

## Event Calendar

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### June 2026

#### 01 — Monday

No events

#### 02 — Tuesday

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

#### 03 — Wednesday

05:30 — 06:30 GLOBAL RUNNING DAY 2026 (Brisbane)

05:30 — 06:30 GLOBAL RUNNING DAY 2026 (Ipswich)

#### 04 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

#### 05 — Friday

05:30 — 06:30 GFRS IPS Tempo Training Session

05:30 — 06:30 GFRS BNE Women's Running Group

#### 06 — Saturday

04:30 — 08:30 GFRS BNE MARATHON Long Slow Run (Gold Coast)

05:30 — 07:30 GFRS BNE Long Slow Run

#### 07 — Sunday

15:30 — 16:45 GFRS BNE Junior Cross Country Session

#### 08 — Monday

No events

#### 09 — Tuesday

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

#### 10 — Wednesday

05:30 — 06:30 GFRS IPS Interval Training Session

#### 11 — Thursday

No events

#### 12 — Friday

05:30 — 06:30 GFRS IPS Tempo Training Session

05:30 — 06:30 GFRS BNE Women's Running Group

### **13 — Saturday**

04:30 — 08:30 GFRS BNE MARATHON Long Slow Run (Gold Coast)

05:30 — 07:30 GFRS BNE Long Slow Run

### **14 — Sunday**

15:30 — 16:45 GFRS BNE Junior Cross Country Session

### **15 — Monday**

No events

### **16 — Tuesday**

05:15 — 06:30 GFRS BNE Interval Training Session

### **17 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

### **18 — Thursday**

No events

### **19 — Friday**

05:30 — 06:30 GFRS IPS Tempo Training Session

05:30 — 06:30 GFRS BNE Women's Running Group

### **20 — Saturday**

05:30 — 07:30 GFRS BNE Long Slow Run

### **21 — Sunday**

15:30 — 16:45 GFRS BNE Junior Cross Country Session

### **22 — Monday**

No events

### **23 — Tuesday**

05:15 — 06:30 GFRS BNE Interval Training Session

### **24 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

16:00 — 17:00 GFRS BNE Junior Cross Country Session

### **25 — Thursday**

05:15 — 06:30 GFRS BNE Tempo Run

16:30 — 17:30 GFRS BNE Junior Track Session

### **26 — Friday**

05:30 — 06:30 GFRS IPS Tempo Training Session

05:30 — 06:30 GFRS BNE Women's Running Group

### **27 — Saturday**

05:00 — 08:30 GFRS BNE MARATHON Long Slow Run (SYD BER MEL CHI)

05:30 — 07:30 GFRS BNE Long Slow Run

## **28 — Sunday**

No events

## **29 — Monday**

No events

## **30 — Tuesday**

05:15 — 06:30 GFRS BNE Interval Training Session

# **July 2026**

## **01 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

15:30 — 16:45 GFRS BNE Junior Cross Country Session

## **02 — Thursday**

05:30 — 06:30 GFRS Pre-Gold Coast Marathon Shakeout Run

## **03 — Friday**

05:30 — 06:30 GFRS IPS Tempo Training Session

## **04 — Saturday**

No events

## **05 — Sunday**

15:30 — 16:45 GFRS BNE Junior Cross Country Session

## **06 — Monday**

No events

## **07 — Tuesday**

05:15 — 06:30 GFRS BNE Interval Training Session

## **08 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

15:30 — 16:45 GFRS BNE Junior Cross Country Session

## **09 — Thursday**

05:15 — 06:30 GFRS BNE Tempo Run

16:30 — 17:30 GFRS BNE Junior Track Session

## **10 — Friday**

05:30 — 06:30 GFRS BNE Women's Running Group

05:30 — 06:30 GFRS IPS Tempo Training Session

## **11 — Saturday**

05:00 — 08:30 GFRS BNE MARATHON Long Slow Run (SYD BER MEL CHI)

05:30 — 07:30 GFRS BNE Long Slow Run

## **12 — Sunday**

15:30 — 16:45 GFRS BNE Junior Cross Country Session

## **13 — Monday**

No events

## **14 — Tuesday**

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

## **15 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

## **16 — Thursday**

05:15 — 06:30 GFRS BNE Tempo Run

## **17 — Friday**

05:30 — 06:30 GFRS BNE Women's Running Group

05:30 — 06:30 GFRS IPS Tempo Training Session

## **18 — Saturday**

04:30 — 08:30 GFRS BNE MARATHON Long Slow Run (SYD BER MEL CHI)

05:30 — 07:30 GFRS BNE Long Slow Run

## **19 — Sunday**

No events

## **20 — Monday**

No events

## **21 — Tuesday**

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

## **22 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

## **23 — Thursday**

05:15 — 06:30 GFRS BNE Tempo Run

## **24 — Friday**

05:30 — 06:30 GFRS BNE Women's Running Group

05:30 — 06:30 GFRS IPS Tempo Training Session

## **25 — Saturday**

04:30 — 08:30 GFRS BNE MARATHON Long Slow Run (SYD BER MEL CHI)

05:30 — 07:30 GFRS BNE Long Slow Run

## **26 — Sunday**

15:30 — 16:45 GFRS BNE Junior Cross Country Session

## **27 — Monday**

No events

## **28 — Tuesday**

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

## **29 — Wednesday**

05:30 — 06:30 GFRS IPS Interval Training Session

## **30 — Thursday**

05:15 — 06:30 GFRS BNE Tempo Run

## **31 — Friday**

05:30 — 06:30 GFRS BNE Women's Running Group

05:30 — 06:30 GFRS IPS Tempo Training Session

# **August 2026**

## **01 — Saturday**

No events

## **02 — Sunday**

No events

## **03 — Monday**

No events

## **04 — Tuesday**

No events

## **05 — Wednesday**

No events

## **06 — Thursday**

No events

## **07 — Friday**

No events

## **08 — Saturday**

No events

## **09 — Sunday**

No events

## **10 — Monday**

No events

## **11 — Tuesday**

No events

**12 — Wednesday**

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**13 — Thursday**

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**14 — Friday**

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**15 — Saturday**

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**16 — Sunday**

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**17 — Monday**

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**18 — Tuesday**

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**19 — Wednesday**

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**20 — Thursday**

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**21 — Friday**

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**22 — Saturday**

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**23 — Sunday**

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**24 — Monday**

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**25 — Tuesday**

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**26 — Wednesday**

No events

**27 — Thursday**

No events

**28 — Friday**

No events

**29 — Saturday**

No events

**30 — Sunday**

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**31 — Monday**

No events

**September 2026**

**01 — Tuesday**

No events

**02 — Wednesday**

No events

**03 — Thursday**

No events

**04 — Friday**

No events

**05 — Saturday**

No events

**06 — Sunday**

No events

**07 — Monday**

No events

**08 — Tuesday**

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**09 — Wednesday**

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**10 — Thursday**

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**11 — Friday**

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**12 — Saturday**

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**13 — Sunday**

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**14 — Monday**

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**15 — Tuesday**

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**16 — Wednesday**

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**17 — Thursday**

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**18 — Friday**

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**19 — Saturday**

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**20 — Sunday**

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**21 — Monday**

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**22 — Tuesday**

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**23 — Wednesday**

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**24 — Thursday**

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**25 — Friday**

No events

**26 — Saturday**

No events

**27 — Sunday**

No events

**28 — Monday**

No events

**29 — Tuesday**

No events

**30 — Wednesday**

No events

**October 2026**

**01 — Thursday**

No events

**02 — Friday**

No events

**03 — Saturday**

No events

**04 — Sunday**

No events

**05 — Monday**

No events

**06 — Tuesday**

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**07 — Wednesday**

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**08 — Thursday**

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**09 — Friday**

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**10 — Saturday**

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**11 — Sunday**

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**12 — Monday**

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**13 — Tuesday**

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**15 — Thursday**

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**16 — Friday**

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**18 — Sunday**

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**21 — Wednesday**

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**22 — Thursday**

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**23 — Friday**

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**24 — Saturday**

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**25 — Sunday**

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**26 — Monday**

No events

**27 — Tuesday**

No events

**28 — Wednesday**

No events

**29 — Thursday**

No events

**30 — Friday**

No events

**31 — Saturday**

No events

**November 2026**

**01 — Sunday**

No events

**02 — Monday**

No events

**03 — Tuesday**

No events

**04 — Wednesday**

No events

**05 — Thursday**

No events

**06 — Friday**

No events

**07 — Saturday**

19:00 — 23:00 20 YEAR GALA DINNER

**08 — Sunday**

No events

**09 — Monday**

No events

**10 — Tuesday**

No events

**11 — Wednesday**

No events

**12 — Thursday**

No events

**13 — Friday**

No events

**14 — Saturday**

No events

**15 — Sunday**

No events

**16 — Monday**

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**17 — Tuesday**

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**18 — Wednesday**

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**19 — Thursday**

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**20 — Friday**

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**21 — Saturday**

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**22 — Sunday**

No events

**23 — Monday**

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**24 — Tuesday**

No events

**25 — Wednesday**

No events

**26 — Thursday**

No events

**27 — Friday**

No events

**28 — Saturday**

No events

**29 — Sunday**

No events

**30 — Monday**

No events