



Media Release

Dodgy Hammies, Big Hearts: Mates Chase Footy World Record for Mental Health

A group of 22 mates known as the Tama Touch Group will descend on Bondi Beach at 6am on Wednesday 3 September 2025, aiming to play beach touch rugby for more than 34 straight hours—and raise \$340,000 for Beyond Blue. The group hopes to break the Guinness World Record for the longest marathon playing beach touch rugby while fostering a conversation about looking after our mental health.

Formed in 2001, the Tama Touch Group began as a weekly run-around for a bunch of “could-have-been” rugby enthusiasts on Tamarama Beach in Sydney. Now meeting three times a week, the group has become a powerful source of friendship and connection, with members supporting each another through life’s highs and lows.

For player Andrew Lord, the cause hits close to home. “I’ve had my own experiences with mental health and this group helped me through. Now we want to help others find that same support.”

“This isn’t just about breaking a record,” said committee member John Nelligan. “It’s about showing what happens when blokes show up for each other. We’ve built something special over the years, and now we’re using it to make a difference.”

“With an average age of 50, we’ve got more grey hairs than game plans and more tape than talent. We’ve got dad bods, dodgy hammies and a training regime built on banter and bruises, but we’re out to show that although age has stiffened our joints, it won’t stop us chasing a world record for a good cause.”

The current Guinness World Record for beach touch rugby—34 hours and 6 seconds—is held by the UK’s Sandbaggers Rugby Club. But the Tama crew is going all in to beat them, planning to push through until 5pm Thursday 4 September.

Bondi Lifesaver and star of Bondi Rescue, Dean Gladstone (Deano), is also in the team and has been supporting their training regime. “As a Bondi Lifeguard I have worked on the tragic side of mental health and want to make a difference.”

Donations can be made at tama-touch-2025.raiselysite.com/donate, with a gala dinner planned for Thursday 11 September at Doltone House, Jones Bay Wharf, Pyrmont.

Dr Luke Martin, clinical spokesperson for Beyond Blue, said supporting men’s mental health is about meeting men where they are at and creating opportunities for them to open up in safe ways.

“It’s great to see the Tama Touch Group recognising the power of sport to normalise conversations around mental health and break down stigma.

“We greatly appreciate support from the Tama Touch group as donations to Beyond Blue go towards delivering our 24/7 support services which receives up to 800 contacts a day from people right around Australia.

“When people have access to supports sooner, it can help reduce the severity and day-to-day impact of their mental health issues. The earlier you get support the better,” said Dr Martin.

When people feel less alone, they’re stronger and better equipped to cope with life’s challenges. The Tama Touch Group is reminding us that checking in, showing up, and talking openly can change lives.

Follow their journey on Instagram: [@tama.touch](https://www.instagram.com/tama.touch)

The **Beyond Blue Support Service** is free and available 24/7, call **1300 22 4636** or beyondblue.org.au/getsupport

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Available for interviews:

Tama Touch Organising committee representative: **John Nelligan**

Tama Touch Group member: **Andrew Lord**

And Beyond Blue spokesperson

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