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Official Program



VILLAGE ROADSHOW
THEME PARKS



PARADISE
COUNTRY

GOLD COAST MARATHON

QUEENSLAND - AUSTRALIA

2-3 JULY 2022

GOOD
TIMES
#GCM22

42

marathon

21

half marathon

10

10km run

5

5km fun run

JD

junior dash

goldcoastmarathon.com.au

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in Queensland

Welcome from the Minister



Welcome to the 2022 Village Roadshow Theme Parks Gold Coast Marathon, a wonderful opportunity to immerse yourself in Gold Coast's local culture and community, and hopefully explore some of the superb tourism experiences on offer here.

The impacts of the pandemic have provided incredible challenges, but thanks to the hard work of Queenslanders our state was one of the first to put in place a COVID Safe Event Framework which paved the way for events such as this one to take place.

The Queensland Government is proud to support the 2022 Gold Coast Marathon, through Tourism and Events Queensland's Major Event program and it is a feature on our It's Live! in Queensland events

calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us.

Congratulations to the event organisers and all those involved in organising this event – may it be a successful one.

If you are visiting for the event, I encourage you to make some time to explore the diverse tourism experiences on offer in this beautiful region.

The Hon. Stirling Hinchliffe MP,
Minister for Tourism, Innovation and Sport and
Minister Assisting the Premier on Olympics and
Paralympics Sport and Engagement

Welcome from the Mayor



If sport is in our city's DNA, the Village Roadshow Theme Parks Gold Coast Marathon is in our blood.

This world class marathon was missing from the coast last year due to the challenges of Covid-19.

In 2022, it's back with an incredible line-up of activities over the weekend. Now in its 42nd year, the marathon has seen the world's best tackle the 42.2km course from Southport to Burleigh and Paradise Point. Runners get to finish the last three kilometres with views of the magical Broadwater by their side ... a fitting end to one of the most scenic marathons in the southern hemisphere.

I applaud Village Roadshow for securing naming rights sponsorship as it brings a great brand to a great event – all in the name of fitness, fun and charity.

I pay special thanks to the para-athletes out on course as they epitomise the spirit of sport and the strength of human endurance. You are our true heroes.

To the competitors, I wish you all success whether you are tackling the junior dash, the 5km fun run, the 10km, the half marathon or the mighty marathon.

Our valued sponsors will be on show across the marathon festival so please support those businesses who support you.

And to our valued visitors – stay a little longer and enjoy everything our great city has to offer.

Tom Tate
Mayor

RACE START TIMES

Saturday 2 July

- 6:00am** ASICS Half Marathon
First finisher from 7:00am
- 9:25am** Health and Wellbeing Queensland
2km Junior Dash
First finisher from 9:31am
- 9:40am** Health and Wellbeing Queensland
4km Junior Dash
First finisher from 9:52am
- 10:10am** Gold Coast Airport 5km Fun Run
First finisher from 10:25am

Sunday 3 July

- 5:55am** CPL Wheelchair Marathon
First finisher from 7:25am
- 6:00am** Village Roadshow Theme Parks
Gold Coast Marathon
First finisher from 8:08am
- 6:25am** CPL Wheelchair 10km
First finisher from 6:45am
- 6:30am** Southern Cross University 10km Run
First finisher from 6:58am

Start & Finish Locations

The start and finish lines for all events at the Village Roadshow Theme Parks Gold Coast Marathon are located at the Race Precinct at the Broadwater Parklands in Southport.

AUDIENCE GUIDE

Live Stream - goldcoastmarathon.com.au

Saturday: 5:45am to 7:20am

Sunday: 5:45am to 8:45am

Live race vision with expert commentary and special guest interviews with race winners, event ambassadors and many more.

Results - goldcoastmarathon.com.au

Track the runners' progress and stay abreast of all the live action of every runner, every time.

Social Media #GCM22



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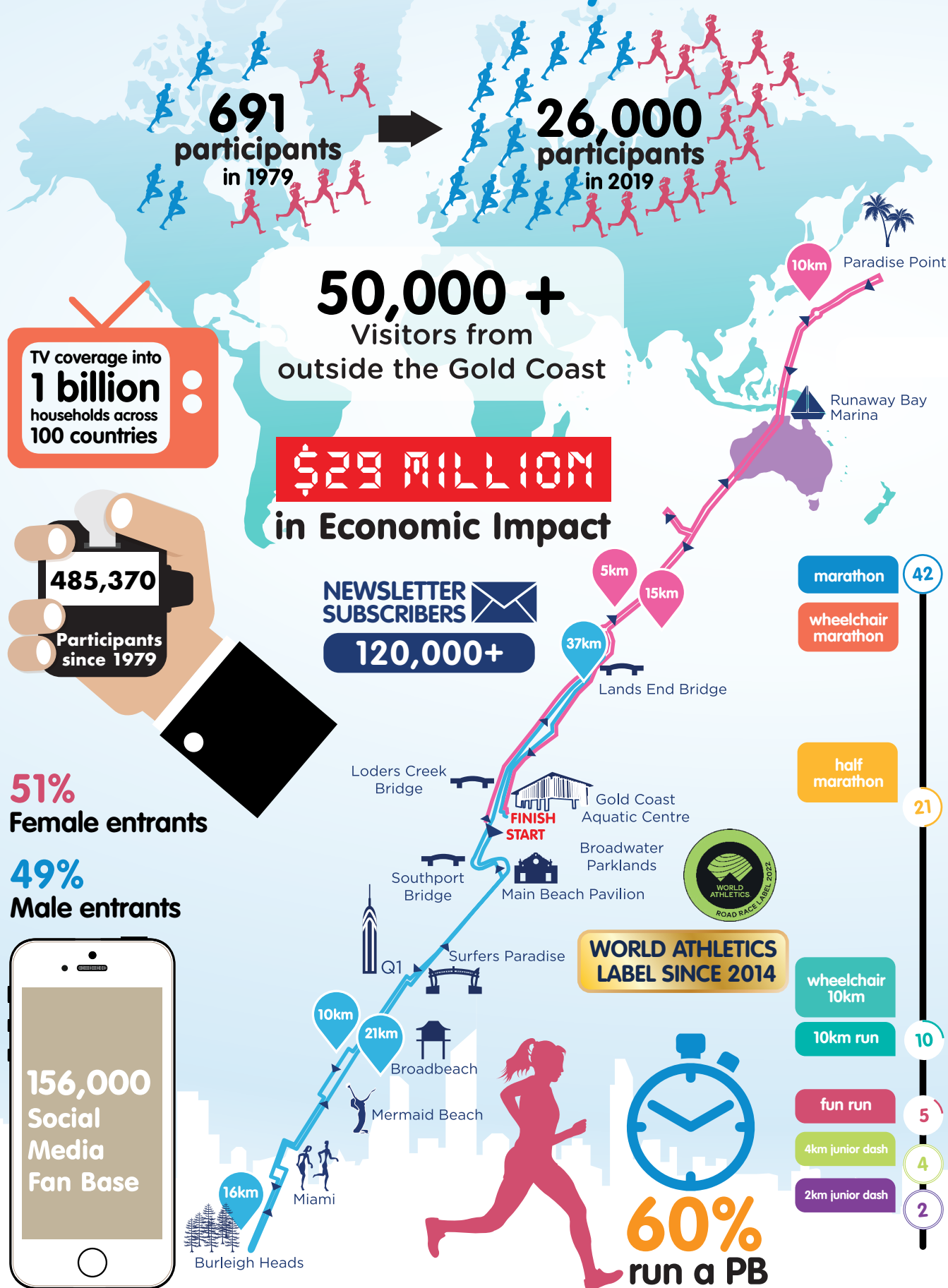
91.7 ABC Gold Coast
will be broadcasting live.
Tune in or listen online.



Website - goldcoastmarathon.com.au



Gold Coast Marathon by the numbers



Stunning Finisher's Medals With Indigenous Design Revealed During National Reconciliation Week



Lisa Sorbie Martin with the 42km Finishers medal at the Broadwater

The 2022 Village Roadshow Theme Parks Gold Coast Marathon stunning finisher's medals were revealed at Sea World Resort during National Reconciliation Week by First Nations artist & designer, Lisa Sorbie Martin.

A Torres Strait Islander visual artist, whose latest sculptural installation acquisitioned and currently displayed in the foyer of HOTA Gallery, proudly unveiled the medals, and explained the story behind her unique artwork, 'Meeting Place' and 'Ebb & Flow'.

Ms Martin said the design inspiration stems from the event's significance and the gathering and welcoming of people from far and wide who share a similar passion where everyone has equal opportunity to enjoy with no barriers or tolerance for discrimination.

"The artworks reflect the natural ebb and flow of enjoyment with our fellow human, just like the ebb and flow of the ocean, rivers and life, our love for community and being with our own tribe in the good spirit of competition," Martin said.

"The Gold Coast Marathon celebrates a heart of genuine camaraderie mingled with fun, where achievements are cheered and respect is paid to those who participate and commit to challenge themselves personally and receive the accolades," she shared.

Events Management Queensland CEO, Cameron Hart said the medals were a tangible reward for participants alongside the ultimate goal of finishing their chosen event.

"We are delighted to reveal the medals during Reconciliation Week with their unique design paying tribute to the traditional owners of the land on which the event takes place and their creative story truly reflecting the spirit of the Gold Coast Marathon," Mr Hart said.

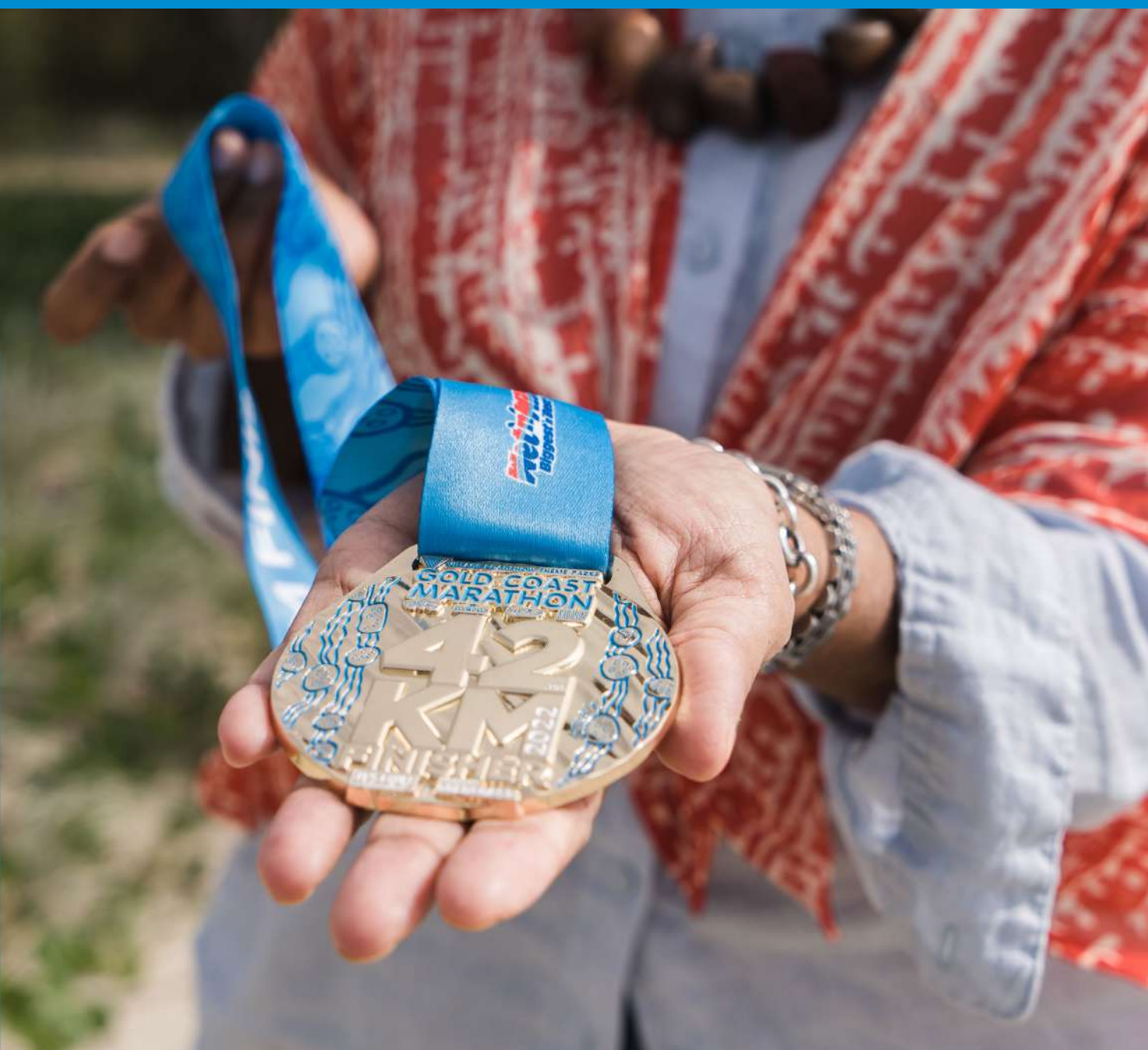
"There will be many thousands of runners from all over Australia and a handful of international entrants proudly wearing these magnificent medals following their races over the event weekend."



Lisa Sorbie Martin with Ebb and Flow (left) and Place of Meeting (right) artwork



Cameron Hart (CEO) and Lisa Sorbie Martin revealing the 2022 medals



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Village Roadshow Theme Parks Gold Coast Marathon



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Information for runners

Start Time Sunday at 6:00am

Recommended Arrival Time 5:00am

Cut Off Time for Runners (Gun Time)

6 hours 40 minutes

On Stage Presentation 9:20am

Finisher Rewards

Official finisher shirt, towel, medal and certificate

Placegetter Prize Money

1st - \$15,000 **2nd** - \$6,000 **3rd** - \$3,000

For a full prize money and incentive money schedule for elite participants visit

goldcoastmarathon.com.au/enter/prizes-rewards

Championships

Oceania Marathon Championships

Queensland Marathon Championships

Australian Defence Marathon Championships

Australian Masters Athletics Marathon Championships

Queensland Masters Athletics Marathon Championships

Australian Open Running Club Championships

Race Information

goldcoastmarathon.com.au/races/marathon



Race Statistics

Race Records

Men: Yuta Shitara JPN 2:07:50 2019

Women: Ruth Chebitok KEN 2:24:49 2018

2019 Winners

Men: Yuta Shitara JPN 2:07:50

Women: Rodah Tanui KEN 2:27:56

Top 10 All Time Performances

Men

1	Yuta Shitara	JPN	2:07:50	2019
2	Barnabas Kiptum	KEN	2:08:02	2019
3	Zane Robertson	NZL	2:08:19	2019
4	Kenneth Mungara	KEN	2:08:42	2015
5	Silah Limo	KEN	2:08:54	2015
6	Evans Ruto	KEN	2:08:55	2015
7	Takuya Noguchi	JPN	2:08:59	2017
8	Kenneth Mungara	KEN	2:09:00	2016
9	Yuki Kawauchi	JPN	2:09:01	2016
10	Kenneth Mungara	KEN	2:09:04	2017

Women

1	Ruth Chebitok	KEN	2:24:49	2018
2	Abebech Bekele	ETH	2:25:34	2017
3	Jessica Stenson	AUS	2:26:31	2018
4	Misato Horie	JPN	2:26:40	2016
5	Yukiko Akaba	JPN	2:27:17	2013
6	Agness Barsosio	KEN	2:27:46	2018
7	Gulume Chala	ETH	2:27:49	2016
8	Rodah Tanui	KEN	2:27:56	2019
9	Milly Clark	AUS	2:28:08	2019
10	Risa Takenaka	JPN	2:28:25	2015

Interesting stats

Most wins (men): 4 - Pat Carroll (AUS)

Most wins (women): 4 - Margaret Reddan (AUS)

Most consecutive wins:

3 - Margaret Reddan (AUS) {84-86}

Multiple race winners: 9

Most race sub 2:10 times (men):

4 - Kenneth Mungara (KEN)

Most race sub 2:30 times (women):













2 - Risa Takenaka (JPN)

The contenders

Men

-  **Yuki Kawauchi (Japan)**
PB: 2:07:27 (Lake Biwa, 2021)
-  **Jo Fukuda (Japan)**
PB: 2:09:52 (Gold Coast, 2018)
-  **Akihiro Kaneko (Japan)**
PB: 2:11:39 (Lake Biwa, 2022)
-  **Amaury Paquet (Belgium)**
PB: 2:13:54 (Zurich, 2021)
-  **Samuel Gebremichael (Australia)**
PB: 2:08:45 (Barcelona, 2010)
-  **Nick Earl (United Kingdom)**
PB: 2:14:36 (Lake Biwa, 2019)
-  **David Ridley (New Zealand)**
PB: 2:17:20 (Tokyo, 2021)
-  **Jaryd Clifford (Australia)**
PB: 2:19:08 (Sydney, 2021)
-  **Ben Kelly (Australia)**
PB: 2:21:07 (Melbourne, 2021)
-  **Matt Gunther (Australia)**
PB: 2:21:14 (Melbourne, 2021)
-  **Jacob Cocks (Australia)**
PB: 2:21:23 (Melbourne, 2021)
-  **Aidan Hobbs (Australia)**
PB: 2:23:00 (Gold Coast, 2019)

Women

-  **Lisa Weightman (Australia)**
PB: 2:25:15 (London, 2017)
-  **Haruka Yamaguchi (Japan)**
PB: 2:26:35 (Osaka, 2020)
-  **Lindsay Flanagan (USA)**
PB: 2:26:54 (Paris, 2022)
-  **Stephanie Bruce (USA)**
PB: 2:27:47 (Chicago, 2019)
-  **Shiho Kaneshige (Japan)**
PB: 2:28:51 (Osaka, 2020)
-  **Saki Tokoro (Japan)**
PB: 2:32:11 (Saitama, 2018)
-  **Nera Jareb (Australia)**
PB: 2:36:41 (Melbourne, 2019)
-  **Marina Wong (Australia)**
PB: 2:40:02 (Melbourne, 2021)
-  **Tennille Ellis (Australia)**
PB: 2:40:09 (Kobe, 2019)
-  **Vanessa Wilson (Australia)**
PB: 2:40:20 (Melbourne, 2021)
-  **Rosie Weber (Australia)**
PB: 2:40:37 (Melbourne, 2021)
-  **Madeline Heiner (Australia)**
Debut

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Japanese runners dominate front row of men's marathon

After a worldwide pandemic and scant opportunity to race over the past two years the Village Roadshow Theme Parks Gold Coast men's marathon is back with vengeance.

And so are the overseas competitors who have shaken off their covid blues and wasted no time in getting back to the Gold Coast to again shine a light on the 42-year-old event's undeniable credentials as an international road race magnet.

Leading this year's charge is a true star and friend of the Gold Coast event, the seemingly unstoppable Yuki Kawauchi who heads the to the start line he knows so well with the No.1 bib on his chest.

The ever-smiling 35-year-old Yuki has run eight Gold Coast Marathons for four podium finishes, including taking in Broadwater views from the top step in 2013. He'll line up in the early morning of Sunday 3 July alongside another Japanese runner who needs no introduction to the course.

NN Running Team member Jo Fukuda (31) was third on the Gold Coast in 2018, which was a breakthrough performance for him and one that sets him up for a serious tilt at the 2022 title.

In fact, that run was a lifetime best of 2:09:52, but he has since consistently run in the 2:10s with another PB and breakthrough marathon victory certainly not far away.

Akihiro Kaneko (28), who completes a Japan clean sweep of the top three starters, is looking for his first victory in his fourth international marathon, with Belgium's Amaury Paquet (31) and Australia's 41-year-old Ethiopian-raised journeyman Samuel Gebremichael no doubt keen to go with the early Japanese pace.

Tasmanian-based Englishman, Nick Earl and New Zealander-cum-Victorian David Ridley add to the front-line international flavour.

Earl topped the UK marathon ranking list for 2019 after setting a new personal best of 2:14:38 at the Lake Biwa Marathon in Japan, so he must be considered a strong chance for a breakthrough Gold Coast placing.

Victorian trio Jaryd Clifford, Ben Kelly and Matt Gunther round out the top 10 while a local will hope to continue a fine family tradition in the race.

Following in the running steps of mum, Janet McAfee who won the 1987 Gold Coast Marathon, 25-year-old Gold Coaster, Louis McAfee will make his marathon debut with a string of half marathon successes under his belt.

And watch out for evergreen 35-year-old Aidan Hobbs from Brisbane who ran 9th in the recent Launceston Half Marathon as a tune up to this event.

The 2022 Village Roadshow Theme Parks Gold Coast Marathon also hosts the Oceania and Queensland Marathon Championships.



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Weightman sets herself for women's record treble at the 2022 Village Roadshow Theme Parks Gold Coast Marathon

Diminutive four-time Olympian and dual Commonwealth Games marathon medallist, Victorian Lisa Weightman, has won the ASICS Half Marathon on three occasions and the Southern Cross University 10km Run but this year she is toeing the line for the first time in the headline 42.195km Village Roadshow Theme Parks Gold Coast Marathon.

But as the current holder of the race records in the ASICS Half Marathon (1:09:00) and Southern Cross University 10km Run (32:17) by virtue of unbettered blistering performances in 2010 and 2012 respectively, she has plenty of incentive to create history by bagging the treble.

And as she lines up on the front row of the 2022 Village Roadshow Theme Parks Gold Coast Women's Marathon on Sunday 3 July, Lisa will be mindful that only two past men's greats, Pat Carroll and Lee Troop, have achieved the three-peat of marathon, half marathon and 10km race wins on the Gold Coast before her.

And as if to totally lay claim to the Gold Coast streets, a lowering of Kenyan Ruth Chebitok's 2018 race record of 2:24:49 would make her the first athlete - male or female - to hold all three records at the same time.

But, as with events of this stature, several international challengers stand in her way, including 2019 Kobe Marathon winner, Japan's Haruka Yamaguchi and the USA's Lindsay Flanagan.

Haruka brings the experience of having run over 50 international marathons into the race and will be looking to make the most of the Gold Coast's cool early morning conditions to get away cleanly with a front pack that includes countrywomen Shiho Kaneshige and 28-year-old Saki Tokoro.

Colorado's Flanagan was the first American woman to finish the 2022 Paris Marathon (2:26:54) and will line up alongside another American Stephanie Bruce from Arizona, who boasts a personal best of 2:27:47 from her sixth placing in the 2019 Chicago Marathon and which she went close to besting with 12th place at the Boston Marathon in April this year in a time of 2:28:02.

Add her 10th place at New York last year and the fact that she was the USA 2019 Half Marathon Champion and it's obvious Stephanie will not let the field get away.

Another real chance for a top three finish is Nera Jerab from Western Australia who finished tenth at the 2019 Gold Coast Marathon (the second Australian behind Milly Clark) before following that result up with a second place at the 2019 Melbourne Marathon.



Lisa Weightman winning her third ASICS Half Marathon in 2010



Photo by Natalie Wong (Instagram @beyond_theroad) BEYOND THE ROAD

And hailing from Victoria, marathon debutant, seasoned athlete and Olympian, Madeline Heiner will put her years of experience in the 3,000m Steeplechase and the 5,000m and 10,000m to the test.

Other Australians to look out for include NSW's Marina Wong and Rosie Weber, Queensland's Tennille Ellis and Victoria's Vanessa Wilson and Anna Kelly while the UK's Rachel McGuinness will also be well in the mix. The 2022 Village Roadshow Theme Parks Gold Coast Marathon also hosts the Oceania and Queensland Marathon Championships.



Gold Coast Double 63.3km Finishers medal.

GC Double... For the love of Queensland

A cool 21.1km ASICS Half Marathon on Saturday and a hefty 42.2km the following morning in the Village Roadshow Theme Parks Gold Coast Marathon represents a weekend of significant running activity. But pounding the pavements on the beautiful Gold Coast is a welcome challenge for Bondi lifeguard and fitness fanatic, Andrew 'Reidy' Reid who only a few weeks ago competed in the Tassie Kunanyi Mountain 68 kilometre trail run that included 4000m of climbing.

Reidy concedes a love for Queensland and Queenslanders was part of his motivation to compete on the Gold Coast again adding that the event runs like a well-oiled machine.

"I love the atmosphere on the Gold Coast course, there's great community support and it's always welcoming and fun - it's also a nice flat course," he said.

"I'll find a nice ice-bath and some recovery facilities

following my half and then I'll kick back and watch some footy on Saturday afternoon to relax."

He also suggested that how hard he goes in the marathon will be dictated by how he pulls up after the half but he plans to give the marathon "a good crack".

Reidy will be one of only 116 people to tackle the 63.3km Gold Coast Double in a first for the event made possible by a change to the event that means the two largest races are split to run across two days to spread out on course and precinct crowds.

Keep an eye out for Reidy and his fellow 'double' participants on Sunday afternoon ... they'll be the ones proudly bearing the weight of three very impressive medals around their neck and basking in the glory of being one of the first ever to complete the 63.3km event at the Village Roadshow Theme Parks Gold Coast Marathon.

ASICS Half Marathon



Information for runners

Start Time Saturday at 6:00am

Recommended Arrival Time 5:00am

Cut Off Time for Runners (gun time)

3 hours 20 minutes

On Stage Presentation 8:30am

Finisher Rewards

Official finisher shirt, medal and certificate

Placegetter Prize Money

1st - \$3,000 **2nd** - \$2,000 **3rd** - \$1,000

For the full prize money and incentive money schedule for elite participants visit

goldcoastmarathon.com.au/enter/prizes-rewards

Championships

Oceania Half Marathon Championships

Australian Open Running Club Championships

Race Information

goldcoastmarathon.com.au/races/half-marathon

Race Statistics

Race Records

Men:	Benson Masya	KEN	1:01:16	1992
Women:	Lisa Weightman	AUS	1:09:00	2010

2019 Winners

Men:	Jack Rayner	AUS	1:02:30
Women:	Sinead Diver	AUS	1:09:46

Top 5 All Time Performances

Men

1	Benson Masya	KEN	1:01:16	1992
2	Steve Moneghetti	AUS	1:01:48	1993
2	Tadesse Gebre	ETH	1:01:48	1993
4	Stephen Mayaka	KEN	1:01:58	1994
5	Dickson Marwa	TAN	1:02:09	2009

Women

1	Lisa Weightman	AUS	1:09:00	2010
2	Sara Hall	USA	1:09:27	2018
3	Midori Fumoto	JPN	1:09:38	1992
4	Lisa Ondieki	AUS	1:09:43	1988
5	Sinead Diver	AUS	1:09:46	2019

INTERESTING STATS

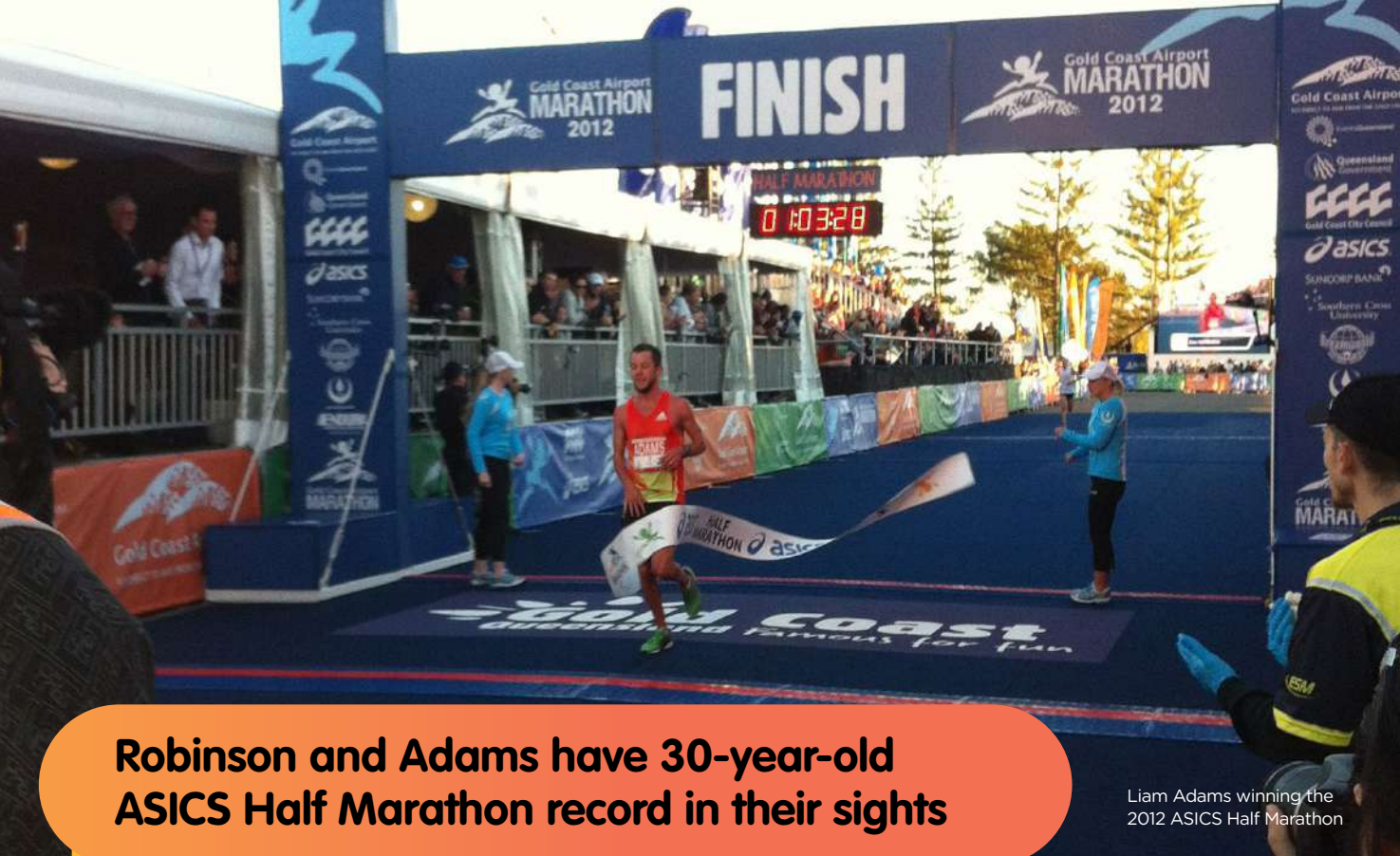
Most wins (men): 2 - Martin Dent (AUS), Jeff Hunt (AUS), Patrick Nyangelo (TAN), Jack Rayner (AUS)

Most wins (women): 3 - Lisa Weightman (AUS), Takako Kotarida (JPN), Jenny Lund (AUS)

Most consecutive wins: 3 - Takako Kotarida (JPN) {00-02}

Multiple race winners: 8





Liam Adams winning the 2012 ASICS Half Marathon

Robinson and Adams have 30-year-old ASICS Half Marathon record in their sights

If recent results are any true indicator of form, the judges will be able to throw a blanket over the finishers of the 2022 ASICS Half Marathon men's race in its new timeslot on Saturday 2 July.

That's how close they could be with several eastern seaboard runners lining up with little to separate them after stouthing in the freezing cold at the Launceston Half Marathon in mid-June.

Everything in the lead up to this event suggests the longest standing record on the Gold Coast, Kenyan Benson Maysa's 1:01:16 from 1992 and Pat Carroll's Australian all-comers record of 1:01:11, set in Sydney in 1994, could tumble.

Australian national record holder (59:57), the Nic Bideau-coached Brett Robinson will race on the Gold Coast for the first time against a field boasting plenty of national and international 21.1km experience and against a challenger he just managed to pip at the post to take out the Launceston event.

Brett, Australia's Rio 2016 Olympic Games 5000m representative and Tokyo 2020 marathoner, had been on target for the Launceston men's course record but shifted focus to banking the win when he was unable to shake off dual Olympian Liam Adams.

Liam, the 2012 ASICS Half Marathon winner and first Australian home in the 2019 Gold Coast Marathon is keen to relive his Gold Coast heroics of a decade ago

by once again standing atop the podium.

He'll also be looking to better his newly minted personal best time of 1:02:12, which he set at the Launceston event.

Also right in the mix will be another Bideau protégé Victorian Joel Tobin-White who ran third in Launceston and New South Welshman Ed Goddard, third placegetter in the 2018 ASICS Half Marathon, who will be keen to better his personal best over the distance of 1:02:16.

An athlete with plenty of intrigue around him is South Australia's Riley Cocks who won the Gold Coast 4km Junior Dash in 2010 and who still holds the race record.

The 26-year-old ran third in the Launceston 10km just weeks ago and is ready to step up for his first ASICS Half Marathon assault on a track he knows so well.

Victoria's Andy Buchanan (31) and Queensland's Tim Vincent (23) will like their chances while there will be plenty of interest in the appearance of two Japanese runners Yudai Nakazawa and Haruto Wakabayashi who will also take places on the front row.

The fast Gold Coast course always lends itself to a raft of possibilities and whilst the line-up of athletes is world-class, there is always the chance an emerging young talent will seize the day with the Saturday 2nd July event doubling as the Oceania Half Marathon Championships.

Stenson, Wellings and Miller to set cracking pace in ASICS Women's Half Marathon

The 2022 ASICS Half Marathon women's race will host one its most open fields ever with little separating the top 10 runners on paper.

The Saturday 2nd July event also doubles as the Oceania Half Marathon Championships.

Leading the charge will be the trio of Jess Stenson and Eloise Wellings who have both made indelible impressions on the various Gold Coast Marathon weekend events in recent years and New Zealander Hannah Miller.

The versatile Eloise, a NSW-based two-time Olympian and three-time Commonwealth Games campaigner, already has her name in the record books as the 2015 ASICS Half Marathon and 2017 Southern Cross University 10km Run champion.

She'll be joined on the start line by dual Olympian and Commonwealth Games representative, South Australia's Jessica Stenson, a perennial frontrunner during Gold Coast Marathon weekend who earns plenty of respect whenever she steps up to the Gold Coast Highway start line.

With two second place finishes, two thirds and a fourth in her five previous tilts at the ASICS Half Marathon, Jess is no doubt very keen to visit that elusive top step of the podium.

Hannah's personal best of 1:12:41 set in Houston earlier this year has her stepping up to the start line as the

third fastest in the field and that alone puts her in solid contention for a podium finish overall and for the Oceania Championship.

Other contenders include local Gold Coast runner Riine Ringi who was the winner of last year's Canberra Marathon, coming in with a time of two hours, 42 minutes and 26 seconds.

What made the win even more remarkable was the fact she was missing parts of her toenails that were lost during an ultra-marathon event late in 2020.

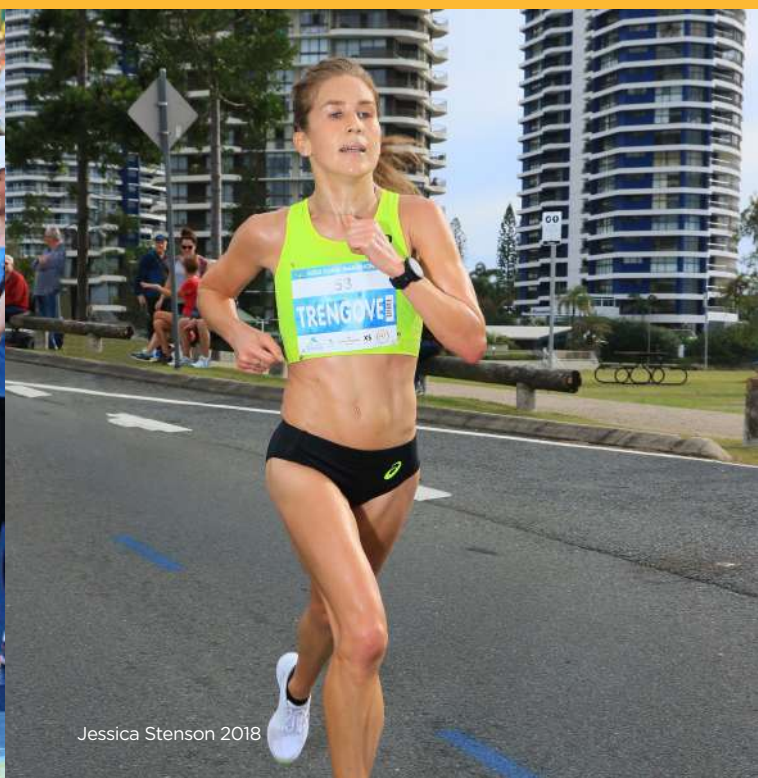
Twenty-four-year-old South Australian Aleesha Robertson and NSW runner Rosy Cooper will fight a race within a race with both out to improve on their identical personal bests of 1:17:41 while Queensland's Nadine Roulston (31) will be keen to make her mark against the quality interstate competition.

More local hopes lie in the efforts of Queenslanders Reagan Ellis, Isabelle Pickett and Emily Donker while the Gold Coast's own Athens 2004 Olympic Games cycling road race gold medallist Sara Carrigan will swap her foot cleats for runners in her first competitive 21.1km hit out.

The 2022 ASICS Half Marathon women's field is shaping up to be one of the most exciting in recent years with the race record (1:09:00) certainly in jeopardy if the Gold Coast rolls out its traditionally ideal conditions.



Eloise winning the 2015 ASICS Half Marathon



Jessica Stenson 2018

CPL Wheelchair Marathon



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Information for participants

Start Time Sunday at 5:55am

Recommended Arrival Time 4:55am

Cut Off Time (gun time) 6 hours 45 minutes

On Stage Presentation 9:35am

Finisher Rewards

Official finisher shirt, finisher towel, medal & certificate

Placegetter Prize Money

1st - \$1000 **2nd** - \$600 **3rd** - \$400

For the full prize money and incentive

money schedule for elite participants, visit:

goldcoastmarathon.com.au/enter/prizes-rewards

Race Information

goldcoastmarathon.com.au/races/wheelchair-marathon

Race Statistics

Race Records

Men:	Kurt Fearnley	AUS	1:30:18	2016
Women:	Christie Dawes	AUS	1:43:45	2016

2019 Winners

Men:	Bill Chaffey	AUS	1:46:12
Women:	Madison de Rozario	AUS	1:49:35

Top 5 All Time Performances

Men

1	Kurt Fearnley	AUS	1:30:18	2016
2	John McLean	AUS	1:33:21	2000
3	Josh George	USA	1:38:04	2018
4	Ben Lucas	AUS	1:38:47	1995
5	Paul Bowes	AUS	1:40:15	1993

Women

1	Christie Dawes	AUS	1:43:45	2016
2	Madison de Rozario	AUS	1:48:21	2018
3	Madison de Rozario	AUS	1:49:35	2019
4	Louise Sauvage	AUS	1:51:13	1998
5	Eliza Ault-Connell	AUS	1:51:22	2018



CPL Wheelchair 10km

Information for participants



choice • passion • life

Start Time Sunday at 6:25am

Recommended Arrival Time 5:25am

Cut Off Time (gun time) 1 hours 45 minutes

Finisher Rewards Official finisher's shirt, medal & certificate

Race Information

goldcoastmarathon.com.au/races/wheelchair-10km/





Australia's greatest wheelchair marathoners race for gold on the Gold Coast

Madison de Rozario (centre) and competitors at the startline of the 2019 Wheelchair Marathon.

Australian wheelchair marathon racer and Paralympian, Madison de Rozario will return to the Gold Coast this year aiming to resume her gold medal-winning streak and with her sights set on taking out the CPL Wheelchair Marathon event for the third time.

The star wheelchair marathon racer who rose to glory after winning the women's T54 1500m and T54 marathon at the Gold Coast 2018 Commonwealth Games will race on the Gold Coast again after a famous three-medal haul at last year's Tokyo 2020 Paralympic Games, including T54 marathon gold in the stunning time of 1:38:11.

But she won't have the fast and flat Gold Coast streets to herself against four of the best.

Seven-time Paralympian Christie Dawes will be back to defend her 2016 race record (1:43:45) while Jacqueline Godfrey will make her marathon debut alongside Auckland 2019 Wheelchair Marathon winner, Upper Coomera's Natasha Price who hopes to stake a solid claim for the Paris 2024 Paralympic Games.

Gold Coaster, Sara-Ashlee Tait, is another strong contender.

The Australian representative paratriathlete brings to the start line the experience of being a three-time winner of the Gold Coast Wheelchair 15km and first across the line in the 2017 Gold Coast Wheelchair Marathon.

Four-time Paralympian and 2017 Gold Coast Wheelchair Marathon race winner Richard Colman is once again shaping up as a favourite in the five-strong men's CPL

Wheelchair Marathon race this year and will be keen to avenge his second placing in the most recent event in 2019.

He will be looking to establish an early lead with the likes of Gold Coast 2018 Commonwealth Games paratriathlon silver medallist Nic Beveridge and fellow Gold Coast 2018 T54 1500m bronze medallist Jake Lappin expected to produce strong races on the familiar Gold Coast streets.

For Jake, it will all be good preparation as he is racing the T54 1500m and T54 marathon at the Birmingham Commonwealth Games.

Making his debut in the CPL Wheelchair Marathon, 2019 Gold Coast Wheelchair 15km winner and the youngest in the field, 19-year-old Cory Crombie, will challenge a well-credentialled field of senior competitors with a podium finish for the enthusiastic and determined Western Australian athlete not out of the question.

With the 15km race no longer contested, the inaugural CPL 10km Wheelchair Race will also take place on Sunday 3 July.

Four young athletes have thrown their helmets into the ring to be the inaugural titleholder including Samuel Rizzo, Jono Tang and Mikaela Dingley.

They'll line up against the 2021 Gold Coast Young Citizen of the Year Elijah Palmer (18) who will take to the streets full of confidence after a solid training build up with renowned coach Garth Plank.

Course maps

- Village Roadshow Theme Parks Gold Coast Marathon
- CPL Wheelchair Marathon
- ASICS Half Marathon
- Southern Cross University 10km Run
- CPL Wheelchair 10km
- Gold Coast Airport 5km Fun Run
- Health and Wellbeing Queensland 4km Junior Dash
- Health and Wellbeing Queensland 2km Junior Dash
- 🎵 Entertainment

Spectators

We are delighted that the Village Roadshow Theme Parks Gold Coast Marathon is back in 2022. It is famous for its atmosphere created by the cheering and buzz of the crowds and entertainment on course. If you're not running at this year's event, we encourage you to share in the excitement and atmosphere by cheering on the runners along the course from Paradise Point to Burleigh Heads. See course map above for the best locations to watch the race and visit our website for more details on when the runners will be passing through your area at: goldcoastmarathon.com.au/community/spectators

**BEST SIGN WINS 1 OF 5
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Start Lines

There are two start lines. The start line for all Saturday races is located in the western lanes of the Gold Coast Highway, just south of the Nerang Street intersection. All Saturday races head north from the start line. The start line for all Sunday races is located in the eastern lanes of the Gold Coast Highway, just north of the Nerang St intersection. All Sunday races head south from the start line.

Finish Line

All races will finish on the eastern side of the Gold Coast Aquatic Centre, between the Aquatic Centre and the Broadwater. There will be a single finish chute with only one race finishing at the one time providing even more space and prestige for runners completing their race.

Nu-Pure Recovery Area

After crossing the finish line, runners will enter the 'participant-only' Nu-Pure Recovery Area. Within this area, runners will have access to a medical centre, Fixx Nutrition Fuel X tropical fruits flavour, fruit and bottled Nu-Pure water. It is here where runners will receive their finisher rewards.

Event Lawn

The Event Lawn features the main stage for the race presentations, a big screen with live race vision, the NORT Refresh Zone, a variety of food and beverage outlets, a baggage drop and an information booth. The information booth will be the place to go for directions and maps, lost property and terminals to view race results.

Legends and 10, 20 & 30 Year Clubhouse

10, 20 & 30 Year Club inductees can collect their commemorative polo shirts, certificates and trophies from their clubhouse on the eastern side of the Gold Coast Aquatic Centre at finishers' corner. While past and present Gold Coast Marathon Legends can catch up with old friends and welcome new runners at their clubhouse also located at finishers' corner.

asics® Sport & Leisure Expo

ASICS Sports & Leisure Expo Back Up and Running

A time-honoured highlight of the annual Village Roadshow Theme Parks Gold Coast Marathon weekend is back after a two-year coronavirus-induced hiatus.

The ASICS Sport & Leisure Expo, Australia's largest free admission sports expo, is tipped to attract more than 25,000 visitors to the Gold Coast Convention and Exhibition Centre at Broadbeach from Thursday 30 June to Saturday 2 July.

The 2022 event will feature more than 60 exhibitors in footwear and fashion, the latest in fitness technology, nutrition and wellbeing and all-important race day information for the race-deprived competitors who will finally line up on the streets of the Gold Coast on 2 and 3 July.

According to Events Management Queensland General Manager Cameron Hart, the Expo provides a

great opportunity for everyone to discover the very latest active and performance clothing trends, sports technology, nutrition and other expert advice on how to stay fit and healthy.

"The ASICS Sport & Leisure Expo runs beside our participant registration and race kit collection area and is a favourite go-to for people wanting to get their heads around the latest running gear and trends," Mr Hart said.

"It's also the place to snag a clothing or footwear bargain or two with ASICS setting up their biggest Australian discount pop-up store each year at our event.

"It's great to have the Expo back as the kick-off and first official event of the 42nd Village Roadshow Theme Parks Gold Coast Marathon," he said.





△AUSTRALIA△ FAIR

Hats off to the Australia Fair Volunteers!

They come back year after year and bring with them an enthusiasm and genuine commitment to the task that comes straight from the heart. They're cheerful, they're willing and many have years upon years of experience giving up their time to help deliver Australia's premier marathon event.

They are the volunteers, and more than 100 of them work tirelessly behind the scenes in administrative and management roles before, during and after the Village Roadshow Theme Parks Gold Coast Marathon to support the delivery of the iconic Gold Coast event.

Often, they have a favourite role, returning at the same time each year to pick up where they left off. Others like to vary it up and take on something new. From packing thousands of race kits, marking the course with pre-race signage or being the friendly face for nervous participants at the baggage drop on race day, each role is integral to a seamless entrant experience and staging of a world-class event.

Volunteering with the Village Roadshow Theme Parks Gold Coast Marathon also provides unique opportunities for university students to gain valuable

hands-on experience working in specialist areas that might complement their areas of study. Working with elite athletes, assisting wheelchair athletes prepare for their race, helping the media team, supervising timing equipment on course and supporting the registrations manager are roles that provide insight and a real time appreciation of event operations.

Come race weekend the volunteer numbers swell to more than 1000 with community group support vital on course and around the busy race precinct. They're the cheery people at the information booths, they hold the signs to head nervous entrants in the right direction and indicate where the pace runners are located. They head out in droves to designated on course positions to set up the aid stations, often it's a favourite location from years gone by. They decorate, they motivate, they rehydrate the runners and provide a critical service that also acts as a welcome distraction on the road to the finish line.

Events Management Queensland is grateful to the volunteers and all the community groups for coming back in 2022, for their enthusiasm, passion and ongoing support. Thank you!

Southern Cross University 10km Run



**Southern Cross
University**

Information for runners

Start Time Sunday at 6:30am

Recommended Arrival Time 5:30am

Cut Off Time for Runners (gun time)

1 hour 40 minutes (Gun Time)

On Stage Presentation 7:30am

Finisher Rewards

Official finisher shirt, medal & certificate

Placegetter Prize Money

1st - \$1,000 **2nd** - \$600 **3rd** - \$400

For the full prize money and incentive money schedule for elite participants visit goldcoastmarathon.com.au/enter/prizes-rewards

Championships

Australian Open Running Club Championships

Race Information

goldcoastmarathon.com.au/races/10km-run

Race Statistics

Race Records

Men: Jordan Gusman AUS 28:42 2018

Women: Lisa Weightman AUS 32:17 2012

2019 Winners

Men: Lachlan Barber AUS 29:58

Women: Leanne Pompeani AUS 33:00

Top 5 All Time Performances

Men

1	Jordan Gusman	AUS	28:42	2018
2	Michael Shelley	AUS	28:53	2010
3	Michael Shelley	AUS	28:55	2011
4	Hugh Williams	AUS	29:23	2016
4	Andy Buchanan	AUS	29:23	2018

Women

1	Lisa Weightman	AUS	32:17	2012
2	Madeline Heiner	AUS	32:35	2018
3	Eloise Wellings	AUS	32:55	2017
4	Victoria Mitchell	AUS	32:59	2015
5	Leanne Pompeani	AUS	33:00	2019



Pompeani and Gusman throw down gauntlet in Southern Cross University 10km Run

The 2022 Southern Cross University 10km Run presents a typically open field of runners hungry to make their impression on one of Australia's premier 10km road running events.

Such is the sprint-like dynamic of the distance that any of the top ranked men or women could find themselves in the 2022 winner's circle.

Likely leading the men out will be Jordan Gusman, the 2018 champion and 28:42 record holder for the event.

He's also a top 1500 metre runner and one of the few athletes in the country who has run the four-minute mile.

Not far behind will be 27-year-old 5km and 10km specialist Queenslander Jack Bruce who will make sure the Malta-born Jordan doesn't have things all his own way.

They'll run alongside a handful of runners with sub-30-minute credentials, including Victorian flyer Jordan Williamz, Arron Spiessberger-Parker from the ACT and South Australian duo Max Stevens and Issac Heyne.

In the women's event, two-time winner Leanne Pompeani (ACT) returns as the top seed, but South Australia's Caitlin Adams will challenge.

Caitlin was third in the 2018 Southern Cross University 10km Run before going on to place fourth in the 2019 Zatopek classic and represent Australia at the 2019 World Cross Country Championships in Denmark.

Another in with a red-hot chance is Sarah Klein.

Sarah, who represented Australia in the marathon at the Glasgow 2014 Commonwealth Games and the 2015 Beijing World Athletics Championships, is someone who knows the course and the distance well after a breakthrough victory in the 2008 Southern Cross University 10km Run and plenty of Gold Coast appearances since.

New South Wales' Paige Campbell is another with impressive international credentials having competed at the 2019 World Cross Country Championships and the 2019 World Athletics Championships in Doha.

She comes into the race after winning the 5000m Oceania Championships in Mackay three weeks ago.

Others to consider include Queenslander Olga Firsova, Jess Noble (NSW) and Sinead Noonan from Western Australia.

To underline the quality of the field, there are ten women running the 2022 Southern Cross University 10km Run who have run sub 34:00 minutes for 10km previously.





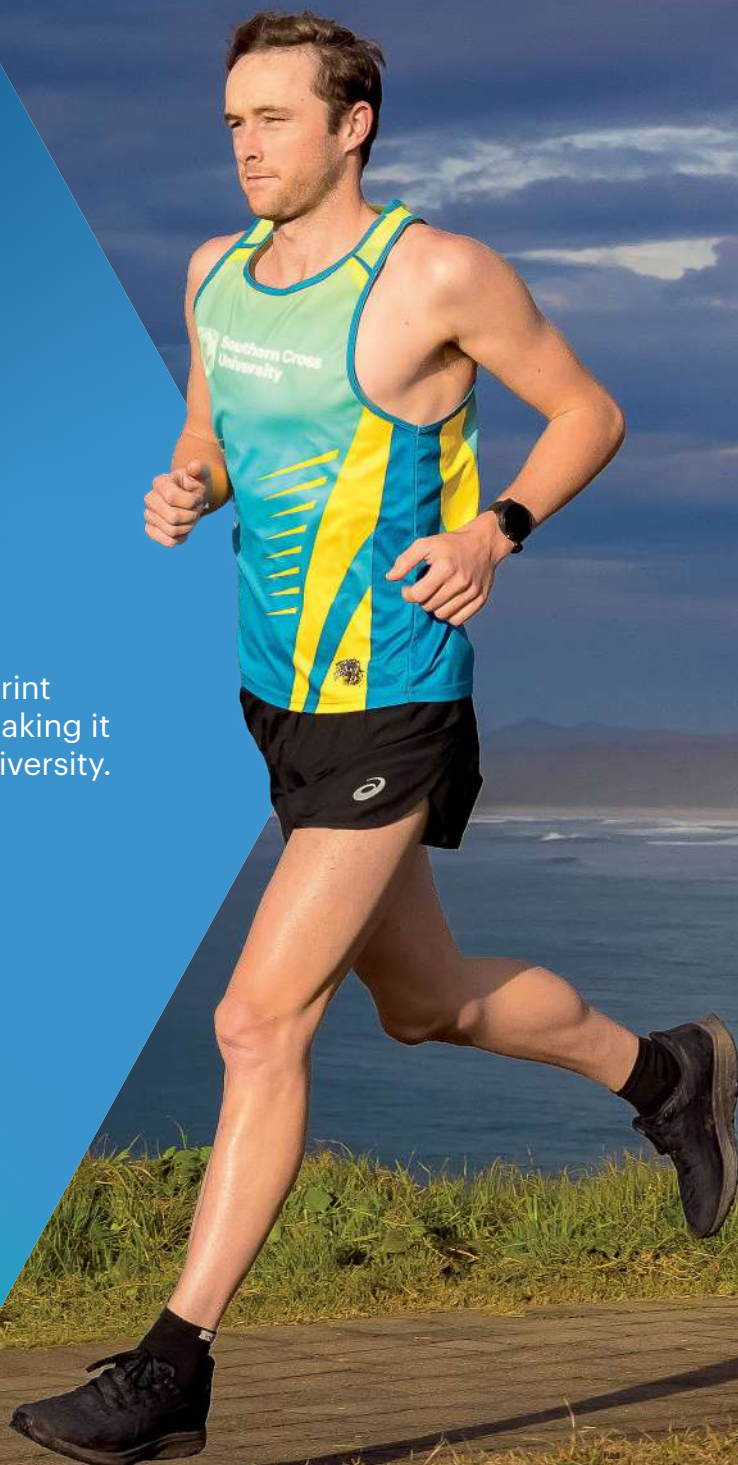
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Gold Coast Airport 5km Fun Run

Information for participants

Distance 5km

Start Time Saturday at 10:10am

Recommended Arrival Time 9:10am

Cut Off Time (gun time)

1 hour 20 minutes

Finisher Rewards

Official finisher shirt, medal & certificate

Placegetter Prize Money

1st - \$400 **2nd** - \$250 **3rd** - \$100

For the full prize money and incentive money schedule for elite participants visit goldcoastmarathon.com.au/enter/prizes-rewards

Race Information

goldcoastmarathon.com.au/races/fun-run



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Sienna McDonald finishing the 2019 Gold Coast Airport 5.7km Fun Run

Eleven-year-old youngest inductee into Gold Coast 5km Fun Run '10 Year Club'

Hundreds of walkers and runners will take to the streets in the Gold Coast Airport 5km Fun Run this year with one little girl clocking up a very unique milestone for an 11-year-old.

Sienna McDonald did her first Gold Coast 5km Challenge in July 2011 when she was just four months old and pushed in the pram by Mum, Katie. Sienna toddled and rode along for the next couple of years until she was joined by sister Harper who took up pram position with the little girls accompanied by their doting grandparents.

They did their first 5km challenge together in 2013 at two years and 10 weeks old respectively and have completed every event since.

In 2021 Sienna completed the virtual 5km fun run and became the youngest ever inductee into the very exclusive '10 Year Club' at the ripe 'young' age of 10 years and 4 months. This year Sienna will compete in the event again before celebrating her induction into the very exclusive Village Roadshow Theme Parks Gold Coast Marathon '10,20,30 Year Club' in the Legends Clubhouse.

Sienna was a little anxious about attending a club of 'seniors' but the potential of delightful refreshments and a free 10-minute massage was met with an enthusiastic "Ooooooh that would be cool," response from the energetic youngster.

For some people the Gold Coast Airport 5km Fun Run is an easy amble, jog or run. For others it's a big step outside their comfort zone with the very thought of participating in a 'running' event something that's never featured on their life radar.

And for the first time this year elite athletes will compete in the event for a podium finish and prize money attracting many junior athletes stepping up from shorter races on the journey to longer distance competitions.

Whatever the motivation to enter, the 5km Fun Run provides a wonderful opportunity for many people to participate, get active and healthy, enjoy the stunning Gold Coast and soak up the atmosphere of Australia's premier running event.



Health and Wellbeing Queensland 4km Junior Dash

Information for runners

Start Time Saturday at 9:40am

Recommended Arrival Time 8:40am

Cut Off Time for Runners (gun time) 40 minutes

On Stage Presentation 10:25am

Participant Rewards

Participant cap, finisher medal & certificate

Race Information

goldcoastmarathon.com.au/races/4km-junior-dash

Health and Wellbeing Queensland 2km Junior Dash

Information for runners

Start Time Saturday at 9:25am

Recommended Arrival Time 8:25am

Cut Off Time for Runners (gun time) 20 minutes

On Stage Presentation 10:20am

Participant Rewards

Participant cap, finisher medal & certificate

Race Information

goldcoastmarathon.com.au/races/2km-junior-dash

Junior Dash stepping stone to health and wellbeing and an experience of a lifetime

The Health and Wellbeing Queensland 2km and 4km Junior Dash is bursting at the seams with energetic youngsters eager to experience the thrill of participating in a major event. In many cases it's an opportunity to emulate their parents who they've cheered on from the sidelines in the past ... and now it's their turn.

The popular, family friendly running event for children aged 5-14 years has been a springboard for budding runners since 2002, fostering a love for the sport and providing an opportunity to compete outside the school and athletics environment and as part of Australia's premier running event.

Legendary junior athletics coach, Brian Chapman from Border Striders said the Junior Dash was a rare and unique event because children get to be a part of a mass participation competition and they're exposed to all the fanfare and the crowds of a major event.

He added that the Junior Dash was a great stepping stone for children to compete with the likes of Ashleigh Gentle winner of 2005, 4km dash now an Australian triathlon representative who headed to Tokyo last year to compete in her second Olympics.

"This is the best race outside a major championship and an experience of a lifetime," Chapman said.

Health and Wellbeing Queensland Chief Executive, Dr Robyn Littlewood said events like the Junior Dash help kids and families to develop healthy habits that can have an impact across all areas of their lives.

"The benefits of sport and exercise go beyond the physical. It builds social connections, self-esteem, discipline and empowerment and most of all, you can have fun," Dr Littlewood said.

Health and Wellbeing Queensland is also highlighting the importance of pre-race fuel and hydration for little athletes.

"The good news is, you don't need to go to specialised food markets or buy expensive supplements to give your kids the fuel they need to get to the finish line.

"It's all about balance and ensuring you have a great variety of foods, including fruit and veggies. Fuel kids with lower GI foods, such as wholegrain breads and wraps, legumes and beans, all which release energy slowly.

"Keeping hydrated is also essential. Water is the drink of choice for health and sports performance benefits, so ensuring kids have plenty of fluids before, during and after their race will help them feel great throughout the day and perform at their best," Dr Littlewood said.



2019 Winner Grace Campbell

2019 Winner Aden Kelly



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Gold Coast Marathon Ambassadors



Rob de Castella

A two-time Commonwealth Games gold medallist in the marathon, the legendary 'Deek' also held the world record for the event for three years with the 2:08:18 he clocked to win the 1981 Fukuoka Marathon. Rob also won the marathon at the 1983 World Championships and lowered his best marathon time to 2:07:51 in 1986 which still stands as the Australian record.



Benita Willis

Benita is the Australian record holder in the marathon with 2:22:36, a time she set at the 2006 Chicago Marathon. Benita also holds the Australian records over 2,000m, 3,000m, 5,000m and 10,000m, making her arguably Australia's most versatile distance runner of all time. In one of her greatest achievements, Benita was crowned World Cross Country champion in 2004.



Steve Moneghetti

'Mona' has a complete set of Commonwealth Games medals in the marathon with a bronze from 1986, silver from 1990 and gold from 1994. The Ballarat running legend has a best marathon time of 2:08:16 set in Berlin in 1990, and four Olympic Games representations. He was also the Australian team Chef de Mission at the Gold Coast 2018 Commonwealth Games.



Pat Carroll

Pat has, what many say, the greatest honour roll of any athlete at the Gold Coast Marathon. He is a four-time Gold Coast Marathon winner plus has wins in the Half Marathon and 10km Run. The Queensland Record holder for the 5,000m, half marathon and marathon, 'PC' achieved his marathon personal best of 2:09:39 when he won the 1995 Beppu Marathon.

PatCarroll
ONLINE & ONLAND

Pacers



Pat Carroll Online & Onland Pacers assist participants to achieve their time goals in the Village Roadshow Theme Parks Gold Coast Marathon, ASICS Half Marathon and Southern Cross University 10km Run. Pacers are experienced runners who aim to maintain an even pace throughout the race with the goal to have you finishing slightly faster than your goal time.

goldcoastmarathon.com.au/race-weekend/pace-runners



Natasha lines up for an unforgettable CPL Gold Coast Wheelchair Marathon experience

Natasha Price (41) has plenty of unfinished business to tackle on the streets of the Gold Coast next month.

The Upper Coomera wheelchair marathoner will line up in the CPL 42.195km Wheelchair Marathon on Sunday 3 July to avenge missing a place in the Birmingham 2022 Commonwealth Games team and stake a solid claim for the Paris 2024 Paralympic Games.

"I've always had a dream of representing Australia, so Paris 2024 is the goal after the coronavirus race cancellations of the past two years took away my chances for Birmingham qualification," Natasha told

ABC Radio Gold Coast. "I'm hoping to go under two hours, somewhere around one hour 58 minutes, which would be great and justify the training I've been putting in this past year or so," she said.

And if Natasha makes it to the French capital, it'll have been a remarkable journey for the effervescent athlete who spent 10 years bedridden following a 2008 neurological complication.

"I was sick of accepting what I thought was my fate, and I somehow got the idea in my head that I should do a marathon.

"So, I got out of bed in 2017 and completed my first marathon a year later which took me five hours to finish.

"I only had my racing chair for six weeks, but I kept at it and in 2019, just 18 months after taking up the sport, I won the Auckland Marathon," Natasha said.

Ordinarily an elite level breakthrough win like that would be unforgettable, but Natasha must rely on newspaper clippings to tell her how it all unfolded.

"In the lead up to Auckland I was training on the athletics track when my vision impairment meant I didn't see that someone had left a hurdle on the track and I hit my head on it, so I'm not sure how I got to the starting line at that marathon, let alone the finish line.

"I like to say I have plenty of memories about how I did it, but I lost three months through amnesia, and I have no recall of it at all.

"These days I tend to use bike lanes to be safer on the road and do two hours a day in the gym and I swim and play terrible tennis.

"Cross training is important for wheelchair athletes, so we are not putting the same stresses on our arms and shoulders all the time," she said.

These days Natasha is a staunch advocate for accessibility within the local community for business and recreation.

The CPL - Choice Passion, Life - Wheelchair Marathon and CPL 10km Wheelchair events welcome para-athletes to participate in the Gold Coast's famously flat, fast and scenic course located alongside the city's renowned surf beaches and Broadwater.

CPL is one of the largest disability service providers, delivering over 2 million hours of support to 10,000 Australians with disability.



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SLAP on a wide-brimmed hat



SEEK shade



SLIDE on sunglasses

Cancer Council Queensland will have **FREE SUNSCREEN** available at various locations at Gold Coast Marathon.



Valued sponsors return and others warmly welcomed in 2022

After the enforced two-year break, the Village Roadshow Theme Parks Gold Coast Marathon has not only retained its top suite of sponsors but welcomes some fantastic new supporters in 2022.

The team at Events Management Queensland acknowledge and thank our sponsors that stuck with us through COVID-19 lockdowns to support the virtual events in 2020 and 2021 ensuring we survived to be here in 2022, to deliver the event you love. So we ask you, our valued participants, to support them when you can.

Our Strategic Partner Tourism and Events Queensland and Major Events Gold Coast proudly support the event and its stakeholders to be recognised globally as a world class marathon.

Village Roadshow Theme Parks will helm the 42.195km feature event while the marathon weekend's longest-serving sponsor of over two decades, leading sportswear and sports equipment supplier ASICS, is back to present the Half Marathon and the ever-popular ASICS Sport & Leisure Expo at the Gold Coast Convention and Exhibition Centre from Thursday 30 June to Saturday 2 July.

Southern Cross University has reaffirmed its commitment as naming rights sponsor of the 10km, so loved by both regular runners and elite athletes while the iconic QT Gold Coast continues as the Official Hotel.

A 20 year partnership with the Gold Coast Airport positioned the event to soar to great heights. Bringing runners from across the world directly to the Gold Coast, in 2022 our presenting partner of the 5km puts the Fun into our 5km run. With a brand new terminal about to open, the Gold Coast Airport team are committed to delivering the exceptional airport experience you deserve.

Australia Fair, one of the city's best known shopping centres and overlooking the start lines of all events, is back as the naming rights sponsor of our Volunteers Program. It's the ideal food and retail destination for all athletes and their families.

And as we also welcome back hydration specialists Nu Pure, we are extremely proud to welcome some great new sponsors to our stable.

The CPL – Choice Passion, Life – Wheelchair Marathon and CPL 10km Wheelchair events welcome para-athletes to participate in the Gold Coast's famously flat, fast and scenic course located alongside the city's renowned surf beaches and Broadwater.

CPL is one of the largest disability service providers, delivering over 2 million hours of support to 10,000 Australians with disability and it's great to have them supporting our two great wheelchair events in 2022.

For over 40 years, Polar has been a pioneer in running watches, helping runners and coaches at all levels to improve their health, performance and overall well-being and this year they are the Official Timepiece of the event.

We are also extremely pleased to announce Health and Wellbeing Queensland, the state's first dedicated health prevention agency, as the official sponsor for this year's Junior Dash events. With a focus on obesity prevention, it targets three key areas: nutrition, physical activity and wellbeing so all Queenslanders have the best chance to live a healthier life, no matter who they are, or where they live.

Driven by an obsession to innovate since 2017, Burleigh Heads' owned Fixx Nutrition offers highly effective products to help athletes train and perform their best and we welcome them as our Official Nutrition Partner.

And no matter how hard they've trained and how well they've run, participants in this year's marathon will have NORT to show for it.

That's thanks to a heady partnership brewed up between Queensland's premier distance running event and brewer NORT which will offer every runner a race finish sample of Australia's lowest calorie full flavoured non-alcoholic beer from the NORT Meet and Greet Zone.

With recovery a major part of any athlete's training and competition programs our participants can now have all the help their aching muscles need right in the palm of their hand after Benefit Pocket signed on as the Official Health App.



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ASICS Sport & Leisure Expo

The annual pilgrimage of healthy and active people to the Gold Coast Convention & Exhibition Centre in Broadbeach is currently underway.

The destination is the ASICS Sport & Leisure Expo, a popular support event on the Gold Coast Marathon weekend program.

Located next to the Check In Centre for Gold Coast Marathon participants, the free ASICS Sport & Leisure Expo is expected to attract more than 25,000 visitors.

There are more than 50 exhibitors including a huge range of ASICS footwear and fashion, the latest in fitness technology with Polar, nutrition with Fixx Nutrition, and an opportunity to find out all that last-minute race information.

Opening Hours

Thursday	30 June	3pm – 8pm
Friday	1 July	10am – 8pm
Saturday	2 July	10am – 4pm

Transport & Road Closures

Free Transport

Participants receive free transport to and from the Race Precinct by showing their race number or accreditation on the G:link during the following times:

Please note masks must be worn on public transport

Saturday 2 July	4am – 1pm
Sunday 3 July	4am – 1:30pm

For information about the G:link, shuttle bus, car parking and drop off zones visit

goldcoastmarathon.com.au/race-weekend/transport-3

Road Closures

Road closures will be in place from Paradise Point to Southport from 3:30am Saturday 2 July and Runaway Bay to Burleigh Heads from 3:30am on Sunday 3 July.

For information visit

goldcoastmarathon.com.au/community/road-closures

Travel Tips

- Add additional time to your journey in anticipation of delays.
- Due to this event, traffic in Southport and surrounding suburbs will be heavily congested.
- Avoid travelling along the Gold Coast Highway between Southport and Mermaid Beach as heavy traffic delays are expected from 7am to 12pm on Sunday 3 July.
- Access across the course will be permitted under the direction of traffic controllers and police when deemed safe.

BUS & TRAM

Timetables

G Link Light Rail Service

translink.com.au

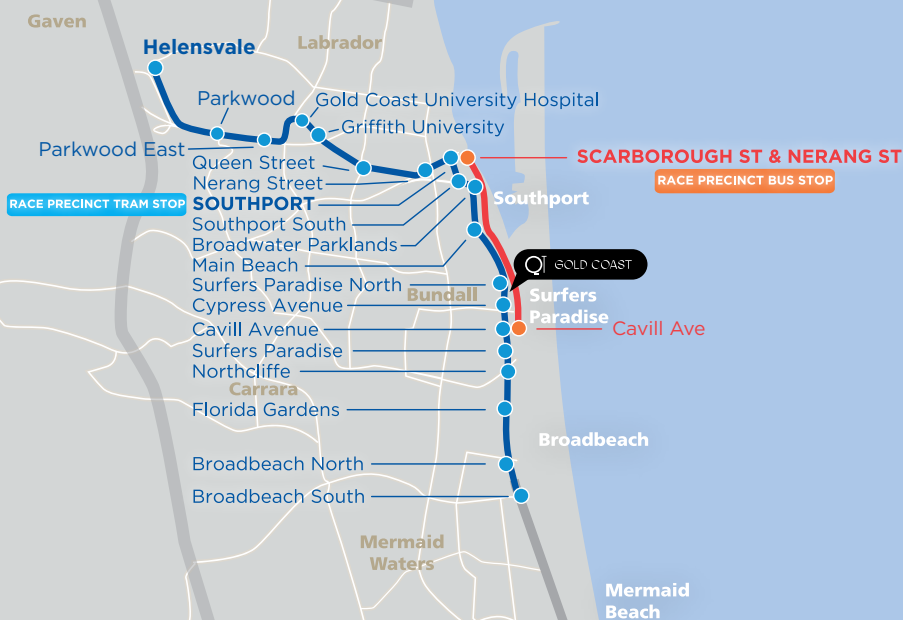
Shuttle Bus Service

goldcoastmarathon.com.au

Other Transport

Taxis

gccabs.com.au



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