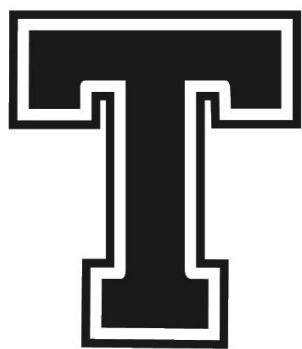




TRARALGON HARRIERS

Est. 1967

FORTNIGHTLY NEWSLETTER

23 April 2026 - Volume 59 - Issue 8

THURSDAY RUN

This Week's Course

Meadow Park Drive 6km

Duty

Stacey Podmore &
Claire Macumber

Marker

Jason Odlam

30/4/26

ASIC Building 5km

Duty

Daniel Wright &
Matilda Lapin

Marker

Chris Van Unen

7/5/26

View Hill Drive 5km

Duty

Darren Fielden &
Errol Poole

Marker

Phill



Boston Boss

**Stephen Renehan on his way to conquering
the 2026 Boston Marathon
[for pics and more – click here](#)**

Vice President's Message

Thursday 23 April 2026

There's something about this time of year I actually love - yes, it's colder, yes it's darker... but Thursday nights just hit differently. The winter season brings a different kind of energy. Headtorches, crisp air, and that feeling of finishing a run knowing you showed up when it wasn't easy. And for those joining Harriers for your very first winter season, this is where the real magic of our club begins.

Our Winter Running Calendar is Here

I'm really pleased to share that our new winter running calendar is now locked in and included in this edition.

A huge thank you to everyone who has already stepped up to help with duty and course marking, I've seen so many people put their hand up early, and it honestly makes such a difference. This is what keeps our club running so smoothly. We do still have a few course marking spots to fill, so if you haven't had a chance yet, now's the time. It's only once per season, you still earn your championship points, and it's a great way to support the club.

What's Changed This Season (and Why You'll Love It)

We've taken on board feedback from previous seasons and made some thoughtful updates to our courses. We've focused on:

- Better lighting
- Safer routes
- Easier parking
- More accessible locations

And yes... we've quietly retired a few of those "character-building" courses 😊

Our goal is simple. Make Thursday nights enjoyable, safe, and something you look forward to each week. We'll continue to review and improve as we go, so please keep the feedback coming.

Don't Get Left Running Solo

Before heading out each Thursday, make sure you check:

- Our social media pages

- The "Thursday Night Runs" page on the Harriers website

A quick check ensures you're in the right place and running with the group.

Be Seen. Stay Safe. Look After Each Other.

As we move into darker evenings, safety becomes even more important:

- Reflective vests are mandatory for all post-daylight savings runs (no exceptions)
 - Headtorches, running lights, and bright gear are strongly recommended
 - Please be mindful when parking, avoid driveways and nature strips so we maintain positive relationships with our local communities
- Looking after each other (and our neighbours) ensures we can continue to enjoy our Thursday nights well into the future.

Membership Reminder

Just a reminder that 2026/27 memberships are now due.

- Thursday night runners: select "Recreational Runner" (or Junior)
- AV team members: select your preferred AV package

You can sign up via the Harriers website under "Become a Member".

Looking Ahead

We've got an exciting few weeks ahead for the club, and I'm really looking forward to seeing plenty of you out and about across our events.

Springwood Trophy

Join us for some fun on the trails in the gem of Crinigan Road Bushland Reserve — with the perpetual trophy up for grabs!

 Sunday 26th April, 2026

 Crinigan Bushland Reserve, Morwell

  4km & 8km options

Whether you're chasing the trophy or just keen for a great run with good people, it's always a fantastic morning. I'd love to see a strong Harriers turnout if you've been thinking about coming along, this is a great one to jump in and be part of.

And of course, not far away is the Traralgon Marathon & Running Festival on Sunday 14 June, which is shaping up to be another fantastic event for our club and community. Sign up today at: traralgonmarathon.org.au

♥ Final Word

Winter running isn't always easy... but that's what makes it special.

There's something powerful about showing up on the colder nights, supporting each other, and keeping the momentum going as a club. It's a great time of year to stay connected, stay consistent, and enjoy what we've built together. Layer up, light up, and I'll see you at the start line.

Desley Gray

Vice President

Traralgon Harriers Athletic Club

*** Please check the duty roster in this newsletter and make note of your allocated date ***

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 Stacey 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

Traralgon Harriers Athletic Club Presents...

SPRINGWOOD TROPHY

8km & 4km

Sunday 26 April 2026

At Crinigan Road

Bushland Reserve Morwell

Join us for some fun on the trails in the gem of Crinigan Road Bushland Reserve.
The Perpetual Trophy is up for grabs!

Entries on the day from 8am, with racing commencing at 9am

Prices:

8km: Harriers Members FREE, non-Members \$10

4km-> Harriers Members FREE, non-Members \$5

Contact:

Ron Verschuur 0412958221



**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



**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

WINTER RUN CALENDAR 2026

#	DATE	COURSE	DIST	COMMENT	MARKER	DUTY
START OF THE WINTER SEASON ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
3	Thurs 23 April	Meadow Park Drive	6 km		Jason O	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 LGBTIQ+ Discrimination	Duty TBC	Duty TBC
7	Thurs 21 May	Dunbar Rd - TBC	6 km	Committee Meeting @ Clubrooms		David Hood & Des Dalton
8	Thurs 28 May	Dave's Run - TBC	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	Annual General Meeting @ Harriers Clubrooms		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	Dave's Run TBC	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 April 9th – Netball Courts 5km

Last weeks (April 9th) Harriers Thursday night run was an undulating 5km course starting from the Traralgon Netball courts. Runners took the walking track along Traralgon creek and then completed a loop including Balmoral Place, St Georges Road and Eton Ave before returning. The course has a total ascent of 50m. Conditions were excellent for the field of 57 keen runners.

First runner home was Sav Mavrofridis in an impressive 17:48 followed by Dempsey Podmore 18:40 and Michael Tripodi 20:12. First of the ladies home was Yani Cornthwaite 22:47 followed closely by Lucy Sedgwick 22:51 and Rickie Glover 26:24. It was wonderful to see several family combos represented with parents and children including Ash and Ivy Crawford, Glenn and Andrew Crawford and David and Charlotte Barr. Following the run, a number of members enjoyed a meal together at the Butter Factory.

Results – Netball Courts 5km run/walk

Sav Mavrofridis 17:48, Dempsey Podmore 18:40, Michael Tripodi 20:12, Clinton Jolly 21:32, Seth Bomers 22:12, Stephen Renehan 22:22, Yani Cornthwaite 22:47, Lucy Sedgwick 22:51, Andrew Crawford 23:24, Glenn Crawford 23:32, Darrel Cross 23:45, Trent Kooyman 23:48, Chris Van Unen 24:25, Geoffrey Francis 24:51, Errol Poole 25:30, Rickie Glover 26:24, Stephen Mcleod 26:40, Ivy Crawford 27:25, Maddy Wood 27:27, Ben Wilkinson 27:27, Dave Mann 27:32, Charlotte Barr 28:34, David Barr 28:35, Sep Marino 28:38, Peter Sanders 29:07, Remey Podmore 29:26, Phillip Mayer 29:29, Belkey Podmore 29:40, Rebecca Anderson 29:55, David Hood 30:22, Ree Graham 30:23, Ash Crawford 30:51, Gary Fox 31:17, Ron Verschuur 31:17, Marieka Reilly 31:38, Emma Marino 31:43, Kaye Livingstone 34:05, Daniel Symons 34:34, Catherine Leonard 35:19, Kat Fenech 36:08, Helen Whitby 37:26, Ann Bomers 41:21, Bjorn Luxmann 42:05, Barry Higgins 42:30, Timothy Graham 42:57, Megan Kenny 46:27, David Matheson 46:29, Tracey Matheson 46:29, Mark Lansdown 49:31, Anja Norwood 50:08, Nick Hodson 51:08, Kylee Earl 51:08, Kathy Quinn 51:40, Michelle Colwell 51:40, Paul Ellis 52:03, Toby Grzmil NTR, Desley Gray NTR

Thursday April 16th – Tennis Courts 5km

Last weeks (April 16th) Harriers Thursday night run was a flat 5km course starting from the Traralgon Tennis courts. Heavy rain preceded the run but conditions improved for the 53 participants - with the rain staying away for the run. The leafy course takes in a long section of Franklin Street followed by a right turn on to Kassandra Drive and another right turn onto Firmin Street. A loop was completed via Alfred Close and Paul Street. The 5km run was made up of two loops.

Brilliant running by first time participant William Robertson and in form Sav Mavrofridis had them cross the line together in 16:40 closely followed by Dempsey Podmore in 16:46. Having three finishers in the 16 minute range was very impressive indeed! First of the ladies home was Karen Graham in 21:05 followed by Yani Cornthwaite 22:22 and Lucy Sedgwick 23:40.

Results – Tennis Courts 5km run/walk

William Robertson 16:40, Sav Mavrofridis 16:40, Dempsey Podmore 16:46, Daniel Furmston 19:42, Seth Bomers 20:03, Andrew Greenhill 20:10, Ian Cornthwaite 20:23, Karen Graham 21:05, Trent Kooyman 21:19, Jerzey Podmore 22:02, Yani Cornthwaite 22:22, Shane Gavin 23:07, Lucy Sedgwick 23:40, Peter Sanders 23:41, Chelsea Fox 23:45, Ron Verschuur 23:50, Geoffrey Francis 24:15, Chris Van Unen 24:23, Kate Mayer 24:35, Errol Poole 24:51, David Hood 24:56, Stephen Mcleod 25:40, Gary Fox 26:00, Toby Grzmil 28:03, Ree Graham 28:36, Desley Gray 28:39, Marieka Reilly 28:39, Dave Mann 29:00, Catherine Leonard 29:16, Archie Sedgwick 29:24, Drew Sedgwick 29:26, Phillip Mayer 29:50, Andrew Broberg 30:35, Charlotte Barr 31:08, David Barr 31:08, Kaye Livingstone 32:07, Daniel Symons 32:12, Maddy Wood 32:13, Matthew Frescura 32:40, Tracey Matheson 32:41, David Matheson 32:48, Tania Whitehead 34:10, Timothy Graham 39:43, Barry Higgins 40:24, Lynda Jones 40:28, Ann Bomers 40:32, Kylee Earl 48:16, Mark Lansdown 48:30, Jason Odlum 50:22, Ivy Crawford NTR, Shane Wilson NTR, Bjorn Luxmann NTR, Ash Crawford NTR

Gary Fox

Club Dinner 9/4/2026





Traralgon Harriers Score Podiums at Run Tarra Bulga

100 YEARS ago, the *Traralgon Journal* declared that “Balook on the fringe of Bulga Park is the ideal place for sports,” with the *Journal* reporting that the popular Miss Challman easily won the young women’s foot race. 100 years later, Balook and Bulga Park were once again home to a series of exciting running events, with the 2026 edition of Run Tarra Bulga.

Once again four distinct distances traversed the majestic miracle that is Tarra-Bulga National Park. Beneath the towering eucalypt canopy a beguiling ecosystem awaits each runners’ unique exploration; the soft paws of small marsupials, the scratchings and songs of the lyrebird, and the fun of trampling through mud, bark, and ancient ferns.



First out of the blocks was those tackling the marathon distance. With 1500m of elevation, the sight of the majestic Cyathea Falls, and the summitting of Mount Tassie, runners enjoyed one of the most picturesque marathons currently on the trail-running circuit. The elevation and technicality of the trails barely troubled the in-form Harrier Sav Mavrofridis (3:30:23) who barnstormed to a victory by well over thirty minutes. Next across the line was Harriers favourite Courtney Ellis (4:02:02) who also enjoyed a victory margin of over thirty minutes in the women’s category. Curtis Lloyd-Webb and Shane Wilson finished quite close for a continuous six-hour effort.

Left - Run Tarra Bulga 42km winners Harriers Sav Mavrofridis and Courtney Ellis.

Harriers were best represented in the 25km distance. Greg Semmler (2:23:47) and Miles Verschuur (2:25:12) both won the minor medals in the men’s category, just ahead of Ash Crawford and Ian Cornthwaite. Daves Barr and Mann were within six minutes of each other, with Rickie Glover the fastest Harrier woman across the course. Gary Fox was streets ahead of traditional rival Ron Verschuur, with Georgia Callaway enjoying her first race back on Australian soil.

In the six-kilometre, Dempsey Podmore (29:16) once again expanded his medallion cabinet, scoring a victory of well over six minutes. Kate Mayer (38:16) earned second place in the women's category. Despite the seeping cold and bone-tingling wind, smiles and laughter rippled across the faces of all Harriers who were privileged to run through this enchanting rainforest. May we still be running there in another 100 years.



Selected Results:

42km:

Sav Mavrofridis 3:30:23,
Courtney Ellis 4:02:02, Curtis
Lloyd-Webb 6:00:58, Shane
Wilson 6:11:19.

Left - Run Tarra Bulga 25km

*winners 1st Damien Smith, Harriers
Greg Semmler 2nd and Miles
Verschuur 3rd.*

25km:

Damien Smith 1:54:08, Kate
Avery 2:12:19, Greg
Semmler 2:23:47, Miles
Verschuur 2:25:12, Ash
Crawford 2:27:31, Ian
Cornthwaite 2:30:45, David
Barr 2:46:18, Dave Mann
2:52:39, Rickie Glover
2:59:18, Gary Fox 3:03:05,
Trent Kooyman 3:10:54,
Errol Poole 3:15:22, Ron
Verschuur 3:22:08,
Ian Twite 3:28:25, Tobiasz
Grzmil 3:32:10, Mareika
Reilly 3:35:33, Bec Anderson
3:35:36, Georgia Callaway
3:44:25, Ree Graham
4:48:30, Cat Leonard
4:51:47.

6km:

Dempsey Podmore 29:16, Trudy Harrison 37:33, Kate Mayer 38:16, Presley Podmore 39:55, Belkey Podmore 43:04, Remey Podmore 43:19, Megan Scott 44:11, Ivy Crawford 44:24, Phill Mayer 51:27, Kat Fenech 1:02:46, Danelle Wright 1:02:46, Randella Barnes 1:20:18.

2.5km Kids' Race:

Maggie Webb 24:57, Louisa Semmler 25:14, Sofia White 25:18, Kiara White 25:21.

Miles Verschuur

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:

1st- 10 points, 2nd- 7 points, 3rd- 5 points, 4th- 4 points
5th- 3 points, 6th- 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.

130th Boston Marathon

Long distance journeyman, Steve Renehan ticked off something that many runners dream about when he completed the 130th Boston Marathon on Monday. A bucket list marathon since he started running, Steve said "it was everything I had hoped for and more - being surrounded by fellow runners, amazing volunteers and the best crowds you can experience is a very special feeling and one I will cherish."



As a result of completing the marathon, Steve earned his third World Major Marathon star



and coincidentally also ran his third fastest marathon time which he was super proud of, continuing to represent the Traralgon Harriers Athletic Club to the very best of his ability.

With almost 30,000 runners, thousands of volunteers and the loudest crowds he's ever experienced, Steve remarked "I did so many high 5's running along I lost count and I heard people constantly yelling out "Go the Big T!"



The Boston course is point to point with only five turns. Participants catch an iconic yellow school bus to the start line in Hopkinton and then run back to Boston. Steve said that the famous 'turn right on Hereford, turn left on Boylston' was one of the best feelings he's had in a running event





Digging into the data from the event, the first 5kms is pretty much downhill and Steve admits he got a little caught up in the atmosphere and went out too fast. He actually went through half way in nearly 1:29 flat but any thoughts of a sneaky sub 3 were squashed pretty quickly once the famous 'Heartbreak Hill' rolled around at around 34km. A brutal reality check for all, particularly so late in the marathon.

Steve was particularly thankful to Sammy Webb for her ongoing support crew duties and the quality time spent together exploring the beautiful city of Boston. He said that the city is very welcoming/ appreciative of all runners and encourages any Harriers members that get a chance to do Boston Mara - DO IT!!

Glenn Crawford



Stephen Renehan

Bib 12599 M-45

130th Boston Marathon



Stephen Renehan completed the 130th Boston Marathon

🕒 **Finish Time**

3:12:48

07:22 min/mile

9,458th Place out of 29,020 ➤

Overall

7,459th Place out of 16,336 ➤

M Gender

1,255th Place out of 2,413 ➤

M 45 to 49



GIVE A DAMN - GIVE A CAN May 2026



'Give a Damn - Give a Can' is the Rotary Club of Traralgon Central's annual food appeal that supports Vinnies Australia.

Since its inception the community has donated more than 250,000 cans of tinned food to families in need, especially through the winter months.

The appeal has become well known and accepted in the Latrobe Valley with the distinctive red collection bins seen throughout the community.

Schools and local businesses are the main contributors with many individuals and community groups also donating.

A red collection bin will be at the Harriers start line for four weeks from this Thursday.

Please "Give a Damn - Give a Can" and drop in a tin or two of food



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

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

A man and a woman are standing in a grassy bushland area, holding a large trophy together. The man is wearing a dark blue sleeveless shirt and shorts, and the woman is wearing a light grey t-shirt and dark shorts. Both are wearing medals around their necks. The background shows trees and a path.

Traralgon Harriers Athletic Club Presents...

SPRINGWOOD TROPHY

8km & 4km

Sunday 26 April 2026

At Crinigan Road

Bushland Reserve Morwell

Join us for some fun on the trails in the gem of Crinigan Road Bushland Reserve.
The Perpetual Trophy is up for grabs!

Entries on the day from 8am, with racing commencing at 9am

Prices:

8km: Harriers Members FREE, non-Members \$10

4km-> Harriers Members FREE, non-Members \$5

Contact:

Ron Verschuur 0412958221

XCR²⁰²⁶ 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



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