

2xU wellness run



Proudly supporting
**Beyond
Blue**



Event Guide



21.1km
Half marathon



10km
Run or walk



5km
Run or walk



1km
Junior fun run

Catani Gardens, St Kilda

November 22nd, 2026

2XU

**GET
RACE DAY
READY!**



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.
team.beyondblue.org.au

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



2026 EVENT SCHEDULE

TUESDAY 17TH NOVEMBER

3pm - 6:30pm

Kit Collection (Timing Bib & T-shirt)
Ian Johnson Oval 1 Pavilion, Albert Park VIC

WEDNESDAY 18TH NOVEMBER

3pm - 6:30pm

Kit Collection (Timing Bib & T-shirt)
Ian Johnson Oval 1 Pavilion, Albert Park VIC

THURSDAY 19TH NOVEMBER

3pm - 6:30pm

Kit Collection (Timing Bib & T-shirt)
Ian Johnson Oval 1 Pavilion, Albert Park VIC

FRIDAY 20TH NOVEMBER

7:30am - 11:30am

Kit Collection (Timing Bib & T-shirt)
Ian Johnson Oval 1 Pavilion, Albert Park VIC

SATURDAY 21ST NOVEMBER

8:00am - 12pm

Kit Collection (Timing Bib & T-shirt)
Ian Johnson Oval 1 Pavilion, Albert Park VIC

SUNDAY 22ND NOVEMBER

From 5:00am

Finish Line - Baggage Drop (All Events)
All events at Catani Gardens (15min Walk to 21.1km Start Line)

From 5:30am

Event Help Desk (Only 1km Kids can collect Bibs on Event Day, for all other distances there is no event day Bib & T-shirt collection)
21.1km Oval 1, Albert Park | 10km, 5km & 1km Catani Gardens

6:40am

21.1km Event Start (Start Line Closed 6:50am)
Location: Hockey Drive, Albert Park

7:00am

1km Event Start (Start Line Closed 7:05am)
Location: Catani Gardens, St Kilda

8:40am

10km Event Start (Start Line Closed 8:50am)
Location: Catani Gardens, St Kilda

9:40am

5km Event Start (Start Line Closed 9:50am)
Location: Catani Gardens, St Kilda

EVENT PRECINCT



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.



EVENT WEEK KIT COLLECTION



Kit Collection (Timing Bib & T-Shirt)

Ian Johnson Oval 1 Pavilion, Albert Park VIC

TUES 17th NOV

3PM - 6:30PM

WED 18th NOV

3PM - 6:30PM

THURS 19th NOV

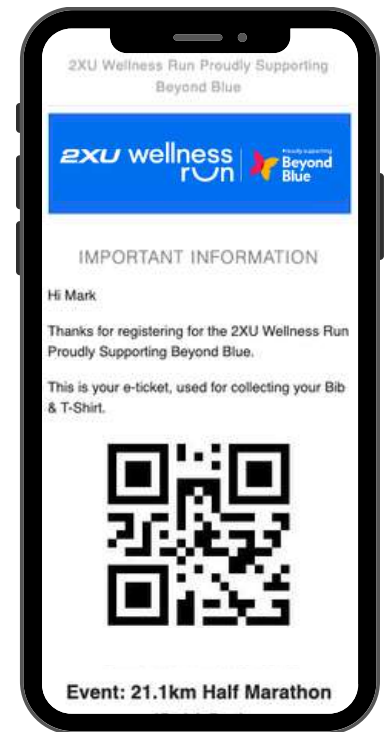
3PM - 6:30PM

FRI 20th NOV

7:30AM - 11:30AM

SAT 21st NOV

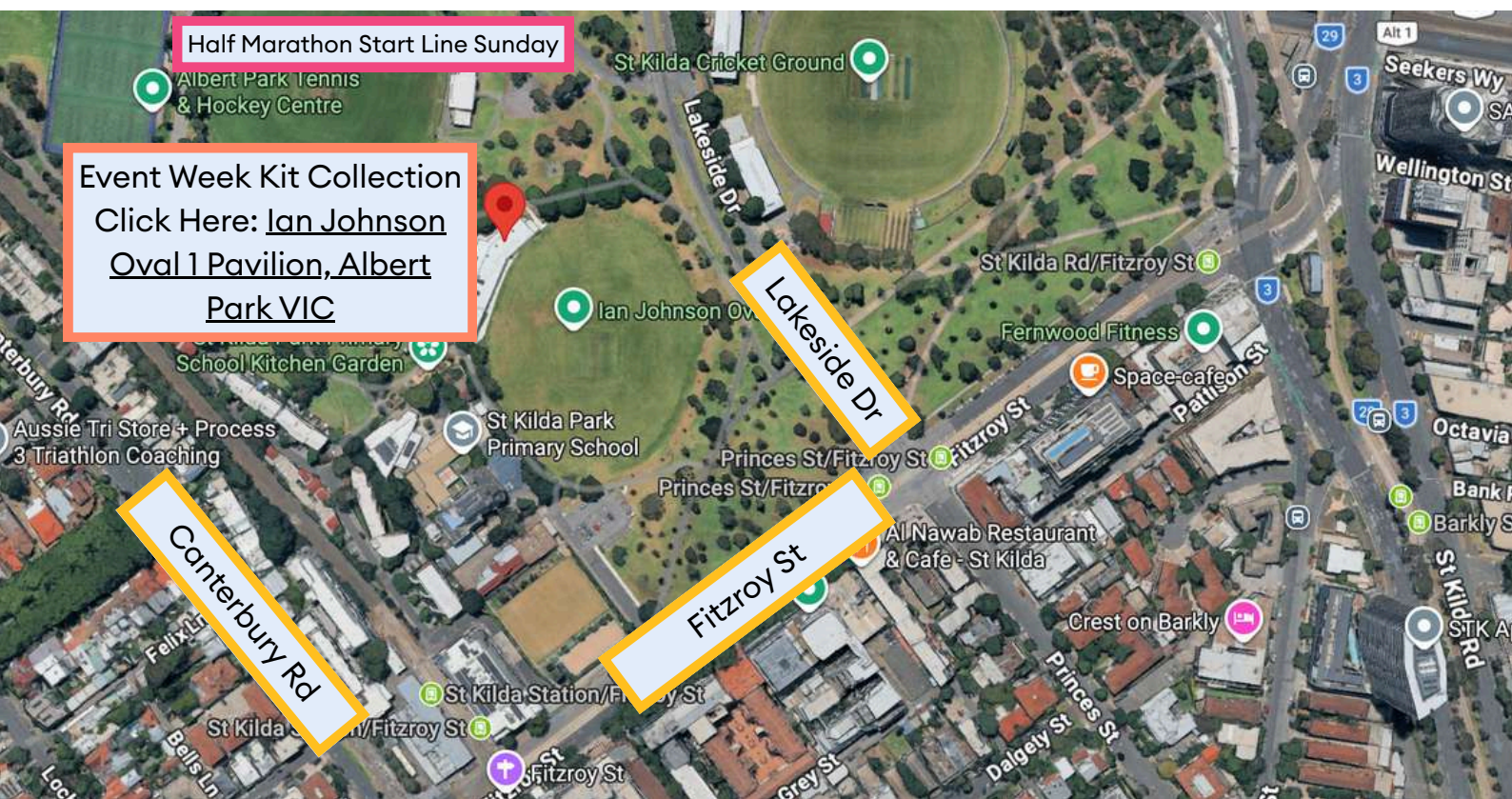
8AM - 12PM



**E-TICKETS SENT
TUES 10TH NOV**

Please Note:

- Only 1km Kids can collect Bibs & T-Shirts on Event Day, for **all other distances there is no event day Bib & T-shirt collection.**
- Groups collecting more than 7 bibs must email info@o2events.com.au in advance.
- 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.



GETTING TO THE START LINE



HALF MARATHON HOCKEY DRIVE ALBERT PARK

The Half Marathon starts at 6:40AM from Hockey Drive, Albert Park 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. Please aim to arrive approximately 30 minutes before your start time.

PUBLIC TRANSPORT

Plan your trip using the PTV Journey Planner [here](#).
In the area are trams, buses & the new Anzac Station.

DRIVING

Street parking is limited – please obey all signage and be respectful of the local residents. View the [parking page](#) 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 SET GO



**Natural
straight-up
nutrition**



PARKING & ROAD CLOSURES



Augtie Drive

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



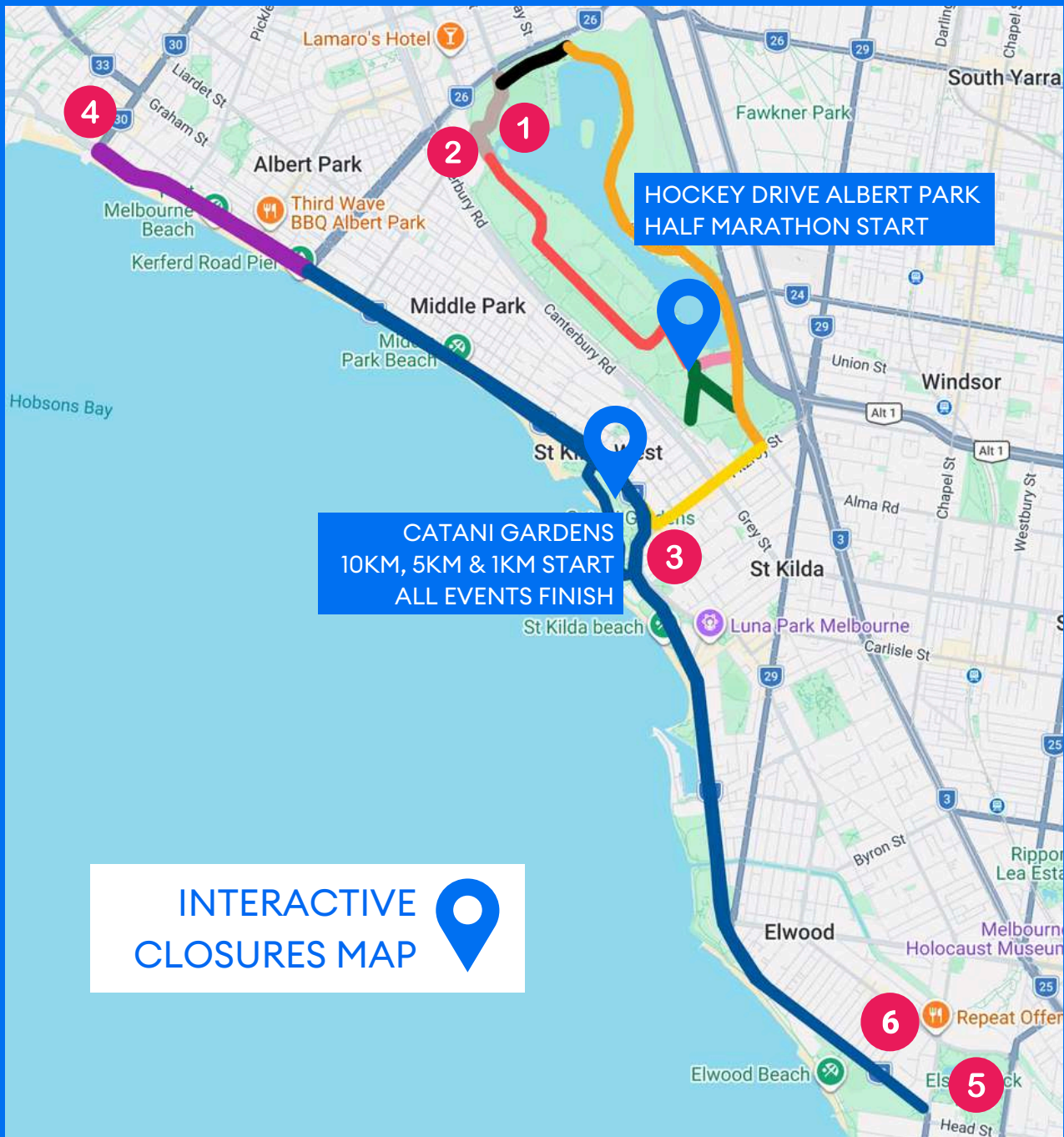
Beach Road

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



Parking Marker

Please refer to the table on the following page



PARKING & ROAD CLOSURES

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

Parking Location	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)	15min	500 - 1000	No	Car parking around Albert Park will not be 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.
3	Palais Theatre & Luna Park Car Parks (recommended for 1km Kids, 5km and 10km events Start Line)	10min	200	Yes	Access available via Lower Esplanade entering & exiting is prohibited during road closure times onto the course.
4	Beach St - North of Bay St	30min	200	No	Street parking - read street signs for restrictions
5	Elsternwick Park	35min	500	No	On street parking surrounding the park.
6	Residential Streets Off St Kilda St	30min	300	No	Please be courteous to local residents with parking locations & noise. DO NOT park over local residents driveways. Obey parking signage.

cocobella®

feel cocobetter




natural source
of electrolytes


paradise in
every drop


naturally
refreshing


free from
dairy and
lactose


source of
calcium and
probiotics


no added
sugar

find us at the event village, post race!

   @cocobella
www.cocobella.com.au

START INFORMATION

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.

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.

HALF MARATHON PACERS

Pace Group	Start With Signage	Pace to Maintain	Target Time	Wave Start
1	Front of Red Start	3:58 min/km	1hr 25mins	6:40 am
2	Mid Red Start	Under 4:16 min/km	1hr 30mins	6:40 am
3	Mid Red Start	Under 4:30 min/km	1hr 35mins	6:40 am
4	Front of Green Start	Under 4:45 min/km	1hr 40mins	6:42 am
5	Front of Green Start	Under 5:00 min/km	1hr 45mins	6:42 am
6	Mid Green Start	Under 5:12 min/km	1hr 50mins	6:42 am
7	Rear of Green Start	Under 5:42 min/km	2hrs	6:42 am
8	Near Front of Yellow Start	Under 6:09 min/km	2hrs 10mins	6:45 am
9	Middle of Yellow Start	Under 6:38 min/km	2hrs 20mins	6:45 am
10	Blue Start	Under 7:06 min/km	2hrs 30mins	6:48 am

BAGGAGE DROP

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

- Sun 22nd Nov from 5:00am

Simply attach the Baggage Drop Tag from your bib to your bag and place it into the bag compound.

Please note, there is no baggage drop at the Albert Park 21.1km Start Line. Baggage Drop only available at Finish Line, open from 5:00am. Please plan ahead with time to walk to start line 15/20min walk – [Directions Here](#).

Half Marathon Runner & keen to use bag drop at the finish line but would like some guidance to the start line? Our pacers will leave from the finish line Stage at 6:00am and feel free to follow to the Albert Park Start line.

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!

21.1km	Start Group	Estimated Pace	Start Time
Red	Under 1hr 40mins / Racing Wheelchair	Under 4:45 min/km	6:40 am
Green	Under 2hrs	Under 5:42 min/km	6:42 am
Yellow	Under 2hrs 20mins	Under 6:38 min/km	6:45 am
Blue	Over 2hrs 20mins / Running Prams	Approx. 7min/km+ Maximum Time 4hrs	6:48 am

1km	One Start Group	All Together	7am Start
-----	-----------------	--------------	-----------

10km	Start Group	Estimated Pace	Start Time
Red	Under 45 mins – Running	Under 4:30 min/km	8:40 am
Green	Under 1 Hour – Running	Under 6:00 min/km	8:42 am
Yellow	Under 1hr 30 mins – Jogging	Under 9:00 min/km	8:45 am
Blue	Walkers / Prams / Non Racing Wheelchair	Maximum Time 2hrs 30mins	8:48 am

5km	Start Group	Estimated Pace	Start Time
Red	Under 25minutes – Running	Under 5:00 min/km	9:40 am
Green	Under 35minutes – Running	Under 7:00 min/km	9:42 am
Yellow	Under 45minutes – Jogging	Under 9:00 min/km	9:45 am
Blue	Walkers / Prams / Non Racing Wheelchair	Maximum Time 1hr 15mins	9:48 am

COURSES

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 (Rear of chute/start line)	START LINE	-	-
Aid Station - Lakeside Drive	4.0km	-	-
Aid Station - Langridge Street	7.2km/ 12.4km	0.7km /4.3km	0.7km /3.4km
Corner of Point Ormond Road and Ormond Esplanade	15.7km	7.6km	-
Robinson Reserve	19.1km	7.9km	-
Aid Station - Jacka Boulevard	20.6km	9.5km	-
5km & 10km Start Line (Cowderoy Street and Beach Rd)	-	0km	0km
Catani Gardens Event Village	FINISH	START/ FINISH	START/ FINISH



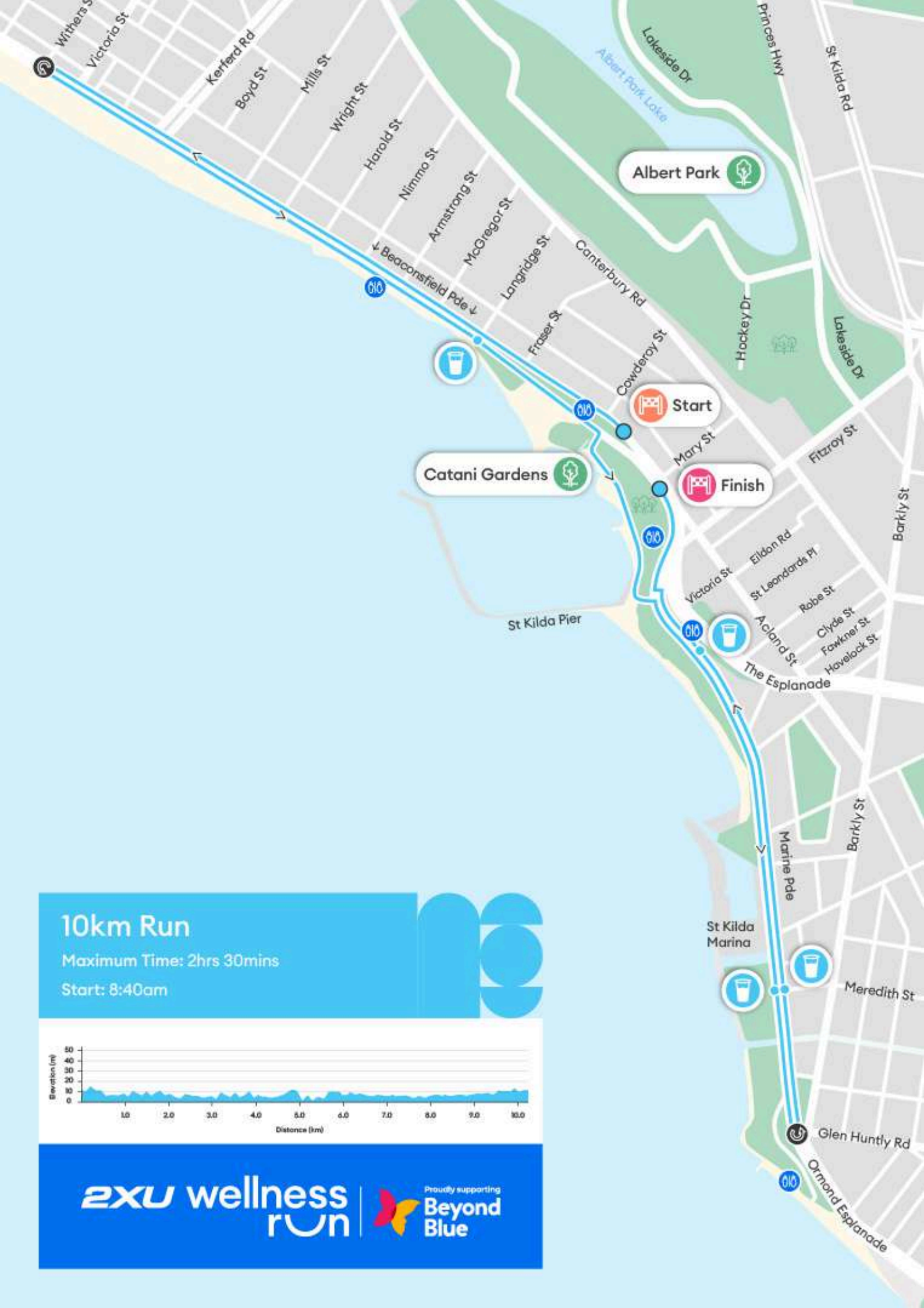
[See Webpage Aid Station Detail](#)

21.1km Half Marathon

Maximum Time: 4hrs

Start: 6:40am | Laps: 1

Proudly supporting



Albert Park

Catani Gardens

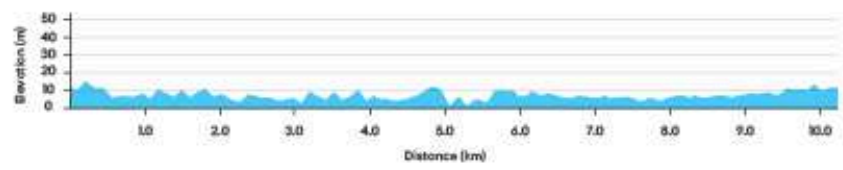
Start

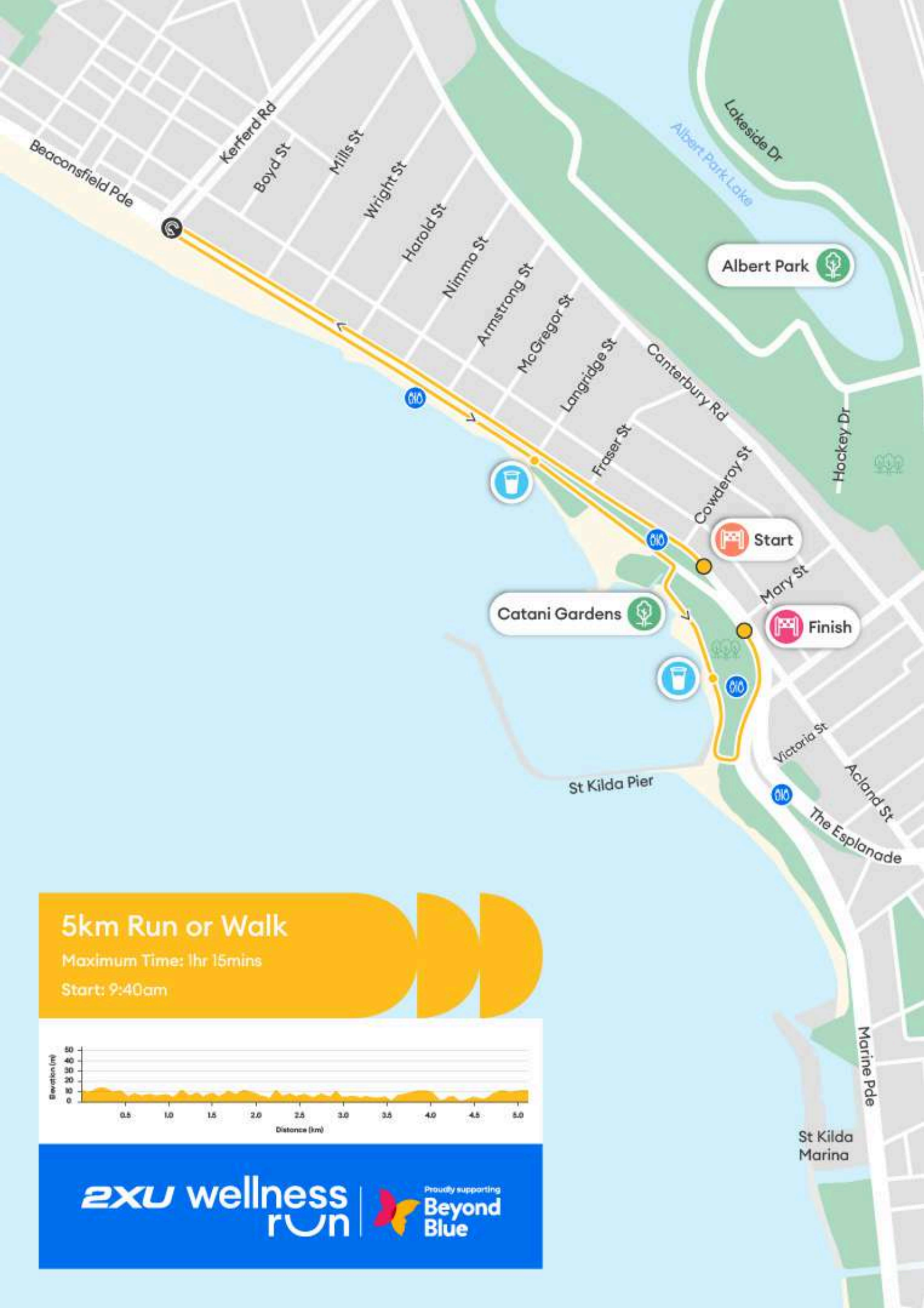
Finish

10km Run

Maximum Time: 2hrs 30mins

Start: 8:40am





5km Run or Walk

Maximum Time: 1hr 15mins

Start: 9:40am



2XU wellness
run

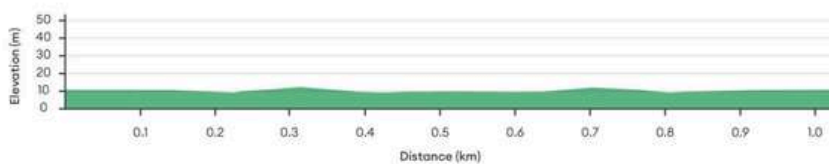


Proudly supporting
**Beyond
Blue**



1km Junior Fun Run

Start: 7:00am



2XU wellness
run



Proudly supporting
**Beyond
Blue**

EVENT VILLAGE



The Catani Gardens event village is open:

- Sun 22nd Nov from 5:00am

Be sure to check out our exhibitors and event partners: Beyond Blue, 2XU, Science In Sport, Cocobella, Revo Fitness, Rokeby, RUNLY, 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 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 sizzle 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 - Tuesday to Saturday during kit collection opening hours
- Catani Gardens Event Village - Sunday from 5:30am



EVENT VILLAGE MAP

Catani Gardens, St Kilda

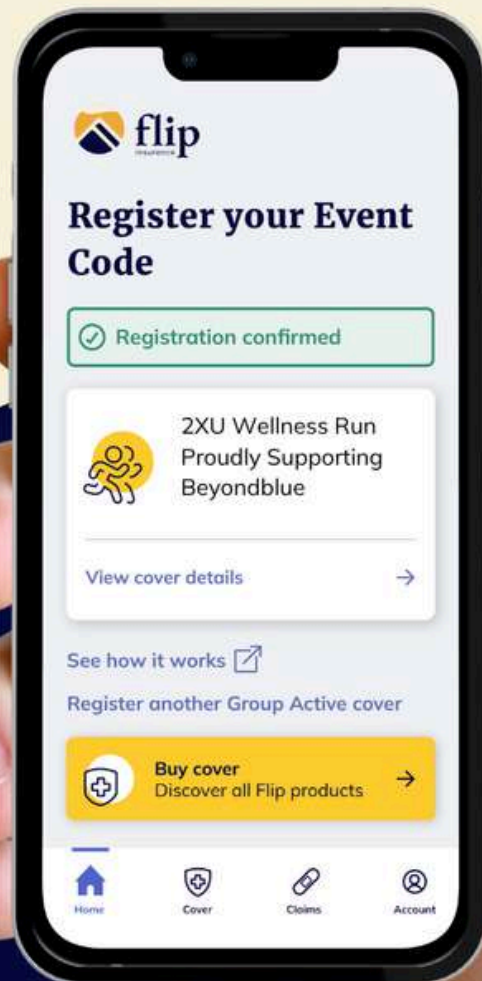


Register your cover before race day



- 1 Download the [Flip Insurance app](#)
- 2 Use the [Event Code](#) **O2EAAD**
- 3 You're all set to **view your cover** or make a **claim** if you get injured.

Event Code
O2EAAD



Follow us

flip_insurance flipinsuranceau

flipinsurance.com.au

Issued by HCF Life. Consider the PDS and TMD at flipinsurance.com.au

STORIES THAT SHAPE US



You can count yourself one of thousands of runners and fundraisers, lacing up to make a difference for mental health.

We're introducing a few of the faces that will be right there with you on the start line. Our ambassadors, your Team Beyond Blue.

Run for Aussie

We run together, we remember together, and we keep moving forward.

We are the Carroll sisters, who proudly participate in honour of our dad, Aussie, who we tragically lost to suicide when we were just fifteen, twelve, twelve, and nine years old.

What began as a way for us to honour our dad has become something so much bigger. This year is our fourth Wellness Run. We run for our dad, we run for awareness, and we run in the hope that more conversations are had and more lives are saved.



**Support the Carroll Sisters
as they run for Aussie**



Maria

I've experienced firsthand the positive impact that movement and exercise can have.

Mental health is a cause that is incredibly close to my heart. I've experienced my own struggles with mental health, and I've also walked alongside someone I love through their own mental health challenges. These experiences have shown me just how important support, understanding, and hope can be.



Support Maria's fundraiser here



Redda



There is still a long way to go for people who are suffering to feel comfortable seeking support.

I'm running to honour my mum, who took her own life in 2001. Mental health services weren't as available as they are today, and I still think there is a long way to go.

This event has given me an opportunity to tell my mum's story and honour her, and the support I've received has been overwhelming. It's been incredibly special to hear people's stories and see how many people have connected with what I'm doing.

Donate here:



Every \$66 donation helps to fund a phone call for someone in distress.
Together, let's fund **11,000+** life-saving conversations.

Discover Southside events, dining, entertainment and more at whatsonstkilda.com



ST KILDA
WHAT'S ON
SOUTHSIDE



📍 St Kilda Pier



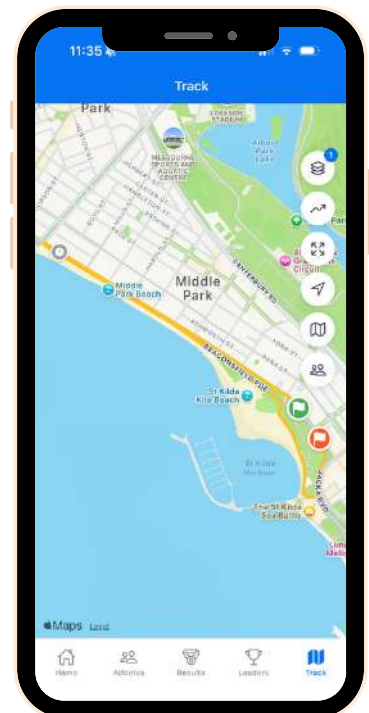
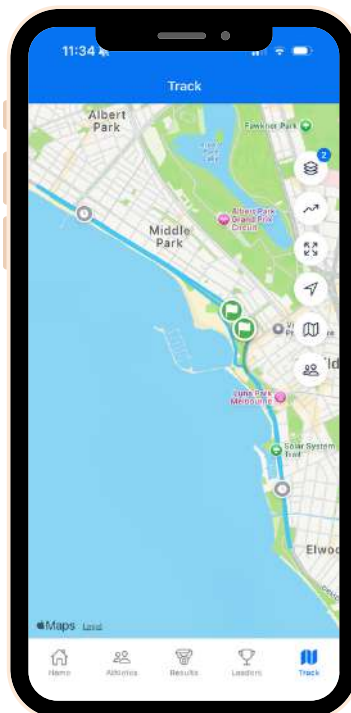
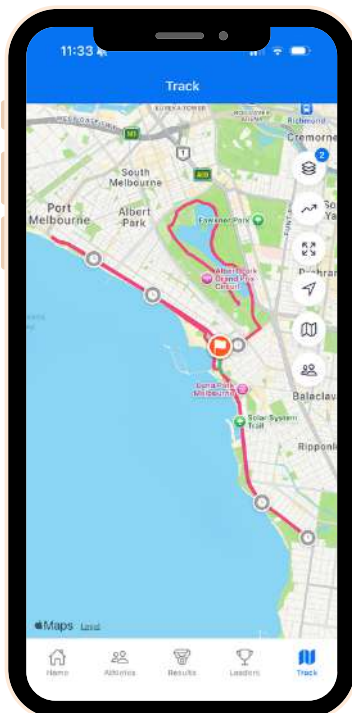
@whatsonstkildasouthside

ALBERT PARK | BALACLAVA | ELWOOD | MIDDLE PARK | PORT MELBOURNE | RIPPONLEA | SOUTH MELBOURNE | ST KILDA | ST KILDA EAST

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



SUPPORTING PARTNERS



DELIVERED BY

O2EVENTS