



10th – 17th JANUARY 2026

THREDBO FUN & FITNESS WEEK

**INCORPORATING THE
44th NATIONAL RUNNING WEEK**

For all the latest news and updates follow us on Facebook



www.facebook.com/thredboTFFW

Program enquiries

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General accommodation enquiries

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www.canberrarunners.org.au



10 - 17 JANUARY 2026

ORGANISED BY
CANBERRA RUNNERS

FRIDAY, 9 JANUARY

6pm - Welcome BBQ (weather permitting)

Location: Thredbo River BBQ area in front of the Information Centre
Informal catch up for early arrivals. BYO everything.

SATURDAY, 10 JANUARY

11am – 12pm & 2pm – 2.50pm - TFFW Registration Check In

Location: Valley Terminal

Compulsory check in to receive wrist bands for the week. Also for those wanting to purchase the 8 day lift pass they pick up their authorisation to take to Thredbo ticketing.

NOTE: No cash or paper registrations will be taken. All registrations to be done online [here](#)

3pm - Brian Lenton Thredbo Fun Run/Walk

Location: Start & finish at the Village Green

Sponsor: Margaret O'Donovan, Your City Physio

6 km, flat course, two laps of Thredbo Village.

4pm - Brian Lenton Fun Run/Walk Presentation & Barrel Draw

Location: Village Green

All prizes barrel draw. Must have TFFW wrist band to claim a prize.

SUNDAY, 11 JANUARY

8am – 8.20am - TFFW Registration Check In

Location: Rear of Valley Terminal, near Kosciuszko Chairlift

8.30am - Crackenback Challenge

Location: Start at rear of Valley Terminal, near Kosciuszko Chairlift

Sponsor: Anne-Louise Dawes

Course is ~ 2km/600m climb that follows the chairlift to Mt. Crackenback summit. Children under 15 not permitted to compete. Event only suitable for healthy, experienced, and well-prepared runners. If you have been sick during the week DO NOT under any circumstances start in the event.

10.30am - Crackenback Challenge Presentation & Barrel Draw

Location: Village Green

Must have TFFW wrist band to claim a barrel draw prize.



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SUNDAY (cont.)

5.30pm – Happy Hour / Event Registrations

Location: Foyer of the Kosciuszko Room

Registration for TFFW Tennis (Tony Greenwell/Jeff Tayler), Golf (Gerard Ryan), Volleyball (Fran Gilkeson) and Alpine Adventure (Ryan Armstrong). All registrants must have TFFW wrist band.

8pm - 10pm - TFFW Quiz Night

Location: Kosciuszko Room, Thredbo Alpine Hotel

Organiser & Sponsor: Armstrong Family

TFFW ticket holders only

MONDAY, 12 JANUARY

9am - Thredbo River Run/Walk

Location: Friday Flat Terminal

Organisers & Sponsors: Pindari Pacers

Out and back 1 hour time limit at your own pace. Beware rocks & tree roots on path. All prizes barrel draw. Must have TFFW wrist band to claim a prize.

11.30am - Rejoov Runners Strength & Stretching

Location: Village Green

Organisers & Sponsors: Chris & Greta Truscott

Suitable for all ages and abilities. Bring a towel.

2pm - 3 or 4-ball Ambrose Competition

Location: Thredbo Golf Course

Organiser: Gerard Ryan

Choose your own time to tee off. Scorecards to be handed to Gerard Ryan. Presentation at conclusion of the Vets Fun Run on Friday

2pm - 6pm - Dorey Alpine Volleyball

Location: Village Green

Organiser: Fran Gilkeson

Sponsor: Dorey family

6pm – Drop into Denman

Location: Après Bar - The Denman

Organiser: Jeff Tayler

Drop in for 1 or a few social drinks to catch up with old friends and meet new ones.



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TUESDAY, 13 JANUARY

9.30am - Armstrong Alpine Adventure

Location: Start/Finish BBQ adjacent to Valley Terminal

Organisers & Sponsors: Armstrong Family.

A fun event for all ages/fitness levels. All prizes barrel draw. Must have TFFW wrist band to claim a prize.

12pm - 5pm - Dave Hobson Grand Slam Tennis

Location: Tennis Courts, Village Green

Organisers & Sponsors: Tony Greenwell & Jeff Tayler.

Preliminary Rounds (Pairing: male / female – experienced / inexperienced). Rules - First to 6 (possible 11 games). Killer point on deuce.

TFFW ticket holders only.

4pm - The Desie Dazzler - Kids/Teenagers Fun Run

Location: Village Green

Organisers and Sponsors: Lucette King & Rebecca Hanrahan

All prizes barrel draw. Must have TFFW wrist band to claim a prize.

5pm - The Runners Shop Canberra Invitational Mile

Location: Village Green

Handicapper: Gerard Ryan

The crème de la crème of TFFW running talent. Hand picked and expertly handicapped to guarantee a grand-stand finish. Sweep facilities by Lowry family

5.04pm - The Runners Shop Canberra Thredbo Fun Run Mile

Location: Village Green

Sponsor: The Runners Shop Canberra

Easy jog/walk around the Green. All prizes barrel draw. Must have TFFW wrist band to claim a prize.

WEDNESDAY, 14 JANUARY

9am - The Women from Snowy River Jog/Walk

Location: Village Green

Organiser & Sponsor: Paul Netting

4km yacht handicap (guess your time). No watches or wearables. All prizes barrel draw. Must have TFFW wrist band to claim a prize.

10.30am - The Men from Snowy River Jog/Walk

Location: Village Green

Organiser & Sponsor: Cat Dorey

4km yacht handicap (guess your time). No watches or wearables. All prizes barrel draw. Must have TFFW wrist band to claim a prize.



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WEDNESDAY (cont.)

5pm - Mixed Pizza Relays

Location: Village Green

Teams of 5 selected by organisers. Relay legs ~1km.

Pizza prizes for first across the line plus four other winning teams. Must have TFFW wrist band to claim a prize.

NOTE: Limited to Margaritta, Peperoni & BBQ Chicken. Redeemable 4- 9 pm Alpine Pizzeria 14-16 January only

THURSDAY, 15 JANUARY

8am - Col Browne TFFW Golf Masters

Location: Thredbo Golf Course

Organiser: Gerard Ryan

Choose your own time to tee off. Scorecards to be handed to Gerard Ryan. Presentation at conclusion of the Vets Fun Run on Friday.

12pm - Thredbo Sprint Gift Preliminary Rounds

Location: Village Green

Organiser: Gerard Ryan

Sponsor: Yates family

U18 M/F, 18-39 M/F, 40+ M/F + repechage heats.

All TFFW entrants eligible for barrel draw prizes.

3pm - Thredbo Aquathon (Swim/Run)

Location: Friday Flat Lake

Organisers & Sponsors: Marty and Elisha Bell

Incorporating the Thredbo Open Swimming Championships. Approx 150m swim and 2.5km run.

Arrangements subject to change depending on lake conditions. Must have TFFW wrist band to claim a prize.

6 - 10pm - Dave Hobson Grand Slam Tennis (Final Rounds)

Location: Tennis Court, Village Green

Sponsor: Kosciuszko Thredbo, and Tony Greenwell & Jeff Tayler

Spectators encouraged to bring blankets, chairs, warm clothes.

FRIDAY, 16 JANUARY

11am - Eric & May Fazackerley 3km Fun Run for Veterans

Location: Village Green

Organiser: Kate Porter-Smith

Sponsor: Smith Family

For Vets only (males 40+ and females 35+).

All prizes barrel draw. Must have TFFW wrist band to claim a prize.



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FRIDAY (cont.)

12.30pm (or at the conclusion of the Vets Fun Run) Golf Presentations.

Location: Village Green

Organiser: Gerard Ryan

1pm - Thredbo Sprint Gift Final

Handicapper: Gerard Ryan

12 competitors over 50 metres. I Gout you'll want to miss this

Sweep facilities by Lowry family

SATURDAY, 17 JANUARY

Ludwig Rabina Kosciuszko Classic

Register and enter at Rawson Pass for Ludwig Rabina's Kosciuszko Classic (5km).

Sponsor: John & Jackie Walton

If you are coming from Charlotte's Pass, you must let Daryl Read (0413532119) know beforehand.

If you have been sick during the week do not under any circumstances start in the event.

Competitors not part of TFFW will need to purchase a chairlift ticket. Allow a minimum of 1 hour for the walk from top of chairlift to Rawson Pass. Catch chairlift by 9.15am at the latest. Running is not permitted on the metal walkway. The start at the Snowy River Bridge is a 15-minute downhill jog or a 30-minute downhill walk from Rawson Pass registration point.

NPWS participation limit is 60.

11am – Ludwig Rabina Kosciuszko Classic

Start at Snowy River Bridge and Finish at Summit of Mt Kosciuszko (5km, along the Old Summit Road).

Children under 15 not permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Remember you are racing at high altitude in very changeable weather conditions. Ensure you take plenty of warm clothing, simple carbohydrates and drinks for post-race recovery and the demanding return journey to the chairlift. This event involves a tiring 20km of walking/jogging/racing.

Please note the unpredictability of mountain weather means the Classic could be cancelled at very short notice.

2pm - Kosciuszko Classic Presentation & Barrel Draw

Location: Village Green

Sponsor: John & Jackie Walton

All prizes barrel draw. Must have TFFW wrist band to claim a prize.

6pm – Pizza and Drinks (BYO)

Location: Thredbo River BBQ Area

Informal dinner and catch up for those still in the village.



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REGISTRATION

All participants are required to register online here
<https://www.revolutionise.com.au/cr/events/320257>

Ticket costs are:

Individuals: **\$20**
Families (max 2 adults and 4 children U18 living at the one address): **\$60**

Canberra Runners 2026 members will receive a discount of \$5 for individuals or \$20 for families.

IMPORTANT

1. TFFW sporting activities (tennis, volleyball, golf) are restricted to TFFW entrants. Thredbo running events will require proof of registration (wrist band given at check in) to claim any barrel draw or cash prize.
2. **FUN & FITNESS WEEK LIFT & ACTIVITY PASS** includes
 - 8 Day unlimited chairlift & gondola access
 - 2 x Alpine Coaster rides
 - 1 Leisure Centre entry per day (Pool/slide or sports hall or gym)
 - 1 Round of golf per day (club hire and balls available at additional cost)
3. TFFW activities share the Village with the public. No roads or bike trails are closed for our use. Participants will need to be aware of other road/trail users and give way at all times.
4. Thredbo Village is in the Kosciuszko National Park and Park Passes are obtainable on entry at NPWS vehicle entry station. Fines for noncompliance are rigorously enforced.
5. Presentations will immediately follow running and sporting events where possible.
6. The Canberra Runners reserves the right to postpone, substitute or even cancel events due to adverse weather conditions (or circumstances beyond the organiser's control) without giving advance notice.
7. It is the responsibility of participants to provide their own drinks/refreshments at all runs and events.
8. Any program changes will be posted on the Thredbo Fun & Fitness Week Facebook page: <https://www.facebook.com/thredboTFFW>
9. **2027 Thredbo Fun & Fitness Week – 9 to 16 January 2027**
10. Thredbo Mountain Patrol number for on mountain help is **6459 4147**
11. Available at 2026 TFFW, Brian Lenton's publication, 'Thredbo Running - 50 Years (1968-2017). Publisher Brian Lenton (23 contributors). Over the counter \$25. See Daryl Read.

10 th -17 th Jan 2026	Fun and Fitness Week Pass
Adult (18-64)	\$149
Child (8 to 17)	\$85
Child (3 to 7)	\$75
Senior (65+)	\$119
MyThredbo Card	\$5

These passes are available to purchase from Thredbo Ticketing after you complete your registration check in and have your wrist band