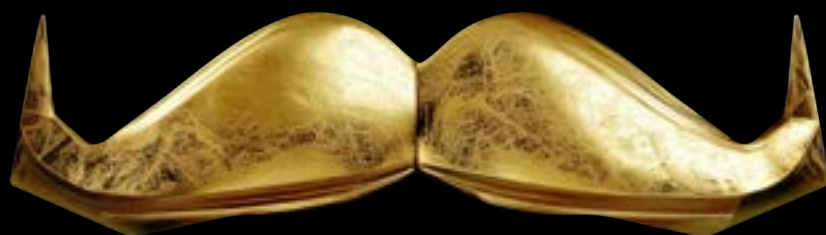


# MO AWARDS 2025



# A MESSAGE FROM TRAV



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## WHAT A MOMENT.

Welcome to the Australian Mo Awards - a night for the moustache growers and lovers. The larrikins, the suspicious mo's, the hairy creatures, the movers. The ones who've been flying the Mo flag since day dot and the ones who dived in headfirst for the first time last year. This is a moustache revolution.

When we kicked Movember off in Melbourne over 20 years ago, it was never just about moustaches. It was about making noise. Breaking the mould. Having conversations. Doing good in a way that felt real. That mission hasn't changed, but the impact. It's grown beyond what we could have imagined.

You helped build this. From garage hangs to surf trips, backyard fundraisers to nationwide movements and global impact. The passion, the heart, the creativity, the moustaches, it all starts here. Right here in Aus.

Tonight's about giving props to the people behind it all. The crew that shows up, goes big, and keeps the Movember spirit alive. Every hairy upper lip, every bold idea, every conversation that's changed someone's life. It matters.

Massive love and thanks for being part of this wild ride. Let's keep pushing, keep backing each other, and keep doing it our way.

Stay hairy,  
Trav Garone  
Founder, Movember



# FINE GROWTH

To grow a Mo is what Movember is known for. In doing so you will inspire donations, conversations and real change. From the wispy one to the oddly sexy one, they all make a difference and save lives. This award goes to the finest ‘Grower’ of 2024.

## OMAIR ALI

Omair Ali’s legendary “Rain-Mo” moustache is impossible to miss—and that’s the point. For over a decade, Omair has used humour, boldness, and creativity to spark serious conversations about men’s health. What started as a fun way to raise awareness has evolved into a powerful tool for connection. From mental health struggles to cancer diagnoses, Omair’s fearless campaigning has encouraged countless others to open up and share their own stories. In 2024 his Mo brought the laughs, but the impact runs deep - proving that sometimes, the most outrageous moustaches start the most important conversations.

## MCMDESIGNS

MCMDesigns has become a powerful voice in the Movember community, raising over \$25,000 USD to support men’s health. Motivated by personal experiences, including the loss of mates to suicide and witnessing mental health struggles, MCMDesigns is committed to sparking conversations and encouraging others to seek help. A highlight of his 2024 campaign was a lively Livestream from Mo HQ, complete with bamboozelbeans, a coffee shoe, and a waxing session - all in the name of awareness. Through creativity, authenticity and purpose, MCMDesigns has transformed a personal mission into meaningful impact across the Movember community.

## RYAN SHARP

Ryan Sharp is a driving force behind Movember at BHP’s South Australian mining sites, where he’s raised over \$53,000 and sports one of the furriest moustaches in the business. His passion is deeply personal - “In mining, I see too many mates facing challenges they don’t know how to face”. That reality fuels his mission to spark conversations and create a culture where men feel safe to speak up. For Ryan, the highlight of his campaign has been bringing people together for a common cause - uniting teams, breaking down barriers, and championing a healthier, more connected workforce.

## HEDLEY TAYLOR

Hedley Taylor is a 10-year Mo Bro and proud Movember Hall of Fame fundraiser from Western Australia. Known for putting his hair on the line, Hedley turns heads each year by dyeing his Mo and sideburns wild colours - once even transforming his Mo into a fully bejangled Christmas tree. His creativity, commitment, and decade-long dedication to men’s health make him a true Movember legend.

## NICHOLAS BONNEY

Nicholas Bonney used humour and creativity to drive his Movember campaign, raising awareness through bold costumes - from Chopper and Luigi to Ron Burgundy. Each outfit sparked laughter and, more importantly, opened the door to conversations about men’s health. For Nicholas, Movember is about supporting everyone: mates, families, and ourselves. His favourite moments included surprising the kids on a surf trip to Samoa with a freshly shaven Mo, and crafting a jockey moustache for Melbourne Cup Day. By mixing fun with purpose, Nicholas reminded people that small moments, like a chat about a Mo, can lead to real change.

## ANAND HEGDE

For 14 campaigns Anand Hegde has sported a Mo as bold as his commitment to the cause. Each Movember, he sculpts his Mo into imaginative styles - think possum tails and beyond - to spark conversations and raise funds. Driven by a personal passion to reduce prostate cancer deaths, Anand is a long-time legend helping Movember change the face of men’s health.



# GOING THE DISTANCE

Celebrating the one who has gone the distance for men’s health. Whether it’s 6, 60 or 600km, every move for Movember makes a difference. An individual or team that literally went above and beyond in the distance they covered, or maybe someone made each km within their 60km extra special, or completed it in the face of adversity.

## CLINT PERRY

In support of men’s mental health, teacher Clint Perry walked an incredible 750km along the Australian Alpine Trail during Movember. His journey—equal parts thrilling, painful, and unforgettable—culminated in a truly unforgettable life moment as he hobbled into Walhalla. Driven by a passion to help young people understand the importance of acknowledging men’s mental health, Clint continues to lead by example, one step at a time.

## JOHN ASHFORD

John Ashford ran 6.63km every day throughout Movember—each time in a different Mo-themed costume, from Colonel Sanders to a galloping inflatable horse on Melbourne Cup Day—turning heads and sparking conversations. Behind the humour is a deep personal mission: to break the silence around men’s mental health. Having endured his own struggles, including a long journey of healing from childhood trauma, John knows the power of speaking up. His Movember efforts are a bold reminder that strength lies in vulnerability—and that real conversations can change lives.

## KANE FORD

Each year, Kane takes on a physically and emotionally demanding hiking challenge to raise funds and awareness for Movember—carrying a heavy wooden moustache as a symbol of the weight of anxiety and depression. After completing solo hikes in the past, 2024 saw him invite his Get Outside community to join his ‘Dusk till Dawn’ 12 hour hike in the Dandenongs (Vic)—a powerful reminder that he no longer has to carry anything alone. A proud gay man from regional Victoria, he has faced deep mental health challenges, including burnout in 2019 that brought him to a breaking point. Today, through sharing his story and building a toolkit for resilience, he continues to advocate for open, honest conversations about men’s mental health—proving that vulnerability is a strength and connection is everything.

## FREDERICK GUNNING & THE BX ROADRUNNERS

Frederick and the BX Roadrunners went big and ran from Bathurst to Sydney. A personal highlight of the recent 210km journey was the shared smiles and laughs at the end of each grueling day. Despite the excruciating pain and exhaustion, it was mateship and camaraderie that carried them through the toughest moments—proving that finishing the journey together mattered more than who ran every step. After losing his father at just 12 years old, it wasn’t until later in life that he came to understand the role mental health played in that loss. Now, with a platform through his run club, he’s turned personal pain into purpose—advocating for change and supporting the incredible work Movember does for men’s health.

## JENNA FULTON

Last year, Jenna took on an extraordinary challenge: riding a stationary bike for 24 hours straight in support of Movember. While the physical toll was immense, it was the emotional impact—and the community that gathered around her—that left a lasting mark. Friends, colleagues, and strangers came together, not just to cheer her on, but to share stories, open up, and connect over a cause that touches so many. After losing her dad to suicide in 2013, and later her psychologist, she found strength in speaking out, using her vulnerability to create space for others. Each year, she has pushed herself further—not just for the challenge, but to remind the men in her life, and countless others, that they don’t have to face their struggles alone. The 24-hour ride wasn’t just a test of endurance—it was a powerful symbol of hope, resilience, and the strength that comes from community.

## TASSIE BACKBONE - STEPH BRAKE & LAUREN THOMAS

Steph Brake and Lauren Thomas walked 500km across Tasmania for the Tassie Backbone—through freezing summits, soaked tents, and even a few unburied surprises. One unforgettable night on the King William Range, shivering on the edge of hypothermia, reminded us that even in the messiest, hardest moments, what matters most is not doing it alone. This journey was about more than endurance—it was about honouring the men in our lives who we’ve lost too soon to suicide, turning grief into action, and walking side by side to spark real conversations about men’s health.





# HAVIN' FUN, DOIN' GOOD

This award goes out to all the hosts who have brought people together in the name of men's health. From quizzes to parties, these mo-ments are what make Movember special.

## ENYA DERRIERE'S DRAG BINGO

Enya Derriere's Drag Bingo has become a highlight of the Movember calendar—what started as a fun night of drag trivia has grown bigger and bolder every year. From handmade costumes to unforgettable performances, Enya brought the energy, laughter, and purpose to a sold-out venue in 2024, all while raising vital funds and awareness. Behind the glamour is a deeply personal mission—supporting her uncle through a gruelling prostate cancer battle and breaking the stigma around mental health, including her own experience with panic attacks. For Enya, it's about more than just a show—it's about empowering men to speak up, ask for help, and never feel alone.

## TOTAL TOOLS MILDURA

Total Tools Mildura Movember Golf Day began as a powerful way to honour a team member's husband, who was lost to cancer—and quickly became something much bigger. With a strong male customer base and deep roots in their regional community, the team saw an opportunity to make a real impact. The result? A fun-filled, feel-good day that unites local businesses, tradies, and customers in generous support of men's health. It's more than just a golf day—it's a testament to what a small community can achieve when they come together with purpose, heart, and a whole lot of laughs.

## PINGELLY MO BROS

In the small town of Pingelly (pop. 800), the Pingelly Mo Bros stepped up in 2021 to carry on a beloved tradition from a neighbouring community—a Movember auction too meaningful to let fade away. Last year, their efforts raised over \$55,000 for Movember, but the real impact was felt in the way it brought the community together. During the intense harvest season, the auction became more than a fundraiser—it was a moment to pause, connect, and check in with one another. For the Pingelly Mo Bros, it's about doing their part, supporting their mates, and proving that even a small town can make a mighty difference.

## MATES BALL

Good mates – Harry, Ged & Oscar with a bunch of collaborators hosted a 400 person 'Mates Ball' for Movember. For them it's always been about connection—reuniting with childhood mates, sharing a laugh, and realising we're all just doing our best to get through life together. Movember represents what truly matters: mateship, showing up when it counts, and having real, honest conversations. It gives purpose to nights like Mates Ball—turning a good time into something bigger. It's about coming together to raise awareness and back men's health in a way that's real, personal, and close to home.

## SPRINGFIELD MO MEN

After the heartbreaking loss of a local man to suicide, the Springfield Mo Men formed with one mission: to change the face of men's health in their community. What started as a space for blokes to connect and check in has grown into a movement—hosting standout events like the Father's Day Car Show with over 18,000 attendees, Men @ the Movies, monthly Steak n Mates catchups, a Movember pie-eating competition, annual golf days, and their iconic annual Movember Gala. Through organising consistent opportunities for fun, connection, and conversation, the Springfield Mo Men are making a powerful impact—one event, one laugh, and one mate at a time.

## PROJECT YOU - THE FUR BALL

Founded by Cam Flavell, Project YoU is a community built to inspire, empower, and drive positive change in men's health. With the support of Movember ambassadors Macauley Ryan and Rory McHugh, the initiative has grown rapidly—now spanning three states with over 20 dedicated volunteers. In its third year, Project YoU hosted Fur Ball's in Melbourne, Sydney, and Brisbane, bringing together over 1,000 people for nights filled with connection, celebration, and purpose. At its heart, it's about more than just a party—it's about community, conversation, and creating lasting impact for men's health.



# MO YOUR OWN WAY

Some people just don't fit the mould. This award goes to the person who has made their own way to support Movember.

## ROHAN ANSTEY

Paramedic Rohan Anstey set a bold 2024 goal: raise \$100,000 for Movember and legally become "MOhan." Behind the humour was a serious mission. "I don't want to attend another suicide," he said. Rohan has seen firsthand the devastating impact of silence and wants to spread the message that lives matter and help is available. His campaign mixed purpose and creativity, from filming a video series with Movember to receiving heartfelt messages from supporters. Those moments reminded him why the work matters. Through honesty, energy, and drive, Rohan is turning conversations into real action for men's health.

## SHAI LAWRENCE

Shai Lawrence brought passion and rhythm to Movember 2024, dancing for 30 hours over 30 days to raise funds and awareness. With prostate cancer in her family, Shai's mission is clear: make sure men know that getting checked can save lives. Her campaign blended fun with purpose, drawing in friends, family, and the wider community. A standout moment was a surprise call from Movember founder Travis, recognising her incredible efforts. That personal moment capped off a campaign full of determination and joy. Shai proves that you don't need a moustache to make a difference—just heart and hustle.

## BEN, LIAM, AND BELLE

Ben, Liam and Belle from NOVA took their support for the hair cause to the next level by saying "Movember" on a livestream for 24 hours straight. The trio turned a wild idea into a wonderfully weird and impactful campaign, rallying listeners and teams behind a great cause. Their personal highlight was surviving the sleep-deprived chaos, staying entertained with creative challenges, and watching the collaborative magic unfold between production, promo, and on-air teams. For them, it wasn't just about endurance, it was about energy, teamwork and amplifying the message that men's health matters, one "Movember" at a time.

## CARLOS DUQUE

Carlos Duque broke a world record in 2024 by pushing a lawn mower the longest distance in 24 hours for Movember. But for Carlos, it wasn't just about distance - it was about showing his sons that real strength includes kindness and vulnerability. "I want my boys to know it's okay to cry and show up for others". His challenge sparked countless chats along the way, reminding everyone that men's health matters. The highlight was stopping the mower as his son shouted, "That's my dad!" Carlos' passion has left a powerful mark beyond any record.

## WALLABY HILL AND SHANE ROSE

The team at Wallaby Hill took fundraising to bold new heights in 2024, creating a cheeky mankini calendar inspired by Olympian Shane Rose's daring outfit. With a great sense of humour and even greater heart, the crew put it all on the line to raise funds and awareness for Movember - proving that when it comes to men's health, they're not horsing around.

## CHRIS BETHELL

Firefighter Chris Bethell has been a Movember legend since 2013. What started as casual moustache fun evolved into an annual tradition of celebrity lookalikes, raising funds and eyebrows. Each year, Chris transforms into iconic Mo-wearers to start conversations and entertain his growing audience. While the laughs are constant, the mission is serious. After witnessing friends face cancer, mental health struggles, and suicide, Chris stays committed to the cause. His highlight each year is the growing support from his circle, and how his campaign continues to raise awareness in unique and engaging ways. Chris brings heart and humour to every Mo.



# REMARKABLE WORKPLACE

(Small)

Acknowledges the Team Captain and Team that has shown efforts in engaging their employees while increasing their fund and awareness raising.

## LANGI KAL KAL PRISON

Langi Kal Kal Prison showed what's possible when a workplace unites for a cause, raising nearly \$9,000 for Movember - well beyond their \$2,000 goal. Led by long-time fundraiser Josh, whose passion and personal connection inspired others, the campaign created real impact. A standout moment was their powerful onsite event, where guest speaker Torren Woolley shared how donations make a difference, followed by Josh's moving story of personal struggle and loss. The response in the room was a reminder of the power of safe, open conversations. Langi Kal Kal turned awareness into action and helped change the story for men's health.

## FELONS BREWING CO.

Felons Brewing Co. turned their brewery into a hub for men's health, raising awareness and funds through beer sales, guided tastings, and open conversations. As a major employer of young people and host to locals and tourists, they saw a unique chance to create change. A standout moment was hosting a Movember SpeakEasy workshop, where 40 team members explored communication, connection, and community. It sparked deeper understanding and real conversations across the business. For Felons, Movember isn't just a campaign - it's part of the culture. Every beer poured and conversation shared helps build stronger, healthier communities.

## ASICS MOCEANIA

ASICS Oceania, proudly rebranded as ASICS MOceania, stepped up in 2024 under team captain Phill, who has fundraised for Movember for 16 years. After losing a best friend to suicide and facing his own struggles, Phill leads with honesty and passion. A highlight was a powerful session with guest speaker Torren Woolley, where Phill shared his story and sparked open conversations among colleagues. The ripple effect has already set the stage for a bigger campaign in 2025. With leadership, teamwork and heart, ASICS MOceania continues to support better men's health across the region.

## TONKIN GROUP

Tonkin Group brought energy and humour to their 2024 Movember campaign with a cheeky calendar featuring staff as themed models for each month. While the poses were playful, each page also delivered important messages about men's health. The calendar sparked laughs and real conversations across their workplace and community. By blending vulnerability with fun, Tonkin Group showed that tradies can tackle serious issues while still having a laugh. Their bold, creative approach struck a perfect balance and proved that meaningful impact can come from even the most unexpected places - like tool belts and bare chests.

## PLUTO TRAIN 2

In Western Australia's Pilbara, the Pluto Train 2 Project rallied around Movember 2024 to tackle the tough reality that suicide rates in construction and FIFO industries are nearly double the national average. With a mostly male workforce, they used Movember to raise awareness and foster connection onsite. A campaign highlight was seeing every trade join in, from lush moustaches to faint wisps, and fierce competition among all genders for the title of Mo Champion. Beyond the fun, the project boosted morale, sparked conversations, and reminded everyone that Movember is about more than facial hair—it's about saving lives.

## MNOA

MNOA is a passionate Defence team united by a mission to raise awareness for men's health, mental health, and suicide prevention. Their goal is clear: get in front of the conversation, remind others it's okay not to be okay, and connect them to support. In 2024, the team brought purpose and personality—mixing moustached presentations to Parliamentarians with choccy milk chugging fundraisers. The highlight was the fun and connection woven through it all, whether through Mo's, mudflaps, or messages. MNOA shows that change doesn't always need to be serious, just driven by people who care enough to start talking.

## SPACEFRAME BUILDINGS

Each year, Spaceframe rebrands as Face Frame and throws itself into Movember with laughs and heart. General Manager Bill O'Flaherty leads the charge, growing the Mo, shaving his head, dyeing it pink, plunging into ice baths and baked beans - all to raise funds and start conversations. His witty, honest campaign emails have become a highlight of the year. From chats with clients to onsite banter with subbies, Movember has helped the team go beyond talk of concrete and steel to open up about real issues. Face Frame proves that even in the toughest industries, real change is possible.



# REMARKABLE WORKPLACE

(Large)

Acknowledges the Team Captain and Team that has shown efforts in engaging their employees while increasing their fund and awareness raising.

## BUNCH OF HAIRY BANKERS

Westpac's "Bunch of Hairy Bankers" is a long-running Movember team built on mateship, purpose, and a shared drive to support men's health. Team captain Bruce first got involved for the camaraderie, but stayed for the impact - seeing the influence the Hairy Bankers had not only on friends and family, but across the wider Westpac network. A campaign highlight each year is their uniquely designed t-shirts, proudly worn by staff across multiple states long after November ends. For the team, it's proof that Movember isn't just a one-month effort, but a lasting message carried proudly year-round.

## KPMG

At KPMG, Movember struck a personal chord, especially within the C&Mo team, highlighting mental health in high-pressure environments. Backed by lived experience and strong wellbeing initiatives, the team used Movember to turn care into action, raising both awareness and funds. A highlight was the nationwide bake sale, which grew from a simple idea into a cross-country effort involving teams from offices across Australia. More than a fundraiser, it created real moments of care and connection. KPMG's campaign showed how even small gestures, when shared across a team, can foster a more supportive and mentally healthy workplace.

## TASMANIA POLICE

Thanks to the leadership and vulnerability of Movember Community Ambassador Tom Moir who first joined the campaign in 2020 for personal support, Movember became a reduced-stigma platform for sharing mental health journeys, helping Tom and his colleagues open up. The campaign created space for powerful conversations and lasting connection across the force. The highlight was witnessing participants' personal growth and long-term engagement with their mental health. Tasmania Police is living the mantra "first to respond, first to talk," showing that courage starts with speaking up.

## SPARK NORTH EAST LINK

At Spark North East Link, Movember reflects the team's values: Strength in the Pack and Succeed Together. In an industry where suicide risk is higher, the team rallied for men's health, raising over \$120,000 in 2024 and becoming one of Australia's top fundraising construction companies. The campaign was powered by collective effort, with standout contributions from Construction Director Steve Wille and Superintendent Jason Bond, who contributed over \$14,000 together. For Spark, Movember is about more than money. It's about living their values, creating a culture of care, and showing that strength includes looking out for each other.

## RIO TINTO

Rio Tinto has long supported Movember, raising millions and driving awareness of men's health across its global workforce. With a largely male employee base, the campaign promotes regular health checks, mental wellbeing, and open conversations at sites and offices. A passionate working group drives this effort each year, creating grassroots impact beyond their roles. In 2024, the launch morning tea across all 17 floors of Rio's Perth office was a standout, featuring Mo-themed treats and conversation starters for managers. Through this culture of care, Rio Tinto continues to bring health, humour, and human connection to every workplace.

## BHP

BHP has long held the title of Movember's largest Australian fundraiser, with a global workforce committed to supporting men's health. Movember aligns with BHP's values, helping to raise awareness of physical and mental health risks and promote early intervention. A highlight in 2024 was the BHP MO-vement Global Relay, a seven-day non-stop challenge involving hundreds of staff worldwide. Each person completed one hour of activity before passing the baton, symbolising global unity. Across worksites and offices, teams hosted educational sessions, morning teas, and creative "hairy" events. BHP continues to lead by example, building a lasting culture of care and connection.



# MOVEMBER® HALL<sup>OF</sup> FAME

Movember's Hall of Fame is reserved for Mo's who have made a significant contribution to Movember and men's health. Our Hall of Fame are the elite of the elite.

## \$250,000+

Dr Sanjeev Bandi

Nick Halkitis

## \$100,000 - \$250,000

Bradley Brown  
Craig Butterworth  
Matthew Clark  
Jim Crompton

John Efkarpidis  
Andrew Hoschke  
Mark Kelly  
Vicki Monaghan

Bill O'Flaherty  
Nick Reece  
Ivan Slavich  
Chris Stewart

Mark Stretton  
Sam & Ross  
Fishing Lure

## \$50,000 - \$100,000

John Ashford  
Rohan Anstey  
Mark Bradshaw  
Kyle Brown  
Katie Bourke  
Dennis Bullpitt  
Ryan Bird  
Peter Cameron  
Shane Carter  
Tilli Conias  
Carlos Duque  
Mark Evans  
Cam Flavell

Simon Foale  
Paul FitzGerald  
Paul Gardiner  
Adam Garre  
Roger & Andy Grigg  
Ian Hackett  
Jason Hadassin  
Gerry Hayes  
Andrew Illichmann  
Harvey Kalman  
Ange Kondos  
Peter Lambos  
Storm Lewington

Rory McHugh  
Helen Middleton  
Sasha Mielczarek  
Flea Adrian Nolan  
Darrell Newsome  
Dan Price  
Mark Ruberto  
Josh Ryan  
Kieran Ryan  
Eray Saban  
Ryan Sharp  
John Shepherd  
Shaun Siddons

Owen Smith  
Tyson Smith  
Mick Sobey  
Wayne Stockill  
The Negroni Project  
Philip Tuch  
Jo Vandeleur  
Marco Waanders  
Zanaldo Walsh  
Tom Windsor  
Simon Yam





# ROOKIE OF THE YEAR

For the standout first year Mo. Either an individual or a first time Movember team.

## TEAM ALSTOM

As first-time Movember fundraisers, Alstom found the perfect fit between the campaign and their core value: safety. From steel caps on-site to the mental and physical wellbeing of the people behind their rail projects across Australia and New Zealand, Movember aligned seamlessly with their mission to support their team and give back to the communities they live and work in. One site, however, took things to the next level—Dandenong became the stage for an epic Mo showdown between teammates Shoaib and Loic. What followed was weeks of friendly rivalry, team chats, and donation hustling as the two Mo Bros went head-to-head, driving momentum and morale for Team Alstom in true Movember spirit.

## SOPHIE MALOUF

For Sophie Malouf, Movember is personal—and powerful. In honour of the fearless men in her life and in memory of her dad, Sophie took on a 144km SkiErg challenge in 12 hours to represent the 1,440 men lost to suicide every day across the world. Her event became more than just a physical feat—it sparked conversations, forged connections, and reminded everyone involved that with community, teamwork and vulnerability, anything is possible. Sophie's mission is clear: to give back to the men who've stood tall in her life, and to help shift the stigma for future generations.

## JESSE & NOA FOR MUGS

In 2024, Jesse and Noa fundraised in honour of their best mate Mugsy, turning grief into powerful action. With heart, hustle, and deep purpose, they rallied their community and raised over \$14,000 for Movember - an incredible tribute to a mate gone too soon and a commitment to changing the stats on men's health.

## NICK ROBINSON

In the middle of harvest—one of the busiest times of year—Nick Robinson ran an incredible 60km every week of Movember. For Nick, the alignment with Movember's mission runs deep. Inspired by the passion and drive of those involved in the movement, he's found a rare sense of purpose and community that pushes him to be better every day. While most of his motivation comes from within, the dedication of the Movember Community has become a powerful source of external inspiration—one he's proud to run alongside, kilometre after kilometre.

## THREE BLOKES RUNNING

Three mates from Townsville, Three Blokes Running set out to grow their Mo's and each run 180km during Movember—but it became much more than just a challenge. Deeply impacted by mental health struggles and suicide in their own lives, they were driven by a shared passion to change the conversation around men's mental wellbeing. One of the standout moments of their campaign was a fun run fundraiser at a local pub in Ayr, where the community showed up in full force to support the cause. For these blokes, it's not just about the distance covered—it's about making sure no man has to struggle in silence.

## FERGUS MEYER

After being diagnosed with testicular cancer, Fergus was struck by how little awareness existed around men's health—especially for younger blokes. Determined to change that, he grew a Mo, shaved his head, and ran 10km a day throughout Movember to spark conversations and raise vital funds. But the heart of his campaign was the men's health talks he led, where sharing his personal journey moved others to take action, book check-ups, and take control of their health. For Fergus, the most rewarding part was seeing real change—one powerful conversation at a time.



# TEAM MOVEMBER

The community based Movember team who showed the most impressive collaboration in coming together and changing the attitudes and behaviours around men's health.

## MOBART MO BROS

The Mobart Mo Bros have been a fundraising force since 2005, brought together by a shared purpose: to change the face of men's health. Born in the wake of personal loss, this motley crew from Hobart has done it all—Tash Dashes, Tash Splashes, Tour de Moes, and shaved down everyone from premiers to Boony. They've been Australia's top Movember fundraising team eight times, raising over \$1.3 million along the way. In 2024, their 100-strong team of Mobartians raised nearly \$80,000—carrying conversations about men's health into workplaces, pubs, and neighbourhoods across the state. It's not just about moustaches—it's about community, connection, and showing up with a bit of flair.

## MODEO BROS

The Modeo Bros—four mates from Adelaide—took on Movember with one mission: to push their limits so others could find the strength to speak up. From insane physical challenges to rallying the community, they used their bodies to break barriers and spark real conversations around men's mental and physical health. A standout moment? Finishing the brutal Goggins Challenge—running four miles every four hours for 48 hours—surrounded by over 40 locals on their final loop. For the Bros, it's not about the pain or the pace—it's about showing up, bringing people together, and proving we don't have to face the hard stuff alone.

## TOM'S BROOK FARM

Tom's Brook Farm has been proudly backing Movember for the past few years, driven by a deeply personal connection—several men in the Carmody family have been affected by prostate cancer. Using their growing YouTube community to raise awareness in rural Australia, the farm has become a powerful voice for men's health. This year's highlight? Smashing their \$30,000 target and celebrating with a bold blue hairdo! It's proof that with purpose, community, and a bit of colour, you can make a real difference.

## THE FLANNO 5K

The Flanno 5K isn't your average run—it's about fashion, mateship, and sweating it out in flannelette for a cause that hits close to home. Born from the heartbreak of losing two best mates to suicide, the now Movember tradition has gone around Australia and beyond to raise awareness and funds for Movember. The highlight? Watching hundreds of legends in their finest flanno charge down through Richmond on a hot Movember arvo—a sight that perfectly captures the heart, humour, and hope behind this unforgettable event.

## SILLY SELLECKS

The Silly Sellecks—a tight-knit crew from Brisbane—turned mateship into a movement. What started as one man's tribute to a lost role model has grown into a powerful annual tradition of walking, talking, and supporting one another through life and Movember challenges alike. Their regular group catch-ups have become a safe space for real conversations, shared struggles, and plenty of laughs. With more people joining each year, The Silly Sellecks are proving that when it comes to men's health, showing up for your mates can change—and even save—lives.



# INSPIRATIONAL MO'TIVATOR

Someone who is breaking stigma, leading the way, achieved something impossible and is a champion of the Movember campaign.

## KANE FORD

Kane Ford is proof that vulnerability is a superpower. Growing up as a young gay man in regional Victoria, Kane has faced his share of mental health battles—including a moment in 2019 when he hit rock bottom. But through courage, resilience, and a commitment to growth, he's built a self care toolkit to navigate life's challenges—and more importantly, he's shared it with others. Kane's strength lies not only in overcoming adversity but in inspiring others by telling his story. His honest, brave voice continues to break down stigma and open the door for real conversations—reminding us all that if it helps even one person, it's more than worth it.

## TILLI CONIAS

For Tilli Conias, Movember began as a personal call to action—and has since grown into a movement that's rippled through communities near and far. Fuelled by the loss of her dad to prostate cancer and her husband's battle with depression, Tilli has turned grief into purpose, using storytelling, social media, burpees, and even a New York City marathon to raise awareness and spark powerful conversations. From helping strangers overseas to inspiring lifesaving check-ups at home, she's proof that one voice—spoken with authenticity and heart—can create extraordinary change.

## HARRY CLEARY

For Harry Cleary, Movember has been more than a campaign—it's been a lifeline. After surviving a suicide attempt and losing his father to alcoholism and mental health struggles, Harry found purpose, healing, and strength in the Movember community. From a 24-hour run in 37-degree heat—thousands of miles from home—to years of powerful challenges, Harry's journey is a testament to resilience, growth, and the unbreakable bonds forged through shared struggle. His story is one of turning pain into progress and proving that with community, no man walks alone.

## JOHN CARMODY

John Carmody of Tom's Brook Farm has become a powerful voice for men's health in rural Australia. With several men in the Carmody family affected by prostate cancer, John has used his growing YouTube following to spotlight the unique health challenges faced by regional and rural blokes—breaking down barriers with honesty, humour, and heart. Through storytelling and authenticity, he's helped drive awareness where it's needed most. This year, he smashed a \$30,000 fundraising target (and celebrated with a bold blue hairdo), proving that when you combine purpose with platform, real impact follows.

## TOM WINDSOR

As the driving force behind the Mobart Mo Bros, Tom Windsor has become a beacon of hope and action across Tasmania. After losing his father to suicide, Tom turned his grief into purpose—rallying Mo Bros and Mo Sisters from pubs to Parliament with a powerful message: check in, speak up, and support one another. Whether he's addressing a crowd or starting a quiet conversation, Tom continues to lead with vulnerability, compassion, and an unwavering commitment to changing the face of men's health.

## JAMES JURANKE

James Juranke's Movember journey is rooted in lived experience—having faced his own mental health battles, he knows firsthand the power of conversation. In 2024, his continued advocacy of men's health melded into a national campaign through Coles, sparking meaningful chats in store aisles and office hallways alike. Raising \$1.3 million was extraordinary, but for James, the real win is impact—knowing that even one customer might pause, reflect, and take action for their health. From darkness to national change-maker, James is proof that sharing your story can help others find their way forward.

## [MO]RE THAN A RUN - ALEX & OLLY

What began as a simple idea between two mates—Alex and Olly—has grown into a global movement. [mo]re than a run set out to raise \$50,000 and unite 15 Sydney run clubs. Just four years later, it's raised over \$2 million for Movember, connected 350 run clubs, and brought thousands of runners together across Australia, New Zealand, the UK, and Ireland. Born from a deep personal loss and a desire to stop men dying too young, [mo]re than a run has become a powerful force for connection, conversation, and change—proving that running shoes and shared purpose can truly save lives.



# MO ALUMNI AWARD

Celebrating individuals who have contributed to Movember's mission over the past 20 years, this award recognises those whose passion, dedication, and lasting impact have helped shape who we are today. Whether through community, fundraising, leadership or behind the scenes support, these alumni are true Mo legends whose legacy continues to inspire.

## COLLEEN NELSON

Professor Colleen Nelson has played a key role in Movember from the time she joined the Board in 2010. As Chair of the Global Scientific Committee, she led the Global Action Plan (GAP), a collaborative initiative that united top researchers to tackle critical challenges in prostate and testicular cancer. Under her leadership, the committee drove global research, encouraged data sharing, and ensured Movember's funding supported high impact, world class science.

## ELAINE FARRELLY

Elaine Farrelly is a passionate Mo Sister who has dedicated over 17 years to Movember. She was a driving force in the organisation's early growth, serving as Global Finance Director before stepping into the role of Chief Strategy and Operations Officer.

Elaine helped shape Movember's structure, culture, and values as it scaled into a truly global movement, bringing with her a wealth of experience from the corporate world. As a long-serving Board member, she played a pivotal role in guiding Movember through its biggest years of expansion, leaving an enduring mark on the organisation and the global men's health community.

## GIBBINS FAMILY

Andrew, Bill and the whole Gibbins family was there at the very beginning, Andrew being one of the original 30 Mo Bros who, in 2003, decided to grow a moustache and start a conversation that would spark a global movement. With his trademark humour and commitment to a Movember costume, Andrew helped set the tone for what Movember would become: bold, disruptive, and relentlessly focused on changing the face of men's health.

Andrew's impact didn't stop with that first Movember. Year after year, he and his family have been unwavering supporters growing, donating, and rallying others to the cause. Their commitment has been as consistent as the Mo itself, showing that real change comes from showing up, again and again. From the early days in Melbourne pubs to Movember's place on the world stage, Andrew Gibbins' story is a reminder that big movements start with small acts and that when you bring your family along for the ride, the impact lasts for generations.

## NICK REECE

Nick Reece is one of the original Mo's who helped drive the Movember movement in its early days, supporting its journey from a small local initiative into a global charity. He went on to serve as Chair of the Movember Foundation Board, guiding the organisation through significant growth and impact. Today, Nick continues to be a passionate ambassador and prominent public voice for Movember, championing the cause and inspiring others to join the movement.

## STEWART VELLA

Dr Stewart Vella is a passionate Mo Bro and a subject matter expert at Movember, focusing on mental health through sport research. He leads the Global Alliance for Mental Health and Sport and advises the Foundation on integrating mental wellbeing into community and elite sport. Stewart has been instrumental in the Ahead of the Game program, a sports-based mental health initiative for young men, helping to scale it across Australia. Additionally, he spearheaded the development of the Australian mental health guidelines for community sport, published in early 2025, providing practical frameworks to protect mental wellbeing across sporting clubs.





# THANK YOU TO THE DISTINGUISHED GENTLEMAN'S RIDE

This year marks a decade of partnership between Movember and The Distinguished Gentleman's Ride (DGR) – and what a ride it's been.

From humble beginnings to a truly global phenomenon, DGR has become a cornerstone of Movember's fundraising efforts, bringing together motorcycle communities in style to raise funds and awareness for men's health.

In 2025, you raised a record-breaking AUD \$11.9 million globally, with more than 127,000 riders taking part across 1,037 rides.

To the entire DGR team – thank you. Your commitment, creativity, and relentless drive have helped change the face of men's health. You've built more than an event – you've built a global movement.

We're incredibly proud to celebrate this 10-year milestone with you tonight and to honour the impact you continue to make, year after year.





THANKS TO OUR AMAZING COMMERCIAL PARTNERS FOR  
GETTING HAIRY FOR THE 2024 MOVEMBER CAMPAIGN

coles



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POLITIX



swysh.

**MotoGP**  
AUSTRALIAN MOTORCYCLE GRAND PRIX

Gillette

L'OREAL  
MEN EXPERT

autObarn



TO OUR COMMUNITY.

WE SEE YOU. WE THANK YOU.  
YOU'VE MADE 2024 A BIG ONE  
BUT WE'RE NOT DONE YET.

THE MOUSTACHE IS CALLING.  
ANSWER THE CALL.

