



THREDBO FUN & FITNESS WEEK

INCORPORATING THE
40TH NATIONAL RUNNING WEEK

Program enquiries

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General accommodation enquiries

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canberra.ymca.org.au/runnersclub



11 - 18 JANUARY 2020

ORGANISED BY
YMCA CANBERRA RUNNERS CLUB

**FRIDAY
10 JANUARY**

6pm – Welcome BBQ

Location: Village Terminal

BBQ for early arrivals BYO everything

**SATURDAY
11 JANUARY**

11am – 12noon & 2pm – 2.50pm TFFW Registration

Thredbo Sports Ticket Office.

Complete TFFW disclaimer and obtain tags for running events. No entry fee for fun runs. You must be registered for TFFW before obtaining your Chairlift/Activities Ticket. Obtain Chairlift/Activities Ticket from Thredbo Sports Ticket Office (Family Pass, Adult, Child U/15, Seniors. Family pass covers two adults and a maximum of three children under 15 years of age. All TFFW registrants must have a Chairlift/Activities Ticket).

3pm - Brian Lenton Thredbo Fun Run/Walk

Location: Village Green

6 km, flat course, two laps of Thredbo Village. All prizes barrel draw. Sponsors: Kosciuszko Thredbo & Margaret O'Donovan, Your City Physio.

4pm – Brian Lenton Fun Run Presentation

Location: Village Green. Participants must be present to be eligible for barrel draws.

**SUNDAY
12 JANUARY**

8am – 8.20am & 11am – 12pm – TFFW Registrations

Location: Valley Terminal

8.30am - Crackenback Challenge

Start at rear of Valley Terminal. Course is a 2km/600m climb follows 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.

Sponsor: Mat Nicholson/Lois Singer. *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 one-way chairlift ticket (\$42) or return on foot.*

10.30am – Crackenback Challenge Presentation

Location: Village Green. Participants must be present to be eligible for barrel draws.

2-4 pm Thredbo Basketball Relays

Location: AIS Sports Hall

Organiser: Yates family

5.30pm – 6.30pm – Bistro Happy Hour

Location: Bistro outdoors.

Registration for TFFW Tennis (Tony Greenwell/Jeff Taylor), Golf (Gerard Ryan), Volleyball (Fran Gilkeson), Alpine Adventure (Ryan Armstrong), Basketball (Scott Yates). Tennis, Golf, Volleyball, Alpine Adventure and Basketball entrants must have TFFW chairlift/activities tickets.

8 – 10pm – TFFW Quiz Night

Location: Kosciuszko Room, Thredbo Alpine Hotel.

Organiser & Sponsor: Armstrong Family.



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**MONDAY
13 JANUARY**

9am – Thredbo River Run/Walk

Sponsored by Pindari Plodders

Start/Finish: Friday Flat. Organisers: Pindari Plodders BYO drinks. Beware rocks & tree roots on path.

2pm – 3 or 4-ball Ambrose Competition

Location: Thredbo Golf Course

Choose your own time to tee off.

Organiser: Gerard Ryan

5pm – Alfresco Mixed Pizza Relays

Location: Village Green

Teams of 5 'selected' by Phil Aungles. Relay legs 1km. Pizza prizes for first across the line plus four other winning teams.

Sponsor: Thredbo Alfresco Pizza Shop

**TUESDAY
14 JANUARY**

9.30am – Armstrong Adventure

Location: BBQ adjacent to Valley Terminal

A fun event for all ages/fitness levels. Sponsor: Armstrong Family. Start/Finish: BBQ adjacent to Valley Terminal. You will be required to present your chairlift/activities ticket in order to claim a prize.

12noon – 5pm – Dave Hobson Grand Slam Tennis

Location: Tennis Court, Village Green

Preliminary rounds (pairing: male/female – experienced/inexperienced). Sponsor: Kosciuszko Thredbo. 4 courts – 5 hours. Directors: Tony Greenwell & Jeff Tayler. Rules – first to 6 (possible 11 games). Killer point on deuce. TFFW ticket holders only.

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

Start/Finish: Village Green

Sponsor/Organiser: Desie Joannides

5pm – The Runners Shop Canberra Invitational Mile

Location: Village Green

Sweep facilities. Handicapper: Gerard Ryan

5.04pm – The Runners Shop Canberra Thredbo Fun Run Mile

Location: Village Green

Sponsor: The Runners Shop Canberra



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**WEDNESDAY
15 JANUARY**

9am – The Women from Snowy River Jog/Walk

Start/finish: Village Green. Organiser: The Man.

Event is a 4km yacht handicap

10am – The Man from Snowy River Jog/Walk

Start/finish: Village Green.

Organisers & Sponsor: Ruth Hearnshaw & Jacqui Walton.

2 – 6pm – Dorey Alpine Volleyball

Location: Village Green

Organiser: Fran Dorey. Sponsor: Dorey family

7pm – TFFW Dinner

Location: The Cascade Restaurant. The Thredbo Alpine Hotel.

Celebrating 40 years of National Running Week hosted by Brian Lenton and Phil Aungles. Confirmation of attendance on Monday night with Phil Aungles.

**THURSDAY
16 JANUARY**

8am – Col Browne TFFW Golf Masters

Location: Thredbo Golf Course

Sponsor: Kosciuszko Thredbo. Organiser: Gerard Ryan. All TFFW participants are eligible for barrel draw prizes

12noon – Thredbo Sprint Gift Preliminary rounds

Location: Village Green.

For (U18 male/female, 18-39 male/female, 40+ male/female) repechage heats

Sponsor: Yates family

All TFFW participants eligible for barrel draw prizes

3pm – Thredbo Aquathon (Swim/Run)

Location: Friday Flat Lake

Organiser/Sponsor: Ken Uren/Chris Toohey

Incorporating the Thredbo Open Swimming Championships. Arrangements subject to change depending on lake conditions

6pm – Thredbo Sprint Gift Final

Location: Village Green

12 competitors over 50 metres. Sweep facilities – Lowry Family. Handicapper: Gerard Ryan



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**FRIDAY
17 JANUARY**

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

Location: Village Green (Males O/40 and females O/35)

Sponsor: Eric Fazackerley

Organiser: SAARC/Sue Tyson. All prizes barrel draw. Please have TFFW ticket to claim a prize.

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

Location: Tennis Court, Village Green

Sponsor: Kosciuszko Thredbo. TFFW ticket holders only.

**SATURDAY
18 JANUARY**

Enter at Rawson Pass for Ludwig Rabina's Kosciuszko Classic (5km) by completing entry form and receiving race tag. 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 one-way chairlift ticket (\$42). Allow a minimum of 1 hour for the walk 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.

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





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IMPORTANT

- 1.** TFFW sporting activities (tennis, volleyball, golf) are restricted to holders of the TFFW Chairlift/Activities ticket. Thredbo running events (Wed, Thurs, Fri, Sat) will require the production of your chairlift ticket to claim any barrel draw or cash prize.
- 2.** All TFFW participants are required to become a member of the YMCA Canberra Runners Club, \$20 per family, \$10 per individual. This small fee is to cover the cost of public liability insurance for TFFW. Phil Aungles is the Honorary Director. TFFW is not a business venture.
- 3.** 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 on entry from NSW or at Thredbo News agency. Fines for noncompliance are rigorously enforced.
- 4. Chairlift/Activities Ticket**
All TFFW participants will be able to purchase a ticket allowing unlimited chairlift rides, 16 Bobsled rides, swimming and golf over the 8 days. It covers green fees for any time you play golf, but you must have your ticket ready for inspection while you are playing. Tennis court hire is covered only at the specified TFFW booking times. At other times normal hire fees apply.

Ticket costs are:

Family Pass (2 adults + 3 children under 15)	\$388
Adult Pass	\$189
Children under 15	\$109
Seniors (60+)	\$109

Please note that Chairlift/Activities Ticket is not transferable and all TFFW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen.

By way of comparison, normal charges for one return chairlift ride in 2020 are: Adult \$42, Child U18 \$22 and Seniors \$32. Green fees per game: \$18. Tennis court hire: \$18 per hour. Pool Adult \$10, Child/Senior \$8, Bobsled \$10.

- 5.** Presentations will immediately follow running and sporting events where possible.
- 6.** Entry to any or all TFFW events is conditional on the completion of a disclaimer. All TFFW participants must be registered before a Chairlift/Activities Ticket can be obtained.
- 7.** Please note that TFFW participants must organise their own accommodation at Thredbo Village.
- 8.** The YMCA of 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.
- 9.** It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.

26th Thredbo Blues Festival 17-19 January 2020

2021 Thredbo Fun and Fitness Week 9-16 January.

Available at 2020 TFFW, Brian Lenton's latest publication, 'Thredbo Running – 50 Years (1968-2017). Publisher Brian Lenton (23 contributors). Over the counter \$25