



**7<sup>th</sup> JANUARY – 14<sup>th</sup> JANUARY 2023**

# **THREDBO FUN & FITNESS WEEK**

**INCORPORATING THE  
41<sup>st</sup> NATIONAL RUNNING WEEK**

**Program enquiries**

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[www.canberrarunners.org.au](http://www.canberrarunners.org.au)



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CANBERRA RUNNERS CLUB

## **FRIDAY 6 JANUARY**

### **6pm - Welcome BBQ**

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

## **SATURDAY 7 JANUARY**

### **11am – 12noon & 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 via RegisterNow.

### **3pm - Brian Lenton Thredbo Fun Run/Walk**

Location: Start & finish at the Village Green  
Sponsors: Kosciuszko Thredbo & Margaret O'Donovan, Your City Physio  
6 km, flat course, two laps of Thredbo Village.

### **4pm - Brian Lenton Fun Run Presentation**

Location: Village Green  
All prizes barrel draw. Must have TFFW wrist band to claim a prize.

## **SUNDAY 8 JANUARY**

### **8am – 8.20am & 11am – 12pm - TFFW Registration**

Location: Valley Terminal

### **8.30am - Crackenback Challenge**

Location: Start at rear of Valley Terminal

Course is a 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. Definitely NOT for fun runners.

*If you have been sick during the week DO NOT under any circumstances start in the event. Day competitors (who will not have purchased a TFFW chairlift/activities ticket) will need to purchase a chairlift ticket (\$46) or return on foot.*

### **10.30am - Crackenback Challenge Presentation**

Location: Village Green  
Must have TFFW wrist band to claim a barrel draw prize.



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**5.30 - 6.30pm- Bistro Happy Hour / Registrations**

Location: Bistro deck, outdoors

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.

**8 - 10pm - TFFW Quiz Night**

Location: Kosciuszko Room, Thredbo Alpine Hotel

Organiser & Sponsor: Armstrong Family

Open to only TFFW ticket holders

**MONDAY**

**9 JANUARY**

**9am - Thredbo River Run/Walk**

Location: Friday Flat Terminal

Organisers & Sponsors: Pindari Plodders

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

Sponsor: Kosciuszko Thredbo

Choose your own time to tee off. Scorecards to be handed to Gerard Ryan. Presentation at conclusion of Dave Hobson Tennis Finals.

**5pm - Alfresco Mixed Pizza Relays**

Location: Village Green

Sponsor: Thredbo Alfresco Pizza Shop

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.

**TUESDAY**

**10 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.



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**12noon - 5pm - Dave Hobson Grand Slam Tennis**

Location: Tennis Courts, Village Green

Organisers: Tony Greenwell & Jeff Tayler.

Sponsor: Kosciuszko Thredbo. 4 Courts - 5 hours.

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

Organiser & Sponsor: Desie Joannides

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 grandstand finish. Sweep facilities

**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**

**11 JANUARY**

**9am - The Women from Snowy River Jog/Walk**

Location: Village Green

Organiser & Sponsor: Graham

Lamond

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

Organisers & Sponsors: The Good Time Gals

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

**2 - 6pm - Dorey Alpine Volleyball**

Location: Village Green

Organiser: Fran Gilkeson

Sponsor: Dorey family



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## **THURSDAY 12 JANUARY**

### **8am - Col Browne TFFW Golf Masters**

Location: Thredbo Golf Course

Organiser: Gerard Ryan

Sponsor: Kosciuszko Thredbo

Choose your own time to tee off. Scorecards to be handed to Gerard Ryan. Presentation at conclusion of Dave Hobson Tennis Finals.

### **12noon - Thredbo Sprint Gift Preliminary Rounds**

Location: Village Green

Organiser: Gerard Ryan

Sponsor: Yates family

For (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.

### **6pm - Thredbo Sprint Gift Final**

Handicapper: Gerard Ryan

12 competitors over 50 metres. \$50 cash prize

Sweep facilities

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

Location: Tennis Court, Village Green

Sponsor: Kosciuszko Thredbo

Spectators encouraged to bring blankets, chairs, warm clothes.

## **FRIDAY 13 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.

### **2 - 4pm - Thredbo Basketball Relays**

Location: Old Tennis Courts between Bobsled and Merrits Gondola

Organiser & Sponsor: Yates family

Fun ball games with dribbling and passing activities.



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## SATURDAY 14 JANUARY

### Kosciuszko Classic

Register and enter at Rawson Pass for Ludwig Rabina's Kosciuszko Classic (5km). 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 (\$46). 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 - Kosciuszko Classic

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

Sponsor: Kosciuszko Thredbo

*Children under 15 not permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely not for fun 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

Location: Village Green

Sponsor: John & Jackie Walton

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





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## REGISTRATION

All participants are required to register online via the Canberra Runers RegisterNow page:

<https://www.registernow.com.au/secure/Register.aspx?E=48544>

### Ticket costs are:

Individuals: **\$20**

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

Canberra Runners 2023 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. **Chairlift/Activities Ticket**  
Thredbo offer 20% discount on all passes if you purchase 7 days in advance.  
All TFFW participants **may** purchase an 8 Day Scenic Pass allowing unlimited chairlift rides at a discounted rate. Only available for on the day purchases.
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 there is a \$17 per day car entry fee; \$190 for an annual permit; or \$68 for 5 days access to Kosciuszko National Park for the price of 4. Obtainable online at [nswparkspass.info](http://nswparkspass.info) or 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 Club 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 races.
8. 2024 Thredbo Fun & Fitness Week 6-13 January
9. Any program changes will be posted on the Thredbo Fun & Fitness Week Facebook page: <https://www.facebook.com/thredboTFFW/>

Available at 2023 TFFW, Brian Lenton's publication, 'Thredbo Running - 50 Years (1968-2017)'. Publisher Brian Lenton (23 contributors). Over the counter \$25. See Daryl Read.