

Run the Tan 2026 – The Ultimate Race with a Purpose Returns

Run the Tan is back on **Sunday, 26 April 2026**, bringing Australia's most iconic running track to life for a day of **speed, community, and purpose** in support of mental health.

Staged on Melbourne's legendary **Tan Track (3.827km)**, Run the Tan 2026 unites elite athletes, everyday runners, schools, emergency services, celebrities, and corporate teams in a powerful showcase event that raises funds and awareness for local mental health charities.

Now firmly established as an annual highlight on Australia's running calendar, Run the Tan is locked in on the **first Sunday after school holidays in late April**, strategically placed around national championships and the start of the domestic cross-country season, making it the **must-run, short-distance benchmark event** of the year.

"Run the Tan is more than a race, it's a movement," says Founder **Darren Templeton**. "We're harnessing the power of running, community, and storytelling to spark conversations, reduce stigma, and raise vital funds for mental health. Since launching, the event has helped raise over \$250,000 for mental health initiatives."

What to Expect in 2026

Run the Tan 2026 will deliver a full program designed for **all ages and abilities**, including:

- **Elite Showcase Races** featuring some of Australia's fastest middle-distance and para-athletes, chasing official times on one of the country's most famous courses.
- **Battle of the Schools** – Melbourne's leading public and private schools going head-to-head for Tan Track bragging rights and the coveted perpetual trophy.
- **Celebrity & Ambassador Challenge** – high-profile personalities, athletes and media identities racing the clock to shine a spotlight on mental health. featuring stars like Dave Hughes, Ch 9's Tom Steinfort, AFL legend's Campbell Brown, Steve Baker and more.
- **Emergency Services & Community Heroes Challenge** – recognising those who serve and protect, while raising funds for mental health support services.
- **Corporate & Team Challenges** – businesses, clubs and friendship groups using the Tan as their platform to connect, compete and give back.
- **King & Queen of the Hill** – rewards for the fastest ascent of Anderson Street Hill, **open to all participants across all events**.
- **Community Public Fun Run** – open to everyone from families, walkers, joggers and serious runners
- **Athlete & Charity Village** – showcasing partner organisations, charities and wellbeing initiatives, creating a festival hub of connection, information and support.

A **significant prize pool** (including equal standard prize money and performance bonuses across key able-bodied and para events) and officially timed results reinforce Run the Tan's status as the **premier short-course showcase event in Australia**.

Chasing Legends – The Benchmark

The Tan Track remains one of the most prestigious and recognisable run courses in the country. Run the Tan 2026 continues its custodianship of official Tan records, celebrating the athletes who redefine what's possible and inspiring every participant.

The Tan Track records are the ultimate benchmark:

- Jessica Hull holds the women's record (11:31).
- Michael Roeger owns the Para record (10:56).
- Craig Mottram's legendary men's record (10:08) still stands since 2006.

Who will rewrite history in 2026 and "What's your Tan PB"?

A Growing Legacy of Impact

Run the Tan is delivered under **Run for Mental Health Ltd**, a not-for-profit organisation dedicated to promoting movement, connection and early intervention for mental health. Funds raised from Run the Tan support leading mental health charities and community programs focused on prevention, education, and support services. Every entry, every team, and every lap of the Tan helps drive meaningful impact.

With the support of Liberty as the major naming rights sponsor again in 2026, and other key partners such as Bennelong Foundation, and Myriad Kofkin, this year's event is poised to make an even greater impact.

Registrations for Run the Tan 2026 are now open.

Spots are strictly limited.

👉 **Register now:** www.runthetan.net

📅 **Event Date:** Sunday, 26 April 2026

📍 **Location:** The Tan Track, Melbourne

🌐 **Website:** www.runthetan.net

END NOTES //

- [GALLERY](#)

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ABOUT RUN THE TAN

The Run the Tan annual showcase event, supporting mental health charities, has become a flagship event and one of the most popular and well well-known running events in Melbourne and Australia. The inaugural event was held in April 2021 between COVID lockdowns.

Run The Tan is a not-for-profit organization under Run for Mental Health Ltd, advocating for mental health awareness through promoting an active lifestyle. Its annual showcase event brings together athletes, enthusiasts, and mental health charities in a celebration of physical and mental wellbeing.

Founded by Darren Templeton in 2019, the organization provides a central source of truth and governance process for all official recorded run times around the Tan (including the all-time top 10 and top 100 fastest times for men and women).

Run the Tan runs a free weekly community run club initiative which sees new runners joining regularly. Held at the Tan Track at 8am every Saturday morning, it caters to all fitness levels and abilities, and is open to everyone in the community.

Join the movement. Run the Tan. Support mental health.