



# Event Guide

**2xu** wellness  
run



Catani Gardens, St Kilda | November 30th, 2025



**2XU**

# GET RACE DAY READY WITH 2XU



SHOP MEN'S RUN IN STORE & ONLINE

SHOP WOMEN'S RUN IN STORE & ONLINE



# THANK YOU



## **Thank You for Supporting Beyond Blue at the 2XU Wellness Run**

Every step you take—whether it's in the 5km, 10km, or 21.1km event—is a powerful stride towards hope, connection, and life-saving conversations for people facing mental health challenges.

By fundraising for Beyond Blue's 24/7 Support Service, you're helping ensure that no call for help goes unanswered. Your efforts are making it possible for people in distress to find a way forward.

As you run, may you feel the strength and joy that comes from moving your body, being part of a compassionate community, and knowing you're making a real difference for mental health in Australia.

**Thank you for being part of this movement and for standing with Beyond Blue.**

**Keep going.**

We want to see you running again with Team Beyond Blue.



**Keep going.**  
[team.beyondblue.org.au](https://team.beyondblue.org.au)

Join Team Beyond Blue for exclusive access to sold out events across Australia and beyond



# EVENT WEEK KEY TIMES

## WEDNESDAY 26 NOVEMBER

2pm - 6pm

Kit Collection (Timing Bib & T-shirt)  
Albert Park Pit Building North

## THURSDAY 27 NOVEMBER

10am - 3pm

Kit Collection (Timing Bib & T-shirt)  
Albert Park Pit Building North

## FRIDAY 28 NOVEMBER

7:30am - 2pm

Kit Collection (Timing Bib & T-shirt)  
Albert Park Pit Building North

## SATURDAY 29 NOVEMBER

8:30am - 2pm

Kit Collection (Timing Bib & T-shirt)  
Catani Gardens (Event Village)

9:30am

U12 1km Event Start

## SUNDAY 30 NOVEMBER

From 5:30am

Bib issues and event information only  
21.1km Albert Park | 10km & 5km Catani Gardens

6:45am

21.1km Event Start  
Albert Park

8:40am

10km Event Start  
Catani Gardens

9:50am

5km Event Start  
Catani Gardens

# PREPARE FOR YOUR RUN

## PREPARATION WEB HUB [HERE](#)

Preparing for event day isn't just about the kilometres — it's about caring for your whole self. Turning up on the start line without practicing your hydration and fuelling strategy can make your run feel harder than it needs to be. That's why the Training Hub is here to support you through every step of your journey.

Inside, you'll find expert training plans, hydration and nutrition guidance to help you understand what your body needs before, during and after your run, plus mental wellbeing resources from Beyond Blue to help you feel centred and supported. Because training isn't just physical — it's emotional and mental, too.

By incorporating hydration, fuelling, movement and recovery into your routine now, you'll arrive on event day feeling strong, confident and ready — mind and body, working together. 💙

## PLANNING YOUR RUN

### Training

Aim to be comfortable at least 80% of your event distance 2-3 weeks before race day. Example, for the 10km event, try to reach at least 8/9km in a single training run as part of your prep.

### Hydration

Aim for 2-3L of fluids each day leading into the event and use the hydration stations along the course. Fueling with SIS Gels: For half marathons, have a gel every 30-40 minutes during the race.

### Dress Right

Check the weather and dress accordingly, including breathable clothes and a hat for warm days.

### Listen to Your Body

Please slow to a walk when necessary. We recommend walking at drink stations while drinking.







FUEL NOW

# RUN FURTHER, FEEL STRONGER, RECOVER FASTER

WITH SCIENCE IN SPORT NUTRITION



# KIT COLLECTION

Race kits will be dispatched by Nov 7th, to participants who have purchased postage. For those opting to pick up their kit, we're excited to announce extended kit collection for 2025, in two convenient locations!

Collecting a race kit on behalf of a friend or family member? Please bring a copy of their e-ticket. Event T-Shirt size swaps can be facilitated at the event info tent in Catani Gardens on race day, from 10am. Please note, sizes are subject to availability and T-Shirts must be unworn.

## ALBERT PARK PIT BUILDING NORTH

📍 12 AUGHTIE DR ALBERT PARK

WED 26<sup>th</sup> NOV

2PM - 6PM

THU 27<sup>th</sup> NOV

10AM - 3PM

FRI 28<sup>th</sup> NOV

7:30AM - 2PM

## EVENT VILLAGE

📍 CATANI GARDENS ST KILDA

SAT 29<sup>th</sup> NOV

8:30AM - 2PM

SUN 30<sup>th</sup> NOV

FROM 5:30AM  
BIB ISSUES + EVENT INFO ONLY



## 2XU

GRAB YOUR LAST-MINUTE RACE ESSENTIALS AT THE BIB COLLECTION, AND FOR EVERY WELLNESS RUN SOCK OR CAP SOLD, 2XU DONATE \$15 TO BEYOND BLUE.

\*AVAILABLE AT THE 2XU BRIGHTON STORE AND ONLINE FROM 7TH NOVEMBER 2025



# GETTING TO THE START LINE



## HALF MARATHON ALBERT PARK

The Half Marathon starts at 6:45AM from Pit lane, Albert Park Lake, and finishes at Catani Gardens. We suggest aiming to arrive approximately 30 minutes before your start time.



## 10KM | 5KM | 1KM CATANI GARDENS

All other distances start and finish at Catani Gardens from 8:40AM onwards. Please aim to arrive approximately 30 minutes before your start time.

## PUBLIC TRANSPORT

Plan your trip using the PTV Journey Planner [here](#).

## DRIVING

Street parking is limited - please obey all signage and be respectful of the local residents. View the [Parking PDF](#) for suggested parking locations (limited spots available). Where possible, we recommend using a ride share service or public transport.

## ROAD CLOSURES

Road closures may affect your trip to the Start Line. Please consider allowing extra time where driving, and plan ahead using the interactive road closure map [here](#).





# ROKEBY<sup>®</sup>

# Protein Smoothies



## ROKEBY SET GO

# PARKING & ROAD CLOSURES



## Aughtie Dr

Ross Gregory Drive to MSAC  
5:00am - 9:30am



## Fitzroy Street

Eastbound lane only - Beach Rd to St Kilda Rd  
5:00am - 9:00am



## Beach Road

Kerferd Road to Head Street  
5:00am - 11:30am



## Lakeside Drive

MSAC to Fitzroy Street  
5:00am - 9:00am



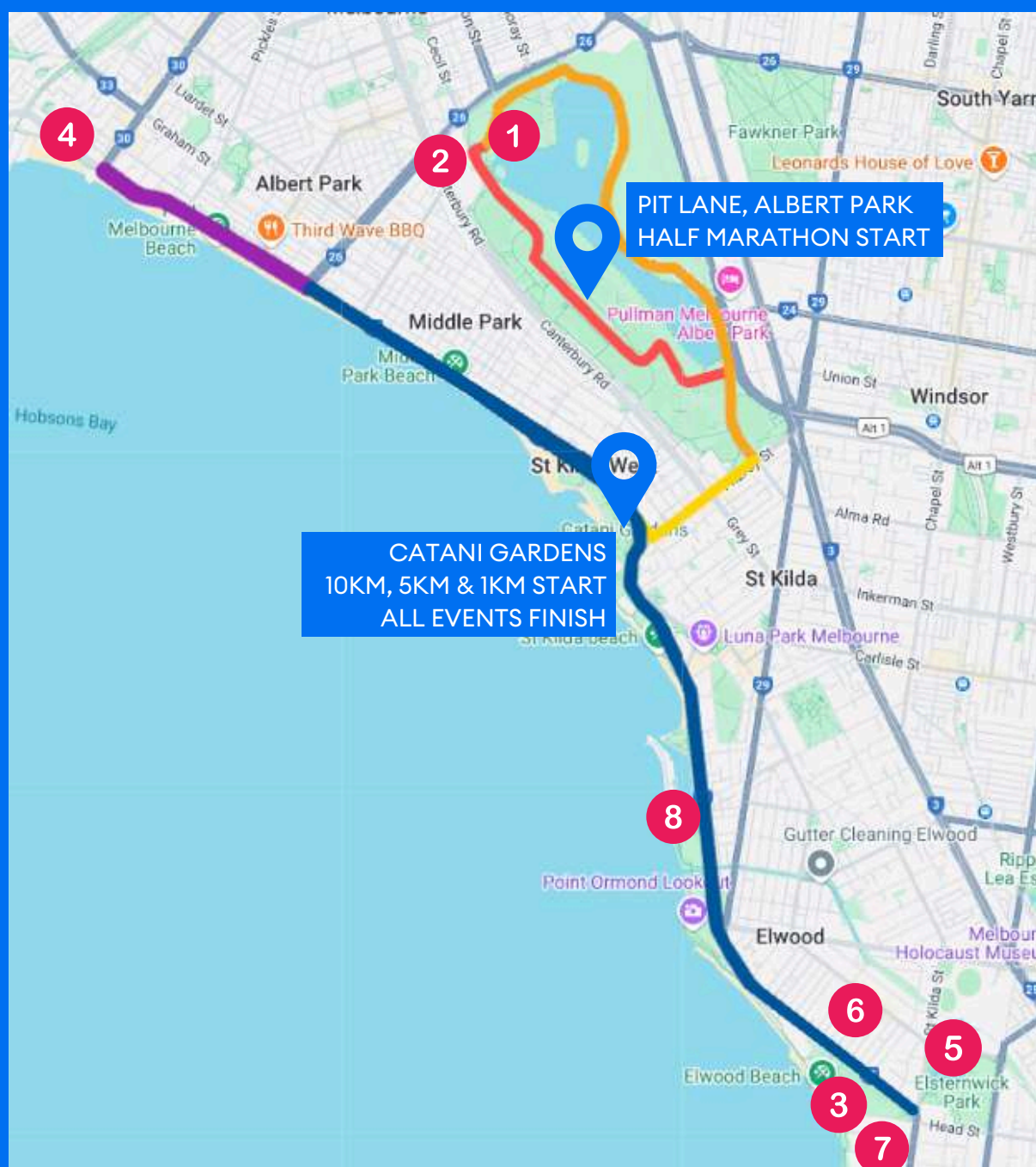
## Beach Road

Bay Street to Kerferd Road  
5:00am - 9:30am



## Parking Marker

Please refer to the table on the following





# PARKING & ROAD CLOSURES

Road closures will be in place along

Beach Road between Kerferd Rd, Middle Park to St Kilda St, Elwood from 5:00am – 11:30am.

Beach Road between Bay St, Middle Park to Kerferd Rd, Middle Park from 5:00am – 9:30am.

Fitzroy Street (eastbound) between Beach Rd, to St Kilda Rd from 5:00am – 9:00am

Albert Park Lake (Lake Side Drive & Aughtie Drive, from 5:00am – 9:30am

- Please allow extra time when arriving at the event.
- Please check parking and permit signage when parking (No parking at no parking along Lower esplanade for Espy Market).

	Location	Walking Distance to Venue	Number of Car Parks	Located within Road Closure	Notes
1 & 2	Lakeside Car Park and Melbourne State Aquatic Centre (MSAC) (Recommended for Half Marathon Event Start Line)	15mins	500 - 1000	No	Car Parking around Albert Park will be not available, as it is on the run course. It is recommended to use MSAC and Lakeside Stadium car parks. It is approximately a 15min walk to the half marathon start line. Access via Old Aughtie Drive and Old Aughtie Drive
3	Palais Theatre & Luna Park Car Parks (Recommended for Kids, 5km and 10km Events Start Line)	10 min	200	Yes	Access available via Lower Esplanade Entering & exiting is prohibited during road closure times onto the course.
4	Elwood Beach / Head Street Car Park	30 min	400	Yes	Entering & exiting is prohibited during road closure times.
5	Beach St - North of Bay St	30 min	200	No	Street Parking - Read Street signs for restrictions
6	Elsternwick Park	35 min	500	No	On street parking surrounding the park.
7	Residential Streets off St. Kilda Street	10-15 min	1,000	No	Please be courteous to local residents with parking locations & noise. DO NOT park over local residents driveways. Check for 'Resident Only' parking restrictions
8	North Road Car Park	45 min	100	No	Please be courteous to local residents with parking locations & noise. DO NOT park over local residents driveways. Check for 'Resident Only' parking restrictions
9	St Kilda Marina	15 min	150	Yes	\$6.00, Gold Coins Only. Entering & exiting is prohibited during road closure times.



# Australia's favourite coconut water



natural source of  
electrolytes



1.5 green coconuts  
in every serve



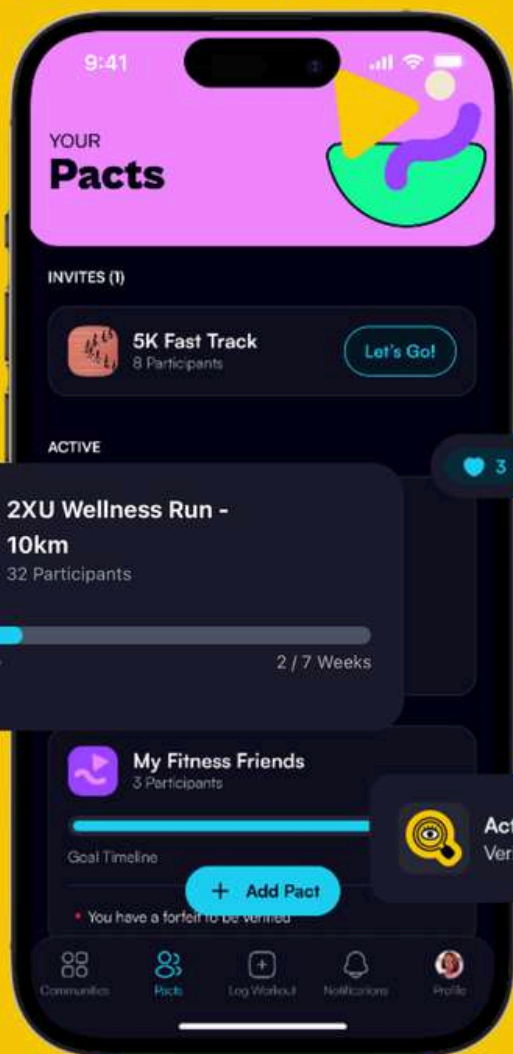
no added nasties

[cocobella.com.au](http://cocobella.com.au)    @cocobella



# Move together. Stay accountable.

We've teamed up with Beyond Blue and 2XU Wellness Run to help you train with purpose and community.



## How it works:

Pick your distance  
Set your weekly goal  
Upload a workout photo

**Miss your weekly goal?** No worries, donate \$5 to Beyond Blue and keep moving forward.

You'll get training tips, motivation, and wellbeing insights to keep you inspired all the way to the start line.

Scan the QR code to be part of the community and join the pact.

**effit**



# START INFORMATION

## WHICH START WAVE AM I IN?

Runners can nominate their expected pace when registering. You will receive a good luck SMS prior to the event confirming your wave. Please note, you're welcome to change start groups without notifying event staff. Simply line up with your preferred wave – see next page for times. Your time begins once your bib crosses the start arch.

## PACERS

Wellness Run has volunteer pacers for the following paces/distances. You can identify them in the start chute by their flag.

5KM	25mins	
	30mins	
10KM	40mins	
	45mins	
	50mins	
	55mins	
	1hr	
21.1KM	1hr 20mins	1hr 40mins
	1hr 25mins	1hr 45mins
	1hr 30mins	1hr 50mins
	1hr 35mins	2hrs

## BAG DROP

Bags may be dropped to the bag compound at Catani Gardens on:

- Sat 29<sup>th</sup> Nov 8:30am – 2pm (21.1KM ONLY)
- Sun 30<sup>th</sup> Nov from 5:30am

Simply attach the Baggage Drop Tag from your bib to your bag and place it into the bag compound. Please keep your race bib on until you have collected your belongings.

Please note, there is no bag drop at the Albert Park 21.1km Start Line.

## FIRST AID

Ambulance Victoria and First Aid will be on course and in the event village, in close proximity to the finish line. If you need medical attention please flag down event staff or a volunteer.





# WAVE STARTS

If you would like to change Wave Start groups, you are welcome to do so without notifying O2 Events. Simply assemble with your preferred group on race day!

## 1KM START (SATURDAY - CATANI GARDENS)

9:30am	All start together
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## 21.1KM STARTS (SUNDAY - ALBERT PARK)

6:45am	Wave A. Red (Under 90mins)
6:47am	Wave B. Green (Under 130mins)
6:50am	Wave C. Yellow (Under 200mins)

## 10KM STARTS (SUNDAY - CATANI GARDENS)

8:40am	Wave A. Red (Under 45mins)
8:42am	Wave B. Green (Under 60mins)
8:45am	Wave C. Yellow (Under 90mins)
8:50am	Wave D. Blue (Over 90mins)
	Wave E. Orange (Jog / Walk)
	Wave F. Purple (Wheelchairs/Prams/Strollers)

## 5KM STARTS (SUNDAY - CATANI GARDENS)

9:50am	Wave A. Red (Under 25mins)
9:52am	Wave B. Green (Under 35mins)
9:54am	Wave C. Yellow (Under 45mins)
9:56am	Wave D. Blue (Over 45mins)
9:58am	Wave E. Orange (Jog/Walk)
	Wave F. Purple (Wheelchairs/Prams/Strollers)

# COURSE

## DRINK STATIONS

Drink stations can be found approximately every 3km and will be stocked with water and SIS electrolyte for each distance. SIS gels are also available on the 21.1km course, see locations [here](#).

Please come to the event with your own nutrition prepared. Be weather-conscious and take full advantage of hydration options provided on the day. Please place used cups in the bins provided to keep our course clean.

## RESIDENT ACCESS LANE

There will be a coned resident access lane on the southbound lane of the course. Please run/walk on the beachside of these cones so that local residents can still access their properties during the event.



## TOILETS

Public toilets and portable toilets available on course.

Toilet Locations	21.1km	10km	5km
Albert Park Start Line (Middle Park Tram Stop Side)	START LINE	-	-
Aid Station 1 - Lakeside Drive	3.3km	-	-
Aid Station 2 & 4 - Langridge Street	6.5km/ 11.7km	3.3km	3.3km
Corner of Point Ormond Road and Ormond Esplanade	14.9km	6.5km	-
Robinson Reserve	18.8km	7.6km	-
Aid Station 9 - Jacka Boulevard	20.4km	9.2km	-
5km & 10km Start Line (Cowderoy Street and Beach Road)	-	0km	0km
Catani Gardens Event Village	FINISH	START/ FINISH	START/ FINISH



# GEAR UP WITH



## ***bikechain***

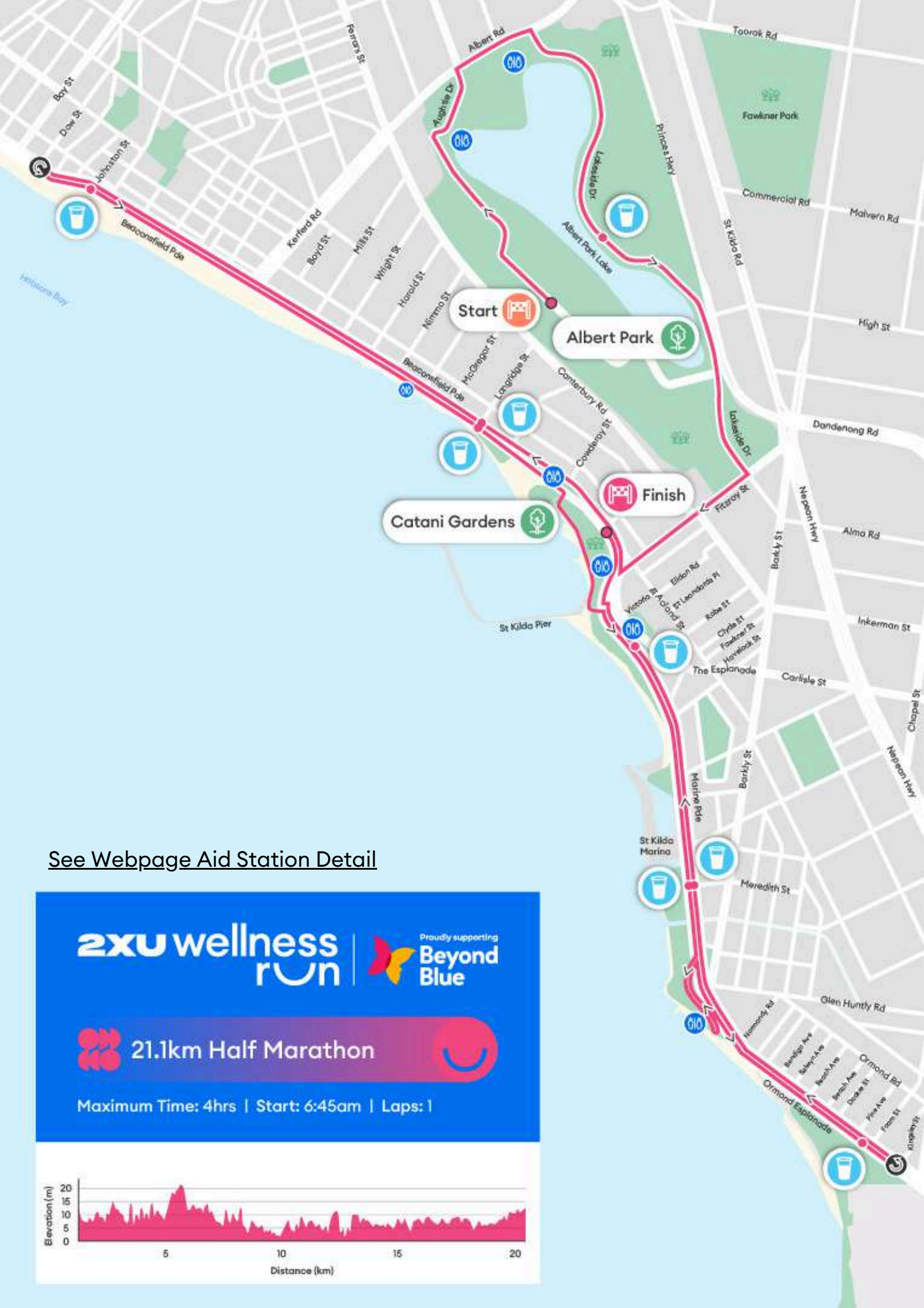
YOUR DESTINATION FOR  
SCIENCE IN SPORT PRODUCTS



SHOP NOW

[WWW.BIKECHAIN.COM.AU](http://WWW.BIKECHAIN.COM.AU)





[See Webpage Aid Station Detail](#)

**2xu**wellness  
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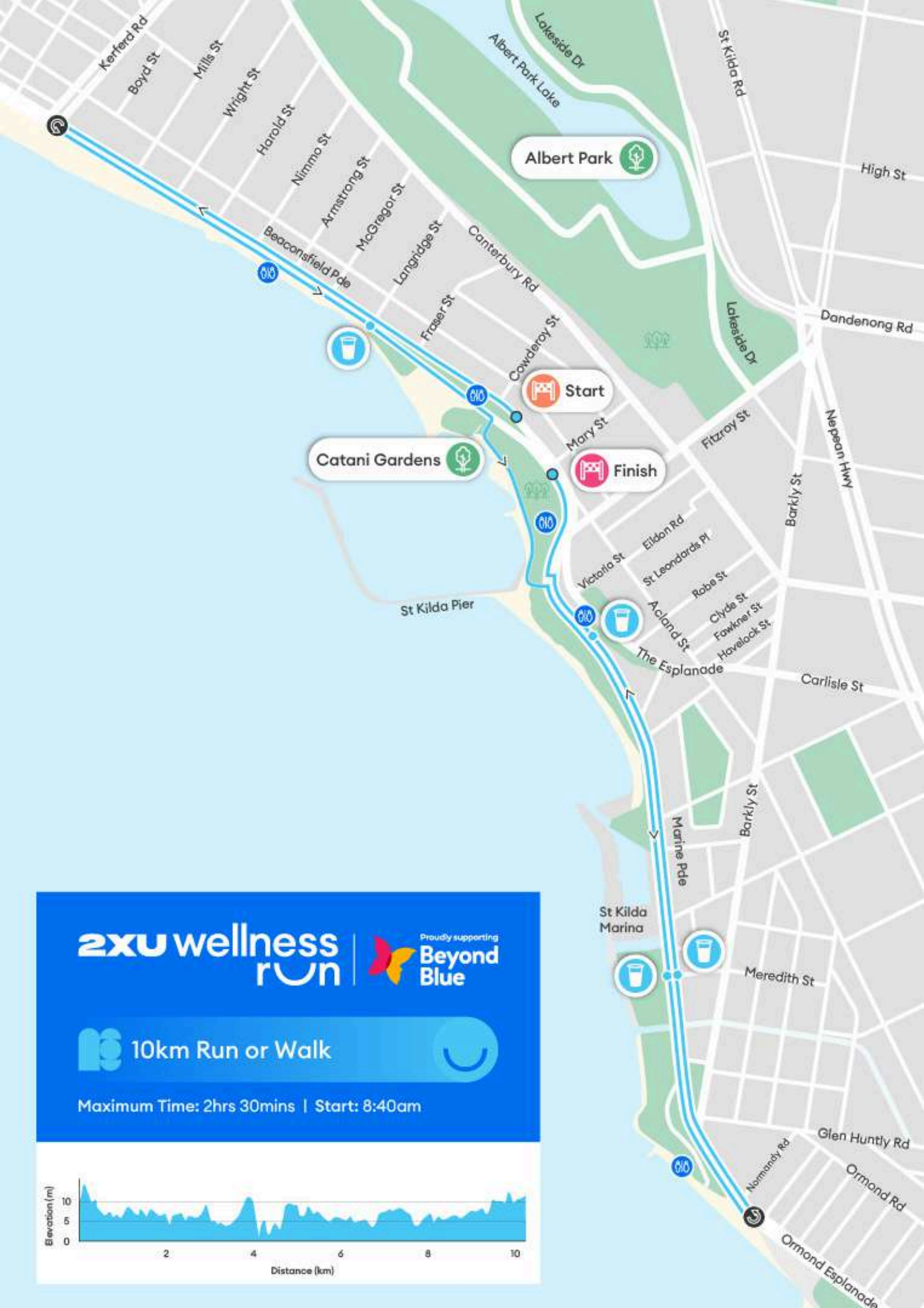
Proudly supporting  
**Beyond  
Blue**

21.1km Half Marathon

Maximum Time: 4hrs | Start: 6:45am | Laps: 1







**2xU wellness**  
**run**



Proudly supporting  
**Beyond  
Blue**

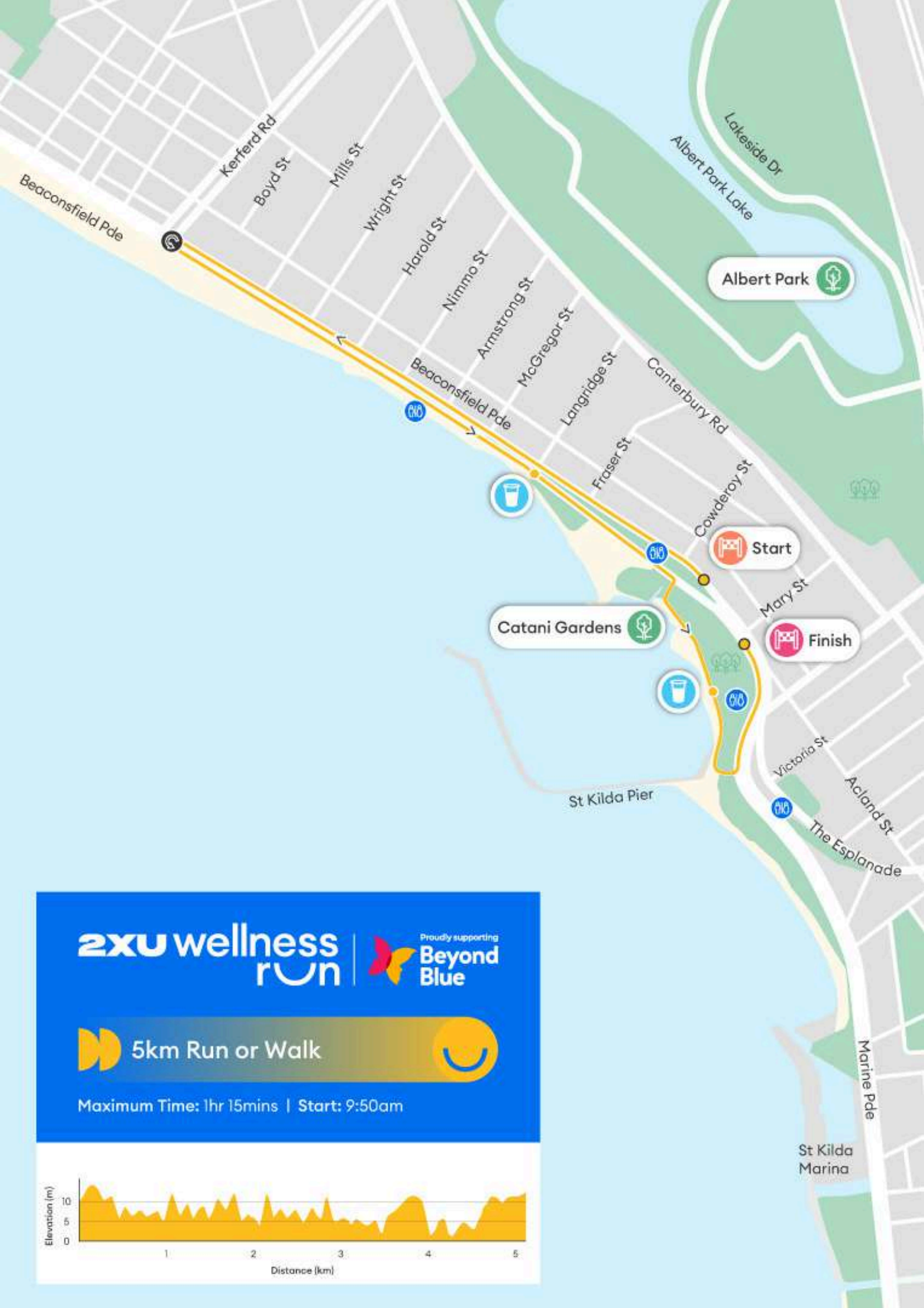


**10km Run or Walk**



Maximum Time: 2hrs 30mins | Start: 8:40am





**2xU wellness**  
run



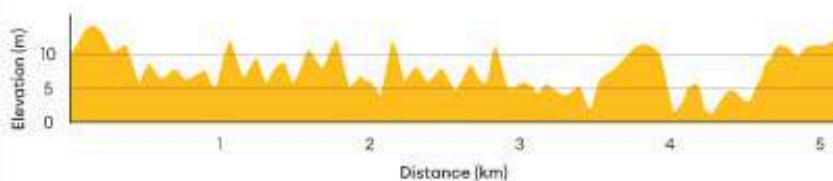
Proudly supporting  
**Beyond  
Blue**



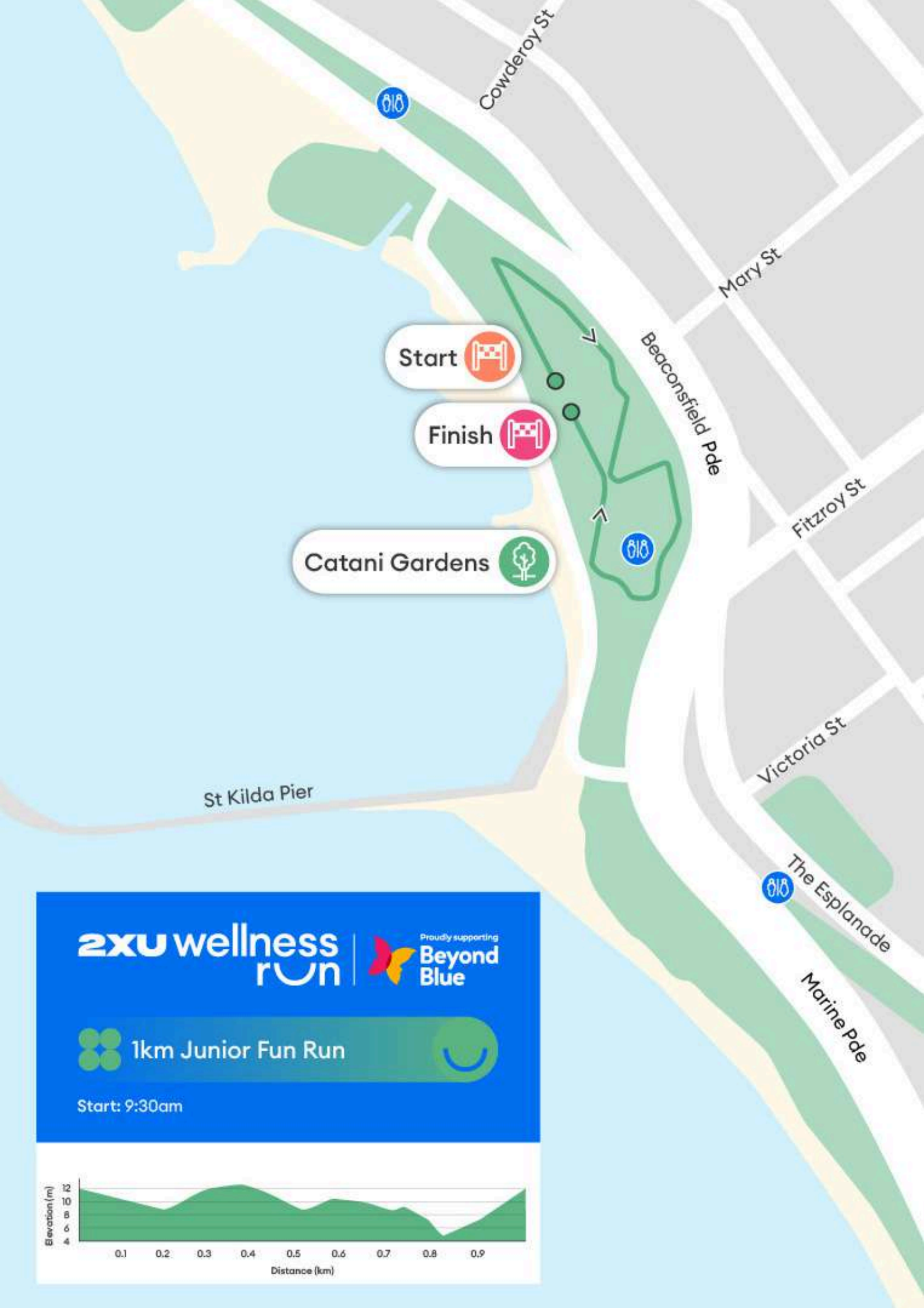
**5km Run or Walk**



Maximum Time: 1hr 15mins | Start: 9:50am







**2xu wellness**  
run



Proudly supporting  
**Beyond  
Blue**



**1km Junior Fun Run**



Start: 9:30am



# Bomberry

Happiness in a bite





# EVENT VILLAGE



The Catani Gardens event village is open:

- Sat 29<sup>th</sup> Nov 8:30am – 2pm
- Sun 30<sup>th</sup> Nov from 5:30am

Be sure to check out our exhibitors and event partners: Beyond Blue, 2XU, Science In Sport, Bomberly, RUNLY, P3 Recovery, Ventrix, Cocobella, Peckish, Bomberly, Revo Fitness, Rokeby, Dopamine Lab and Platinum Physio!

Fuel up and enjoy some delicious eats in our Event Village! From Boost Juice serving fresh icy smoothies, to St Ali Coffee, Volks Coffee, and Stompy Coffee pouring your favourite brews, there's no shortage of caffeine to kick-start race day. Grab something tasty from Cheer Food Truck or enjoy a classic sausage in bread from the Event BBQ. Whether you're racing, cheering or just soaking up the atmosphere, there's something for everyone to enjoy.

## 2XU RETAIL STORE

Check out the 2XU retail store to get event day ready!

- Albert Park Kit Collection – Wed–Fri, during kit collection opening hours
- Catani Gardens Event Village – Sat 8:30am – 2pm | Sun from 5:30am



**2xu** wellness  
run

Proudly supporting  
**Beyond  
Blue**

# EVENT VILLAGE MAP

## Catani Gardens, St Kilda 📍





# Register your cover before your race

1 Download the Flip Insurance app

2 Enter the Event Code

RUNAAA

3 You're all set to **view your cover**  
details or **claim** if you get injured

Learn more at

[flipinsurance.com.au](https://flipinsurance.com.au)

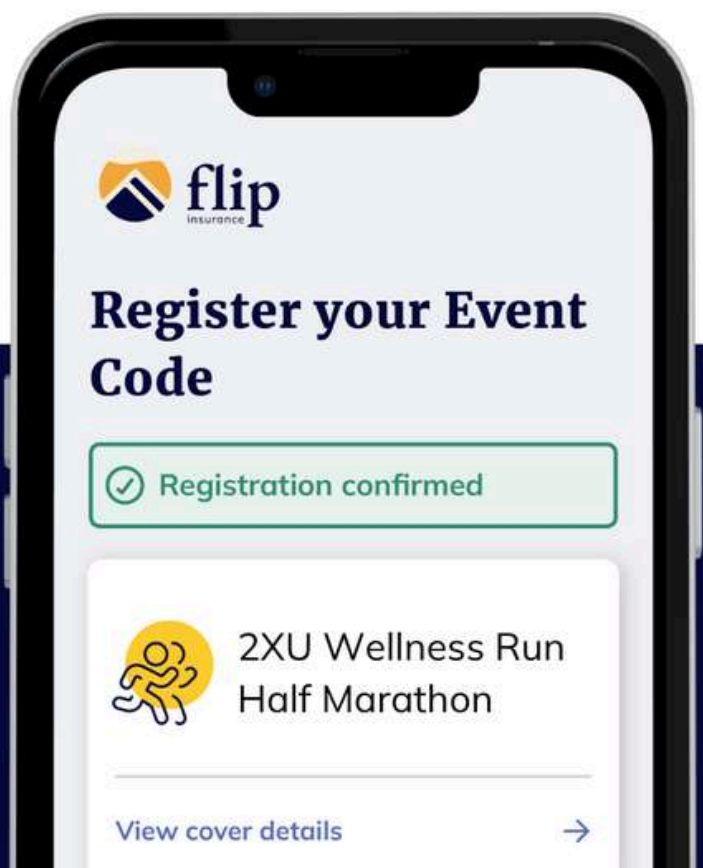
PARTICIPANTS  
PROTECTED BY



Follow us

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# STORIES THAT SHAPE US



## 21.1km

### Half marathon

## Coops Cause

Donate to Coops Cause



In September 2024, Cooper—a vibrant 21-year-old with the biggest heart and endless plans for the future—tragically ended his life. To many, he was the life of the party, full of energy and warmth. But those closest to him knew the quiet battle he was fighting, one he faced with immense courage. His passing left a profound impact on his family and friends who loved him deeply.

This year a group of Cooper's school friends are running in his memory, taking part in the half marathon raising funds and remembering Cooper with every step as a message of hope for those still fighting.

"Living with depression from a young age, I know how hard it is to access mental health support. Beyond Blue was there for me when I needed it most, offering kindness and guidance through a tough time. Fundraising is my way of giving back and helping others feel less alone.

Running in the Wellness Run was incredibly uplifting—strangers cheering each other on, united by purpose. If you're thinking of fundraising, go for it! You're making a real difference. And remember: it's okay to not be okay. Help is out there, and you are never alone."

## Kira

Donate to Kira







# 21.1km **Prestney Family**

## Half marathon



'In April 2020, our family's world changed when we lost our son and brother, Josh, in a tragic road incident alongside his Victoria Police colleagues. The grief was overwhelming, and the years since have been about learning to live a 'new normal'—rebuilding through support, connection and returning to the activities we've always loved.

Running and triathlon have become a powerful part of our healing. Moving together helps us care for our mental health, feel close to Josh, and remind ourselves of his quiet encouragement — "you got this."

As Ambassadors for Beyond Blue and the Wellness Run, we hope that by sharing our story, others who are grieving or struggling may find comfort, community and strength in movement too. Running has softened the pain for us, and we hope it can do the same for others.'

**Run for wellbeing – Run for hope**

**Thank you to our 2025 Ambassadors**

A \$29 donation to their page funds a webchat for someone in distress



## 21.1km Half marathon

**Animesh**

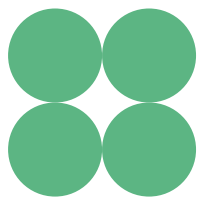
**Donate to Animesh**



"It brings me great joy to know that we have programs like Beyond Blue, providing free counselling to people who need support when it matters most.

I've battled depression and anxiety for years. I'm still in the fight. What keeps me moving is the mix of care, consistency, and choosing to show up for myself – especially when it's hard. Running has become my anchor.

In 2023, I ran my first half-marathon at the 2XU Wellness Run. In 2024, I started a fundraiser and raised over \$2,000 for this incredible cause. This year, the goal is bigger. The gratitude is deeper. If a few more kilometres can turn into real support for someone out there, then every step counts. Let's make some noise for a cause that saves lives."



## 1km Junior fun run

### **Ari's making lemonade**

**Donate to Ari**



"Hi!👋 My name is Ariella, and I am going for a run for my 10th birthday this year in the kiddie run at Wellness Run to support Beyond Blue.

To raise money I am making lemonade! Because when life gives you lemons, we turn it into lemonade.

The reason why I am supporting Beyond Blue is because they help the community by supporting people who feel blue. I think this is important because everyone deserves to be happy."



**Run for wellbeing – Run for hope**

**Thank you to our 2025 Ambassadors**

A \$29 donation to their page funds a webchat for someone in distress





Hey Melbs,

No fees. No BS.

From \$9.69 pw!



**REVO**  
FITNESS

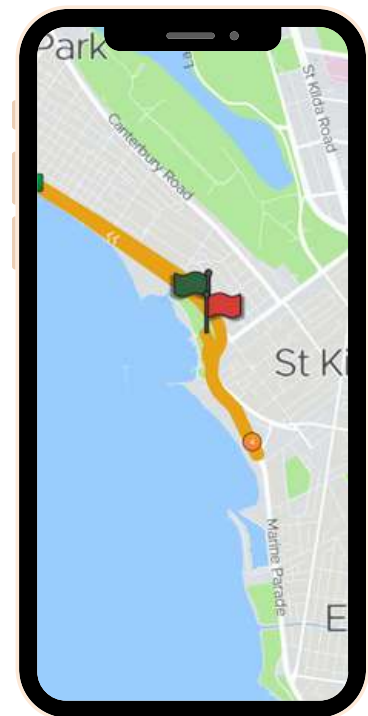
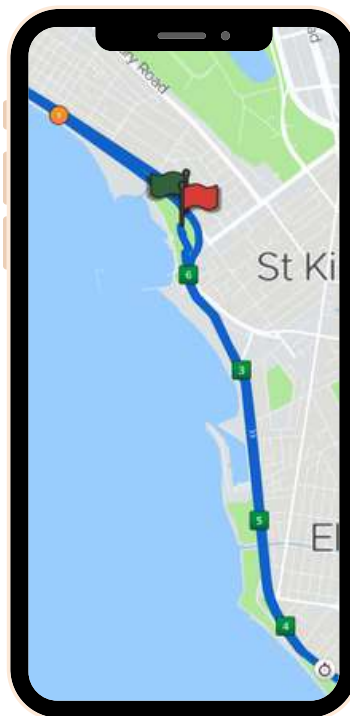
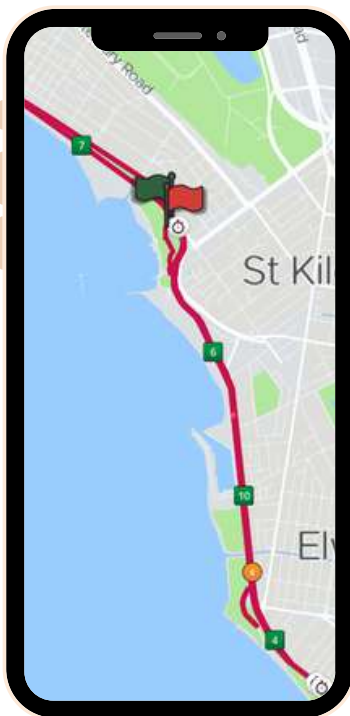
Coming in hot!

Check out all our new clubs at [revofitness.com.au/gyms](https://revofitness.com.au/gyms)

# MULTISPORT AUSTRALIA APP

## LIVE ATHLETE TRACKER

Search bib number or name to track participants live & retrieve your certificate post-event.



Remember to get your family & friends to download 'MultiSport Australia' App [here](#).





## NAMING PARTNERS

**2XU**



## MAJOR PARTNERS



**bikechain**



**Bomberry**

## SUPPORTING PARTNERS



**DELIVERED BY**

**O2EVENTS**