

TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

22 October 2026 - Volume 59 – Issue 21

THURSDAY RUN

This Week's Course

Humphrey Road
Toongabbie - 5 km

Club dinner afterwards at
The Glen Pub

Duty

Jay McGown &
Daniel Symons

Marker

Sam McGown

29/10/26

T'gon Railway Reserve 6km

Halloween Theme

Duty

Ben Wilkinson &
Ashley Marsh

Marker

Jason Odlam

5/11/26

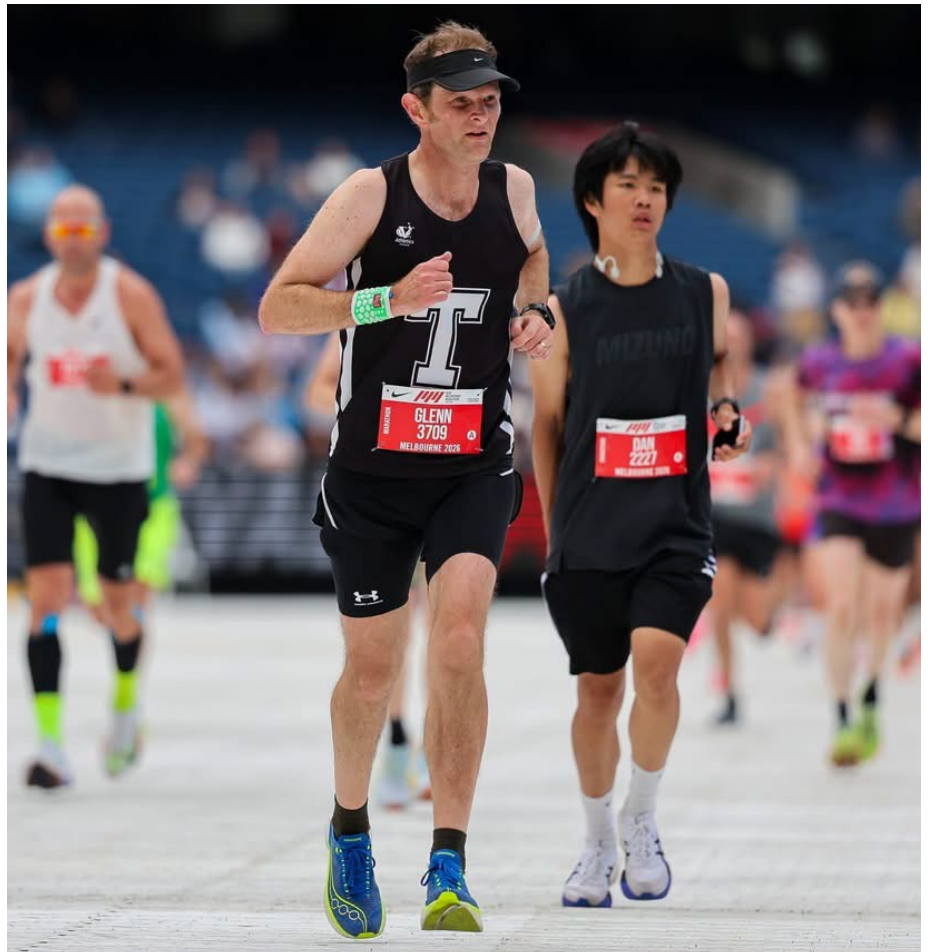
Toners Lane Morwell 5km

Duty

Andrew Matthews &
2nd helper needed

Marker

Mark Lansdown



**Glenn Crawford with eyes keenly seeking out
the finish line at the 2026 Melbourne Marathon.
There was a large contingent of Harriers
(current and past) running on the day**

President's Message

Thursday 22 October 2026

We're just getting started!

Our **Summer Championship season** is well and truly underway, and it's been great to see the strong turnout from members.

This week sees us take on a new course in Toongabbie (special thanks to Sam McGown), and there are more fabulous trails in store over the coming months. I'm super excited about the summer season, and the runs we have planned for our members!

As the weather heats up, an important reminder to **please stay hydrated**. It's everyone's responsibility to ensure they bring their own water, and we strongly encourage you to keep a small esky or insulated bag handy, so you've got cold refreshments at the end of the run.

Upcoming events

Registrations are now open for the **Carol and Barry Summersgill Trail Running Championship** event, taking place at Edward Hunter Reserve in Moe on Thursday 12 November.

6km and 12km events are available. [Sign up here](#) and check out the [course map here](#). See the poster in this edition of the newsletter, or check out our social media pages for more information.

Registrations are also open for 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, and raises funds for **Lifeline Gippsland**.

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! [Sign up today using this registration link](#)



Above: Harriers at Lake Hyland, Churchill for our Thursday night run

Harriers in action

Congratulations to all Harriers who took part in the recent **Melbourne Marathon**. There were some impressive results, including Harriers AV Co-Captain Corey Milner finishing in 14th place in a time of 2:28:57 – a brilliant achievement, on the back of a red-hot AV season.

There were many other members putting in amazing efforts across the full, half and 10k events. Check out the race reports in this edition for more details. (Ed: Happy to print in *next* edition if you're keen to share your story!)

Finally, best of luck to Stephen Renehan and Glenn Crawford who are taking part in the 24 hour **Helping Hands Running Festival** Friday and Saturday at Lake Guthridge in Sale.

Steve and Glenn have already raised around \$3,000 between them – an amazing effort, and all supporting a wonderful cause, providing 3D-printed hands and assistive devices to people with upper-limb differences, at no cost. The club has been proud to support their fundraising efforts, and a big thanks also go out to all other Harriers who have contributed.

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 & TBC
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



Traralgon Harriers Athletic Club presents...



**CAROL AND
BARRY**

SUMMERSGILL 12 & 6km
TRAIL RUNNING
NOV CHAMPIONSHIPS
12 (2026)

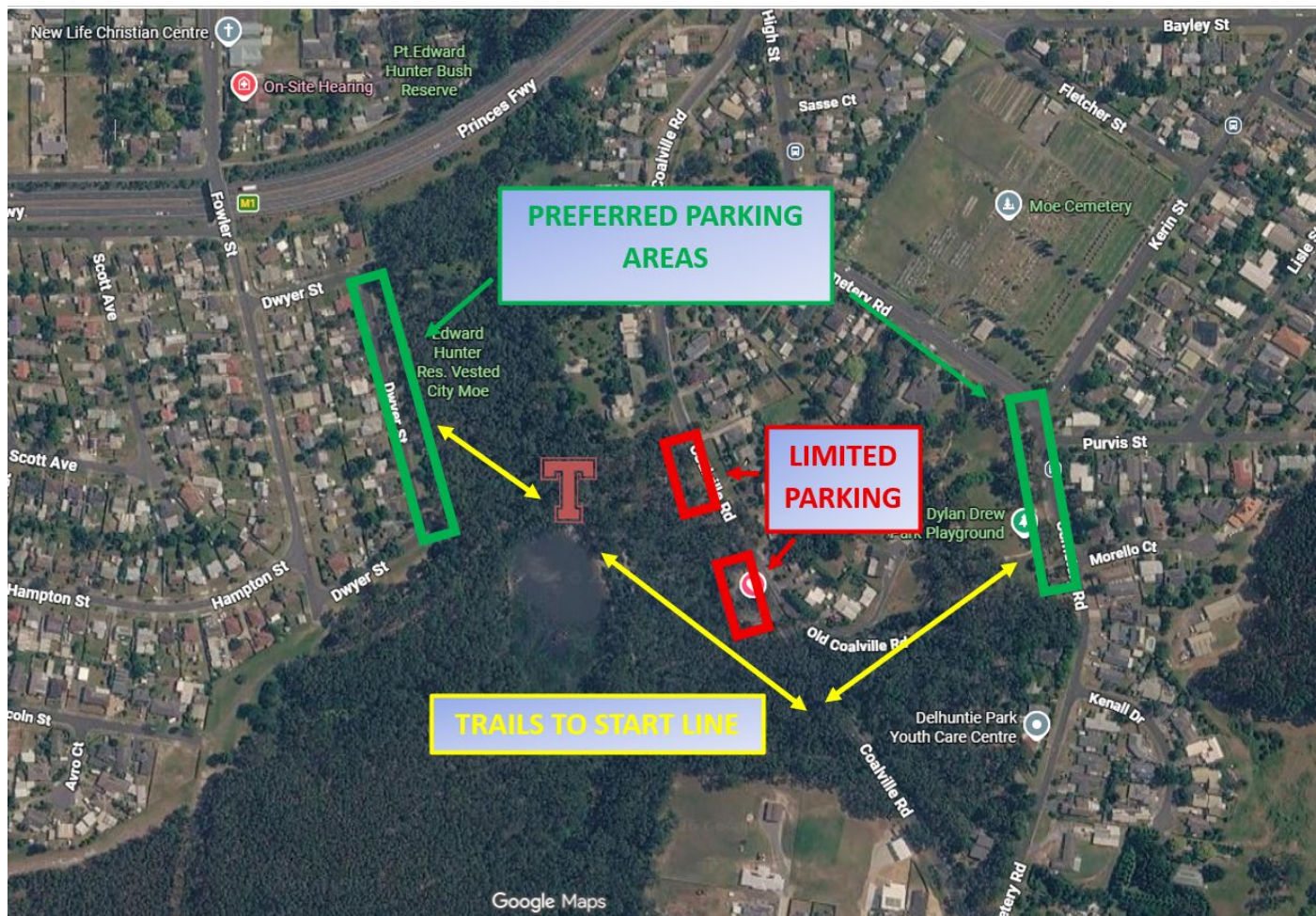
**EDWARD HUNTER
HERITAGE
BUSHLAND
RESERVE, MOE**



**PERPETUAL
SHIELDS AND
MEDALS ON
THE LINE**

For Registration:
Course Maps:

<https://tinyurl.com/thaccb2026>
<https://tinyurl.com/thaccb20261>



Pictured are the place-getters from the 2025 edition of the Carol & Barry Summersgill trail running championships

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**
Est. 1967

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	22 Oct 2026	Humphrey Road, Toongabbie	6km	FOLLOWED BY CLUB DINNER @ THE GLENGARRY HOTEL ⚠ 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	<i>4 Peaks</i>				
Thurs	5 Nov 2026	Toners Lane, Morwell (Original course. Turn Right)	5 km		Mark Lansdown	Andrew Matthews & TBC
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	Committee Meeting	Marieka and Chris	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	Club Dinner - Venue TBC	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		Pete Sanders	Chelsea Fox & Daniel Furmston
Thurs	10 Dec 2026	A Billy's Creek Dash - Morwell National Park Junction Rd car park	5km		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	Megan Kenny	David Matheson & Shane Gavin

Sun	17 Jan 2027	Two Bays Trail Run Dromana				
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	Molly Irvine	William Robertson & Clinton Jolly
Thurs	4 Feb 2027	New Toners Lane – Morwell – turn left	5 km	Club Dinner - Venue TBC		Darren Fielden & Megan Kenny
Sun	7 Feb 2027	Kilcunda Running Festival				
Thurs	11 Feb 2027	TBC	5 km		TBC	Ryan McLeod & Paul Rollandin
Thurs	18 Feb 2027	TBC			TBC	Matthew Deppeler & Dave Hood
Thurs	25 Feb 2027	Cochranes Water Works & Sneaky Peaks 😊				Matthew Frescura & Bjorn Luxmann
Sun	28 Feb 2027	Mt Baw Baw Snow Gum Run				
Thurs	4 Mar 2027	Honeysuckle Hill, Rosedale		Club Dinner - Rosedale Hotel	Sam McGown	Robert Embleton & Ann Bomers
Thurs	11 Mar 2027	International Women's Day Run Village Avenue, Latrobe Regional Health Hospital Car Park Right-turn course	6 km	Purple theme in support of International Women's Day (Monday 8th March)		Committee + Volunteers TBC
Sat	13-14th March	Inverloch Running Festival				
Sun	March (Date TBC)	Martin Thompson Running Championships	25km & 10 km		RD TBC	Shadow Race Director + Volunteers TBC

		2027				
		Boolarra to Mirboo North Rail Trail				
Thurs	18 Mar 2027	TBC				Yani Cornthwaite & Nicholas Talerico
Sun	<i>Late March 2027 (Date TBC)</i>	<i>Run 4 The Kids</i>				
Thurs	25 Mar 2027	🍍🌴 TROPICAL TRACK NIGHT IS BACK! 🌴🍍 "You Can't Keep a Good Pineapple Down!" 🍍 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! Club Dinner – Venue TBC		
Fri	26 Mar 2027	Good Friday				
Fri	28 Mar 2027	Easter Sunday				
Sat	<i>(Date TBC)</i>	<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

LAST CHANCE!

<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 October 8th – Traralgon to Morwell Bike path 5km

Last Thursday (October 8th) saw the start of the Harriers' summer season. President Giuseppe Marino said, "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".

The run/walk from the Lutheran Church at the top of Kay Street westward along the Old Melbourne Road bike/walking track to Airport Road and return had a few steep uphill pinches in both directions. Times were relaxed as many were taking it easy prior to the challenge of Sunday's Melbourne Marathon.

The quickest women finishers were Karen Graham, Courtney Ellis and the Marieka Reilly - Desley Gray duo who crossed the line together. Fastest men were Dempsey Podmore in a sub 19 minutes finish followed by Sav Mavrofridis and Hayden Matthews, both with sub-20 times.

Results – Traralgon to Morwell Bike path walk/run

Dempsey Podmore 18:45, Sav Mavrofridis 19:30, Hayden Matthews 19:37, Nelson Archibald 19:57, Jay McGown 20:55, Adrian Sutcliffe 21:41, Trent Kooyman 22:55, Kerry Barker 23:04, Ash Crawford 23:15, Geoffrey Francis 23:21, Chris Van Unen 23:35, Shane Gavin 23:46, Ron Verschuur 24:03, Errol Poole 24:03, Karen Graham 24:10, Luke Yeates 24:20, Courtney Ellis 24:20, Stephen Renehan 24:24, Gary Fox 24:46, Andrew Matthews 24:50, Peter Sanders 25:41, Clinton Jolly 25:48, Belkey Podmore 26:22, Stephen Mcleod 27:00, Mark Lansdown 27:02, Marieka Reilly 27:57, Desley Gray 27:57, Molly Irvine 28:20, Ben Wilkinson 28:50, Giuseppe Marino 29:09, Catherine Leonard 29:14, Dave Mann 29:14, Maddy Wood 29:14, Drew Sedgwick 29:17, Ashley Marsh 29:19, Phillip Mayer 30:02, Charlotte Barr 30:05, David Barr 30:10, Matthew Frescura 30:13, Ree Graham 31:12, Jason Irvine 31:37, Tracey Matheson 31:48, Toby Grzmil 32:45, Megan Kenny 33:28, Bjorn Luxmann 33:38, Kaye Livingstone 33:56, David Matheson 33:58, Lauren Peter 34:04, Orannah Brightman 37:05, Samantha McGown 39:11, Lynda Jones 39:20, Rebecca Darby 41:04, Ann Bomers 41:11, Barry Higgins 41:19, Darren Fielden 45:00, Michelle Colwell 48:32, Kathy Quinn 48:32, Peter Grixti 51:00, Nick Hodson 56:10, Kylee Earl 56:10, McKenna Smith NTR, Jason Odium NTR, Natalie Blythman NTR, Mandy Ellis NTR.

Thursday October 15th – Lake Hyland 5km

Many Harriers, friends and other locals tackled the previous weekend's Melbourne Marathon Festival events. The highlight was world champion Eliud Kipchoge's victory in a course record time of 2 hours 9 minutes. The first woman finisher was Camille French, while Corey Milner led his Harrier colleagues home, finishing in the top twenty of the field.

Following his recent San Francisco marathon run, Mark Rossiter said, "I completed . . . my 13th Melbourne Marathon in a time of 3:54:38. This was the second time that I have raced Eliud Kipchoge in 14 months and again he bested me! The event keeps getting bigger and better . . . with running bringing us all together . . . congratulations to those who competed this weekend, there were some amazing results".

Talented Harrier Sav Mavrofridis ran fast times with the Harriers on the Thursday evening and the Traralgon parkrun on the Saturday morning prior to Sunday's Marathon and still finished in the top of the marathon field.

Back home the Thursday evening run was a 6km three lap course around Churchill's Lake Hyland, with two arduous climbs up to Tramway Road. Some members took it easy after their marathon run four days earlier, but despite his recent 42.2km run, Sav Mavrofridis again blitzed the local field, running a sub-21 minute time. He is pictured below during one of his many other dominant performances.



Quickest women were Courtney Ellis, new Harrier member Kerry Barker and the speedy and ever consistent Karen Graham. Fastest men finishers were the indestructible Sav Mavrofridis, Jay McGown and David Mann.

Thursday's event (October 22nd) is a 6km run/walk from Humphrey Road, Toongabbie. See the Harrier's Facebook page for details.

Results – Lake Hyland walk/run

Sav Mavrofridis 20:44, Jay McGown 24:15, Dave Mann 24:59, Adrian Sutcliffe 25:51, Ash Crawford 25:54, Courtney Ellis 26:07, Kerry Barker 26:58, David Barr 27:10, Hayden Matthews 27:20, Trent Kooyman 27:25, Shane Gavin 27:31, Seth Bomers 27:35, Andrew Matthews 28:11, Karen Graham 28:33, Clinton Jolly 28:33, Ron Verschuur 28:33, Errol Poole 29:11, Darrel Cross 29:27, Chris Van Unen 29:30, Gary Fox 30:00, David Hood 31:41, Shane Wilson 31:43, Molly Irvine 32:00, Maddy Wood 32:21, Jason Odlum 33:00, Desley Gray 33:24, Marieka Reilly 33:26, Ben Wilkinson 33:55, Drew Sedgwick 34:07, Ivy Crawford 34:26, Giuseppe Marino 34:53, Bec Anderson 34:59, Rickie Glover 34:59, Mark Lansdown 35:22, Ashley Marsh 35:26, Catherine Leonard 36:15, Ree Graham 36:35, Jason Irvine 37:17, Chris Jones 37:28, Megan Kenny 38:47, Lauren Peter 38:53, Kaye Livingstone 38:56, Tania Whitehead 41:23, Mandy Ellis 41:55, Helen Whitby 44:10, Lynda Jones 46:46, Ann Bomers 47:24, Maggie Webb 47:47, Stephen Renehan 47:47, Samantha McGown 47:58, Barry Higgins 48:10, Nick Hodson 55:21, Kylee Earl 55:21, Kathy Quinn 55:37, Darren Fielden 57:00, Michelle Colwell 58:41, David Matheson 1:03:05, Tracey Matheson 1:03:05, Caitlin Pitt 1:08:04, Nicole Charles 1:08:04, Chester Goulter 1:10:45, Orannah Brightman (two laps) 22:12, Shay Lorenz NTR, Rebecca Darby NTR, Peter Sanders NTR.

Selected results, 2026 Melbourne Marathon - Eliud Kipchoge 2:09:10, (1st and Melbourne Marathon record), Camille French 2:28:25 (1st F), Corey Milner 2:28:57 (14th) Sav Mavrofridis 2:43:17, Lucy Bartholomew 2:43:37 (13th F), Luke Yeates 2:57:50, Sean McGrath 3:12:35, Glenn Crawford 3:15:41, David Barr 3:23:35, Darrel Cross 3:41:47, Clinton Jolly 3:42:23, Kate Jones 3:46:55, Mark Rossiter 3:54:38, Anna Cardillo 3:55:25, Sally Eenjes 4:04:53, Rebecca Anderson 4:12:59, Curtis Cooper 4:14:52, Michelle Sawyer 4:17:24, Devon Soutar 4:18:31, Cheryl Symons 4:25:47, Mark Lansdown 4:27:35, Tom Irvine 4:33:35, Pete Sanders 4:47:11, Andrew O'Brien 4:50:07, Sue O'Brien 4:50:08, Darren Chester 5:58:51.

Half Marathon - Rose Croft 1:41:27, Matthew Briggs 1:50:29, Lucy Magaldi 2:19:16.

10km - Lauren Rossiter 1:04:36, Jason Odlum 1:09:46.

Barry Higgins

Right – Barry has been digging in the archives again! Pictured is Anna Cardillo sporting a classic Traralgon Harriers t-shirt (I wonder if she still has it?) ahead of former club president Will Hanrahan and Traralgon Marathon legend, Sandra Timmer-Arends.





FREE 3D HANDS

Helping Hands Running Festival

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

EVERY DOLLAR DONATED
HELPS FREE 3D HANDS
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
HOURS FOR FREE
3D HANDS**

EVERY DOLLAR DONATED
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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.



For Gracie



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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

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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QR CODE

PARTICIPANTS RECEIVE MEDAL & \$50 ACTIVE FEET VOUCHER

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see website for updated details

active feet
YOUNG
ACHIEVEMENT
AWARDS

FANCY DRESS
SPOT PRIZES

**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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Traralgon Harriers Athletic Club presents...



**CAROL AND
BARRY**

SUMMERGILL 12 & 6km
TRAIL RUNNING
NOV CHAMPIONSHIPS
12 (2026)

**EDWARD HUNTER
HERITAGE
BUSHLAND
RESERVE, MOE**



**PERPETUAL
SHIELDS AND
MEDALS ON
THE LINE**

For Registration:
Course Maps:

<https://tinyurl.com/thaccb2026>
<https://tinyurl.com/thaccb20261>

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**
Est. 1967

Raising funds for



Proudly sponsored by



Tyler Tipping & Woods
Barristers and Solicitors



Quantum
Support Services