

Event Calendar

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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26 — Wednesday

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27 — Thursday

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28 — Friday

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29 — Saturday

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30 — Sunday

No events

31 — Monday

No events

September 2026

01 — Tuesday

No events

02 — Wednesday

No events

03 — Thursday

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04 — Friday

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07 — Monday

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October 2026

01 — Thursday

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02 — Friday

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No events

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

No events

17 — Tuesday

No events

18 — Wednesday

No events

19 — Thursday

No events

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No events

21 — Saturday

No events

22 — Sunday

No events

23 — Monday

No events

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