



TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

26 February 2026 - Volume 59 - Issue 4

THURSDAY RUN

This Week's Course

Railway Reserve 6km

Duty

Marieka Reilly &
Ree Graham

Marker

Marieka

5/3/26

LRH Hospital Run turn
Right 6km

**International Womens
Day – wear some purple**

Duty

Committee

12/3/26

Glengarry Rail trail 6km

Duty

Ben Wilkinson &
Ashley Marsh

Marker

Mark Lansdown



**Rob Preston netted a top 10 result at
Oscars Hut to Hut last weekend**

**[STOP PRESS! Introducing Gippy Pacers – a new local pacing team
built by runners, for runners! Check it out here](#)**

President's Message

Thursday 26 February 2026

As always, a big thank you to everyone who turns up each Thursday and contributes to the positive, welcoming environment that makes our runs so special.

With that in mind, I'd like to use this week's President's Message to remind all members about our **check-in and check-out procedures**. These aren't arbitrary rules. They're in place for your safety, for the smooth running of the evening, and to support our volunteers who generously give their time each week.

Arrival Time

Please **do not arrive before 5:30pm**.

If you do arrive early, we kindly ask that you wait for our duty members to arrive and check you in before heading out onto the course.

Our duty members are often coming straight from work, and in some cases even take time off to be there by 5:30pm. Your patience and understanding are genuinely appreciated.

Very early arrivals heading out onto the course can create confusion, particularly if course marking is still being finalised. In some cases, you may end up on an unmarked or incomplete course.

Check-In

Everyone **must check in via the iPad BEFORE going out onto the course**.

This applies to:

- All runners and walkers
- Anyone "just going for a short walk" or "just hanging around"
- First-timers trying Harriers
- Young children out on course with you (who need to be supervised at all times)

It doesn't matter how far you're going. **If you're on the course, you must check in**. We have a duty of care to ensure everyone who starts returns safely and is accounted for.

Check-Out and Times

Please check out and provide your time on the iPad with the duty member **as soon as possible when you cross the finish line**.

This means:

- No cool-down runs before checking out
- No wandering off while duty members try to track you down

If you don't wish to record a time, you still need to check out. The duty member will simply mark you as "No time recorded".

Checking out promptly ensures:

- Everyone is safe and accounted for
- Our end-of-night presentation can proceed smoothly
- We can finish on time and don't delay members who need to get home for dinner, family, or other commitments

None of this is about being pedantic or frustrating anyone. It's about safety, helping our fellow members and volunteers, and ensuring we're a professional and well-organised club.

When everyone does their small part, it makes the role of our duty members simple and stress-free, which is the way it should be.

We appreciate your cooperation and continued support of our Harriers Thursday runs!

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 ***

IMPORTANT HARRIERS DATES

Martin Thompson Running Championships 2026

(Race Directors: Tobi Grzmil and Danelle Wright)

Sunday 22 March

Grand Ridge Rail Trail, Boolarra

Sign up at:

<https://forms.office.com/r/gKzyyM7t00>

Traralgon Marathon and Running Festival 2026

(Race Director: Desley Gray)

Sunday 14 June

Glengarry Football Netball Club

Sign up at: traralgonmarathon.org.au

DUTY ROSTER SUMMER SEASON 2025/26

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

OCTOBER

9 ——— Kristine Sapkin & Lee Graham

16 ——— Shane Gavin & Ryan McLeod

23 ——— Ian Cornthwaite & Adam Riddle

30 ——— Stacey Podmore & Aaron More

NOVEMBER

6 ——— Pete Sanders & Kristina Creighton

13 ——— Tim Graham & Ryan Hon

20 ——— Kimberly Imperial & Adam van Baalen

27 ——— Andrew Greenhil & Anja Norwood

DECEMBER

4 ——— Vicky Atkins & Catherine Leonard

11 ——— **Christmas Fun Run and Awards Celebration**

19 ——— Christmas Lights Run – 8pm from the Breed Street Netball Courts Traralgon

JANUARY

15 ——— Scott Syme & Sep Marino

22 ——— Rob Preston & Helen Whitby

29 ——— Stephen McLeod & Stephen Renehan

FEBRUARY

5 ——— Jay McGown & Geoff Francis

12 ——— Jye Kaestner & Tania Whitehead

19 ——— Paul Smith & Adrian Sutcliffe

26 ——— Marieka Reilly & Ree Graham

MARCH

12 ——— Ben Wilkinson & Ashley Marsh

19 ——— Samantha McGown & Michelle Sawyer

26 ——— Bailey Rollandin & Paul Rollandin

New member?

[Click here](#) to find out all you need to know about getting involved with our Thursday night runs.

News or thoughts to share?

Email through to Glenn Crawford at

glenn@bcsaccountants.com.au



**Sunday 14 June
2026**

**WIN Network Marathon
Aussie Broadband
Half Marathon
GOLD 1242 10km**



Entries are strictly limited. Scan the code
or visit traralgonmarathon.org.au



Brought to you 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

DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
26 Feb 2026	Railway Reserve Traralgon	6 km		Marieka	Marieka Reilly & Ree Graham
1 Mar 2026	Baw Baw Snow Gum Run	1 - 42km			
5 Mar 2026	LRH Hospital Run turn Right	6 km	International Women's Day 08/03- Purple		Committee - TBC
12 Mar 2026	Glengarry Rail Trail	6 km		Mark Lansdown	Ben Wilkinson & Ashley Marsh
19 Mar 2026	Yallourn North-TBC	5 km		Ron V	Samantha McGown & Michelle Sawyer
22 Mar 2026	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
26 Mar 2026	Toongabbie Golf Club	5 km	Club Dinner – Golf Club	Phill Mayer	Bailey Rollandin & Paul Rollandin
28-29 Mar 26	Inverloch Running Festival	2-42km			
29 Mar 2026	Run 4 The Kids	5 & 14.4km			
2 Apr 2026	Newborough Track Night	5 km	A great chance to set a new PB and maybe get yourself re-graded for Thursday night handicap groups!		Committee
3 Apr 2025	Good Friday				
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			

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 February 12th – Clarkes Road 6km

SEEMINGLY impossible obstacles can sometimes make for excellent opportunities. Such was the case with the Harriers Clarkes Road run on Thursday evening. The course, which has been a summer staple well into distant memory, underwent a forced alteration due to harvesting operations amongst the pine plantations.

A hastily put-together alternative course, however, proved top trumps. Starting instead on the eastern side of the small reservoir, the 6km run started in a southward direction before plunging onto a raucously fun mountain bike-style trail, dashing and darting in narrow strips through the tightly packed forest. Despite the bright sunshine on the start line, sunglasses were quickly removed amongst the cast shadows. These trails gave way to wide dirt roads in the second half of the run.

Courtney Ellis continues her return from injury, enjoying a well-measured run in 26:06, quite away ahead of Lucy Sedgwick (30:11), and Yani Cornthwaite (30:26). The women's field was in good shape, with Kate Mayer and Molly Irvine also recording impressive performances.



Above - Ron Verschuur enjoyed the twists and turns of the trails

The trio of best men was Sav Mavrofridis (22:50), Pete Cutler (24:05), and Miles Verschuur (25:00). Despite his preference of flat, wide bitumen roads, Cutler still enjoyed Thursday evening's course. Riley Evans continues his excellent return to the club, putting together an excellent string of performances. As always, Junior Mattias Preston (34:30) is showing signs of his running developing, taking after his very high-performing parents, Kathryn and Rob.

Results – Clarkes Road 5km run/walk

Sav Mavrofridis 22:50, Peter Cutler 24:05, Miles Verschuur 25:00, Daniel Furmston 25:15, Ian Cornthwaite 25:45, Courtney Ellis 26:06, Ash Crawford 26:53, David Barr 26:53, Riley Evans 27:11, Dave Mann 27:59, Jay McGown 28:03, Clinton Jolly 28:07, Adrian Sutcliffe 28:18, Rob Preston 28:44, Peter Sanders 29:14, Lucy Sedgwick 30:11, Yani Cornthwaite 30:26, Trent Kooyman 31:18, Jack Warr 31:28, Dempsey Podmore 31:38, Molly Irvine 31:52, Tom Bowman 31:58, Ron Verschuur 32:09, Kate Mayer 32:19, Nicholas Talerico 33:09, Chris Van Unen 33:37, Geoffrey Francis 33:39, Gary Fox 33:58, Jim Cutler 34:02, Mattias Preston 34:30, Kathryn Preston 34:30, Ivy Crawford 34:53, Toby Grzmil 35:13, Errol Poole 35:33, Ben Wilkinson 36:03, Maddy Wood 36:29, Sep Marino 36:34, Leopold Notting 36:43, Owen Notting 36:46, Bjorn Luxmann 38:59, Desley Gray 39:05, Phillip Mayer 39:40, Belkey Podmore 40:14, Marieka Reilly 40:14, Angelo Gaudiano 40:28, Kaye Livingstone 42:35, Catherine Leonard 42:42, Daniel Symons 44:27, Tania Whitehead 47:52, Mandy Ellis 48:30, Timothy Graham 50:34, Michelle Colwell 52:55, Barry Higgins 55:00, Samantha McGown 55:33, Lynda Jones 59:58, Belinda Heafield 1:02:44, Fiona Syme 1:05:00, Nick Hodson 1:11:11, Kylee Earl 1:11:11, Belle Connor 1:11:20, Sarah McKie 1:11:20, Nicky Semmler 1:11:20, Peter Grixti 1:14:00, Greg Semmler NTR, Robert Embleton NTR, Yui Fox NTR, Ian Heafield NTR, Linda Buhagiar NTR, Rose Anderson NTR, John Skordakis NTR, Karen Graham NTR, Rick Mann NTR. Volunteers: Jye Kaestner, Tania Whitehead, Chris Van Unen, Mareika Reilly.



Above - Father and son duo Owen and Leo Notting continue to enjoy the Harriers summer season.

Thursday February 19th – Toners Lane 5km

UNSURPRISINGLY, the conditions for running on Thursday were typical of a late February evening. Plenty of sun and a touch of wind made themselves known to the seventy-one Harriers that graced Toners Lane in Morwell and sauntered out-and-back along the Morwell West Walking Track.

The Harriers women are getting a welcome injection of pace and enthusiasm, with relative newcomer Lucy Sedgwick (22:08) finishing between consistent speedsters Yani Cornthwaite (21:23) and Molly Irvine (23:12). Courtney Ellis continues her return both to form and from injury, with junior Ivy Crawford also providing some excellent competition.

On the men's side of the draw, a familiar battle ensued between Sav Mavrofridis and Pete Cutler, with Cutler's experience providing him with a two-second victory. Way further back was Dempsey Podmore, followed by Miles Verschuur. Riley Evans continues to work his way up the field, as does Ash, and particularly Ryan McLeod, proving Harriers remains a deep pool of serious running talent.

Following the run, almost forty Harriers travelled the short distance to the Morwell Club for an enjoyable monthly club dinner. Whilst they were tucking into their grub, a small but important contingent were in the midst of preparations for the Oscars Hut-to-Hut run at Mount Buller over the weekend.

Jay McGown, Stephen Renehan, and adventure racer Rob Preston all started the 100km at 5am on Friday. Featuring over 5,500m of elevation, some sublime views, as well as some strict cutoffs, McGown and Renehan battled valiantly, but the mountains managed to win this time. For Preston, who characteristically snagged a late entry, he managed to finish 10th in 17:58:41.

In the support events, Kylie Murray finished in 10th place, with Clinton Jolly (pictured below) also joining in on the fun; Sam McGown enjoyed the 10km race.

The next Thursday evening run is at the Traralgon Railway Reservoir Conservation Reserve, with all welcome.



Results – Toners Lane run/walk

Peter Cutler 16:50, Sav Mavrofridis 16:52, Dempsey Podmore 18:02, Miles Verschuur 18:25, Greg Semmler 18:31, David Barr 19:00, Ian Cornthwaite 19:24, Riley Evans 19:48, Andrew Greenhill 19:54, Ash Crawford 20:10, Abby Derham 20:14, Daniel Furmston 20:48, Seth Bomers 21:05, Yani Cornthwaite 21:23, Ryan McLeod 21:53, Shane Gavin 21:56, Lucy Sedgwick 22:08, Chris Van Unen 22:10, Darrel Cross 22:59, Molly Irvine 23:12, Nicholas Talerico 23:13, Geoffrey Francis 23:30, Ron Verschuur 23:37, Errol Poole 23:39, Peter Sanders 24:09, Courtney Ellis 24:11, Gary Fox 24:40, Jim Cutler 24:49, Stephen Mcleod 25:17, Desley Gray 25:55, Ivy Crawford 26:01, Rebecca Anderson 26:04, John Skordakis 26:43, Phillip Mayer 26:50, Toby Grzmil 27:46, Ashley Marsh 27:59, Megan Kenny 28:36, Sep Marino 29:06, Marieka Reilly 29:47, Wally Lappin 30:00, Belkey Podmore 30:10, Kaye Livingstone 32:15, Mandy Ellis 32:26, Helen Whitby 33:33, Tania Whitehead 33:42, Matilda Lappin 35:45, Timothy Graham 37:53, Jye Kaestner 39:22, Angelo Gaudiano 40:10, Kat Kent 40:10, Danelle Wright 40:55, Darren Fielden 42:00, Barry Higgins 45:15, Bjorn Luxmann 46:01, Mark Lansdown 46:01, Sam Bomers 46:30, Ann Bomers 47:03, Michelle Colwell 48:10, Nicky Semmler 50:41, Sarah McKie 50:41, Nick Hodson 50:56, Kylee Earl 50:56, Jason Odlum 51:30, Anja Norwood 51:38, Rick Mann 1:14:00, Robert Embleton 1:14:00, Ian Heafield 1:14:00, Lyndsey NTR, Lyndsey Durham NTR. **Volunteers:** Paul Smith, Adrian Sutcliffe, Sep Marino.

Oscars Hut-to-Hut:

100km:

Thomas Dade 14:20:03, Nicole Paton 16:33:59, Rob Preston 17:58:41, Jay McGown, Stephen Renehan.

23km:

Iain Best 2:20:18, Natalie Rooks 2:37:34, Kylie Murray 2:52:09, Clinton Jolly 3:51:48.

10km:

Robbie Savage 51:30, Patricia McKibbin 58:50, Sam McGown 2:12:21, Ally McGown 2:12:22, Bec Binding.

Run the Lighthouse, 6km event. 21st Feb.

Jarrold Willhelme (1st) 33:26, Rickie Glover (2nd) 35:55.

Rickie was outright second in the field. She is a current Harrier.

Miles Verschuur



Introducing Gippy Pacers Built by Runners, for Runners

We're excited to officially launch Gippy Pacers, a new local pacing team created to support and encourage every participant at the 2026 Traralgon Marathon & Running Festival.

Gippy Pacers are local runners leading the way — dependable, community-driven, and proud ambassadors of our running spirit.

Our goal is simple: help every runner find their rhythm, stay motivated, and cross the finish line proudly knowing they gave it their all!

We are seeking pacers for the following distances:

Marathon:

3:00 | 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00

Half Marathon:

1:30 | 1:45 | 2:00 | 2:15 | 2:30

Pacers should be able to demonstrate consistent recent results within approximately five minutes of their nominated pace and feel comfortable running evenly (or slightly conservatively) on race day.

Selected pacers will receive official Gippy Pacers race kit and recognition as part of the 2026 Traralgon Marathon & Running Festival team.

Gippy Strong. Pacing Proud.

For expressions of interest please contact Desley or Chris via: admin@gippypacers.com.au

Supporting Our Runners – Meet Local Coach Jack

As we build momentum toward the Traralgon Marathon in 2026, I'm increasingly proud to see the event growing well beyond race day itself. As Race Director, I see firsthand the real impact that happens in the months of preparation — in the early-morning long runs and the support networks that form along the way. It's been fantastic to see members of our broader running community getting behind the event.

One of those is Jack Beechey-Danvers, a local coach who has been actively promoting the marathon through his social media and supporting runners in their preparation. We recently reached out to learn more about what he does and what drives him.

“To me, everyone is an athlete.”

Jack coaches' runners aged 12 and up and has worked with individuals from their early teens through to their mid-40s. While he certainly supports competitive athletes, most of his clients are everyday people juggling full-time work and life responsibilities, with running as their outlet.

In fact, he says these are his favourite runners to coach.

“They tend to have the most to learn about their bodies and often see the biggest improvements when given individualised structure.”

A Balanced Approach to Training

Jack builds his programs using a mix of time-based and kilometre-based sessions.

He prefers time-based training for most runs, as it removes the pressure of “chasing kilometres”, but incorporates distance targets during interval sessions where appropriate. His programs are delivered virtually, allowing him to support runners across a range of backgrounds, goals and locations.

With a background that combines running knowledge and physiotherapy principles, his focus is on personalised, tailored programming that helps runners build strength, endurance and confidence safely.

From Football to Ultras

Jack's own running journey began in 2022 after finishing football due to ongoing knee injuries that made pivoting and change of direction difficult. Looking for a new challenge, he turned to running.

He describes himself as “not the fastest runner”, which led him to chase endurance over speed — completing multiple marathons, a 65 km ultra, and a 100 km ultra.

One of his career highlights was a 100 km Rail Trail run starting in Traralgon at 2:30 am, heading to Stratford and back to Heyfield, and finishing around 7:00 pm — a huge physical and mental effort shared with two close friends.

Race Preparation & Fuel Strategy

When it comes to race prep, Jack keeps things simple and consistent:

- 2–3 days of a “straight white” diet before race day
- A short shakeout run the day prior



- Prioritising quality sleep (without oversleeping)
Using gels, salt tablets and careful fuelling during races

He currently collaborates with Nectar Sports Gels (honey-based) and offers a discount code for his athletes.

And as for pre-race superstition?

“I just pray my stomach doesn’t mess with my race performance!”

Something most of us can relate to.



It’s always encouraging to see coaches investing in the Gippsland running community and supporting runners of all abilities. As we head toward June 2026, having knowledgeable and passionate people helping others prepare only strengthens our local running culture.

For members interested in learning more about Jack’s coaching approach, you can connect with him on Instagram at [@runroguecoaching](https://www.instagram.com/runroguecoaching) or visit www.runrogue.com.au.

The journey to race day is where resilience is built and belief is strengthened. I’m proud to see our Gippsland running community supporting one another as we prepare for Traralgon Harriers 59th Annual Marathon & Running Festival and I can’t wait to see what we achieve together.



Desley Gray

Race Director-Traralgon Marathon & Running Festival.

Oscars Hut2Hut 2026 - 10th anniversary edition

Knowing this was the 10th edition and the last time they were running the 100km event we knew we wanted to be a part of it and support the great work that Chris O'Donoghue, Andy Payne and the other RDs have done in raising money for children with autism.

Arriving at Mount Buller in glorious sunshine we made our way to check in and to catch up with our fellow photographers The Eventurers who were taking portrait before shots of runners before the race. We then went back to chill out for the afternoon and wait for the other Harriers members to arrive. Dinner was enjoyed at the hotel before heading down to the 100km race briefing. The morning was going to bring an adventure that would test even the hardest of ultra runners.



Pictured above – Steve, Sam, Clinton and Jay find their names on the 10 year anniversary board

3.30am arrived quickly, breakfast was consumed before heading to the start line. After seeing Jay, Stephen, and Rob off on the 100km I went for a walk on the top section of the Bella course to get my bearings before spending time with The Eventurers, having a second breakfast then watching the start of the Lala – a new 23km distance introduced for the 10th anniversary. Clinton took on this challenging course which going from everyone's comments when they had finished - included a beast of a climb back up to Buller.

The rest of my day was spent volunteering at the finish line where Jay joined me after retiring from the 100km due to illness. If you ever find yourself hanging around at events waiting for your loved ones, put

your hand up to volunteer. It was hectic, but I met so many lovely people and got to celebrate their achievements with them as I framed their page from the book they had collected at the top of Mount Buller. I spent some time chatting with Kellie Angel and her boys, who were assisting me with the framing – major fan girl moment. After a break for dinner, I took on the night shift at the finish line and was privileged to hand fellow Harriers member Rob Preston his gold buckle as he crossed the line in the 100km event in 10th place.

Saturday saw the start of the Archie race with Dave Mann taking on this tough course on what was forecast to be a very hot day. Upon his return in a really good time, it was nice to chill out in our accommodation with Rob, Stephen and Dave and swap stories of the adventures we had had so far. Jay and I gave Ian and Velta a break for dinner, taking photos on the finish line before enjoying a meal at the pub across from the finish line. Clinton acquired cow bells for us all so we could cheer runners into the finish chute.



Sunday finally arrived, bringing with it a cold wind blowing over the mountain and the threat of storms in the distance, but it was finally my turn to race. Standing on the start line, the emotions of the weekend and the build up to this day started to overwhelm me and I went very quiet as the nerves kicked in.

Our course left the village and crossed the road, where I got a hug from Chris the RD, before stopping at a conga line to cross a bridge and head out on the family trail. Passing the Little Buller aid station and a very bright and loud cheering volunteer we headed up the flowing mountain bike tracks. The climb uphill saw Clinton and I in another conga line before the runners spread out and we were running with a couple from Bendigo who were running with their one-year-old bouncing along in a baby carrier.

The climb back up from Cornhill track saw us pass a few runners before we made it back to the family trail where we left the bouncing one year old back past the aid station and hit the first of the ski run hills.

Thank goodness past me suffered through hill training so present me could survive as I was starting to think RD Sally was joking when she said there was over 400m of vert in this race. My reward for getting to the top in pretty good time was seeing Stephen and Dave taking photos of us and giving us high fives before we headed towards the summit along some beautiful single track through the snow gums overlooking the Bluff. I stopped Clinton to turn on the theme song from my favourite movie “The Man from Snowy River” as we ran through the majestic landscape. It just seemed appropriate and spurred me on for the last tough climb.

The climb up to the summit was a hard slog and I asked Clinton to go ahead and try to find my favourite poem in the Henry Lawson book of poems I knew was at the top. He would have found it faster; except he had left the framed contents page he took on the Lala run back in the apartment. Once I reached the summit we searched for the poem but to no avail. I started to get cold and was shivering so I knew it was time to get off the mountain and start moving again so I just took any poem from the book which as it turns out was the “Stockman’s lament”.

My right knee started to complain on the downhill but I knew we were 2kms from the finish line and I had trained hard to get my time goal so it was time to move as fast and as much as possible. Passing a photographer on course and getting our photo taken, Clinton pushed me along the flat. Seeing Tom Dade (the winner of the 100km) and getting some words of encouragement from him spurred me on to run to the finish line. I was so determined to finish strong. Jay was there to capture my finish line moment, and Andy Payne was there to give me a congratulatory hug. The finish line was hectic with lots of people congregating and congratulating each other I lost Clinton in the crowd, but with his help I managed to achieve my time goal. Thank you, Clinton, I appreciate you running with me especially with half an hours’ notice!

One of the best parts of trail running is being part of a bigger community. Over the weekend I had such a great time catching up with people I’ve met at past Tour de Trails events and 4 Peaks that Jay joked if I’d taken a selfie with everyone, I could’ve filled an entire photo album.



Sam McGown

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

SNOW GUM RUN

MOUNT BAW BAW, VICTORIA

Sunday 1 March 2026

Soak up the pristine alpine environment and challenge yourself to run at an altitude above 1,500 metres during the Snow Gum Run.

Event Village Address: Village Central Restaurant, 32 Currawong Road, Mount Baw Baw VIC 3833

RACE DISTANCES:

- Marathon
- 35km
- 21km
- 15km
- 7km
- 4km
- 1km



<https://www.singletrack.com.au/snow-gum-run>

<http://trybooking.com/events/landing/1534490>



Little Jem Foundation and Heyfield Lions Club



03/04/2026

Fun Run

NEWRY GOLF COURSE



LUKES LONG HAUL- 21.3KM RUN

BENNY BLITZ- 15KM RUN

DUSTYS DASH- 5KM RUN/WALK

Heyfield Lions Club - Little Jem Fun Run
Tickets, Newry Golf Course, Newry |
TryBooking Australia

www.trybooking.com

SCAN THE QR CODE TO
REGISTER!

ALL PROCEEDS GO TOWARDS
SUPPORTING FAMILIES
THROUGH INFANT AND CHILD
LOSS

Run Tarra-Bulga 2026

UPDATE
24/2

Entries Remain:
42 km - 18 spots
25 km - 43 spots
6 km - 39 spots
2.5 km Kids - 26 spots

UPDATE
24/2

Saturday April 11th 2026
Tarra-Bulga National Park
Brataualung Country

Presented by:



Supported by:



THE MIDDLE
OF EVERYWHERE





**Sunday 14 June
2026**

**WIN Network Marathon
Aussie Broadband
Half Marathon
GOLD 1242 10km**



Entries are strictly limited. Scan the code or visit traralgonmarathon.org.au



Brought to you by

