

Guidance document | Remaining spots

National Pathways Distance Camp

Nelse Lodge, Fall Creek

January 8-15th 2026



NATIONAL PATHWAYS DISTANCE CAMP FALLS CREEK

Overview

Falls Creek has a long and rich history as an excellent training venue and is a major draw card for distance runners of all ages and abilities. The many well-established traditions such as the strong emphasis on group training, sharing of knowledge and experience, role modelling/leadership by elite senior athletes and the importance on camaraderie and friendship will be instrumental to athletes' development as they progress into senior ranks

Australian Athletics (AA) would like to open Expressions of Interest (EOI) to attend the National Pathways Distance Camp to be held at Falls Creek from 8-15th Jan 2026. There are 10-15 spots remaining to be filled. The camp is an initiative of the AA Distance Advisory Panel targeting talented junior distance athletes and will provide learning opportunities and support in a training camp environment.

Application Process

1. Athletes eligible to apply for the remaining spots at the camp are **aged 16-20** and finished top 8 in finals of distance events (800m and up) at the Australian Athletics National Championships 2025; top 8 in the Australian Athletics Cross-Country Championships in 2025 or top 8 in the 2026 World Cross Country selection Trials (on November 28th 2025).
2. Athletes will have to fill out this [Expression of Interest Form](#) by December 1st to be considered for a spot at the camp.
3. The first round of successful applicants will be offered a spot at the camp by December 8th. Priority will be given to the higher placed athletes in the stated competition as well as taking into consideration other factors such as
 - i. Head-to-Head performances against other eligible athletes
 - ii. Consistency of performances
 - iii. Any other relevant performances included on the athlete's EOI form
4. The other applicants will go on a waiting list and could get offered a replacement spot up until January 6th in case of a cancellation by another athlete.
5. When offered a spot at the camp, athletes will have to accept or decline within 48h before it is offered to the next athlete on the waiting list.

Accepting the Invitation

Upon receipt of an invitation, Athletes must:

- Confirm acceptance of invitation by replying to the invitation email within 48h.
- On acceptance confirmation you (and/or a parent) will receive an email from Australian Athletics Accounts with payment details to secure your place at the camp. The total cost of accommodation and all meals at Nelse Lodge is \$1000. Full payment will be due 48h after accepting the invitation.
- **Late withdrawals** - Athletes who withdraw from the camp after 1 January 2026 may forfeit their payment, unless a replacement athlete can be found at short notice.

Athletes will also be required to complete the following tasks. Athletes (**and parent/guardian of U18 athletes**) will be sent this information once you have accepted and paid the deposit

- Sign and abide by the Australian Athletics Team/Camp Agreement
- Complete the following mandatory education courses
 - Sport Integrity Australia (SIA) Anti-Doping Fundamentals.
 - SIA Annual Update.
 - SIA Safeguarding Induction.
 - Competition Manipulation & Sports Gambling.

Accommodation: Nelse Lodge

This is a new elite training centre providing the following inclusions

- Twin share accommodation
- Gym, pool, sauna and recovery room
- 3 meals/day, cooking classes
- Massage, resilience & mindset workshop
- Rock climbing and team-based challenge
- Education sessions (coaches and athletes)

Cost per athlete (inclusive of all above) \$1000

Travel Details

Australian Athletics will provide transport (vans) to and from Tullamarine Airport for athletes coming from interstate and others requiring transport to and from Falls Creek.

The vans will also be used to take athletes to different training locations where required while on camp.

Additional Travel costs to athletes

- Athletes also have the option to make their own way to Falls Creek at their own cost.
- Interstate athletes will need to cover own flights into and out of Tullamarine airport.

Camp Staff

The camp will be staffed by 2 male and 2 females with extensive experience in coaching, management, sport science and strength and conditioning. Jason Allie the Tasmanian Institute of Sport and Australian Athletics State Performance Advisor will be Camp Manager and is an experienced Level 4 endurance coach in both distance running and triathlon.

For further information please contact Jason Allie Jason.Allie@tis.tas.gov.au OR
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