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2025





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Welcome to The Last Legend

Woodlands Historic Park – 2025

We are so excited to welcome you back for the **third edition of the Last Legend Diminishing Time Trail Run** at the stunning **Woodlands Historic Park**.

This event offers a **unique trail running experience** on a **rolling 2.5km loop**, set right under the flight path of Melbourne International Airport. Look skyward and you might just catch the flying kangaroo in the sky  while sharing the paddocks and trails below with around **2,000 wild kangaroos!** 


Woodlands is also home to the famous **Living Legends**, where retired champion racehorses spend their golden years cared for with love. We're incredibly proud to support this wonderful organisation through the Last Legend event. 

Why We Run

At **Trailsplus**, our mission is to provide a **safe, friendly and encouraging environment** where people of all levels can enjoy the outdoors, discover new places, and challenge themselves.

Whether you're:

- Taking on **2 laps** for fun,
- Stretching out to **10 or 17 laps**, or
- Chasing the ultimate and seeing how long you can last...

Every achievement is worth celebrating.  A **5km finish** can be just as challenging and rewarding as pushing through **50km, 60km, or even 70km**. Whatever your distance, it's your journey, and we're here to help you achieve it.

Running With Purpose

Since 2007, Brett and the Trailsplus team have proudly supported **CanTeen**, raising more than **\$85,000** for young people living with cancer.

With this new Woodlands location, we're also thrilled to support the **Living Legends**, giving back to both people and animals who inspire us all.

A Wildlife Wonderland

Woodlands is more than a park, it's a living sanctuary!
Here you might encounter:

- **Kangaroos**, Echidnas, Eastern Barred Bandicoots
- A huge variety of **bird species**
- And of course, the **retired racehorses** 🐎

It's hard to believe this peaceful oasis is right on the edge of Melbourne's suburbs.

Sharing the Trails

On race day, you'll also be sharing the trails with members of the public. Please represent the trail running community with **patience and respect**:

- Some walkers may travel two or three abreast, pass them politely and safely.
- Your efforts will inspire them, and together we keep the trail spirit alive.

Most of All...

Have a safe, enjoyable, and unforgettable day on the trails. Thank you again for supporting this event and the amazing causes it represents.

Don't forget to visit the **historic homestead** and the **fantastic café** at Woodlands before you head home.

See you on the trail,
Brett Saxon
Race Director, Trailsplus

What is Last Legend Trail Run

The **Last Legend Trail Run** isn't your typical running event, it's a race against the clock, not just the distance.

Set on a **scenic 2.5km loop course** through Woodlands Historic Park, you'll run alongside **hundreds of kangaroos**, with planes flying low overhead as they land at Tullamarine Airport. It's one of the most unique running backdrops you'll ever experience.

How It Works

- Everyone starts together at **8:00am**.
- Each lap must be completed **within the allocated time** before the next lap begins.
- Finish early? Rest, refuel, and be ready for the restart.
- Miss the cutoff, or complete your chosen distance? You're done.



The Course

- 2.5km gravel/dirt trail loop
- Flat to rolling terrain with the occasional rough patch
- A small uphill start, finishing with a **fast, flat sprint to the line**
- 50m elevation gain per loop

For many, the first two laps can be walked comfortably within the time limits. As the race goes on, times **diminish with each lap**, and you'll need to switch from walking to jogging to running faster, until the clock finally wins.



The Big Rule



1 You **MUST** start each loop within 1 minute of the scheduled start time, (caters for back of group)
👉 Miss it, and you're **TIMED OUT**, your race is over for the day.

2 You **MUST** complete each loop within the allocated time limit.
👉 Fail to make it back in time, and you're **done**.

- ✓ Start on time.
- ✓ Finish within the limit.

That's how you stay in the game to chase **The Last Legend**.



It's Almost Christmas!



We know you love to dress up 😊, so dive into those running gear drawers and pull out your **brightest reds!**

- 👕 Shirt,
- 👖 Shorts,
- 🧦 Socks,
- 👙 Jocks,
- 🧢 Caps,
- 👟 Even shoes...



Or maybe you've got a **Santa suit** tucked away, ready to go! 🧑

We'll be on the lookout for the most **stylish, original, fun, and festive** outfit, and you might even score a prize if you catch our eye.

So get into the spirit, join the fun, and let's **turn the park RED** this Christmas! ❤️



The Goal

- Challenge yourself with 2 laps, 4 laps, or keep pushing until you can't beat the clock.
- Every finisher is a legend.
- But only one can be crowned **The Last Legend**.

When

Sunday, December 14th, 2025 – 8:00am Start

Remember, no matter what your target distance or goal is, **everyone starts together at 8:00am.**

Please make sure you **check in early** on the morning, allow yourself plenty of time to collect your race bib, settle in, and relax before the start.

Getting There

Venue: Woodlands Historic Park – *Woodlands Homestead / Living Legends*

Address: Woodlands Dr, Greenvale VIC 3059

 **Entry Point:** Please **enter via Oaklands Road** and follow signs to the **Homestead car park**. We strongly recommend **not accessing the park from any other entry points**.



Past Legends

2023 – Matt Christopoulos – 29 Laps – 72.5km – last lap pace 5:12

2024 – Matt Christopoulos – 28 Laps – 70km – last lap pace 4:48


2025 – You?

Fun Celebration

Make it a day out! Invite your family and friends, bring a picnic rug, and enjoy the atmosphere after your run.

Help us create a supportive vibe for those still out on course, and cheer them on as they chase their loops.

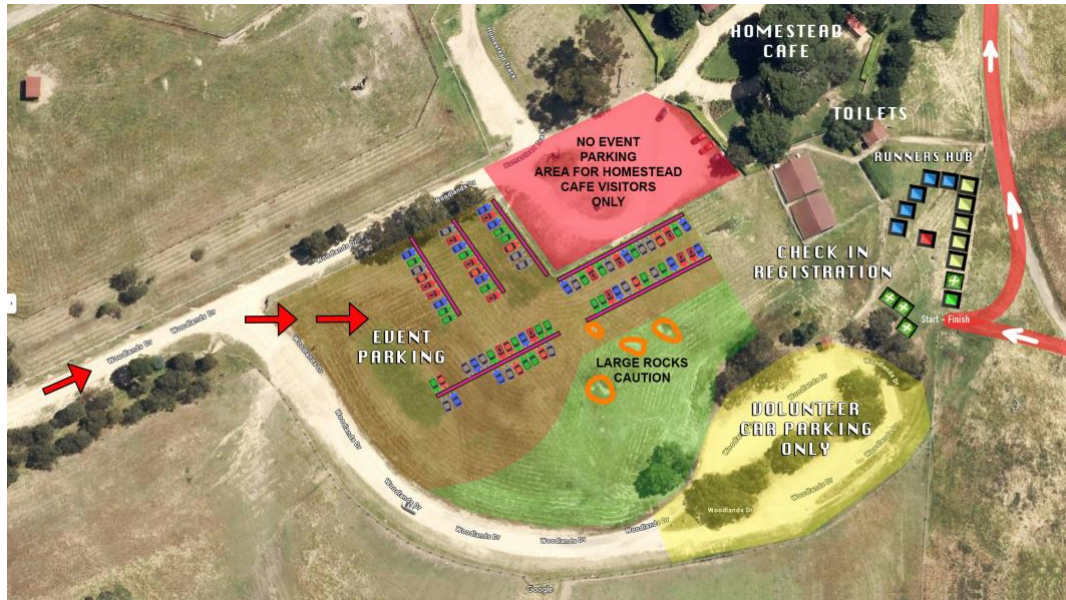
 Pop into the **Living Legends Café** for coffee, snacks, and treats.

 Relax in the beautiful surrounds of Woodlands Historic Park and celebrate being part of the Last Legend community.

Car Parking

Parking will be available on the **grassed area between the upper and lower car parks** near the Homestead Café.

- 👉 Please **follow event signage** or marshal directions.
- 👉 Park carefully and be considerate of others to ensure there's enough space for everyone.
- 👉 Do **not** block other vehicles in.



Mandatory Gear

There is **no enforced mandatory gear** for this event.

However, we strongly recommend being prepared with clothing and items suitable for the day's conditions.

☀️ For 2025, with a **sunny, warm day predicted**, we suggest bringing:

- Sunscreen
- Cap or hat
- Reusable cup or drink bottle

Stay sun smart, stay hydrated, and enjoy your run!

Aid Stations

Our central Aid Station, located in the Event Hub, will keep you fuelled and ready to go! Expect a full range of energy-boosting options, including:

- Water & electrolyte drinks
- Coke
- Lollies, chips, and chocolate
- Fruit cake & fresh fruit

Top up, recharge, and keep moving strong!



Personal Belongings Tent

We provide a designated area where you can leave your gear.

⚠ Please note: There is **no security** on-site. We strongly recommend leaving all valuables at home or secured in your car.



Volunteers – The Heart of Trailsplus

Our events simply wouldn't happen without our incredible volunteers. They're out there to cheer you on, keep you safe, and make your day an unforgettable experience. Please take a moment to say **thank you** when you see them!

Interested in giving back? Volunteering is a fantastic way to:

- Support the trail running community
- Earn credits towards future events
- Raise funds for your club
- Or simply share the joy of trail running from the sidelines

💡 Want to join the Trailsplus crew? Use our [\[Volunteer Link\]](#), send us a message, or chat with us on race day. We'd love to have you!



Event Schedule

- **06:00** – Park gates open (via Woodlands Drive off Oaklands Rd)
- **06:30** – Check-in opens
- **07:45** – Event briefing
- **08:00** – Race start

👉 Refer to the full event timing schedule for specific distance start times.



HOW IT WORKS

EVERYONE STARTS 8am


LAST LEGEND TIMING SCHEDULE



T.O.D - Lap	Lap	Accumulated	Accumulated	Minutes Per	Accumulated	Each Lap	TARGET
Start Time	Number	Distance KM	Elevation M	Lap Allocated	Available Time	Restart	DISTANCES
8:00	1	2.50	50M	30	30	0h30m	
8:30	2	5.00	100M	30	60	1h00m	5km
9:00	3	7.50	150M	25	85	1h25m	
9:25	4	10.00	200M	25	110	1h50m	10km
9:50	5	12.50	250M	24	134	2h14m	
10:14	6	15.00	300M	24	158	2h38m	
10:38	7	17.50	350M	23	181	3h01m	
11:01	8	20.00	400M	23	204	3h24m	
11:24	9	22.50	450M	22	226	3h46m	21.1km
11:46	10	25.00	500M	22	248	4h08m	
12:08 pm	11	27.50	550M	21	269	4h29m	
12:29 pm	12	30.00	600M	21	290	4h50m	
12:50 pm	13	32.50	650M	20	310	5h10m	
1:10 pm	14	35.00	700M	20	330	5h30m	
1:30 pm	15	37.50	750M	19	349	5h49m	
1:49 pm	16	40.00	800M	19	368	6h08m	
2:08 pm	17	42.50	850M	18	386	6h26m	42.2km
2:26 pm	18	45.00	900M	18	404	6h44m	
2:44 pm	19	47.50	950M	17	421	7h01m	
3:01 pm	20	50.00	1KM	17	438	7h18m	50km
3:18 pm	21	52.50	1050M	16	454	7h34m	
3:34 pm	22	55.00	1100M	16	470	7h50m	
3:50 pm	23	57.50	1150M	15	485	8h05m	
4:05 pm	24	60.00	1200M	15	500	8h20m	60km
4:20 pm	25	62.50	1250M	14	514	8h34m	
4:34 pm	26	65.00	1300M	14	528	8h48m	
4:48 pm	27	67.50	1350M	13	541	9h01m	
5:01 pm	28	70.00	1400M	13	554	9h14m	70km
5:14 pm	29	72.50	1450M	12	566	9h26m	
5:26 pm	30	75.00	1500M	12	578	9h38m	
5:38 pm	31	77.50	1550M	11	589	9h49m	
5:49 pm	32	80.00	1600M	11	600	10h0m	80km
6:00 pm	33	82.50	1650M	10	610	10h10m	
6:10 pm	34	85.00	1700M	10	620	10h20m	
6:20 pm	35	87.50	1750M	9	629	10h29m	
6:29 pm	36	90.00	1800M	9	638	10h38m	90km

Race Bibs & Timing Chips

Your bib is **customised** for this race and includes **two timing chips** securely attached in pouches on the back.

 Important:

- Do **not** remove the chips yourself, our volunteers will assist post-race.
- Wear your bib **on the front** of your body, clearly visible at all times.
- Never place your bib on your leg or back.
- Bibs are collected **only at check-in** (we do not mail bibs).
- In the case of very late entries, you may be issued a plain black-and-white bib.



Cup-Free Event

Our events are **100% cup-free** ☞. If you plan to drink at aid stations, please bring your own **reusable cup or bottle**.

- Collapsible Trailsplus cups are available for **\$5 on race day**.
- Please avoid bringing single-use plastic bottles.



Electronic Timing

We use **electronic chip timing** at the start/finish and at checkpoints along the course.


- **Live results** are available race day at  trailsplus.com.au/results.

First Aid

A **First Aid facility** will be available on-site throughout the event.

- If you require help, please notify a marshal or first aider immediately.

Refunds & Transfers

- Partial refunds available up to **30 days prior** to the event.
 - **No refunds** within 30 days of race day.
 - Tickets are **non-transferable**, selling or gifting is not allowed.
 - In exceptional circumstances, contact us (admin fees apply).
-  ID checks may be required at bib collection.

Insurance

Event insurance does **not** cover personal injury. We strongly recommend:

- **Ambulance Victoria membership**
- Or your own **personal insurance**

Last Legend Award

The spirit of this event is all about finding your personal the **Last Legend Status**

- **The Legend:** Runner who completes the most laps.
- **The Assist:** The runner who pushed the Legend furthest.
- **Prize:** \$500 sponsor product value or race credit value at race directors discretion.





Finishers Medal

Every participant who completes the distance they started will receive a **custom Woodlands Medal**.



Presentation

- Only one runner can be crowned the **Last Legend**.
- If multiple runners start but do not complete the final loop, it is a **tie** and **no Legend is crowned**.
- Only a **solo Last Legend** receives the prize package.



Parks Victoria

A huge thank you to **Parks Victoria** for allowing us to host this unique event in the stunning **Woodlands Historic Park**.

Wurundjeri People

We acknowledge the **Wurundjeri People** as Traditional Custodians of this land, and pay our respects to Elders past and present.

Living Legends

Our start/finish line is located beside the **Living Legends Homestead Café**.

- Visit the homestead and tour the paddocks to meet Australia's finest **retired champion racehorses**.
- Support the café (their fresh scones are worth the wait!).



Facilities

- Toilets are available at the start/finish and behind the café and the homestead.



Respect the Trails

To ensure we can continue hosting events in beautiful places:

- Respect the **environment, wildlife, and local community**.
- No littering – carry rubbish to aid stations or bins.
- Be extra careful with gel packets and tear tabs.



Other Park Users

The park remains **open to the public**. Please:

- Warn others politely when passing.
- Avoid loud shouting.
- Give space and respect to walkers, riders, and families.



Music & Atmosphere

Headphones are allowed but not encouraged. This is a **social event**, enjoy the community vibe, chat at restarts, and support your fellow runners.



Other Park Users

The park remains **open to the public**. Please:

- Warn others politely when passing.
- Avoid loud shouting.
- Give space and respect to walkers, riders, and families.



Environment – Leave No Trace

We are privileged to run in such a beautiful location, so let's all do our part to protect it.

- **Absolutely no rubbish** is to be left on the trail.
- Be extra careful with **gel packets, tear-off tabs, and small wrappers**, these are the biggest culprits!
- Carry all waste with you until you reach an aid station or bin.
- If you see rubbish that isn't yours, be a legend and pick it up.



Remember: every piece of litter left behind puts future events at risk. Let's keep the trails pristine so we can all come back year after year.



Shelter & Shade

You're welcome to bring a **pop-up shelter** or picnic setup.

- Secure it safely (no flyaways!).
- You're also welcome to share space under the provided tents, however this is limited.
- You may set it up Saturday arvo only under instructions from event team (must be secured)



Rules of the Trail

- Bring your **fun and humour!**
- Stay on the **marked loop course**, no shortcuts.
- **Zero tolerance** for littering.
- Follow all directions from organisers or Parks staff.
- If injured/ill, organisers may call an ambulance at **your cost** unless covered by Ambulance Victoria.



Grassroots Spirit

This is a **low-key, grassroots event**, no unnecessary bells and whistles. Just a fun day on the trails, supporting **Living Legends** and raising funds for **CanTeen**.



Dogs

Dogs are welcome if:

- **On a lead** at all times
- Well-behaved and social with others
- Not pulling you along the course (sorry – no canine pacers!)



? Signs & Markings

Navigation is **easy**! Look out for:


- Large orange arrows
- Orange ribbons
- Red STOP signs

At Last Legend we will use a combination of, large orange arrows, orange ribbons, red stop signs.



Timing Chips – MUST Be Returned

At the finish line, you'll be rewarded with your **Finisher's Medal** . At the same time, it is **essential** that you return your **timing chips**.

- The chips are in the **foam pouch** on the back of your bib.
 - A volunteer will remove them for you, just **flip your bib over** to make it quick and easy.
-  Please do **not** leave the event with your timing chips, they must be returned.

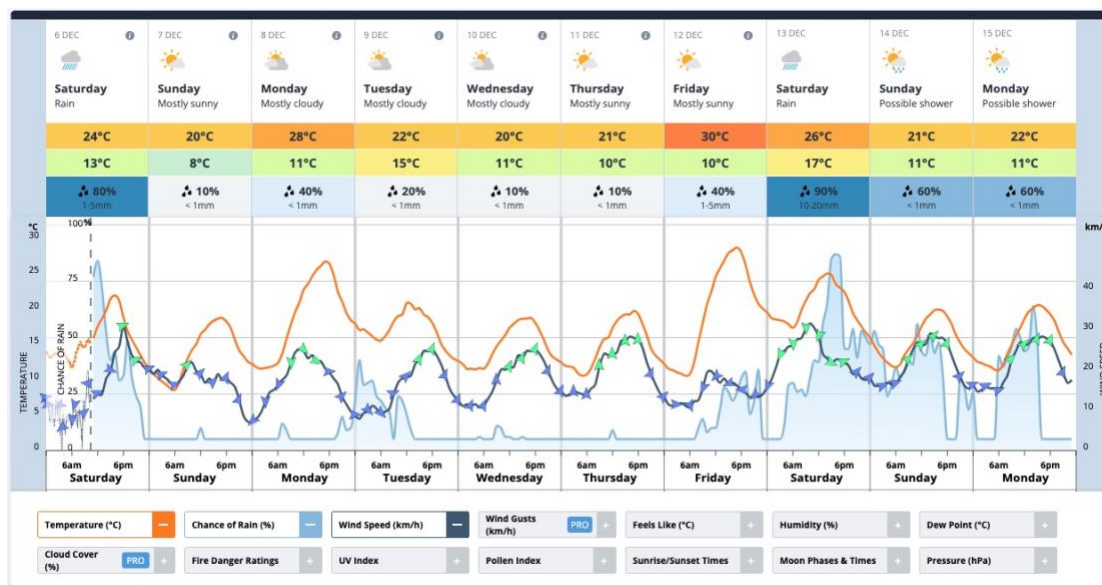


Weather Forecast & Keeping Cool

It's a week out, but The forecast is looking **good for race day** , rain the day before will settle dust.

- A **water misting system** will be set up at the event hub to provide refreshing relief if its hot.
- This is a **cup-free event**, please bring your own **cup or bottle** for refills.
- We'll supply **plenty of water and electrolyte** to keep you hydrated throughout the day.

Stay sun-smart, stay cool, and keep sipping! 



Fundraising on behalf of

