

THE 4.22 KM SPARTAN ROUTE ONE LOOP. 4.22 KM. 10 LAPS = 42.2 KM

The SparTAN Route extends Melbourne's iconic Tan Track by 392.5 metres through a single deviation on existing paths, creating a precise 4.22 km loop.

CURRENT TAN TRACK

3.827 km

SPARTAN ROUTE

4.2195 km

EXTENSION

+ 392.5 m

10 LAPS = 42.2 KM

5 LAPS = 21.1 KM

SparTAN 4.22km Melb Mara lap

Running Route

★ Saved Edit

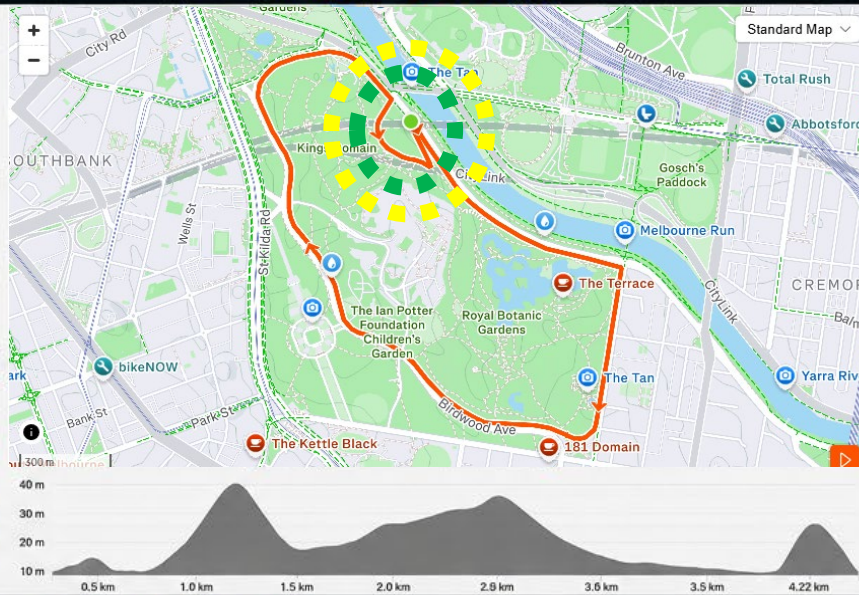
● Easy

📍 4.22 km ⬆️ 55 m

🕒 34:39

One SparTAN lap is exactly 10% of the Marathon distance. 5 laps is a half marathon, 10 laps is a full marathon and 100 laps is what it takes to qualify as a Spartan (10 x Melb Marathons)

CREATED BY
Vilim Podreka
5 August 2025 · Public



WHY 4.22 KM?



10 LAPS = MARATHON
42.2 KM

A simple, intuitive way to measure marathon training.



5 LAPS = HALF MARATHON
21.1 KM

Built-in goals for runners of all levels.



A LEGACY LOOP

Honouring Melbourne's marathon history and the Spartan spirit.



HEALTH, COMMUNITY, INSPIRATION

A trail for everyone, every day.

EXAMPLES OF SIGNAGE ALONG THE SPARTAN (SPARTAN DEVIATION) SEGMENT

Interpretive signage will celebrate Melbourne's marathon heritage and guide runners along the deviation.

1 BASE OF SPARTAN HILL
Where champions build their strength.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

2 SPARTAN HILL CLIMB
Embrace the challenge. Every step counts.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

3 TOP OF SPARTAN HILL
Rise above. Keep pushing forward.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

4 DESCENT TO CITYLINK
Control the pace. Prepare to turn.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

5 ANKLE BREAKER TURN
The turn that tests focus and form.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

6 BACK TO THE TAN
You've earned the return.

SPARTAN DEVIATION
4.22 KM
THIS WAY

Scan to learn more

HONOURING VICTORIAN ICONS WHO INSPIRE US TO KEEP RUNNING



ROBERT
DE CASTELLA

STEVE
MONEGHETTI

LISA
MARTIN (ONDIEKI)

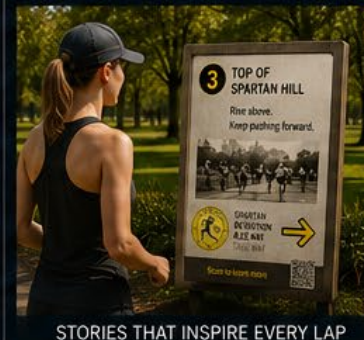
Victorian legends. Timeless inspiration.

VISION – RUNNERS CONNECTED TO HISTORY

A living trail. A shared legacy. A stronger running community.



A DISTINCTIVE MARATHON LOOP



STORIES THAT INSPIRE EVERY LAP



A TRAIL FOR EVERY RUNNER, EVERY DAY



ONE LOOP. ONE COMMUNITY. ONE LEGACY.



THE SPARTAN ROUTE

4.22 KM LOOP

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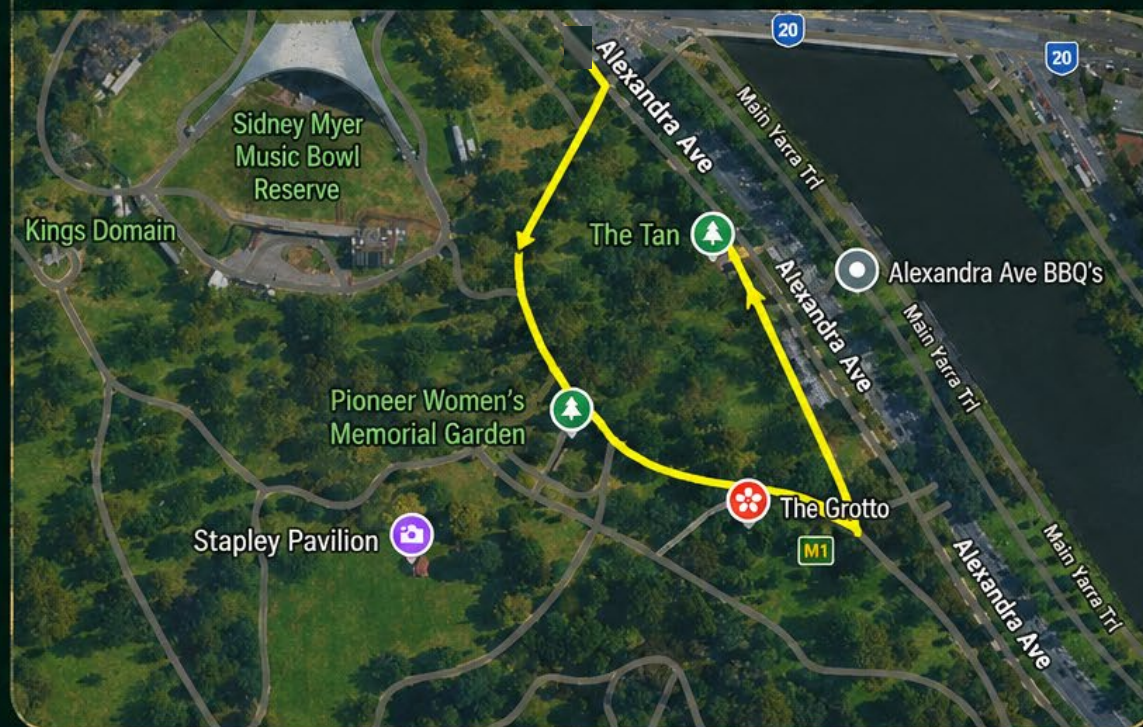
SPARTAN ROUTE
4.2195 km

EXTENSION
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THE SPARTAN DEVIATION – 392.5 METRES

A PRECISE ENHANCEMENT. A STRONGER CHALLENGE.



**392.5 METRE
DEVIATION**

ONE ENHANCED SECTION.
ONE STRONGER LOOP.

The SparTAN deviation adds 392.5 metres to the iconic Tan Track by utilising existing paths through the beautiful Kings Domain precinct. This single enhancement transforms the traditional loop into a true 4.22 km – built for Spartans.

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