

# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

9 April 2026 - Volume 59 - Issue 7

### THURSDAY RUN

#### This Week's Course

Netball Courts 5km  
and Club Dinner following  
at Butter Factory

#### Duty

Toby

#### Marker

Phill and Trent

**16/4/26**

Tennis Courts 5km

#### Duty

Bjorn Luxmann &  
Ash Crawford

#### Marker

Gary Fox

**23/4/26**

Meadow Park Drive 6km

#### Duty

Stacey Podmore &  
Claire Macumber

#### Marker

TBA



### Running for the Kids

**Chris, Ryan, Angelo and Glenn flank  
Steve McLeod who clocked up his 20th  
unbroken start at this iconic event**

# President's Message

**Thursday 9 April 2026**

While we've officially traded the trails and golden sunsets for the crisp air of our autumn and winter season, there is something truly special about this time of year. Yes, the warmest days might be behind us for now, but **the new running calendar brings its own unique energy.**

There's a certain magic in exploring neighbourhoods under the streetlights and seeing our local towns from a whole new perspective, especially for those of you joining Harriers for your very first winter season.

## **New Running Calendar is Here!**

Included in this edition is **our brand-new winter season running calendar.** A massive thank you goes to our Vice President, Desley Gray, for coordinating this update. I also want to thank the many members who have already stepped up to offer support for duty and course marking.

**We still have plenty of course marking spots to fill!** Remember, you only need to help once per season, and it's a fantastic way to give back to the club. Plus, you still earn your championship points while helping. If you can lend a hand, please chat with me, Des, or any of our committee members.

## **Safer, Smoother, and Better**

We've listened to your feedback from previous years and made some key adjustments to our course selections. We've prioritised **safety, lighting, parking, and accessibility**, and even retired a few of those "unpopular" or confusing routes. Our goal is to make every Thursday night as enjoyable as possible. **We're always aiming to improve, so please keep the feedback coming!**

## **Stay in the Loop**

To stay in the know, please check out our social media channels or the "Thursday Night Runs" page on the Harriers website before you head out on a

Thursday. A quick double-check ensures you aren't running solo at the wrong location!

## **Shine Bright (and Park Smart!)**

Safety is our top priority when the sun goes down:

- **Reflective Vests:** These are **mandatory** for all post-daylight savings runs. No exceptions. New members will receive yours at your first run.
- **Be Seen:** We strongly recommend headtorches, running lights, and your brightest running gear. **You can never be too visible!**
- **Community Respect:** As we return to town-based runs, please be extra mindful of our neighbours. Avoid blocking driveways or parking on nature strips. Keeping residents happy is the best way to ensure the long-term future of our Thursday nights.

## **Membership Reminder**

It's that time of year! **2026/27 membership fees are now due.** For Thursday Night regulars please select the "Recreational Runner" (or Junior) category when signing up. If you're part of our amazing AV Team, please select your preferred AV package.

For more information please head over to [traralgonharriers.org.au/about/membership](http://traralgonharriers.org.au/about/membership) or select "**Become a member**" at the top-right of the Harriers website.

Stay warm, stay bright, and I'll see you at the starting line!

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

### 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 WINTER SEASON 2026

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

09 April Toby Grzmil

16 April Bjorn Luxmann & Ash Crawford

23 April Podmore & Claire Macumber

30 April Daniel Wright & Matilda Lapin

7 May Darren Fielden & Errol Poole

14 May Duty TBC

21 May David Hood & Des Dalton

28 May Drew Sedgwick & Dave Mann

4 June Greg Semmler & Karen Graham

11 June Kat Fenech & Kylee Earl

18 June Kathy Quinn & Michelle Cowell

25 June Kathryn Preston & Linda Buhagiar

2 July Maddy Green & Shane Wilson

09 July Megan Kenny & Nicky Semmler

16 July Paul Ellis & Owen Notting

23 July Kylie Murray & Darrel Cross

30 July Cat Leonard & Ree Graham

8 Aug Nick Hodson & Che Laurenz

13 Aug Mark Lansdown & Anja Norwood

20 Aug Adrian Sutcliffe & Geoff Francis

27 Aug Helen Whitby & Ian Cornthwaite

03 Sep Shane Gavin & Stephen Renehan

10 Sep Courtney Ellis & Ricky Glover

17 Sep Tania Whitehead & Molly Irvine

24 Sep Jye Kaestner & Stephen McLeod

01 Oct Duty TBC

### 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)



**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*

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## HARRIER BLACK HOODIES - 2026

I will be creating an order of Hoodies from Logo Express in Traralgon. I am unable to confirm pricing at this moment but expect them to be \$60 again, or a little more.

**Orders will be taken till up to the 13<sup>th</sup> April.**

Hoodie orders can be placed by email with me, [aebomers@gmail.com](mailto:aebomers@gmail.com) with your name and the hoodie size / sizes you wish to order. I am happy to handle any queries by phone 0410 330 237 but any orders need to be by email please.

We are happy for you to purchase one for your nearest and dearest or top fans as well.

Links for sizing charts as per below.

<https://www.ramo.com.au/shop/item/mens-brushed-heavy-fleece-hoodie>

### Mens Brushed Heavy Fleece Hoodie

CODE: F808HP

[Description](#)

370gsm80% cotton 20% poly brushed fleece hoodie heavy weight kangaroo pocket full lining hood a very distinctive ""natural"" cord with ribtop stitches through out

[Sizing Guide](#)



Size	S	M	L	XL	XX	3X	4X	5X
Half Chest	59	61	63	65	67	69	71	73

<https://www.ramo.com.au/shop/item/ladiesjuniors-heavy-fleece-hoodie>

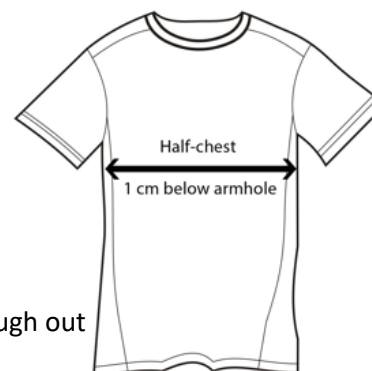
### Ladies/Juniors Heavy Fleece Hoodie

CODE: FP88UN

[Description](#)

370gsm80% cotton 20% poly brushed fleece hoodie heavy weight kangaroo pocket full lining hood a very distinctive ""natural"" cord with ribtop stitches through out

[Sizing Guide](#)



Size	4	6	8	10	12	14	16
Half Chest	42	44	48	50	53	55	57

# Important Dates & Duties

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

## Thursday Start Times

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

## WINTER RUN CALENDAR 2026

#	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
<b>START OF THE WINTER SEASON ALL RUNNERS MUST WEAR A REFLECTIVE VEST</b>						
1	Thurs 09 April	Netball Courts	5 km	Club Dinner @ The Butter Factory Traralgon	Phill & Tren	Toby
2	Thurs 16 April	Tennis Courts	5 km		Gary Fox	Bjorn Luxmann & Ash Crawford
3	Thurs 23 April	Meadow Park Drive	6 km			Stacey Podmore & Claire Macumber
4	Thurs 30 April	ASIC Building	5 km		Chris V U	Daniel Wright & Matilda Lapin
5	Thurs 7 May	View Hill Drive	5 km	Club Dinner - Venue TBC	Phill	Darren Fielden & Errol Poole
6	Thurs 14 May	Club Run Doughnut	6 km	IDAHOBIT DAY- International Day against LGBTIQA+ Discrimination	Duty TBC	Duty TBC
7	Thurs 21 May	<b>Dunbar Rd - TBC</b>	6 km	Committee Meeting @ Clubrooms		David Hood & Des Dalton
8	Thurs 28 May	<b>Dave's Run - TBC</b>	5 km			Drew Sedgwick & Dave Mann
9	Thurs 4 June	Liddiard Road Primary School	6 km	Club Dinner - Venue TBC	Trent	Greg Semmler & Karen Graham
10	Thurs 11 June	The Avenue	5 km		Clinton	Kat Fenech & Kylee Earl
	Sunday 14 June	Traralgon Marathon	42.2, 21.1 and 10km	Glengarry Football Netball Club	Desley & Marieka	All Committee
11	Thurs 18 June	Ron's Run TBC	5 km		Ron	Kathy Quinn & Michelle Cowell

	Date TBC June	Harriers Mid-Year Presentation Night		Venue and Date TBC		
12	Thurs 25 June	Tennis Courts	5 km	Committee Meeting @ Clubrooms		Kathryn Preston & Linda Buhagiar
13	Thurs 2 July	Meadow Park Drive	6 km			Maddy Green & Shane Wilson
14	Thurs 09 July	ASIC Building	6 km		Chris V U	Megan Kenny & Nicky Semmler
15	Thurs 16 July	Club Run - Doughnut Course	6.2 km	<b>Annual General Meeting @ Harriers Clubrooms</b>		Paul Ellis & Owen Notting
16	Thurs 23 July	Rangeview Drive, St Gabriel's Primary School	5 km			Kylie Murray & Darrel Cross
17	Thurs 30 July	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms		Cat Leonard & Ree Graham
18	Thurs 8 Aug	<b>Dave's Run TBC</b>	5 km	Club Dinner - Venue TBC		Nick Hodson & Che Laurenz
19	Thurs 13 Aug	Netball Courts	6 km			Mark Lansdown & Anja Norwood
20	Thurs 20 Aug	McNairn Road Tulloch Way	6 km			Adrian Sutcliffe & Geoff Francis
21	Thurs 27 Aug	View Hill Drive	5 km		Phill	Helen Whitby & Ian Cornthwaite
22	Thurs 03 Sep	Waterhole Creek Morwell	5 km	Club Dinner - Venue TBC	Dave Mann	Shane Gavin & Stephen Renehan
23	Thurs 10 Sep	The Avenue	5 km			Courtney Ellis & Ricky Glover
24	Thurs 17 Sep	St. Pauls Anglican Grammar	6 km	Committee Meeting @ Clubrooms		Tania Whitehead & Molly Irvine
25	Thurs 24 Sep	Park Lane	5 km			Jye Kaestner & Stephen McLeod
26	Thurs 01 October	Track Night - Newborough	5 km	Club Dinner - Venue TBC	Duty TBC	Duty TBC

# 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 March 26<sup>th</sup> – Traralgon-Morwell bike path from Kay Street 5km

Conditions were almost perfect for the walking track course from the Traralgon Lutheran Church to Airfield Road and return, with cool air and only a light drizzle. The many short sharp uphill were a challenge but overall times were fast.

Talented junior Lucy Sedgwick signalled her potential with a sub 23-minutes time, high in the field and quickest female ahead of Kate Mayer and Chelsea Fox.

Fastest men were Dempsey Podmore, Sav Mavrofridis after his Martin Thompson 25km victory, and a rapidly improving Jay McGown.

With daylight saving finishing on the Easter weekend the winter program commencing Thursday 9<sup>th</sup>, Harriers' president Giuseppe Marino reminded members, "Wearing your Harriers reflective vest is mandatory for all winter runs . . . new members receive one at their first event. We also strongly recommend a running light or head torch, and bright clothing. You can never be too visible during winter".

*Right - Same speed. Megan Kenny and Damian Casey crossed the line together to finish their 10km Martin Thompson run.  
Photo Jay McGown, JASM photography.*

### Results – Traralgon-Morwell bike path from Kay Street 5km run/walk

Dempsey Podmore 19:40, Sav Mavrofridis 19:40, Jay McGown 21:05, Ian Cornthwaite 21:25, Adrian Sutcliffe 21:43, Andrew Greenhill 21:50, Clinton Jolly 22:10, Dave Mann 22:22, Stephen Renehan 22:22, Trent Kooyman 22:33, Lucy Sedgwick



22:53, Darrel Cross 23:28, Seth Bomers 23:58, Kate Mayer 24:08, Chris Van Unen 24:28, Gary Fox 24:36, Geoffrey Francis 24:39, Chelsea Fox 24:40, Ron Verschuur 24:51, Ryan McLeod 24:55, Errol Poole 25:10, Stephen McLeod 25:52, Karen Graham 26:00, Bjorn Luxmann 26:49, Dennis Sang 27:09, Ivy Crawford 27:28, Rebecca Anderson 27:49, Rickie Glover 27:49, Sep Marino 28:00, Desley Gray 29:19, Phillip Mayer 29:44, Drew Sedgwick 30:31, Ashley Marsh 31:59, Kaye Livingstone 32:30, Daniel Symons 33:28, Megan Kenny 33:38, Tania Whitehead 36:32, Samantha McGown 39:31, Barry Higgins 40:05, Ann Bomers 42:26, Darren Fielden 43:00, Belinda Heafield 49:20, Ian Heafield 55:19, Bailey Rollandin NTR, Marieka Reilly NTR.

**Selected results, Inverloch Running Festival, 28 – 29th March.**

**Marathon:** David Staehr 2:37:40 (1st), Daniel Furmston 2:56:03 (3rd), Anna Cardillo 4:00:39 (1<sup>st</sup> and pictured below), David Styles (M 70+) 5:17:43.



**Women's Marathon Winners**

**Half Marathon:** Luke Nicholson 1:13:30 (1st), Chris Buckley 1:23:48, Courtney Ellis 1:24:24 (1st F), Blair Rooney 1:25:50, Emilie Cutler 1:28:22 (2nd F), Cindy Hasthorpe 1:54:20, Briony Stoneham 2:35:38.

**Barry Higgins**

## **Thursday April 2<sup>nd</sup> – Cochrane’s Road (alt course) 5km**

Last weeks Harriers Thursday night run was a hilly 5.4km course around the plantations on Cochrane’s Road Traralgon with a total ascent of 130m. Conditions were excellent for the field of 53 keen runners.

First runner home was Sav Mavrofridis in an impressive 21:27 followed by Peter Cutler 22:2 and Ian Cornthwaite in 23:25. First of the ladies home was Courtney Ellis 24:28 followed closely by Lucy Sedgwick in 27:24 and Remey Podmore 30:12. Next week’s Thursday night run (9th April) is the first for the winter season with a pleasant 6km run starting at the Traralgon netball courts.

## **Dempsey Podmore tackles Hobart’s Kunanyi Mountain Run**

Harriers young gun Dempsey Podmore made the trip to Hobart for the 9km Kunanyi Mountain Run on Sunday the 29<sup>th</sup>. The event was also the Australian Athletics Mountain Running (Under-20) championship.

The hilly course was 9km in distance with a total ascent of 371 meters. Starting with a fast downhill, to the historic Cascade Brewery, where apparently you can almost taste the history (and certainly smell!) of beer being made here for almost 200 years. With Kunanyi (Mount Wellington) looming above - the course takes you through the quaint and English-style Cascade Gardens before climbing up to the ridgeline, through dry sclerophyll eucalypt forests. Dempsey – who is 15 years old finished in a very impressive 4<sup>th</sup> place in the under 20 age group in a time of 43:58. Well done Dempsey!

## **Results – Cochrane’s Road (alt course) 5km run/walk**

Sav Mavrofridis 21:27, Peter Cutler 22:20, Ian Cornthwaite 23:25, Matthew Deppeler 23:36, Courtney Ellis 24:28, Andrew Greenhill 24:40, Jay McGown 24:49, Clinton Jolly 25:21, Dave Mann 25:22, Ash Crawford 25:49, Trent Kooyman 26:20, Darrel Cross 27:05, Seth Bomers 27:05, Dempsey Podmore 27:23, Lucy Sedgwick 27:24, Greg Semmler 27:27, Dennis Sang 28:00, Errol Poole 28:40, Ron Verschuur 28:42, Tom Bowman 28:45, Gary Fox 29:22, David Barr 29:44, Remey Podmore 30:12, Daniel Furnmston 30:20, Karen Graham 30:30, Stephen Renehan 30:30, Rickie Glover 30:35, Jim Cutler 30:40, Desley Gray 31:38, Maddy Wood 31:58, Ivy Crawford 33:10, Ree Graham 34:16, Drew Sedgwick 35:14, Tracey Matheson 36:44, Rebecca Anderson 36:45, Phillip Mayer 38:48, Toby Grzmil 38:50, Kaye Livingstone 39:37, David Matheson 39:44, Ashley Marsh 40:25, Angelo Gaudiano 45:28, Kat Fenech 45:28, Marieka Reilly 45:36, Chris Van Unen 45:37, Samantha McGown 50:20, Ann Bomers 57:03, Barry Higgins 58:30, Michelle Colwell 59:55, Kathy Quinn 59:55, Nick Hodson 1:04:00, Kylee Earl 1:04:00, Sep Marino NTR.

## **Gary Fox**

## From the Editor

### Maurie Plant meet - Run for the Kids – Vic Milers Club – Little Jem Run

Personally, it's been a busy fortnight on the racing and events calendar for me since the last newsletter. Kicking off in Melbourne on the evening of Saturday March 28<sup>th</sup>, I was witness to a world class athletics event in the Maurie Plant meet at Lakeside Stadium. If you haven't been, I would highly encourage you to pencil it in for next year as the quality of athletes is akin to what you might see in a Commonwealth Games final and includes a full schedule of track and field action.

After an overnight stop at Deakin Uni with Andrew, we ventured back into the city the following morning for the Run for the Kids. As I've mentioned previously, Run for the Kids was the first ever running event I did back in its inaugural year of 2006. Unbeknownst to me, on that same day, a young Steve McLeod also laced up that day - this year becoming one of only a small group of people to be acknowledged as having participated in every Run for the Kids event – this year celebrating 20 events! Well done Steve on your incredible support and consistency!



As always, it's such a good vibe to be running around our state's capital city with such a huge group of people. A good course for a good cause as they say! After two years running alongside Andrew, this year I was back to a solo effort, so I cruised it to the extent possible – though it's very hard not to get carried away when you're feeling good and rounding up people along the way. The best bit though is meeting up with fellow Harriers and friends at the finish line and this year was no exception. The pictures tell the story here.





Whilst not the ideal lead in, less than two days later, I found myself back in Melbourne again, this time at Hagenauer Reserve Box Hill for the fifth and final Vic Milers Club event of the season. On a truly perfect night for racing, I lined up at 5:45pm in the Male Open M race. The pace was on early and I had to work hard to stay in touch with those ahead of me but somehow, the speed came to me and I managed to round up a couple of younger competitors in the final 150m to finish in 8<sup>th</sup> place (of 12 starters). Better than that though, I ran an all-time personal best of 2:32.47 which I was thrilled about. At the start of the evening I thought I would have been doing well to get within a second of my time from December (2:36). It was certainly a great way to round out the season and it leaves me eager to continue with track workouts in an attempt to keep improving and search for that elusive speed!

The next event for the week came on Good Friday in the form of the Little Jem Foundation Fun Run. Across the three event options (5km walk/run, 15km run, 21km run) they managed to max out the entries before the day with a huge 600 people of all ages signed up to participate. This year, the courses were completely changed from 2025 with all events starting and finishing on the Newry oval with a couple of windup laps similar to our Traralgon Marathon Festival. The 21km course featured a good portion of gravel plus some not insignificant rolling hills (approx. 180m of elevation), providing a nice challenge for those taking part. For me, I joined forces with fellow Sale based runner, Guy Dawson and together we ran with Kate Peel who was first female across the line in 1:38.



Meanwhile, at the pointy end, Harriers Richard Ogilvie and Sav Mavrofridis duked it out with Lachie Jones for the podium with Richard prevailing to take the win in 1:16:27. Sav crossed next, just 20 seconds later, setting a new half mara PB in the process.

Other Harriers to take part included Bec Anderson and Dave Barr. Once again a wonderful local event for a very worthy cause that I would encourage others to take a look at next year.

And so ended a busy but very satisfying period of running with all the best bits thrown into the mix – friends, family and fun!

**Glenn Crawford**



## **Traralgon Harriers' Annual Trail Running Championships**

The Traralgon Harriers' committee is pleased to announce the launch of two new annual trophies, to combine the results of the Harriers' major trail running events.

The first trophy is for long courses, and will be awarded to both male and female Harriers who have accumulated the most points from the following trail events, in the same calendar year:

### **Springwood**

Crinigan Road Bushland Reserve - **8km**

### **Ray & Doris Ellis Hill Running Championship**

Wirilda Environmental Park - **23km**

### **Barry & Carol Summersgill Trail Running Championship**

Edward Hunter Reserve - **12km**

### **King & Queen of the Mountain**

Traralgon South – Callignee – Mount Tassie - **32km**

The second trophy is for short courses, and will be awarded to both male and female Harriers who have accumulated the most points from the following trail events, in the same calendar year:

### **Springwood**

Crinigan Road Bushland Reserve - **4km**

### **Ray & Doris Ellis Hill Running Championship**

Wirilda Environmental Park - **10km**

### **Barry & Carol Summersgill Trail Running Championship**

Edward Hunter Reserve - **6km**

Points will be allocated for each event as follows:

1<sup>st</sup>- 10 points, 2<sup>nd</sup>- 7 points, 3<sup>rd</sup>- 5 points, 4<sup>th</sup>- 4 points

5<sup>th</sup>- 3 points, 6<sup>th</sup>- 2 points, everyone who finishes - 1 point

Entries: Entry is free, and open to all Harriers.

No pre-registration or nomination is required (just turn up).

The trophies will be presented at the Harriers' annual Christmas presentation event.



## 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)

# 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

**COME JOIN OUR  
VOLUNTEER TEAM**

**VOLUNTEER**



**Run Tarra-Bulga 2026  
is only days away and  
we need your help  
to make it a success!**

# XCR<sup>2026</sup> SERIES CALENDAR

DATE	EVENT	VENUE
Sat 2 May	All Schools Road Relays	Princes Park
Sun 10 May	XCR Round 1 - R:5	Albert Park
Sat 16 May	XCR Round 2 - XC:Relays	Jells Park
Sat 23 May	All Schools Cross Country Relays	Jells Park
Sat 30 May	XCR Round 3 - XC:8	Bendigo
Sat 13 Jun	XCR Round 4 - XC:12	Cruden Farm
Sat 20 Jun	All Schools Individual Champs	Bundoora
Sun 28 Jun	XCR Round 5 - R:Relays	Calder Raceway
Sat 11 Jul	XCR Round 6 - XC:10	Bundoora
Sun 26 Jul	XCR Round 7 - Lakeside:10	Albert Park
Sun 9 Aug	XCR Round 8 - R:Half	Ballarat
Sun 6 Sep	XCR Round 9 - R:15	Burnley
Sat 12 Sep	XCR Round 10 - Tan:Relays	The Tan





**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)



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