



The Athlete's Foot

Wagga Wagga Trail Marathon

on the Wiradjuri Walking track

Outline of Events



The Wagga Wagga Trail Marathon was first run in 2008. After the success of the 2008 and 2009 marathons, it is on again on the same weekend, August 15th 2010 with some improvements to the course. In 2010 the marathon course will be unchanged; however, the run will now go clockwise from the beach. This allows the few controlled road crossings to be opened earlier, and it provides a scenic route for the half marathon with a finish at Wagga beach like the other running events.

What's unique about the Wagga Wagga Trail Marathon?

This Wagga Wagga Trail Marathon has it all: river tracks with bush scenery, sleepy lagoons, hill top views and the lake. It is a unique Marathon experience. Runners will start at Wagga Wagga beach, run along the river, progress under the Sturt Highway along a bike track to Lake Albert, through to the Silvalite reserve, under the Sturt Highway past the City Golf course to the slopes of Pomingalarna reserve then past the lagoon at Flowerdale, under the Olympic Highway, and rejoin the Murrumbidgee River trail back to the beach. Many of the runners have commented on the uniqueness of the Trail marathon and of the spectacular views of the city from the hills of Pomingalarna.

Origin of the marathon

The trail marathon developed from the 'Junee to Wagga Marathon' which ran for 26 years, until 2006. Authorities refused permission for the marathon in 2007 because of the growing danger of running on public roads. The running community was disappointed, and a group of interested Wagga Wagga Road Runners, led by Peter Fitzpatrick, developed a course around Wagga Wagga that runs on the Wiradjuri Walking track. About 90% of the marathon is run off-road; there is minimal distance on public roads, and it has received full support from the Wagga Wagga City Council and the Department of Lands, which is now the NSW Land & Property Management Authority. Called the Wagga Wagga Trail Marathon, the inaugural run was in 2008.

The other running events of the marathon day

The day is much more than just a marathon. It seeks to allow family participation by including a half marathon, and a marathon relay, that allows four persons to complete the 42.2 km marathon with each person running a 10-11 km stage of the route. The day's events also include an individual 10 km run and a 3 km run/walk. All events are open to anyone to enter.

Marathon 2010

The marathon for 2010 will be the same course as 2009, but run in the reverse direction, commencing at 8:30 am at Wagga Wagga beach. Most runners complete the

run in 3.5 – 4.5 hours and each finisher receives a medal. There are drink stations about every 5 km to ensure that runners remain adequately hydrated.

Half Marathon

After a successful trial last year, there will be a half marathon run. At 7:45 am runners will be taken by bus from the beach to the start at the Silvalite reserve. The half marathon will start at the same time as the marathon (8:30 am), it will utilise the last half of the marathon, finishing at the beach as do all the runs of that day.

Marathon relay

The relay begins with the marathon and follows the same course. Locations that are accessible by car allow a change of runner at up to three points during the run with each stage being about 10-11 km in length.

Amongst the trophies that are on offer are a defence force challenge, the “Battle of the Bases” trophy, for the most successful team from the RAAF, Army or Navy personnel of the defence force bases. The “Battle of the Bases” is a perpetual trophy, which the winning defence force keeps until the following year’s event. The organisers of the marathon are happy to promote this healthy and friendly rivalry between the services and encourage others to form relay teams (by sporting interests, employer, or age, for instance) to join the other relay competitors on the day. We asked the question. Are there other teams out there who can perform as well as our defence force teams?

The second trophy on offer is a Business house challenge; there were six teams who competed for this perpetual trophy in 2009.

The organisers have created a third challenge to teams from the Southwest Slopes / Riverina region. In the last two years there has been quite a number of teams from the region competing and, as Albury won last year, they are the ones to beat in 2010.

10km and 3 km

These aim to appeal to those who might never consider a marathon. The runs aim to promote a healthy lifestyle, and the 3km event encourages walkers as well as those who wish to run ... a 3km walk typically takes 30-45 minutes.

The recently released Australian Bureau of Statistics ‘National Health Survey’ for 2007-2008 shows that 25% of Australian adults are obese and an additional 37% are overweight. This is a serious community concern because being overweight is a very significant risk factor for heart disease, type 2 diabetes and some forms of cancer. It is well established that some exercise is essential to the promotion of improved health and wellbeing. Nevertheless, exercise is the factor, perhaps more than any other, which many individuals are highly reluctant to undertake. These shorter distances have been set to promote the health benefits of exercise; encourage participation in exercise, encouraging all levels of ability, and stimulating family and friend to join in.

Further information

See the ‘[Run Information](#)’ pages for further details including information about registration, fees and how to contact the organisers.