



# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

12 March 2026 - Volume 59 - Issue 5

### THURSDAY RUN

#### **This Week's Course**

Glengarry Rail trail 6km

Followed by club dinner at  
Glengarry Pub

#### *Duty*

Ben Wilkinson &  
Ashley Marsh

#### *Marker*

Mark Lansdown

#### **19/3/26**

Edward Hunter Reserve  
Moe 5km

#### *Duty*

Samantha McGown &  
Michelle Sawyer

#### *Marker*

Ron V

#### **26/3/26**

Traralgon-Morwell bike  
path – Kay Street

#### *Duty*

Bailey Rollandin &  
Paul Rollandin

#### *Marker*

Phill Mayer



### A Crawford Production

**Ivy and Ash Crawford cross the line at Baw Baw**

*Photo Jay McGown, JASM Photography*

[Martin Thompson 2026 Running Championships – Enter here!](#)

# President's Message

**Thursday 12 March 2026**

Summer may have officially come to an end, but the Harriers running calendar is still in full swing.

We have some fantastic courses and big events coming up over the coming weeks, including **the Martin Thompson Running Championships on Sunday 22 March**. If you haven't done so already, please register at <https://forms.office.com/r/gKzyyM7t00>. This is always the most efficient way to sign up and saves you (and our volunteers) the paperwork on race day.

**Martin Thompson's story** is an incredibly important one to share, and I encourage you to read the **outstanding piece written by Life Member Geoff Duffell** in this edition of the newsletter. Geoff penned this wonderful summary of Martin's life and accomplishments at the time of Martin's passing in 2016.

Martin (pictured right) was a Harriers founding member, coach and motivator, club administrator, international athlete, life member, teacher and a sports scientist. He was one of the key figures in the establishment of Harriers, who set the groundwork for who we are today.



Our **running calendar has more updates** over the coming weeks, and as usual this is due to changes to course access and availability of facilities. As always, our upcoming weekly runs will always be posted to facebook, Instagram and (for those who hate social media with a passion!) our [Thursday Night webpage](#).

**A big thank you to everyone who came to our International Women's Day Run** last week. It was

fantastic to see such a strong turnout and a great atmosphere around the event.

**A special thanks to Marieka Reilly and Kate Mayer** for their help with the organisation and proceedings. Your efforts are greatly appreciated and helped create a meaningful occasion for our club.

The event was a wonderful opportunity to recognise the extraordinary role women play in our society: championing justice, advancing equity and strengthening our communities every single day.

At Harriers, we're proud to have a genuine 50/50 split of male and female members, and **our club is stronger and more connected because of the leadership, drive and commitment of our female members**.

I feel incredibly fortunate to work alongside such an outstanding group of women across our Executive, General Committee, volunteers and broader membership. Your contribution shapes our culture and helps set the tone for who we are and what we stand for.

Finally, a friendly reminder as our numbers continue to grow each week to **please be mindful of your fellow Harriers out on the course**. Whether you're running or walking, give people space when needed, show courtesy, and always keep an eye out for one another. Looking after each other is a key part of what makes our club special. Safety and respect will always remain our top priorities.

I look forward to seeing you all at our next Harriers run!

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](http://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](mailto:glenn@bcsaccountants.com.au)



**TRARALGON  
HARRIERS**  
*Est. 1967*

**Sunday 22 March 2026**

**Boolarra Railway Park**

# **Martin Thompson**

## **2026 Running Championships**

### **25km and 10km Events**



**Check-in and on-the-day registrations from 8:00am**

**25km event starts 9:00am**

**10km event starts 9:30am**

**Members Free / Non-Members \$10**

*(cash or card payment on the day)*



Register using the QR code above or via: <https://forms.office.com/r/gKzyyM7100>

## **Martin Thompson - A founding member of the Harriers**

*By Geoff Duffell*

Martin Thompson was a Harriers founding member, coach and motivator, club administrator, international athlete, life member, teacher, and a sports scientist.

Martin inspired and motivated many. In the early days he turned local runners into junior Victorian champions, and inspired many others to achieve outstanding running results. He served many years in club administration roles where his innovative ideas and sound judgment helped in early club building.

In the 1970s Martin spent several years in England where he studied and trained, running over 100 marathon and ultramarathon events. He was particularly successful in the ultramarathon events with many top placings and several Australian records. His wife Linda also competed successfully in many of these events.

On their return in 1979, Martin and Linda had joint wins in the Traralgon Marathon. They left Traralgon for Sydney some 30 years ago for Martin to take up a university teaching and research position. Despite his Sydney commitments, he maintained local connections and a continuing interest in the club's progress.

Martin's legacy to the club can still be seen. In the club's early years the stringent requirements of amateurism meant strict oversights on every club's rules and activities. Martin believed that democracy, with decisions entirely in the hands of members, was more important. He devised club by-laws as a means to enable greater club autonomy and member democracy.

In the mid-1970s another of Martin's ideas was to implement mid-week runs which, under the prevailing rules, were not strictly legal. They were an immediate success. Martin had sensed a turning tide in the emergence of fun running, with its wide popular appeal, suddenly outstripping interest in track events.

As an Associate Professor in the Department of Exercise and Sport Science at the University of Sydney, Martin's contribution to the wider running world was orientated towards practical applications. He used techniques for enhanced treadmill training with runners he coached. Two of them won national championships.

A major area of Martin's experimental studies was exercise in hot and humid conditions. His expertise was called on to assist Olympic squads with their event preparation and heat acclimatisation programs.

In recent years Martin had a number of overseas trips where his technical knowledge on training principles and advice on sports programs had been sought. His early death in April 2016 saw the loss of one of the most influential figures in the club's history.

Perhaps Martin's approach to life was best summed up by a sticker he once had on his car: 'Jog a bit - It keeps you fit'.

*Geoff Duffell is a former respected and significant Harrier member who was responsible for the Harriers conducting many state and national running events in earlier years.*



**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](http://traralgonmarathon.org.au)



**TRARALGON  
HARRIERS**  
*Est. 1967*

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
12 Mar 2026	Glengarry Rail Trail	6 km	<b>Club Dinner – Glengarry Pub</b>	Mark Lansdown	Ben Wilkinson & Ashley Marsh
19 Mar 2026	Edward Hunter Reserve - Moe	5 km		Ron V	Samantha McGown & Michelle Sawyer
22 Mar 2026	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
26 Mar 2026	Traralgon-Morwell bike path – starting from Good Shepherd Lutheran Church, Kay Street	5 km		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			



Above – Sav Mavrofridis takes the win in the 27km Redwood Rush event

# 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 26<sup>th</sup> – Railway Reserve 6km

A troop of grey clouds hanging loosely above could not cast shadow over the merriment of the Traralgon Harriers' latest outing on a Thursday evening. The footsteps, laughter, and companionship of 72 runners and walkers sent the purple swamphens scampering into the light scrub of the Traralgon Railway Reservoir Conservation Reserve.

On offer was a clockwise loop two kilometres in length, completed three times for a six-kilometre event. A few short and sharp climbs throughout the loop provide a perfect proving ground for a puncheur\* style of running. (\*Ed: A road cyclist who specializes in rolling terrain with short, steep climbs, typically ranging from 2 to 8 minutes in length)

On the men's side of the draw, the top four was identical to the week prior, with fan favourites Pete Cutler and Sav Mavrofridis ahead of Dempsey Podmore and Miles Verschuur. Daniel Furmston and Ian Cornthwaite added to the depth of talent at the front of the field.

Longtime junior Nelson Archibald made an impressive return to Thursday night racing, hurtling around the Reserve in 25:14, ahead of Riley Evans and two (unrelated) Crawfords in Glenn (26:19) and Ash (26:26). Ash, along with Phill Mayer and Owen Notting consisted of the top three according to handicap for the evening.

For the women, Mareika Reilly (pictured right), Harriers veteran and orienteering and adventure racer champion Kathryn Preston, and Megan Kenny were the top three on handicap. Overall, Lucy Sedgwick (27:53), Yani



Cornthwaite (28:00), and Molly Irvine (29:02) continued their speedy form.

There was much chatter around about the impressive achievements of club members at the Oscars Hut-to-Hut and some eager anticipation regarding the then upcoming Baw Baw Snow Gum Run.

### Results – Railway Reserve 6km run/walk

Peter Cutler 22:28, Sav Mavrofridis 22:38, Dempsey Podmore 24:01, Miles Verschuur 24:06, Daniel Furmston 24:10, Ian Cornthwaite 24:35, Nelson Archibald 25:14, Riley Evans 25:52, Glenn Crawford 26:19, Ash Crawford 26:26, Seth Bomers 27:18, Lucy Sedgwick 27:53, Yani Cornthwaite 28:00, Clinton Jolly 28:06, Molly Irvine 29:02, Peter Sanders 29:35, Courtney Ellis 29:49, Owen Notting 29:54, Darrel Cross 30:03, Paul Ellis 30:19, Stephen Renehan 30:30, Ryan McLeod 30:47, Geoffrey Francis 30:50, Chris Van Unen 31:45, Rickie Glover 31:46, Dave Mann 31:56, David Barr 31:57, Gary Fox 32:05, Errol Poole 32:29, Jim Cutler 32:37, Ben Wilkinson 32:50, Stephen McLeod 33:19, Kathryn Preston 33:20, Toby Grzmil 33:40, Phillip Mayer 34:06, Maddy Wood 34:22, Rebecca Anderson 35:09, Megan Kenny 35:33, Ashley Marsh 37:04, Marieka Reilly 37:04, Catherine Leonard 38:13, Claire Macumber 38:40, Kaye Livingstone 39:05, Desley Gray 40:00, Jye Kaestner 40:34, Matilda Lappin 40:37, Darren Chester 41:14, Mandy Ellis 41:42, Tania Whitehead 41:47, Paul Smith 42:46, Helen Whitby 43:20, Timothy Graham 47:46, Jay McGown 48:02, Samantha McGown 48:19, Mark Lansdown 49:08, Ivy Crawford 49:21, Lynda Jones 51:12, Ann Bomers 52:09, Barry Higgins 53:08, Darren Fielden 56:00, Michelle Colwell 1:01:00, Kathy Quinn 1:01:00, David Hood 1:02:06, Anja Norwood 1:03:00, Kylee Earl 1:03:42, Nick Hodson 1:03:42, Ian Heafield 1:05:01, Jason Odlum 1:06:12, John Skordakis NTR, Linda Buhagiar NTR, Rose Anderson NTR. **Volunteers:** Ree Graham, Mareika Reilly.

### Miles Verschuur

#### Thursday March 5<sup>th</sup> – LRH Hospital 6km

Ahead of the field as usual, the Harriers celebrated International Women's Day at their last Thursday evening run, prior to Sunday's national event. Members wore the now traditional purple.

Along the fairly soul-less out and back 6km course along the western end of the Traralgon-Morwell walking trail, runners and walkers experienced heat as well as facing into a robust south-westerly breeze on the way back to the LRH car park precinct.

*Right - Celebrating International Women's Day. Mareika Reilly with Charlotte and Louisa help spread the word for International Women's Day.*



Quickest women were Yani Cornthwaite, Courtney Ellis (who ran from Traralgon to take part and then ran back home) and local international triathlete Molly Irvine.

Fastest men were Yani's father and exemplar Ian Cornthwaite, talented triathlete Dempsey Podmore and Daniel Furmston.

David Embleton who travelled from the UK for a week last year to visit family and ran the Melbourne Marathon, was again back in town and was fourth, just behind Furmston.

Many junior members, including Lucy Sedgwick, Ivy Crawford and Wally Lappin, performed well and inspired the older generation.

After the run members enjoyed refreshments and acknowledged International Women's Day in various positive ways.



*Above - After her Snow Gum Run victory a few days earlier Courtney Ellis leads the Thursday night field home after running from Traralgon to the start line at LRH. Photo Jay McGown, JASM Photography.*

### **Results – LRH Hospital 6km run/walk**

Ian Cornthwaite 24:00, Dempsey Podmore 24:01, Daniel Furmston 24:01, David Embleton 24:14, Ash Crawford 25:15, Adrian Sutcliffe 25:58, Seth Bomers 26:18, Yani Cornthwaite 26:31, Dave Mann 26:36, Andrew Greenhill 26:53, Courtney Ellis 27:22, Nicholas Talerico 27:41, Molly Irvine 27:42, Trent Kooyman 27:55, Clinton Jolly 28:00, Peter Sanders 28:15, Owen Notting 28:17, Darrel Cross 28:27, Stephen Renehan 28:28, Chris Van Unen 28:48, Lucy Sedgwick 28:53, Geoffrey Francis 29:06, Gary Fox 30:03, Kate Mayer 30:06, Ron Verschuur 30:06, Ben Wilkinson 32:05, Kelly Wood 32:11, Katie Taylor 32:11, Ivy Crawford 32:19, David Hood 32:49, Maddy Wood 33:22, Megan Kenny 33:23, Stephen Mcleod 33:37, Belkey Podmore 34:20, Phillip Mayer 34:28, Toby Grzmil 34:37, Ree Graham 35:20, Ashley Marsh 36:02, Kylie Murray 38:42, Catherine Leonard 39:08, Matilda Lappin 39:47, Marieka Reilly 39:55, Kaye Livingstone 40:00, Paul Smith 40:25, Mandy Ellis 41:51, Chesney Podmore 42:00, Tania Whitehead 43:09, Mark Lansdown 46:00, Danelle Wright 48:09, Kat Kent 48:47, Angelo Gaudio 48:48, Samantha McGown 49:41, Barry Higgins 52:48, Darren Fielden 53:00, Nick Hodson 1:01:00, Kylee Earl 1:01:00, Michelle Colwell 1:02:45, Kathy Quinn 1:02:45, Helen Whitby 1:06:11, Belinda Heafield 1:06:11, Jason Odlum 1:06:25, Robert Embleton 1:13:33, Ian Heafield 1:13:38, Jay McGown NTR, Wally Lappin NTR, Abby Derham NTR, Ann Bomers NTR, Desley Gray NTR, Sep Marino NTR.

## The Snow Gum Run

The previous Sunday (March 1<sup>st</sup>) many members took part in various distances at the Snow Gum Run, one of the Single Track Running Wild series – an appropriate description. Runners start from the Mount Baw Baw alpine village and cover various distances through the National Park to Mt St Gwinear and Mushroom Rocks.

Courtney Ellis conquered the difficult course to come outright first in the 35km event. After winning the 35km division last year, Sav Mavrofridis moved up to the 42km marathon distance placing an impressive second behind Matthew Crehan.

Other members and friends achieved praiseworthy results across the various distances. Ash Crawford and his daughter Ivy crossed the finish line together in the arduous 7km run. It was Ivy's first real trail run and her first 7km run, after stepping up from 5 and 6 km runs. Ivy said, "It was a testing course, but very scenic. The trails were technical, and some parts quite challenging. The steep hill at the start and the down hills were the hardest part".

Ivy also loved the food and medal at the end. " . . . I had lots of fun. It was a great stepping stone race, to build up to other events."

Ash related, "I really enjoyed running with Ivy for her first serious race, and being able to give her advice on different things like pacing and technique. I think Ivy learnt a lot, and it was good to see her so happy after the event".

## The Otway Odyssey

Further afield, former junior Harrier Peta Mullens competed in the Otway Odyssey 100km mountain trail bike ride in the eponymous Otway Ranges. Now an international competition cyclist, as a junior teenager she ran 50km track events with the Harriers.

The race results website announced it was a huge debut victory for Courtney Sherwell, who rode away convincingly in the last lap, with Holly Harris close behind in second, and a grazed Peta Mullens in third, only two minutes adrift. Peta had a crash along the course and showed courage and stamina to remain in the placings. She is pictured second from right at the start line.



## Warburton Trail Festival

The Warburton Trail Festival held over the long weekend saw runners and their families tackle a variety of demanding but fun-filled events around the Warburton Valley and to the summit of Mt Donna Buang. Following his second place in the 42km *Snow Gum Run* the previous weekend Sav Mavrofridis cut back his distance but moved up a place to win the out-and-back 27km *Redwood Rush*, along the Warburton Valley to the Redwood Forest and return.

In the 22km *Donna Double* Greg Semmler (pictured right with Louisa and Penny) ran to the summit of Mt Donna Buang and return, with an 8km steep uphill and the same 8km transformed into a knee-jarring downhill return leg. Greg was supported by his family along the way.



Former Harrier Megan Scott successfully tackled the whimsically named *Multiday Madness*, completing five events across the three days, with the 50km Lumberjack Marathon on Saturday. On Sunday the severe climb of the Donna Double (22km), was followed by the 'mandatory' *Three Thong Thang* and the 8km night run on Sunday evening. Monday saw Megan do the *Lilo Dash 'n Derby*, a 1.5km run carrying a Lilo, with a 1.5km Lilo river paddle back to the start precinct and a short sprint to the finish line. Her total distance was 83km.

And no doubt gearing up for the approaching Run Tarra-Bulga, Megan Burns and Matt Veenstra and the children also sharpened their fitness on the *Lilo Dash 'n Derby*.

All Harriers, family and friends agreed it was a demanding but delightful long weekend in dramatic and beautiful surroundings.

**Selected results. Snow Gum Run. 42km:** Matthew Crehan 04:06:57 (1<sup>st</sup>), Sav Mavrofridis 04:17:55 (2<sup>nd</sup>), Kate Kruger 05:22:46 (1<sup>st</sup> F). **35 km:** Courtney Ellis 03:51:44 (1<sup>st</sup>). **15 km:** Curtis Lloyd-Webb 01:35:26 (2<sup>nd</sup>). **7 km:** Callum Tomlin 00:42:25 (1<sup>st</sup>), Jamie Croft 00:42:26 (2<sup>nd</sup>), Rickie Glover 00:45:12 (3<sup>rd</sup> F), Rebecca Anderson 00:52:58, Ash Crawford 00:55:49, Ivy Crawford 00:55:49, Megan Kenny 01:01:43, Daniel Symons 01:07:31, Sally Theobald 01:27:35.

**Otway Odyssey 100km MTB.** Courtney Sherwell 05:32:55, Holly Harris 05:34:40, Peta Mullens 05:36:53.

**Warburton Trail Festival, 6-8<sup>th</sup> March. 50km**

**Lumberjack Marathon:** Megan Scott 7:39:49. **27km**

**Redwood Rush:** [Sav Mavrofridis](#) 1:52:35. **22km Donna**

**Double:** Greg Semmler 2:28:16, Megan Scott 4:09:05. **14km Sawmill Grove Run:** Kim Essex 1:50:52. **Lilo**

**Derby:** [Jay McGown](#) 37:38 (pictured above right), Georgie Harper 40:52, Annabelle Veenstra 42:41,

Amelie Harper 43:53, Megan Burns 43:55, [Julie Azzopardi](#) 44:03, [Joel Pratt](#) 47:27, [Megan Scott](#) 49:06,

Evelyn Pratt 49:58, [Greg Pratt](#) 50:00, Matt Veenstra 1:00:52.



**Barry Higgins**

## Traralgon Harriers at Baw Baw Snow Gum Run

MARCH the 1<sup>st</sup> saw a small group of Harriers ascend the Baw Baw Plateau to take part in the annual Baw Baw Snow Gum Run. With plenty of distances on offer to run through one of the most beautiful and unique ecosystems in Victoria, a day of enjoyment and fulfilment was guaranteed.

In the marathon – an out-and-back course to the carparks of both Mounts St Gwinear and Erica – Sav Mavrofridis (pictured below) snagged a silver medal, only eleven minutes behind the winner. On reflection, Mavrofridis says “decided to challenge myself this year after running the [shorter] distances” previously. “[I] managed to run almost right on my goal time... and snagged second place amongst a top-quality field of runners.”



For those who have not ventured to Gippsland’s rooftop for this event, I would highly recommend. To run amongst snow gums, these botanical marvels twisting and turning in some ancient snow-fuelled tango, knobbly trunks rigid to the ground; to appreciate the environment of the rare Baw Baw frog, to catch a glimpse of the valleys of Gippsland below, to dart in and out of the ancient Mushroom rocks, and to drink in every shard of thin, cool, crisp, fresh mountain air, is truly a unique privilege.

### Results:

#### Marathon:

Matthew Crehan 4:06:57, Sav Mavrofridis 4:17:55, Kate Kruger 5:22:46

#### 35km:

Courtney Ellis 3:51:44, Jordan Fuhrmann 4:28:16.

#### 15km:

Iain Best 1:16:59, Curtis Lloyd-Webb 1:35:26.

#### 7km:

Callum Tomlin 42:25, Rickie Glover 45:12, Rebecca Anderson 52:58, Ash Crawford 55:49, Ivy Crawford 55:49, Megan Kenny 01:01:43, Daniel Symons 01:07:31, Sally Theobald 1:27:35.

### Miles Verschuur

Courtney Ellis won the 35km through the iconic Mushroom Rocks outright, almost forty minutes ahead of the first male competitor. The 15km saw Harriers’ friend Curtis Lloyd-Webb enjoy second place. Rickie Glover (pictured below) was first woman and third overall in the 7km; Bec Anderson and father-and-daughter crew Ash and Ivy Crawford also enjoyed that course.





## 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](mailto: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](http://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 59<sup>th</sup> Annual Marathon & Running Festival and I can’t wait to see what we achieve together.



### **Desley Gray**

Race Director-Traralgon Marathon & Running Festival.

# 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



**TRARALGON  
HARRIERS**  
*Est. 1967*

**Sunday 22 March 2026**

**Boolarra Railway Park**

# **Martin Thompson**

## **2026 Running Championships**

### **25km and 10km Events**



**Check-in and on-the-day registrations from 8:00am**

**25km event starts 9:00am**

**10km event starts 9:30am**

**Members Free / Non-Members \$10**

**(cash or card payment on the day)**



Register using the QR code above or via: <https://forms.office.com/r/gKzyyM7t00>

<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](http://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 11<sup>th</sup> 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](http://traralgonmarathon.org.au)



Brought to you by

