaide before Traralgon had begun. Errol has completed at least one parkrun at more than 370 locations around Australia and has been a volunteer more than 100 times. Not to mention his countless “Freedom parkruns” and “(Not)parkruns” over many years - and a number of major city marathons. And now in the 60-64 age group he is still running sub-24 minute times.

Not remarkable Errol – amazing!



And Kylie Murray recently created another piece of distance running history further north, in NSW.

Kylie Murray leads the field at Port Stephens

Harrier veteran and running legend Kylie Murray has again trounced the endurance running field, this time in the recent Port Stephens Trail Run in NSW. Kylie was the first woman to finish and outright third in the field behind the men’s winner and runner-up. The 57 kilometre event around the Fingal Bay Foreshore was an unusual two stage race. The 2-Day Ultra saw runners completing 25 km on the Saturday and 32 km the next day, with places judged by each person’s total time. The course was demanding, with bushland trails, beach running and short sections of bitumen surfaces – and many steep climbs and descents.

Kylie said she enjoyed the experience. “Two days of trail running through the Tomaree National Park, along pristine beaches, samurai sand dunes and some sweet single trails. It is such a beautiful place, an hour north of Newcastle”.

Noah Littlemore





FREE 3D HANDS

Helping Hands Running Festival

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TRANSFORM THE LIVES OF
PEOPLE WITH LIMB
DIFFERENCES BY CREATING
ASSISTIVE DEVICES,
OPENING NEW
POSSIBILITIES THAT WERE
ONCE OUT OF REACH.



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



FREE 3D HANDS

Helping Hands Running Festival

**STEPHEN IS
RUNNING 24
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TRANSFORM THE LIVES OF
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DIFFERENCES BY CREATING
ASSISTIVE DEVICES,
OPENING NEW
POSSIBILITIES THAT WERE
ONCE OUT OF REACH.



For Gracie



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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

Entries are now open for the 2026 Maffra Mile & Children's foot races.

To be conducted at the Maffra Agricultural Show night carnival on **Saturday October 24th.**

Come for the challenge, the fun and community spirit!

CHILDREN'S FOOT RACES (Sponsored by the Wellington Athletic Club)

Girls & Boys 13 years and under.

Medals for 1st, 2nd & 3rd. Race entry fee: \$5 inc. free admission to the show.

MAFFRA MILE (Sponsored the Maffra Community Sports Club)

Men's Open Mile

1st \$500: 2nd \$150: 3rd \$100: plus medals

Women's Open Mile

1st \$500: 2nd \$150: 3rd \$100: plus medals

Race entry fee: \$20 inc. free admission and food voucher

REGISTER AT: <https://showday.online/show/maffra>



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FANCY DRESS
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see website for updated details

PARTICIPANTS RECEIVE MEDAL
& \$50 ACTIVE FEET VOUCHER

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

EVENT TIMES 9AM - L&F ENTERTAINMENT ARE 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!

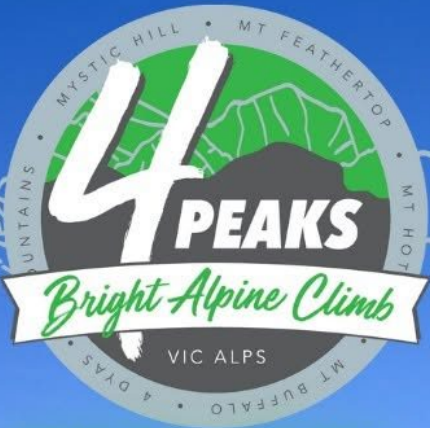
Plus keep an eye out for Fancy Dress Spot Prizes and Active Feet Young Achievement Awards on the day.

Head to www.geoffwattrun.com.au 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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Harriers Memorial Run

Sunday 29 November 2026

Toongabbie Golf Club
Traralgon-Maffra Road, Toongabbie



12km & 6km Run or Walk

\$20 minimum donation | Check-in from 8:30am | All events start at 9:30am

**Proudly raising funds for Lifeline Gippsland,
supporting their invaluable work for mental
health awareness and suicide prevention.**

Scan to register or visit
traralgonharriers.org.au



**TRARALGON
HARRIERS**
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