

18 November 2025

2XU Wellness Run steps out with Beyond Blue to champion mental health once again

Beyond Blue is proud to return as the official charity partner for the 2XU Wellness Run, taking place on Saturday 29 and Sunday 30 November 2025 in Melbourne.

Now in its fifth year, the event will unite more than 17,000 runners and walkers of all ages and backgrounds in support of mental health, with all funds raised going directly to Beyond Blue's free, 24/7 Support Service.

This year's fundraising goal is \$450,000, which will help ensure thousands more Australians can access mental health support when they need it most.

Beyond Blue acting CEO Wes Cordingley, expressed deep gratitude for the continued partnership.

"We continue to be grateful to 2XU and O2 Events for organising this event and for their incredible support of Beyond Blue through the 2XU Wellness Run over the past 4 years.

"A remarkable \$1.5 million has already been donated to the Beyond Blue Support Service by 2XU Wellness Run participants over the past 4 years.

"A heartfelt thank you as well to all 17,000 participants who have registered this year - by lacing up for the event, you are showing up for those who need mental health support.

Among this year's participants is the inspiring Prestney family, who will be running the Half Marathon in honour of their son and brother, Josh Prestney, a Victoria Police officer tragically killed in a road trauma incident on 22 April 2020.

The Prestney family has found healing through physical activity and connection and are proud to be Ambassadors for the 2XU Wellness Run.

Josh's brother, Alex Prestney said, "Running frees us, lifts us, and brings us closer to Josh. We know that every time we run, Josh is out there with us, with a gentle hand on our backs saying: 'you got this'.

"Reconnecting with the sports we love has helped improve our mental health and allowed us to have a more positive outlook. It's something we do together and share with others, plus it helps repair the physical and emotional pain at the same time. Although it's been very difficult, what helps us move forward is thinking about what Josh would want for us.

"The social nature of running, as well as the peace and solitude it provides, has helped soften the sharp edges of grief."

Mr. Cordingley, who will also be participating in the half marathon, said the Prestney family's story is a powerful reminder of the importance of support, connection, and movement in the journey toward healing and mental wellbeing.

"Their passion and commitment to honouring Josh by participating together as a family in the 2XU Wellness Run is deeply moving.

“Their story reminds us of the healing power of connection, movement, and community, and why events like this matter so much. We’re incredibly proud that Josh’s parents Andrew and Belinda, and his brother Alex have joined as Ambassadors this year and we are grateful for their generosity in sharing their journey to help others find hope and support.”

The latest data from Beyond Blue’s Mental Health and Wellbeing Check reinforces the importance of events like the 2XU Wellness Run. The research shows that connecting with friends and family is the leading self-management and prevention strategy used by people (81%) to maintain or improve their mental health, followed closely by increased levels of exercise and physical activity (77%). The Wellness Run brings both of these strategies to life, creating space for movement, motivation, and meaningful connection. And for those times when people need more support, the Beyond Blue Support Service is available 24/7.

Harry Markle, 2XU CEO, said, “At 2XU we believe that every step is more than movement - it’s momentum. We’re proud to partner with the 2XU Wellness Run to champion mental health and wellbeing, because when one person runs for hope, we all move forward together”.

This year's 2XU Wellness run includes a 1km Junior Fun Run on Saturday 29 November, and on Sunday, participants can choose from a 5km walk/run, 10km run or the ever-popular Half Marathon, which for the first year begins at Albert Park Lake.

The 5km, 10km and kids' events all start at Catani Gardens, which also hosts the main event village, race registration, and finish line festivities.

To register for the 1KM or 5KM, access to sold out 10KM and Half Marathon events, or for more information visit wellnessrun.com.au

To learn more about Beyond Blue’s Support Service or to donate, visit www.beyondblue.org.au

Beyond Blue free 24/7 Support Service: 1300 22 4636 or beyondblue.org.au/getsupport

-ENDS-

To arrange media interviews or for more information:

Beyond Blue media contact Maureen Devlin – 0404 853 764
maureen.devlin@beyondblue.org.au