



IT'S LIVE!
in Queensland

GCM

GOLD COAST MARATHON

1-2 JULY 2023 - QUEENSLAND, AUSTRALIA

Run Gold Coast package from **SGD 1,488**

FLAT, FAST & SCENIC

LIMITED
SLOTS only!!

43rd Gold Coast Marathon Specials!

- 1st 20 runners enjoy FREE Running Training - Worth SGD560 per person !!
- 1st 30 person enjoy FREE Aquaduck tour !!

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eu 欧美假期
holidays

42 MARATHON

21 HALF MARATHON

10 10KM RUN

5 FUN RUN

JD JUNIOR DASH

GOLDCOASTMARATHON.COM.AU

#GCM23

TOURISM
& EVENTS
Queensland

AUSTRALIA'S
GOLD COAST.

asics

Southern Cross
University

GCA
GOLD COAST AIRPORT

health+
wellbeing
Queensland



cpl
choice • passion • life

42 marathon



Run for the good times in the Gold Coast Marathon (42.195km) when the starter's gun fires at 6am on Sunday 2 July. Join thousands striving for a personal best on Australia's flattest, fastest and most scenic course. Run alongside the city's renowned surf beaches south to the Burleigh Heads turn point and then head north along to Paradise Point before being championed to the finish chute located adjacent to the Broadwater in Southport.

21 half marathon



Run before the sun in the ASICS Half Marathon (21.095km). Enjoy the good times on our world-standard course while soaking up the beautiful broadwater on your return journey from Southport to Paradise Point. Enjoy scenic sunrise views over the water as you run through Labrador to Runaway Bay before being championed to the grandstand finish chute located adjacent to the broadwater in Southport.

10 10km run



Enjoy cool conditions in the Southern Cross University 10km Run at 6:30am on Sunday 2 July. Take in the stunning water views from Sundale Bridge and run alongside the Gold Coast broadwater on our flat, fast and scenic course.

5 fun run



The Gold Coast Airport Fun Run is an event for everyone and starts at 10:10am on Saturday 1 July. Join thousands of all ages and abilities and run for the good times from Southport to Labrador on Australia's flattest, fastest and most scenic course. For the first time for this event, elite starts will be offered and prize money awarded for 1st, 2nd and 3rd placed male and female!

2023 Race Weekend Schedule

Saturday 1 July 2023

Race	Start Time	Cut off (Gun Time)
ASICS Half Marathon	6:00am	3hrs 20mins
Health and Wellbeing Queensland 2km Junior Dash	9:25am	20mins
Health and Wellbeing Queensland 4km Junior Dash	9:40am	40mins
Gold Coast Airport 5km Fun Run	10:10am	1hr 10mins

Sunday 2 July 2023

Race	Start Time	Cut off (Gun Time)
CPL Wheelchair Marathon	5:55am	6hrs 45mins
Gold Coast Marathon	6:00am	6hrs 40mins
CPL Wheelchair 10km	6:25am	1hr 45mins
Southern Cross University 10km Run	6:30am	1hr 40mins



- 01 29 JUN 2023 : QF052 SIN/BNE 2110/0645+1
Singapore - Brisbane
- 02 30 JUN 2023
Arrive Brisbane, transfer to Gold Coast Convention Centre to collect your running kit. Get together welcome lunch.
- 03 01 JUL 2023
For ASICS Half Marathon
Assemble at hotel lobby for your transfer to Gold Coast Marathon 2023 starting point. Make your own way back to the hotel after race.
- 04 02 JUL 2023
For Gold Coast Full Marathon
Assemble at hotel lobby for your transfer to Gold Coast Marathon 2023 starting point. Make your own way back to the hotel after race.
- 05 03 JUL 2023
Free at leisure to explore Gold Coast
- 06 04 JUL 2023 : QF051 BNE/SIN 1030/1650
Transfer to Brisbane Airport for flight departure.



6D4N RUN GOLD COAST - FULL PACKAGE

Date: 29 Jun - 4 Jul 2023

	TWIN/TRIPLE	SINGLE
42KM	\$2288	\$3088
21KM	\$2258	\$3058
10KM	\$2188	\$2988
5KM	\$2158	\$2958
Non-Runner	\$1988	\$2788

Terms & Conditions: Price are base on min group size of 15 adults traveling. Child 80% of Non-runner (Adult Twin)

5D4N RUN GOLD COAST - LAND PACKAGE

Date: 30 Jun - 4 Jul 2023

	TWIN/TRIPLE	SINGLE
42KM	\$1488	\$2288
21KM	\$1458	\$2258
10KM	\$1388	\$2188
5KM	\$1358	\$2158
Non-Runner	\$1188	\$1988

Terms & Conditions: Price are base on min group size of 15 adults traveling. Child 80% of Non-runner (Adult Twin)

Package inclusion:

- 4 Nights stay at Vibe Hotel Gold Coast Surfer Paradise
- Return airfare to Brisbane by Qantas Airways
- Daily hotel breakfast
- 2023 Gold Coast Marathon entry
- Get-together welcome lunch
- One way transfer to race starting point on 1 or 2 July 2023
- Gold Coast Marathon T-Shirt
- Arrival and departure airport transfers (with stop at ASICS Sport & Leisure Expo on 30 Jun)

Terms & Conditions

- Prices are quoted in SINGAPORE DOLLARS (SGD) based on per person
- A non-refundable booking fee of SGD1,000 per person is required to secure a space. Full payment must be made upon booking confirmation.
- Confirmed bookings are non-refundable & non-transferable.
- Family & friends may purchase the package under "Non-Runner" package subject to at least one guest being a Runner.
- Any unutilized services included in package is non-refundable & non-transferable.
- Prices for Full Package are subject to application taxes, fuel surcharges and service fee. Approx. \$180 per person.
- Prices exclude Australia visa fee.



Reasons to

RUN

for the
GOOD times



Gold Coast is one of the world's most popular holiday destinations known for its sunshine, golden surf beaches, beautiful broadwater, popular restaurants and cafes, exciting theme parks and accommodation for all budgets.



International status

The Gold Coast Marathon holds a World Athletics Road Race Label and is renowned for its excellence in planning and delivery and is one of the most prestigious marathons in the world.



Flat, fast and scenic course

The marathon course has a reputation as one of the flattest and fastest courses in the world. Run alongside beautiful beaches and broadwater from Paradise Point in the north to Burleigh Heads in the south.



Meet running legends

Ambassadors of the event include Australian running legends Rob de Castella, Steve Moneghetti, Pat Carroll and Benita Willis and there are many opportunities to meet and run alongside them over the weekend.



Electrifying crowd support

Be inspired and motivated by the locals and visitors cheering for you from Burleigh Heads to the finish line!



Coach Andy Neo

Andy Neo has a Bachelor's Degree in sports education and is an **NROC registered athletic provisional coach (Theory level 2)**. He started his interest in marathons in 2006 and has been a self-coach until today. His goal is to run below 2:45hr in order to qualify as a sub-elite level for WMM marathons. Andy has run Gold Coast Marathon thrice and will be looking forward to his fourth visit to Queensland, Australia in 2023.

Key achievements:

- PB 2:49.01 (Seoul Marathon 2019)
- Standard Chartered Singapore Marathon Local Master Champion 2019
- Have pocketed eight sub3 hour marathons
- Came in 7th and 6th local men's podium respectively for 2013-14 SCMS
- TNF 50km Trail Duo Open 1st place 2010
- Currently, he is the coach for BKrs running group
- His current top trainee has a PB of 2:57hr full marathon



Free Running Training Programs by coach Andy Neo

- Free 5 physical classes of training programs by coach Andy with his running group BKrs
- Improve running efficacy through running drills and plyometric exercises
- Attend 2 webinars to learn Heart Rate Zone Training & how to plan your Gold Coast Training log (periodization)
- Understand the various types of the long-run method to improve your endurance
- Bonus: pick up some nutrition tips from coach Andy for his marathons

Worth \$540!!



Gold Coast is Australia's favourite playground of entertainment and adventure. Feel the excitement of life in the fun lane, where the sun shines, the surf's up and you're spoilt for choice with an endless variety of things to see and do all year round. We show you how to have good fun in famous Gold Coast post-run! Visit our website <https://euholidays.experienceoz.com.au/en>

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Hop On Hop Off Ferry Pass

Hop Around the Waterways of the Gold Coast



Scenic Helicopter Flight

Get a taste of the Gold Coast skyline from the air.



Hot Air Balloon Flights

For early birds, catch Gold Coast's beautiful sunrise in the hinterland.



Thrilling Rides

The tallest, longest and fastest! One of the world's best HyperCoasters! Ride it now!



Whale Watching Cruise

Catch the humpback whales on their annual winter pilgrimage from the Antarctic to warmer oceans.



Moreton Island Day Tour

Visit the white, sandy beaches of Moreton Island and feed wild dolphins by hand!



Brisbane Sightseeing Tour

Explore the Queensland capital with a sightseeing tour and river cruise adventure.



4WD Tour of Mt Tamborine

Sign up for a 4WD safari with Southern Cross 4WD Tours



Fraser Island (ex-Noosa)

Ride in a 4WD along the beautiful sandy beaches of Fraser Island.



Eco Safaris Everglades

Explore and take a swim in pristine waters, photograph wildlife and ancient rainforests