

Run the Tan 2025 – The Ultimate Race with a Purpose

Mark your calendars! On Sunday, 27 April 2025, Melbourne's iconic Tan Track will come alive with energy, community spirit, and elite competition at *Run the Tan 2025*. This flagship event unites Australians across all walks of life to champion mental health awareness and raise vital funds for local charities.

A Legacy of Impact

Since its inception, *Run the Tan* has raised over \$200,000 for mental health initiatives. With the support of Liberty as the naming rights sponsor again in 2025, and key partners New Balance, Up There Athletics, and Myriad Kofkin, this year's event is poised to make an even greater impact.

"Our mission is to use the power of sport to inspire change and raise awareness for mental health," says Darren Templeton, Founder of Run the Tan. "It's incredible to see how far we've come and the community we've built around this cause."

Race Highlights and Celebrity Power

From elite athletic showcases to fun community races, *Run the Tan 2025* offers something for everyone:

- **Elite Men & Women Races**
- **Elite Para Race**
- **Celebrity Challenge** featuring stars like Dave Hughes, Ch 9's Alicia Loxley, Ant Middleton, and more.
- **Emergency Services Race**
- **Battle of the Schools**
- **Community Public Fun Run**

Hugh Van Cuylenburg, founder of *The Resilience Project* and mental well-being advocate, will also lend his voice to this inspiring day.

Chasing Legends

The Tan Track records are the ultimate benchmark:

- Jessica Hull holds the women's record (11:31).
- Michael Roeger owns the Para record (11:01).
- Craig Mottram's legendary men's record (10:08) still stands.

Will history be made in 2025?

A Festival of Fun

It's not just about the races - *Run the Tan 2025* is a full-day celebration with live music, food stalls, and family-friendly activities. Whether you're a competitive runner or a community member enjoying the day out, this event offers something unforgettable for everyone. *Be Part of the Change*

Join us at *Run the Tan 2025*. Register today and help us take another stride toward better mental health.



Date: Sunday, 27 April 2025



Location: The Tan Track, Melbourne



Website: www.runthetan.net

See you at the start line - because every step counts!

END NOTES //

- External link: <https://runthetan.net/>
- **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.