



SUPPORTED BY



Girrakool

EVENT GUIDE

2026

SUNDAY 20 SEPTEMBER

BROUGHT TO
YOU BY



Patonga



WELCOME

AND ACKNOWLEDGEMENT

**THANK YOU FOR ENTERING THE GREAT NORTH WALK TRAIL
RUNNING FESTIVAL ON SUNDAY 20 SEPTEMBER 2026.**

**WE'RE EXCITED TO WELCOME YOU TO PATONGA FOR AN
UNFORGETTABLE DAY OF TRAIL RUNNING THROUGH THE
SPECTACULAR BRISBANE WATER NATIONAL PARK.**

**EVERY RUNNER WILL EXPERIENCE RUGGED BUSHLAND,
SANDSTONE TRAILS, REWARDING CLIMBS AND BREATHTAKING
SCENERY BEFORE RETURNING TO THE BEACHSIDE FINISH LINE
AT PATONGA.**

**WE HOPE YOU ENJOY THE JOURNEY AND HAVE A FANTASTIC
RACE DAY.**

**WE ACKNOWLEDGE THAT OUR EVENT TAKES PLACE ON THE
TRADITIONAL LANDS OF THE DARKINYUNG PEOPLE. WE
RECOGNISE THEIR CONTINUING CONNECTION TO COUNTRY
AND PAY OUR RESPECTS TO ELDERS PAST AND PRESENT.**



RACE PROGRAMME

SUNDAY 20TH SEPTEMBER

5:45 AM–6:15 AM REGISTRATION FOR 50 KM RACE
6:25 AM RACE BRIEFING, 50 KM RACE
6:30 AM 50 KM RACE START

6:45 AM–7:15 AM REGISTRATION FOR 30 KM RACE
7:25 AM RACE BRIEFING, 30 KM RACE
7:30 AM 30 KM RACE START

7:45 AM–8:15 AM REGISTRATION FOR 10 KM RACE
8:25 AM RACE BRIEFING, 10 KM RACE
8:30 AM 10 KM RACE START

PRESENTATIONS WILL BE MADE THROUGHOUT
THE DAY.

THE FINISH LINE EVENT HUB OPEN UNTIL 5PM

GNW
Trail Running Festival

SHOE DONATIONS

DONATING TO
TRAIL RUNNING
NEPAL & THE GLEN



GNW

Trail Running Festival

DONATE

RUNNING FOR
OUR COMMUNITY

AGAIN THIS YEAR, WE INVITE GNW RACE
ENTRANTS TO DONATE SHOES AND
TRAIL RUNNING GEAR AT THE EVENT.
DONATING LOCALLY TO THE GLEN AND
TRAIL RUNNING NEPAL.

PLEASE BRING THEM ALONG AND WE
WILL HAVE A LOCATION FOR THEM TO
BE DONATED AT THE RACE HUB.

SUPPORTING RUNNING AROUND THE WORLD

TERRIGAL TROTTERS, THE ORGANISERS OF GNW RACES, SUPPORT TRAIL RUNNING BOTH LOCALLY AND OVERSEAS.

AGAIN THIS YEAR, WE INVITE GNW RACE ENTRANTS TO DONATE SHOES AND OTHER TRAIL-RUNNING GEAR AT THE EVENT – IN REASONABLE CONDITION, PLEASE!

SMALL-SIZE TRAIL SHOES AND GEAR

WE DONATE WOMEN'S TRAIL-RUNNING SHOES AND EQUIPMENT TO [TRAIL RUNNING NEPAL](#), WHICH ORGANISES TRAIL RACES AND SUPPORTS NEPALESE RUNNERS COMPETING INTERNATIONALLY.

PLEASE SEE [HERE](#) FOR A GUIDE AS TO WHAT TO DONATE.

LARGER-SIZE SHOES

WE DONATE ANY SIZE RUNNING SHOES TO [THE GLEN REHAB CLINICS](#), LOCATED HERE ON THE COAST.

CLIENTS OF THE GLEN LOVE GETTING TO TRY ON SOME SHOES AND THESE DONATIONS SUPPORT THEIR PHYSICAL TRAINING PROGRAMS.

PLEASE ENSURE SHOES HAVE LACES AND INSOLES.



GETTING TO THE EVENT

THE EVENT STARTS AND FINISHES AT PATONGA BEACH. PLEASE ALLOW PLENTY OF TIME TO DRIVE HERE – EXPECTED TRAVEL TIMES ARE 30 MINUTES FROM GOSFORD AND 1 HOUR FROM HORNSBY.

PUBLIC TRANSPORT OPTIONS ARE VERY LIMITED. THERE IS A FERRY SERVICE FROM PALM BEACH TO PATONGA, BUT THIS WON'T GET YOU TO PATONGA FOR THE RACE STARTS.

PARKING NEAR THE START/FINISH AREA IS ALSO VERY LIMITED AND YOU ARE LIKELY TO BE PARKING SOME DISTANCE FROM THE START ON RESIDENTIAL STREETS – PLEASE RESPECT LOCAL RESIDENTS AND BUSINESSES AND KEEP NOISE TO A MINIMUM IF YOU ARE ARRIVING EARLY.

CAR POOLING IS A GOOD OPTION, WITH LOTS OF PARKING AROUND UMINA IF YOU ARE PICKING SOMEONE UP ALONG THE WAY.

PLEASE REFER TO
THE WEBSITE FOR
COURSE MAPS AND
ELEVATION
PROFILES HERE -



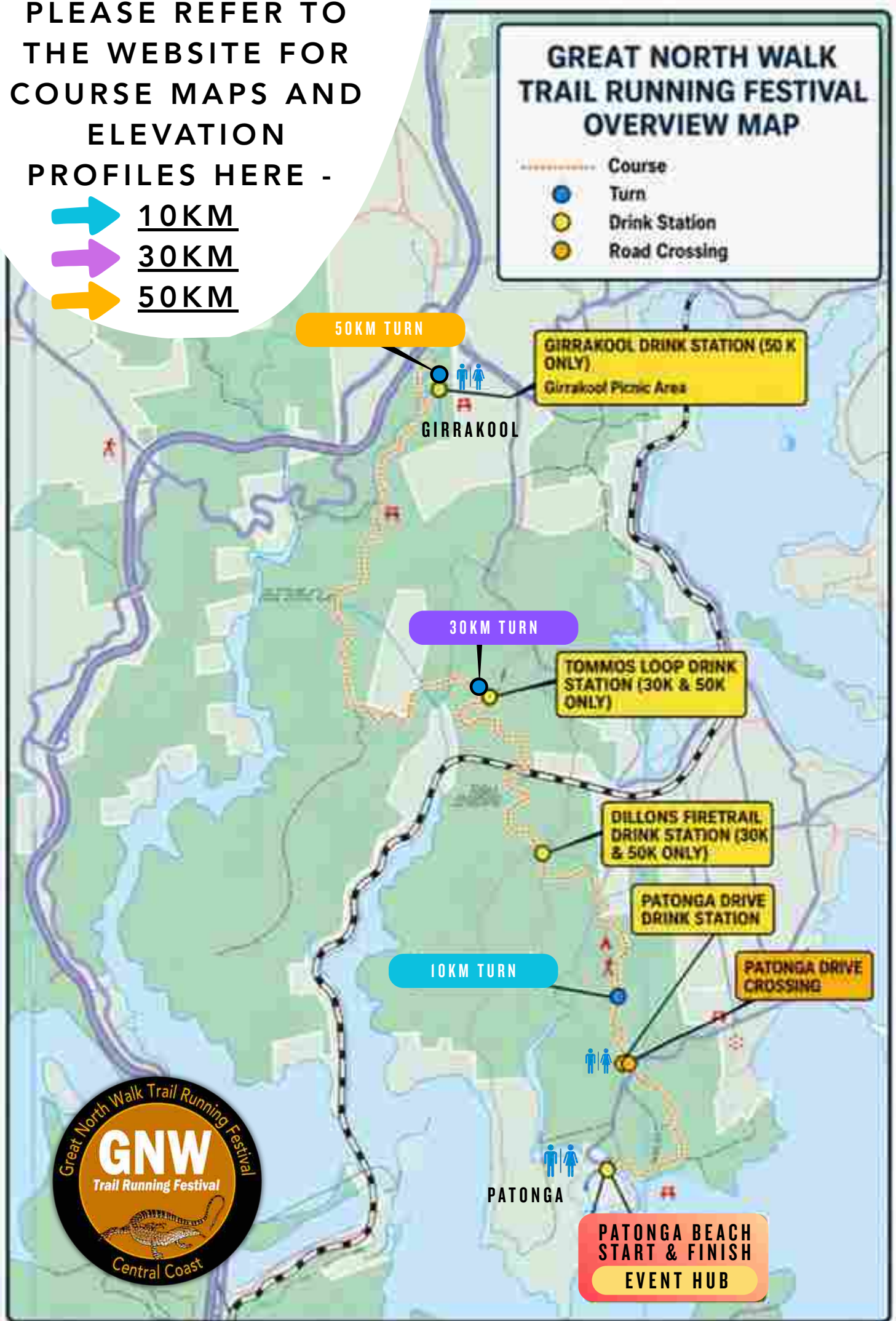
10KM



30KM



50KM



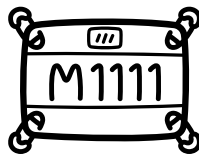
REGISTRATION



ALL ENTRANTS WILL NEED TO COLLECT THEIR EVENT BAG AND RACE NUMBER FROM REGISTRATION IN THE PAVILION AT EVE WILLIAMS OVAL OPPOSITE PATONGA WHARF.

PLEASE COME TO REGISTRATION AT THE TIMES SHOWN IN THE RACE PROGRAM – NO MORE THAN 45 MINUTES BEFORE YOUR START TIME. TOILETS WILL BE AVAILABLE NEAR REGISTRATION AND THE START LINE.

RACE NUMBERS



YOUR RACE NUMBER (BIB) WILL HAVE A TIMING CHIP ATTACHED. PLEASE PIN THE NUMBER TO YOUR FRONT SO IT IS VISIBLE AT ALL TIMES – NOT ON THE BACK, ON THE SIDE OR ON YOUR RUNNING PACK.

T-SHIRTS



IF YOU HAVE BEEN ABLE TO ORDER A T-SHIRT, IT WILL BE IN YOUR EVENT BAG. IF YOU WERE UNABLE TO ORDER A T-SHIRT, OR WANT TO CHANGE SIZE, YOU MAY BE ABLE TO GET ONE AFTER YOU FINISH – SEE EVENT ORGANISERS.



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LOCATION



THE RACE START AREA IS LOCATED EAST OF THE BOAT RAMP, 400 M FROM REGISTRATION AND TOILETS – SEE MAP.

THERE ARE PUBLIC TOILETS NEXT TO REGISTRATION AND PORTABLE TOILETS IN THE CAR PARK NEAR THE START AREA.

PLEASE NOTE THE START TIME FOR YOUR RACE IN THE PROGRAMME AND BE AT THE START AREA 10 MINUTES BEFORE. THERE WILL BE A RACE BRIEFING AT THE START LINE 5 MINUTES BEFORE.

REGISTRATION AND START LOCATION



START PROCEDURE



DUE TO THE RACE START HEADING INTO SINGLE TRACK, WE WILL BE CONDUCTING SELF-SEEDING FILTERED STARTS FOR EACH RACE – TWO RUNNERS LEAVING AT SHORT INTERVALS.

IT IS IMPORTANT THAT YOU SEED YOURSELF BASED ON WHERE YOU EXPECT TO FINISH IN THE FIELD.

RACE TIMES AND PLACEGETTERS



FOR EACH RACE, TOP 3 PLACEGETTERS OVERALL WILL BE AWARDED BASED ON GUN TIME (FIRST START) - EG FIRST TO CROSS THE FINISH LINE WINS THE RACE

ALL OTHER RESULTS AND PLACES, INCLUDING AGE DIVISION WINNERS WILL BE BASED ON NET TIME - YOUR TIME STARTS WHEN YOU CROSS THE START LINE.



COURSE TURNAROUND POINTS



EVERY COURSE IS RUN OUT AND BACK ON THE GREAT NORTH WALK, WITH THE FINISH BACK AT PATONGA BEACH.

PLEASE NOTE THAT THE TURNAROUND FOR THE 10K COURSE IS LIKELY TO BE A COUPLE OF HUNDRED METRES FURTHER THAN SHOWN ON GPX ROUTES DUE TO THE RELOCATED START LINE.

THERE WILL BE A TRAFFIC CONE, SIGN AND MARSHAL DIRECTING YOU WHERE TO TURN.

THE 30KM AND 50KM COURSES WILL TURN AROUND AT AN AID STATION.

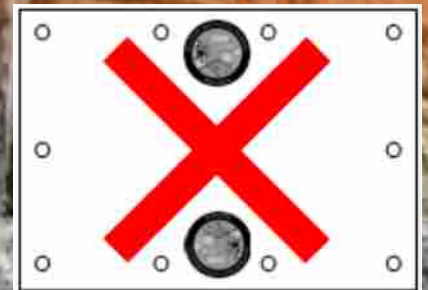
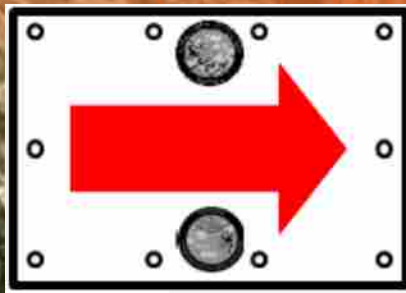
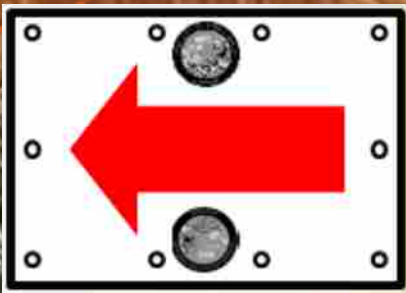
COURSE MARKINGS



ALL COURSES ARE AN OUT AND BACK FOLLOWING THE GREAT NORTH WALK – OUT TOWARDS GIRRAKOOL AND BACK TOWARDS PATONGA.

ALL MAIN JUNCTIONS HAVE GNW SIGNPOSTS, BUT THESE CAN BE A BIT HARD TO SEE AT TIMES, SO THERE WILL ALSO BE RED COURSE-MARKING ARROWS.

THERE WILL ALSO BE PINK RIBBON IN SOME SECTIONS TO FOLLOW ALONG THE COURSE.



GNW
Trail Running Festival



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GNW

Trail Running Festival



KILLARNEY VALE

AID STATIONS

AID STATIONS ARE PROVIDED AT REGULAR INTERVALS ON ALL COURSES – SEE COURSE MAPS FOR LOCATIONS.

10K COURSE – AT 4 KM AND 6 KM

30K COURSE – AT 4 KM, 10 KM, 15 KM, 20 KM AND 26 KM

50K COURSE – AT 4 KM, 10KM, 15 KM, 25 KM, 35 KM, 40 KM, 46KM

THESE LOCATIONS WILL HAVE WATER, TAILWIND, SPORTS DRINK, SOFT DRINK, CRISPS, FRUIT AND LOLLIES.

ALL COMPETITORS IN THE 50K RACE MUST CARRY CAPACITY FOR AT LEAST 1 LITRE OF FLUIDS, AND THEY MUST CARRY 1 LITRE OUT OF DRINK STATION 3 (15K) AND DRINK STATION 4 (25K). UNDER WARMER CONDITIONS THIS CAPACITY MAY BE INCREASED TO 1.5 LITRES.

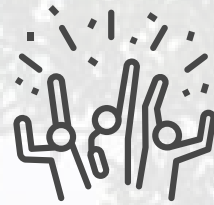
IT IS RECOMMENDED THAT 10KM AND 30KM RUNNERS CARRY AT LEAST 500ML OR FLUID AT ALL TIMES

THE 10 KM SECTION BETWEEN THESE DRINK STATIONS IS TOUGH IN BOTH DIRECTIONS WITH ONLY EMERGENCY WATER AVAILABLE.

SANDWICHES WILL ALSO BE AVAILABLE FOR THE 50K COURSE AT THE TURNAROUND POINT. GLUTEN FREE OPTION AVAILABLE.

OUR EVENT IS CUPLESS – COMPETITORS NEED TO CARRY THEIR OWN CUPS OR OTHER CONTAINERS FOR GETTING FLUIDS.

SPECTATORS AND PACERS



WHILE FRIENDS AND FAMILY MIGHT WANT TO SEE YOU OUT ON THE COURSE, IN THE INTERESTS OF FAIRNESS TO ALL COMPETITORS, OUTSIDE ASSISTANCE IS NOT ALLOWED AT ANY POINT ON THE COURSE, INCLUDING AT AID STATIONS.

THIS INCLUDES THE USE OF DROP BAGS OR FOOD/DRINK STASHES OR TAKING RIDES IN VEHICLES.

ALL COMPETITORS MUST ONLY USE DRINK AND FOOD THEY CARRY WITH THEM FROM THE START OR THAT IS AVAILABLE FROM EVENT MARSHALS AT THE AID STATIONS.

PACERS ARE NOT ALLOWED IN ANY RACE.

TRAIL ETIQUETTE



A LOT OF THE COURSE IS ON NARROW, ROUGH WALKING TRACK AND RUNNERS MAY BE APPROACHING OR PASSING YOU AT ANY TIME – PLEASE KEEP TO THE LEFT.

IF YOU WANT TO PASS SOMEONE, PLEASE CALL OUT, "PASSING ON RIGHT."

YOU ARE ALLOWED TO USE HIKING POLES, BUT PLEASE MAKE SURE TO KEEP THEM OUT OF THE WAY OF PASSING RUNNERS.

BE MINDFUL OF OTHER RUNNERS AND PATH USER WHEN LISTENING TO MUSIC.

CUT OFF TIMES

THE FOLLOWING CUTOFF TIMES ARE IN PLACE TO AVOID VOLUNTEERS BEING OUT ON THE COURSE TOO LONG AND TO ENSURE ALL RUNNERS ARE OFF THE COURSE BY DARK:

10K = 4 HOURS

MINIMUM OF 2.5 KM/H – STEADY WALK

30K = 8 HOURS

MINIMUM OF 3.75 KM/H – FAST WALK/JOG

MUST LEAVE TOMMOS DRINK STATION, HALFWAY, BY 11:30 AM.

50K = 11 HOURS

MINIMUM OF 4.5 KM/H – JOG, SOME WALKING

MUST LEAVE:

GIRRAKOOL AID STATION, HALFWAY, BY 11:30 AM.

RIFLE RANGE ROAD, 31 KM, BY 1:10 PM.

TOMMOS AID STATION, 35 KM, BY 2:00 PM.

DILLONS AID STATION, 40 KM, BY 3:10 PM.

HEAPS * NORMAL *



HEAPS
* **NORMAL** *

SPONSORS

GNW
Trail Running Festival

SAFETY INFORMATION



GENERAL

ALL EVENT RACES PASS THROUGH BUSH AREAS WITHIN BRISBANE WATER NATIONAL PARK AND COMPETITORS SHOULD BE PREPARED FOR TOUGH RUNNING CONDITIONS.

PLEASE READ THIS SECTION CAREFULLY.

TRAIL CONDITIONS



THE EVENT COURSES USE A MIX OF FIRE TRAILS AND WALKING TRACKS. ENTRANTS MUST BE PREPARED FOR ROUGH TRAIL SURFACES, PRECIPITOUS ASCENTS AND DESCENTS, MUD, CREEK CROSSINGS AND SLIPPERY ROCKS AND ROOTS. WALKING IS ADVISABLE IN MANY LOCATIONS.

THERE ARE SOME CREEK CROSSINGS ON THE COURSE – THESE ARE USUALLY DRY, BUT AFTER RECENT HEAVY RAIN MAY REQUIRE THE EXERCISE OF CAUTION.

MOBILE PHONE



PLEASE TAKE THE MOBILE PHONE WITH THE NUMBER YOU INCLUDED IN YOUR RACE ENTRY – FULLY CHARGED AND SWITCHED ON.

PLEASE INCLUDE EVENT DAY CONTACT NUMBER IN YOUR LIST OF CONTACTS –

0467 476 982

SAFETY INFORMATION

CONTINUED

MANDATORY AND RECOMMENDED GEAR



IT IS STRONGLY RECOMMENDED THAT EACH COMPETITOR CARRY AN EMERGENCY BLANKET, SNAKE BANDAGE AND AT LEAST 1 LITRE OF WATER.

AS SAID PREVIOUSLY ALL COMPETITORS IN THE 50K RACE MUST CARRY CAPACITY FOR AT LEAST 1 LITRE OF FLUIDS, AND THEY MUST CARRY 1 LITRE OUT OF DRINK STATION 3 (15K) AND DRINK STATION 4 (25K). UNDER WARMER CONDITIONS THIS CAPACITY MAY BE INCREASED TO 1.5 LITRES.

THERE ARE SOME SECTIONS ON THE TRACK WHERE ASSISTANCE IN THE EVENT OF A MEDICAL INCIDENT WILL TAKE SOME TIME AND COMPETITORS NEED TO BE PREPARED FOR THIS.

OTHER RECOMMENDED EQUIPMENT INCLUDES ENERGY FOOD, TOILET PAPER, SUN HAT, SUNBLOCK, INSECT REPELLENT, MOBILE PHONE AND A PERSONAL LOCATOR BEACON.



SAFETY INFORMATION

CONTINUED



THE EVENT PASSES THROUGH AREAS WITH THE RISK OF BUSHFIRES AT ANY TIME OF YEAR.

THE EVENT ORGANISERS WILL LIAISE CLOSELY WITH NATIONAL PARKS AND THE NSW RURAL FIRE SERVICE TO PROVIDE UP-TO-DATE INFORMATION REGARDING BUSHFIRE RISK.

IN THE EVENT OF A TOTAL FIRE BAN OR THE START OF A BUSHFIRE IN THE VICINITY OF THE COURSE, THE EVENT WILL BE POSTPONED OR CANCELLED.

THIS MAY OCCUR DURING THE RUNNING OF THE EVENT, IN WHICH CASE COMPETITORS WILL BE DIRECTED BY RACE OFFICIALS TO EVACUATE THE AREA.

ALL COMPETITORS SHOULD FAMILIARISE THEMSELVES WITH THE ACTIONS TO TAKE IF CAUGHT IN A BUSHFIRE, AVAILABLE [HERE](#).

THUNDERSTORMS

ALL COMPETITORS SHOULD FAMILIARISE THEMSELVES WITH THE ACTIONS TO TAKE IF CAUGHT IN A THUNDERSTORM, AVAILABLE [HERE](#).

THE TRAIL WILL ALWAYS BE THERE. YOUR SAFETY COMES FIRST. STAY ALERT, FOLLOW OFFICIAL INSTRUCTIONS AND BE PREPARED FOR CHANGING CONDITIONS.



SAFETY INFORMATION

CONTIN E



SNAKES AND SPIDERS INHABIT THE EVENT TERRAIN BUT ARE UNLIKELY TO BE SEEN AT THE TIME OF THE RACE.

NEVERTHELESS, COMPETITORS NEED TO BE AWARE OF THE APPROPRIATE TREATMENT FOR SNAKE AND SPIDER BITES.

NAVIGATION

IN GENERAL, COURSES SHOULD BE EASY TO FOLLOW USING EVENT COURSE MARKINGS AND GREAT NORTH WALK TRAIL MARKERS.

SOMETIMES THE GNW MARKERS ARE HARD TO SEE, PARTICULARLY ON ROCKY PLATEAUS THEREFORE PINK RIBBONS MIGHT BE USED.

IF AT ANY TIME YOU THINK YOU ARE LOST, TRY TO BACKTRACK TO WHERE YOU LAST SAW A COURSE MARKER OR CALL OUT FOR ASSISTANCE FROM OTHER TRAIL USERS.

AVOID TRAVELLING THROUGH BUSH WHERE POSSIBLE. IF YOU ARE STILL UNABLE TO LOCATE THE TRACK, MOVE TO HIGHER GROUND AND TRY CALLING OR MESSAGING ON YOUR MOBILE PHONE FOR ASSISTANCE.





AFTER YOU FINISH



PLEASE HANG AROUND
AFTER YOU FINISH TO
CHEER ON OTHER RUNNERS
AND SAVOUR YOUR
ACHIEVEMENT.

WE WILL BE HAVING THE
PRESENTATIONS
THROUGHOUT THE DAY FOR
THE TOP THREE MALE AND
FEMALE IN EACH EVENT
AND AGE GROUP WINNERS.
MANY PRIZES TO BE GIVEN
AWAY!

**SAUNA & COLD PLUNGE
FREE TO ALL GNW RUNNERS**



NOMAD VITALITY

SAUNA & COLD PLUNGE

2-PERSON COLD PLUNGE (6-12°C)
4-PERSON INFRARED SAUNA (UP TO 70°C)
STORAGE, TOWELS & INTERNAL SHOWER

**20 SEPTEMBER
PATONGA BEACH**

GNW
Great North Walk Trail Running Festival
Central Coast

RACE RULES

RACE NUMBERS



ALL COMPETITORS WILL BE ISSUED WITH RACE NUMBERS (BIBS) THAT MUST BE WORN FOR THE DURATION OF THE RACE AND BE VISIBLE FROM THE FRONT.

MEDICAL AND SAFETY WITHDRAWAL



RACE MEDICAL STAFF AND RACE OFFICIALS HAVE THE POWER TO WITHDRAW A COMPETITOR AT ANY TIME, FOR ANY REASON, AT THEIR OWN DISCRETION OR IMPOSE WAITING TIMES ON COMPETITORS IF A COMPETITOR IS DEEMED TO HAVE BROKEN RACE RULES, IS MEDICALLY UNFIT OR FOR ANY OTHER REASON DEEMED VALID BY THE RACE DIRECTOR.

FOLLOWING THE COURSE



COMPETITORS MUST FOLLOW THE MARKED COURSE AT ALL TIMES, STAY ON THE TRAIL AND FOLLOW THE DIRECTIONS OF MARSHALS – SHORTCUTS ARE NOT ALLOWED.

IF ANY COMPETITOR DOES NOT TAKE THE MARKED ROUTE, ACCIDENTALLY OR OTHERWISE, THEY MUST REPORT THIS TO RACE OFFICIALS ON THE COURSE AND AT THE FINISH.

IT WILL BE AT THE DISCRETION OF THE RACE DIRECTOR TO TAKE ACTION, INCLUDING ADJUSTING COURSE TIMES OR DISQUALIFICATION.

OUTSIDE ASSISTANCE

RACE RULES CONTINUED

IN THE INTERESTS OF FAIRNESS TO ALL COMPETITORS, OUTSIDE ASSISTANCE IS NOT ALLOWED AT ANY POINT ON THE COURSE, INCLUDING AT DRINK STATIONS.

THIS INCLUDES THE USE OF DROP BAGS OR FOOD/DRINK STASHES OR TAKING RIDES IN VEHICLES.

ALL COMPETITORS MUST ONLY USE DRINK AND FOOD THEY CARRY WITH THEM FROM THE START OR THAT IS AVAILABLE AT THE DRINK STATIONS.

PACERS ARE NOT ALLOWED IN ANY RACE.

ANY ASSISTANCE PROVIDED TO A COMPETITOR BY ANYONE OTHER THAN A RACE OFFICIAL WILL RESULT IN DISQUALIFICATION AND POTENTIAL BANS ON FUTURE RACE ENTRY.

LITTERING AND SANITARY WASTE



WE HAVE THE PRIVILEGE OF RUNNING THROUGH THE BEAUTIFUL NATIONAL PARKS OF THE CENTRAL COAST – NO LITTERING IS ALLOWED ANYWHERE ALONG THE COURSE.

RUBBISH CAN BE DISPOSED OF IN MARKED BINS AT DRINK STATIONS OR AT THE START/FINISH AREA.

TOILETS ARE AVAILABLE AT REGISTRATION, THE START/FINISH AREA, PATONGA DRIVE CROSSING, NEAR MT WONDABYNE AND AT THE GIRRAKOOL HALFWAY POINT ON THE 50 KM COURSE.

ELSEWHERE ALONG THE COURSE, HUMAN WASTE MUST BE DISPOSED OF IN A SANITARY MANNER BY BURYING IT TO A DEPTH OF 15 CM AND AT LEAST 100 METRES FROM CREEKS AND WELL-USED AREAS.

CUT OFF TIMES

CUTOFF TIMES ARE LISTED WITHIN THE INFORMATION FOR EACH COURSE. ANY COMPETITOR WHO MISSES THE CUTOFF TIMES WILL BE DIRECTED BY MARSHALS TO SAFELY LEAVE THE COURSE.

COMPETITORS MUST ARRANGE THEIR OWN TRANSPORT FOR RETURN TO THE START/FINISH AREA.

PARTICIPANT WITHDRAWAL

COMPETITORS CAN WITHDRAW FROM THE RACE AT ANY CHECKPOINT OR DRINK STATION. EACH RACE WILL HAVE A COURSE SWEEPER.

IT IS IMPERATIVE THAT WITHDRAWING COMPETITORS NOTIFY RACE OFFICIALS ON THE COURSE AND AT THE START/FINISH AREA SO THAT NO UNNECESSARY SEARCHES ARE CONDUCTED.

ABUSE

PLEASE RESPECT THE EFFORTS OF ALL OUR RACE VOLUNTEERS.

ANY RUNNER WHO ABUSES RACE OFFICIALS WILL BE DISQUALIFIED AND POTENTIALLY BANNED FROM PARTICIPATION IN FUTURE RACES OR EVENTS ORGANISED BY TERRIGAL TROTTERS INC.

RUNNING FOR OUR COMMUNITY



NSW RURAL FIRE SERVICE

THE NSW RURAL FIRE SERVICE IS POWERED BY DEDICATED VOLUNTEERS WHO PROTECT LOCAL COMMUNITIES FROM BUSHFIRES AND OTHER EMERGENCIES. FUNDS RAISED HELP SUPPORT THE VOLUNTEERS WHO GIVE THEIR TIME TO KEEP OUR REGION SAFE.



NORTH AVOCA SURF LIFE SAVING CLUB

NORTH AVOCA SURF LIFE SAVING CLUB PROVIDES VITAL BEACH PATROLS, WATER-SAFETY EDUCATION AND LIFESAVING SERVICES. ITS VOLUNTEERS WORK TIRELESSLY TO KEEP BEACHGOERS SAFE WHILE BUILDING A STRONG AND CONNECTED LOCAL COMMUNITY.



THE GLEN GROUP

THE GLEN GROUP OPERATES RESIDENTIAL DRUG AND ALCOHOL REHABILITATION PROGRAMS ON THE CENTRAL COAST, SUPPORTING INDIGENOUS AND NON-INDIGENOUS MEN AND WOMEN AS THEY WORK TOWARD RECOVERY AND A HEALTHIER FUTURE.

EVERY STEP MAKES A DIFFERENCE

THE GNW TRAIL RUNNING FESTIVAL IS PROUD TO RAISE FUNDS FOR THREE INCREDIBLE LOCAL ORGANISATIONS THAT SUPPORT, PROTECT AND STRENGTHEN OUR COMMUNITY:

BY TAKING PART, YOU ARE HELPING THESE DEDICATED ORGANISATIONS CONTINUE THEIR VITAL WORK ACROSS THE CENTRAL COAST.



THANKS FOR SIGNING UP



 makeweb



 bouddidesign

SUPPORTED BY

Central
Coast
Council



JAMMY & JUNO
Studio

GNW EVENTS TEAM



RUN THE GNW