

## **Chat Bot Training Questions**

### **What is the schedule for the 2024 Gold Coast Marathon?**

Gold Coast Marathon presented by ASICS and associated events will take place on Saturday 6 and Sunday 7 July 2024.

#### **Saturday 6 July:**

6:15am – Half Marathon  
9:40am – Gold Coast Bulletin 2km Junior Dash  
9:50am – Wheelchair 4km  
10:00am – Gold Coast Bulletin 4km Junior Dash  
10:30am – Gold Coast Airport 5km

#### **Sunday 7 July:**

6:10am – CPL Wheelchair Marathon  
6:15am – ASICS Gold Coast Marathon  
6:40am – CPL Wheelchair 10km  
6:45am – Southern Cross University 10km Run

### **What is the cut off (gun time) times for each race?**

#### **Saturday 6 July:**

Half Marathon – 3hrs, 20mins  
Gold Coast Bulletin 2km Junior Dash – 20mins  
Wheelchair 4km – 50mins  
Gold Coast Bulletin 4km Junior Dash – 40mins  
Gold Coast Airport 5km – 1hr, 10mins

#### **Sunday 7 July:**

CPL Wheelchair Marathon – 6hrs, 45mins  
ASICS Gold Coast Marathon – 6hrs, 40mins  
CPL Wheelchair 10km – 1hr, 45mins  
Southern Cross University 10km Run – 1hr, 40mins

### **Is your race AIMS Certified?**

Yes, all our event distances are AIMS Certified and eligible for qualifiers.

### **Has the Marathon, Half Marathon and 10km sold out?**

Yes, the Marathon, Half Marathon and 10km events are completely sold out.

If you would like to be guaranteed to run on race weekend we highly recommend you register for the Gold Coast Airport 5km event.

### **When do entries close?**

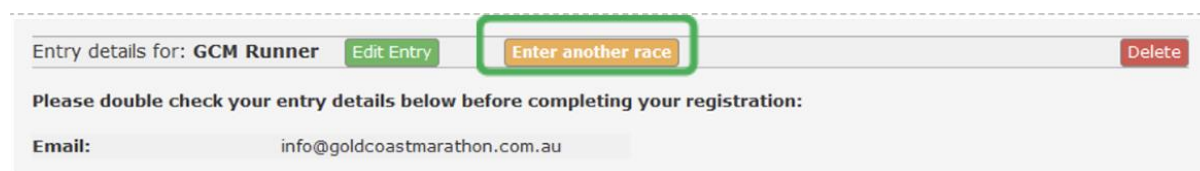
Saturday races must register and collect their race number prior to 8:00pm on Friday 5 July.

All Sunday races must register and collect their race number prior to 4:00pm on Saturday 6 July.

Please note that all races are capped to allow for safety and experience of our entrants and these caps may be reached prior to closing dates. Please register as soon as possible to avoid missing out.

### Will I be able to enter two or more events in 2024?

Yes absolutely, please select the “Enter another race” option on your summary page after completing your first registration.



The screenshot shows a registration summary interface. At the top, it says 'Entry details for: GCM Runner' followed by two buttons: 'Edit Entry' and 'Enter another race'. The 'Enter another race' button is highlighted with a green rectangular box. To the right of these buttons is a 'Delete' button. Below this, a message reads: 'Please double check your entry details below before completing your registration:'. Underneath, there is an 'Email:' label followed by the email address 'info@goldcoastmarathon.com.au'.

### Gold Coast Double 63.3km

Run the Gold Coast Double 63.3km and earn some extra bling! Compete in the Half Marathon on Saturday and the Full Marathon on Sunday and celebrate your awesome achievement of endurance with an extra medal. An entry in each race is all that is required to secure your 63.3km entry. Please ensure your surname, email and DOB are the same for each race entry.

If you have already entered and wish to add another race please complete a new entry to do so.

Other possible double entry combinations:

- Saturday** – 5km, **Sunday** – Marathon
- Saturday** – Half Marathon, **Sunday** – 10km Run
- Saturday** – Half Marathon, **Saturday** – 5km
- Saturday** – 5km, **Sunday** – 10km Run
- Saturday** – 4km Junior Dash, **Sunday** – 10km Run (only available to those aged 12, 13 or 14)
- Saturday** – Half Marathon, **Saturday** – 5km, **Sunday** – Marathon
- Saturday** – Half Marathon, **Saturday** – 5km, **Sunday** – 10km Run

Please note due to timing, you will be unable to enter both the Marathon and 10km events.

### What are the age restrictions for each event?

- ASICS Gold Coast Marathon – minimum age is 18 years old (as at race day, Sunday 7 July 2024)
- CPL Wheelchair Marathon – minimum age is 18 years old (as at race day, Sunday 7 July 2024)
- Half Marathon – minimum age is 15 years old (as at race day, Saturday 6 July 2024)
- Southern Cross University 10km Run – minimum age is 12 years old (as at race day, Sunday 7 July 2024)
- CPL Wheelchair 10km – minimum age is 12 years old (as at race day, Sunday 7 July 2024)
- Gold Coast Airport 5km – no age restriction however all entrants under 12 must be accompanied by a registered adult.
- 4km Junior Dash – the entrant must be between 5 and 14 years old (as at race day, Saturday 6 July 2024).
- Wheelchair 4km – minimum age is 8 years old (as at race day, Saturday 6 July 2024)
- 2km Junior Dash – the entrant must be between 5 and 10 years old (as at race day, Saturday 6 July 2024).

### **Why is there a cut-off policy for each race?**

Each race of the Gold Coast Marathon presented by ASICS has an official cut off time in which entrants must complete their race. These cut off times are enforced so roads can be reopened to the public in accordance with event permits. These are all based off the **gun time** (i.e. the time from when the starting gun is fired).

[View cut-off policy and times](#)

### **I can't make it on race weekend, can I still compete and earn the #GCM24 Finishers Rewards?**

Yes absolutely, please check out our [Virtual Event](#) details.

### **I can no longer participate in the event I entered, can I get a refund?**

There are no refunds payable unless expressly permitted by law.

If you can no longer participate in the event for which you are currently entered, you are able to downgrade to a lower distance. Please complete a race change via the [Update my Entry](#) portal.

If you are no longer able to participate in the event at all, you are able to transfer your entry to another person or compete in the Virtual Event:

1. Transfer your entry: please complete your transfer via the [Update my Entry portal](#)
2. Compete in the Virtual Event: Email [info@goldcoastmarathon.com.au](mailto:info@goldcoastmarathon.com.au)

### **How do I get my name printed on my Race Number?**

If you register prior to 31 May you will get to choose a name/nickname to be printed on your race number within your registration form. Entries after this date will receive #GCM24 printed on their race number in the name/nickname space.

Please note that if you choose to change your race distance after 31 May you will be issued with a new race number for your new race distance and this new race number will have #GCM24 printed on it.

### **Can I participate in a racing wheelchair?**

Racing wheelchair entrants are invited to compete in the CPL Wheelchair Marathon, CPL Wheelchair 10km and Wheelchair 4km. You must be 18 years or older for the CPL Wheelchair Marathon, 12 years or older for the CPL Wheelchair 10km and 8 years or older for the Wheelchair 4km.

No hand cycles are permitted. The 2024 Gold Coast Marathon presented by ASICS is conducted under Athletics Australia, World Para Athletics and World Athletics rules which clearly state that the CPL Wheelchair Marathon is an athletics event and only a recognised racing wheelchair is permitted. No mechanical gears are permitted on the chair.

Refer "[Race Policies](#)" for further information.

## **Can I participate in a day wheelchair?**

The race organiser has strong risk management concerns about the inclusion of participants other than runners in our events based on the known congestion and inattentive behaviour of some runners and the potential for accidents to occur. Day wheelchairs may compete in any race (except for the CPL Wheelchair Marathon, CPL Wheelchair 10km and Wheelchair 4km which are for racing wheelchair competitors only). For the safety of yourself and others, we recommend affixing a flag to your wheelchair and starting from the very rear of the starting field in each race. However, if you are an experienced participant you may elect to start in the start zone based on your anticipated finish time. Please note, age restrictions apply for each race.

Hand cycles are not permitted.

Refer "[Race Policies](#)" for further information.

## **Teams**

### **How do I register a team?**

Your team manager will need to visit the [Team Manager Portal](#) to register your team name and code. Once this registration has been completed, individuals will be able to select their team from a drop down selection within the entry form.

#### [Register your team](#)

*Please note if you have team members competing virtually, you will also need to create a team via the Virtual system as the registration systems are unrelated.*

### **Do all team members have to be in the same event?**

Your team can choose to race in any of our eight races and each individual is welcome to select their own start zone. You do not have to race together in the same race or choose the same start zone.

### **Are there team tents available?**

There are two options for team tents:

1. You can hire a tent on the finish chute / finish line (6×6 and 3×3 tent with courtyard)
2. You can BYO a gazebo or pop-up tent for the park section on Marine Parade between Nind and North Street (just prior to the finish chute)

Bookings for tents on the finish chute / finish line are available via the team manager login.

BYO tents do not need to be booked and are assigned on a first come first serve basis.

#### [More details](#)

### **I have already registered, how do I add myself to a team?**

You can add yourself to your team via the [Update my Entry Portal](#). Once logged in select Update Race Details and complete the team entry details section.

#### [Update my Entry](#)

## Junior Dash

### Can I run with my child in the Junior Dash?

4km Junior Dash: Parents/guardians are not permitted to accompany children.

2km Junior Dash: One parent/guardian is allowed to accompany a child free of charge if they deem this necessary. Please complete the accompanying parent details when registering your child. All accompanying parents will be required to wear specific passes to enter the course which will be supplied with the child's race pack. If you deem it necessary to accompany your child you must start with them towards the back of the start zone.

### How do I collect my child after the race?

Included with the Junior Dash race number will be a parent recovery area access pass. This pass will allow one person per child access into the Junior Dash Recovery Area post race to collect your child. More information on the location of the Junior Dash Recovery Area will be provided with the entrants race pack.

**Note:** The recovery area pass will not enable you to accompany your child in the race. If you wish to accompany your child in the 2km Junior Dash please complete the accompanying parent details when registering your child. All accompanying parents will be required to wear specific passes to enter the course which will be supplied with the child's race pack.

## Elite / Priority Starts

### I wish to apply for a Seeded (Elite) start or a Priority (Sub-elite) start – what are the qualifying times?

Seeded (Elite) Qualifying times (achieved since 1 January, 2022):

Marathon – Sub 2:25:00 (men) and sub 2:55:00 (women);  
Half Marathon – Sub 1:08:00 (men) and sub 1:20:00 (women);  
10km Run – Sub 32:00 (men) and sub 38:00 (women);  
5km Run – Sub 17:00 (men) and sub 19:00 (women).

Priority (Sub-elite) Qualifying times (achieved since 1 January, 2019):

Marathon – Sub 2:38:00 (men) and sub 3:08:00 (women);  
Half Marathon – Sub 1:16:00 (men) and sub 1:28:00 (women);  
10km Run – Sub 37:00 (men) and sub 43:00 (women);  
5km Run – Sub 19:00 (men) and sub 21:00 (women).

### This is my first time at this distance, how can I provide a qualifying time if I have never raced this distance before?

If this will be your debut at this distance, please provide your best recent results over a shorter distance/s that demonstrates your current form in on track to run faster than the time listed for the race you have entered.

Marathon debut – your best recent Half Marathon result  
Half Marathon debut – your best recent 10km result  
10km debut – your best recent 5km result

## **How do I apply for a Seeded / Priority Start?**

Please complete the details within your race registration form. You will need to provide us with a direct link to a previous qualifying result. Actual race results are preferred over Strava / virtual activity.

Please note the cut-off date for applications is 31 May 2024.

## **I have applied for a Seeded / Priority start – how do I know when this has been approved?**

Email confirmation will be sent confirming your start. If you have provided a time outside of the automatic qualifying times or have provided a Strava / virtual result, your application may take longer to be approved / assessed.

## **Race Numbers**

### **Race Number – Do I have to collect it?**

You are required to collect your race number from the Check in Centre within the ASICS Sport & Leisure Expo at the Gold Coast Convention and Exhibition Centre, Broadbeach.

#### **Opening hours:**

Thursday 4 July, 2024 3:00pm – 8:00pm

Friday 5 July, 2024 8:00am – 8:00pm (Last day of collection for Saturday races)

Saturday 6 July, 2024 10:00am – 4:00pm

We recommend entrants collect their own race number. However, if you need someone to collect on your behalf, please provide them with a copy of your entry certificate (link on entry confirmation email).

Group collection and postage is offered for teams of 20+, please visit our [teams entry](#) page for more details.

### **Can someone else collect my race number of my behalf?**

Yes absolutely, please send them a copy of your entry certificate (link on entry confirmation email) to take with them to collect.

### **Will there be a check in centre and expo for #GCM24?**

Yes, the Check in Centre and Expo will be at the Gold Coast Convention Centre, Broadbeach. The ASICS Sport & Leisure Expo is Australia's largest running exhibition featuring a huge ASICS pop-up store with official merchandise, sports & leisure exhibitors, sponsor stands and photo opportunities.

#### **Opening hours:**

Thursday 4 July, 2024 3:00pm – 8:00pm

Friday 5 July, 2024 8:00am – 8:00pm (Last day of collection for Saturday races)

Saturday 6 July, 2024 10:00am – 4:00pm

### **Where is the Expo?**

Gold Coast Convention and Exhibition Centre, Broadbeach, QLD 4218.

### **Is the Expo free to enter? Who can attend the Expo?**

Yes. We encourage you to bring your family or friends to walk through the Expo. You do not have to be an athlete to visit the Expo.

### **Collectibles**

Participants have this year been able to purchase GCM collectibles via their entry form. This includes a Bonza plush toy, GCM medal hanger and Pace bands. Participants need to collect them from the GCM Collectibles booth and can also purchase here if missed out when registering (card payments accepted).

### **Pacer booth**

The Pat Carroll Online & Onland Pacers assist participants to achieve their time goals in the ASICS Gold Coast Marathon, 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 entrants finishing slightly faster (30 seconds or so) than their goal time.

For easy visibility, the pace runners will be carrying a coloured balloon and a goal time sign high amongst the starting runners. Each pace runner will also wear a singlet with the goal time marked on the back.

Each pace time will have at least two pace runners who will lead the pace (off net-time) whilst guiding & motivating entrants throughout the race.

Entrants can find out more at the Pace Runner Booth!

### **Do I have to wear my race number? & where do I attach it?**

Yes absolutely, this is your proof of entry for the race, has your timing chip and will gain you access to the course. Please affix using the provided safety pins to the front of your singlet/t-shirt.

### **Race Transfers and Changes**

#### **Can I change races?**

Yes, you can change your race up until entries close (entries close at 8:00pm Friday for the Saturday races and at 4:00pm Saturday for the Sunday races).

When downgrading your race distance, refunds will not be given. When upgrading your race, you will be required to pay the difference in entry fees. Please complete your upgrade/downgrade via the [Update my Entry](#) portal.

Please note that if you choose to change your race distance after 31 May you will need to be issued with a new race number and your name/nickname will no longer be available.

#### **Can I transfer my entry to someone else?**

Yes, entries can be transferred from one entrant to another. Transfers are only valid for the same year of entry. Please complete your transfer via the [Update my Entry](#) portal.

Scammers are actively trying to sell tickets to the Gold Coast Marathon. Please call the office on 07 5668 9888 to confirm any entries before agreeing to purchase. For further protection against scammers, we suggest using PayPal's goods and services function to make payment for your ticket (not the friends and family option).

If downgrading your race distance once transferred, refunds will not be given. If upgrading your race, you will be required to pay the difference in entry fees. Upgrades and downgrades are only available where there is capacity in the distance you are transferring to.

### **Can I transfer my entry to the 2025 Gold Coast Marathon?**

No. Transfers are only valid for the year of the event.

### **Can I change details on my race entry?**

Yes, you can update your entry details, including your address, email, phone number, emergency contact, race distance and start zone. Please login to the [Update my Entry](#) portal to complete your change.

Please note if you need to change your name or date of birth you will need to email [info@goldcoastmarathon.com.au](mailto:info@goldcoastmarathon.com.au) to make the change.

## **Other**

### **Can I participate with a baby in a pram?**

Yes, prams are permitted in the Gold Coast Airport 5km and must start at the back of the field. Please complete the Accompanying Pram Section when registering to enter for one course safety purposes. If you would like the child to receive entrant rewards then you will need to enter them in to the event with their own separate entry.

### **Can a family member run along the finish chute or on course with me?**

No, no family members are permitted on course or on the finish chute. Only runners with race numbers / bibs are permitted on course.

### **What is an iTAB?**

An iTAB is a personalised medal insert, engraved with your name (maximum of 30 characters) and net time, that fits neatly into the back of your finisher's medal and is designed to take the place of traditional medal engraving. You can purchase an iTAB as part of your registration. If you register and forget to add it you can purchase via the [Update my Entry](#) portal. iTABs are mailed to you after the event.

### **What are the 10, 20, 30 and 40 Year Clubs?**

If this is the year that you will complete either 10, 20, 30 or 40 of one of the events at the Gold Coast Marathon presented by ASICS, then you will be eligible to be inducted into the 10, 20, 30 or 40 Year Club for that event. The years of completion do not need to be consecutive but do need to be in the same event. All new inductees will be awarded a certificate of recognition and commemorative polo shirt. In addition, new 20 Year Club inductees will receive a trophy.

Please note Virtual 2020 Event results do not count towards 10, 20, 30 year club milestones.



If you are eligible for one of these clubs, on your registration select 'Yes' for the question regarding eligibility to be inducted into the 10, 20 or 30 year club. Then list your previous years of participation in the space provided.

Note:

- If you have completed the 7.5 Walk or 5.7km Fun Run previously, your participation in the Gold Coast Airport 5km will count towards the 'Walk' club.
- Entries for the 10, 20, 30, 40 year club must be completed prior to 31 May in order to receive rewards on race weekend.

### **Where is the Race Precinct?**

Broadwater Parklands, Marine Parade, Southport, QLD 4215.

### **How do I get to the Race Precinct?**

G:Link transport is the free recommended method. Entrants receive free tram transport with their race number for tram rides directly prior and post their event.

The G:Link tram will be running frequently from 4am on race days and finishes at 12:30pm.

### **Is there parking?**

**Expo** – there is a 30min grace period for free. Following this free window, it is a flat rate of \$15.

**Race Precinct** – we recommend public transport due to road closures and parking restrictions. There are Lime Bike parking bays for hired Lime Bikes and some public bike parking.

### **Where is Bag Drop? What time does bag drop open?**

This is a free service for all athletes. A clear bag will be provided to all athletes at the Expo when collecting their race bibs. We encourage athletes to take advantage of our markers and label their bags straight away.

The bags can be dropped the morning of their event. Please see the precinct map. Timings are from 5:00am to 12:00pm on Saturday 6<sup>th</sup> July 2024 and 5:00am to 1:30pm on Sunday 7<sup>th</sup> July 2024.

### **Aid Stations, Personal Refreshments & Medical**

In addition to meeting strict industry safety standards, World Athletics Label Road Race criteria and AIMS membership guidelines, the Gold Coast Marathon presented by ASICS goes above and beyond in ensuring safety for all involved. From advanced medical scanning technology and GPS tracking to forward-thinking traffic management and detailed aid station assistance, the event continually aims to employ innovative and ground-breaking safety measures.

#### **Aid Stations**

- **Refreshment station (RS):** Personal refreshments, Tropical flavour Fuel X from Fixx Nutrition, Gel X Pro Lemon Sorbet and Raspberry Fizz Flavour (only at 30.5km Station) and water
- **Water station (WS):** Water only

<b>Marathon</b>	<b>Half Marathon</b>	<b>10km Run</b>	<b>5km</b>	<b>4km Junior Dash</b>
2.5km (WS)	2.5km (WS)	2.5km (WS)	2.5km (WS)	2km (WS)
5km (RS)	5km (RS)	5km (RS)		
7.5km (WS)	7.5km (WS)	7.5km (WS)		
10km (RS)	10km (RS)			
12.5km (WS)	12.5km (WS)			
15km (RS)	15km (RS)			
17.5km (WS)	17.5km (WS)			
20km (RS)	20km (RS)			
22.5km (WS)				
25km (RS)				
27.5km (WS)				
30.5km (RS) Gels				
32.5km (WS)				
35km (RS)				
37.5km (WS)				
40km (RS)				

Please discard all cups into the bin bags provided at the aid stations to help minimise our environmental footprint.

Electrolyte Drink – Fuel X

Fixx Nutrition is the official supplier of on course hydration for the Gold Coast Marathon presented by ASICS. Fixx Nutrition Fuel X in the Tropical Fruits flavour will be available at refreshment stations and the Recovery Area.

Gel X Pro Lemon Sorbet and Raspberry Fizz Flavour will only be available at the 30.5km aid station. It is recommended that if you plan to use Gel X Pro or Fuel X Tropical Fruits Flavour on race day, you should ‘train’ with this product prior to the event.

#### [FUEL X TRAINING PACK](#)

First Aid

#### **Race Weekend Tips**

Despite the ideal winter conditions, runners can often fall into a false sense of security and ignore exercise-induced physiological effects associated with participating in a Gold Coast Marathon presented by ASICS race. Please keep these tips in mind while running so you have a safe and memorable experience:

- Only undertake the event if you're adequately prepared and medically fit.
- Complete your emergency contact details on the back of your race number.
- Avoid dehydrating drinks (i.e. caffeine, alcohol, energy drinks) the day before and on the day of your race.
- Stay hydrated on course. Even if you don't feel thirsty, take advantage of our aid stations located on course.
- If you require medical attention, please report to an aid station, race marshal or on-course medical personnel for assistance.
- If you're feeling faint or unwell during or after your run, stop and seek medical assistance immediately.
- After your race, seek shade and rehydrate with water and Fixx Nutrition Fuel X in the Recovery Area.

## **On Course**

For medical attention on course, please report to an aid station, race marshal or identified medical personnel for assistance. At selected aid stations from the 15km mark (Marathon) there will be 'self-service' tables with basic first aid supplies such as band-aids and vaseline. A first aider will be located at each aid station throughout the course to help assist and identify participants that require medical treatment.

ASSIST Medics first aid responders provide support to all runners on bicycles throughout the course. First aid responders monitor participants within their designated zones and administer first aid where appropriate. Athlete Support Vehicles (ASV) are a means of transport for participants that are unable to complete their chosen race due to injury. Each ASV is equipped to treat basic first aid and resourced with a first aid responder who will assess and refer.

## **Race Precinct**

The First Aid Tent is located on the Event Lawn. The Medical Centre is located within the Recovery Area and is staffed by Gold Coast University Hospital personnel including an Intensive Care Director, doctors and nurses. The Physiotherapy Tent is located within the Recovery Area.

## **Ambulances**

Ambulances will be located along the course and within the race precinct. Important information for interstate and international participants:

Queensland Ambulance Service has confirmed their policy on costs for interstate and international participants who use the ambulance service at the 2024 Gold Coast Marathon. There are two service distinctions:

1. If a local, interstate or international participant is transported to the Race Precinct medical centre, there will be no charge.
2. If an interstate or international participant is transported offsite (to their choice of private or public hospital) they will be charged by Queensland Ambulance Service direct. Depending on the patient's condition, they will be transported to the most suitable tertiary hospital, which also includes Brisbane hospitals and could include an air service. This service would be free for Queensland residents. Participants are made aware of the charges if their medical condition allows for the understanding of the transport costs. Some states have reciprocal arrangements with Queensland as do some private health funds. Participants are urged to check with their state ambulance service or private health fund to see if they would be covered for ambulance

transport in Queensland. Participants will be asked by QAS officers prior to travel should they wish to proceed knowing the charge (this only applies to responsive participants).

## Recovery Area

After crossing the finish line, you will enter the Recovery Area which is restricted to participants only. Within this area you will find Fixx Nutrition Fuel X in the Tropical Fruits flavour, Nu-Pure water, fruit and a medical centre.

It is here you will be rewarded for your efforts with a commemorative medal and a finisher shirt if you completed the ASICS Gold Coast Marathon, Half Marathon, Southern Cross University 10km Run or Gold Coast Airport 5km.

## Personal Refreshments

### Seeded and Priority Start Runners

Personal refreshments will be distributed to refreshment stations for seeded and priority start runners participating in the Gold Coast Marathon only. Personal refreshments will be available at the 5km, 10km, 15km, 20km, 25km, 30.5km, 35km and 40km refreshment stations. Refreshments must be delivered to the personal refreshment booth at the ASICS Sports & Leisure Expo at the Gold Coast Convention & Exhibition Centre on **Saturday 6 July between 10am and 3pm**. Runners must bring their race number and/or ID in order to be able to drop-off their personal refreshments.

All refreshments **must** be marked with the following information:

- Full name
- Race number
- Refreshment station for placement (5km, 10km etc.)
- Gender

Runners are encouraged to mark their refreshments with a personal item, ribbon or colour for easy identification. No metal or glass bottles will be accepted. Containers must be sealed (i.e. will not leak if laid down) and must be no more than 30cm in height.

Personal Refreshments Layout will be available closer to the event

### Additional Information

- All drinks tables at the refreshment stations will be on the left hand side of runners
- Seeded runner drinks are always at the **front** of the tables with drinks for athletes in the 1-50 range on the left side of tables and drinks for athletes in the 51-100 range on the right plus the overflow seeded range and elite pacers with race numbers 251 – 275 at the front of table 6.
- Priority runners drinks are at the **back** of tables 1 – 6
- Ensure you know which table your personal refreshments drink will be on
- Drinks will be arranged exactly as outlined in the Personal Refreshments Layout (available soon)
- The layout will be the same at all 8 stations
- Seeded runner breakdown (each number has a specific place on the table – scroll further down for the flat lay image):
  - Table 1: Race number ends in 1 or 6      e.g. 1, 6, 11, 16....81, 86, 91 and 96
  - Table 2: Race number end in 2 or 7
  - Table 3: Race number ends in 3 or 8

- Table 4: Race number ends in 4 or 9
- Table 5: Race number ends in 5 or 0
- Table 6: Race numbers 251 – 275 (overflow seeded range plus the elite pacers)
- Priority runner breakdown (will be laid out in numerical order):
  - Table 1: race numbers 126 – 150 (back of table)
  - Table 2: race numbers 151 – 175 (back of table)
  - Table 3: race numbers 176 – 200 (back of table)
  - Table 4: race numbers 201 – 225 (back of table)
  - Table 5: race numbers 226 – 250 (back of table)
  - Table 6: race numbers 276+ (back of table)

### **Runners in Start Zones A, B, C, D and E**

While there is no capacity to accept personal refreshments from runners (other than seeded and priority start athletes), Gold Coast Marathon participants will be supplied Fixx Nutrition Fuel X in the Tropical Fruits flavour at all eight refreshment stations (water will be provided at all eight refreshment stations and the eight water-only stations along the marathon course) and the Recovery Area.

### **Are there any presentations? When and where?**

Yes. All presentations will occur on the event lawn stage. Presentation schedule subject to change without notice.

### **Saturday 6<sup>th</sup> July**

8:45am – Half Marathon  
 8:55am – Oceania Half Marathon Championships  
 10:45am – Gold Coast Bulletin 2km Junior Dash  
 10:55am – Gold Coast Bulletin 4km Junior Dash  
 11:00am – Wheelchair 4km  
 11:10am – Gold Coast Airport 5km

### **Sunday 7<sup>th</sup> July**

9:15am – Southern Cross University 10km  
 9:25am – CPL Wheelchair 10km  
 9:40am – ASICS Gold Coast Marathon  
 9:50am – CPL Wheelchair Marathon  
 10:00am – Queensland Marathon Championships

### **Is the Race Precinct free to enter?**

Yes – it's a great location for spectators to enjoy and watch the live feed.

### **Where is my start zone?**

This is printed on all participants' race bib.

### **Can I run with a friend starting from a faster zone?**

No but your friend can run with you starting from a slower zone.

### **Can I keep running after the cut off time?**

The participants are responsible to finish within the official cut-off time. Should a participants' gun finish time fall outside the official cut-off time, an official result will not be published or provided.

### **Can I run the 2km with my child?**

Yes, please read the instructions provided with your child's junior dash race number and wear the allocated wristband to run alongside your child.

### **Can I run the 4km race with my child?**

No. All 4km participants must run on their own.

### **How can I track my friend? Is there tracking?**

Yes! In the new app (play by play tracking and notifications) – QR code download. Search for your friend/family member and save them as a "favourite". The top right corner button will show your saved participants.

The app will provide real time feeds on the race leaders including race results with finish line cameras giving app users from near and far unprecedented vision of participants crossing the finish line. The app will also be able to track and predict finish times for participants in the ASICS Gold Coast Marathon and Half Marathon using 5km split times throughout the course.

Push notifications will keep users updated on participant's progress including timing splits and will even point out the best spectator spots to ensure on course supporters are front and centre to cheer their friends/family home.

### **Can I join in with my friend to run half way through the run?**

No. Only registered participants with an official race number can run.

### **Can I bring my dog to run?**

No. Only accredited animals for participant assistance with prior event approval.

### **Are there any recommended spectating points that I can recommend to my spectators?**

Wondering where the best places to watch the Gold Coast Marathon are? The full marathon route runs starts at Southport and passes through The Spit, Main Beach along The Esplanade in Surfers Paradise to Kurrawa, along Hedges Ave and Albatross Ave in Mermaid Beach and Marine Parade in Miami where runners will turn around at the halfway point and head north again via a similar route. They head back to the race precinct and continue north through Labrador and Biggera Waters before doing a U-turn on Bayview St in Runaway Bay.

While there are plenty of great spots to spectate along the 42km track some of the best vantage points to catch the action are on the coastal side of Hedges Avenue, Bayview St in Runaway Bay and along Marine Parade in Miami. And of course a top spot for spectators is the start at finish lines at the Race Precinct at The Broadwater Parklands.

- Race Precinct Main Lawn (live feed)
- Pratten Park, Broadbeach (live feed, Redbull activation zone, coffee cart)
- North of Charis Seafood, Labrador (ASICS activation)

- An array of entertainment locations on the course. The GCM24 app will be updated with these locations.

#### **Are there coffee stops/cafés along the route where we can also see the action from?**

- Cafe on Bayview: 28/12 Bayview St, Runaway Bay
- Sandbar Surfers Paradise: 52 Esplanade, Surfers Paradise
- The Surfers Paradise Beach Cafe: 4 The Esplanade, Surfers Paradise
- Surfers Paradise Surf Life Saving Club: Cnr Hanlan St and The Esplanade, Surfers Paradise
- Tower 28 Cafe: beneath the Kurrawa Surf Club at the end of Charles Avenue in Broadbeach
- Elk Espresso: Up the beach end of Oasis Mall on Victoria Ave, Broadbeach
- Rafiki: 172 Hedges Ave, Mermaid Beach
- BSKT: 4 Lavarack Rd, Mermaid Beach
- Piccolo Espresso: 2 Hythe St, Miami

#### **First Aid on the course?**

Yes, there are medics to assist throughout the course.

#### **Will there be photographers on course?**

Yes, the Marathon Photos Live is the official photographer of the Gold Coast Marathon presented by ASICS. Participants will receive an email with their photos post events (available for purchase).

#### **Where can I collect my medal and finisher shirt?**

Medals and tshirts will be available for collection at the end of the race within the Recovery Area.

#### **Lost persons/property?**

**Expo** – Direct to Information Booth

**Race Precinct** – Direct to lost person/s tent

#### **How can I become a Legends Club member?**

Runners who have participated in 10 or more Gold Coast Marathons (42.195km) are eligible for the Gold Coast Marathon Legends Club. The Gold Coast Marathon Legends Club recognises the achievements of 'long-running' competitors and offers them a host of benefits on race weekend. Upcoming Gold Coast Marathon Legends must notify organisers of their eligibility when registering for the event. Entries for the Legends Club must be completed prior to 31st May in order to be eligible for induction.

#### **Can we get our own nutrition from our own supporters/spectators on course?**

If you are an elite athlete and/or running for prize money and you accept anything from spectators, that is instant disqualification. However for everyone else, we cannot enforce or police this, however it isn't recommended due to potential collisions with other runners if you are stopping in front of them.

#### **What happens if I don't complete the race?**

We have cut off times due to enforced road closures needing to open up. Therefore, we have sweepers who will pick people up in a car who don't think they'll be able to finish the race and deliver them to the western side of the race precinct – in front of Australia Fair shopping centre. Others will be asked to walk on the footpath to complete the race. If they don't finish within the allocated time, they will not be able to enter the finish chute to cross the finish line and collect their finisher rewards.

**Can I walk in my event?**

Absolutely – as long as you finish within the allocated time.

**Can I wear fancy dress?**

Yes absolutely!! As long as it doesn't interfere with any runners on course.

**Can I collect my bib on the morning of the race?**

No, you need to ensure you collect your race bib prior to your event at the Asics Sport & Leisure Expo. Details are available on your entry confirmation, this app and our website.

**Where can we see/catch up with people after the race?**

You can meet up with participants on the event lawn after their event.

**Can I wear a hydration vest?**

Yes absolutely!

**Where are the Assistance Dogs?**

There is a dedicated space available on the Event Lawn for our lovely Assistance Dogs. They are there to comfort anyone feeling anxious and/or nervous before and after their race.

**What is the average temperature on race weekend?**

Approximately 21 – 22 degrees.

**Can runners wear Shokz/headphones on course?**

Yes, however it's not recommended as it may impact you hearing any announcements on course or being aware of your surroundings.

**Can I bring personal refreshments?**

You are welcome to carry your own refreshments with you and administer at will.

**When can I download my finishers certificate?**

The afternoon of your race, our website will have all final results live and finisher certificates available to download.

**Event Transport**



To ensure the safety of participants, volunteers and spectators, police-controlled road closures will be in place from Paradise Point to Miami.

**Saturday 6 July:** Roads will be closed from 3:30am and will progressively reopen as events are completed. All roads are scheduled to reopen by 12:30pm.

**Sunday 7 July:** Roads will be closed from 3:30am and will progressively reopen as events are completed. All roads are scheduled to reopen by 2pm.

Access to your premises will be permitted under the direction of police and traffic controllers. However, you may experience delays to ensure event safety. If possible, we suggest those affected make alternative arrangements on this weekend to avoid delays and to assist in minimising traffic congestion.

The success of this great community event relies heavily on local support. We encourage all Gold Coast residents and businesses to join in on the event's excitement and atmosphere by decorating your home or business, promoting a marathon special to entice participants to your business, screening the live webcast or participating in one of our eight races. See when the runners will be passing through your area [here](#).

For more road closure information go to <https://goldcoastmarathon.com.au/community/road-closures>

## **Community support**

### **Show your support and Win Shokz Headphones!**

The Gold Coast Marathon presented by ASICS 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 Miami.

**Show your support and create a sign that supports runners or brings a smile to their face. To enter tag a photo of your supporters sign @gcmarathon on instagram and use the hashtag #GCM24SUPPORTERS to win Shokz Headphones. The winner will be notified on the 11 July 2024. Good Luck and happy supporting!**

## **Transport**

Whether you drive and park, catch a bus or tram, get dropped off or walk if you are staying close by, it's important to plan how you'll get to and from the race precinct. Please ensure you arrive at least one hour before your race.

## **G:Link – Tram**

### **Saturday 6 July**

Services will operate on a 6.5 minute frequency from 4:00am – 6:00am in both directions. From 6:00am-10:00am, services will operate on a 7.5 minute frequency in both directions. From 10:00am services will operate as per the [regular weekend schedule](#).

Free travel to and from the Race Precinct will only be available to registered participants between 4:00am – 14:00pm. Display your race number when boarding. Standard Translink fares apply to non-registered accompanying persons. Services run from Broadbeach South to Helensvale.

### **Sunday 7 July**

Services will operate on a 6.5 minute frequency from 4:00am – 6:00am. From 8:00am-12:30pm, services will operate on a 7.5 minute frequency in both directions. From 12:30pm services will operate as per the [regular weekend schedule](#).

Due to the new Marathon course, the tram line will be closed from Cavill Avenue to Broadbeach South from 5:45am to 8:30am. Buses will replace trams along this section of the track. To travel north of Cavill Avenue to the Race Precinct please switch over from the bus to the Tram at Cavill Avenue.

Free travel to and from the Race Precinct will only be available to registered participants between 4:00am – 15:00pm. Display your race number when boarding. Standard Translink fares apply to non-registered accompanying persons. Services run from Broadbeach South to Helensvale.

VIEW TRAMS TIMES AT - VISIT RIDETHEG.COM.AU

## **Bus**

Normal Gold Coast bus services on will be in operation with standard fares to be charged.

## **Charter coach**

Coaches can drop off and pick up runners on Scarborough Street just north of the intersection with the Nerang Street Mall (out the front of Gold Coast TAFE). It is a five minute walk to the Race Precinct down the Mall. An alternate zone is east of Australia Fair Shopping Centre on Marine Parade. It can be accessed from Scarborough Street, then onto Short Street, then a left onto Marine Parade.

## **Boat - only on 7 July Sunday.**

Boat (Marina Mirage Transfer) – Start 4:30am – 7 July Sunday only  
Beachcomber Charters (\$15 per person each way)

Departure point: Marina Mirage, berth A01 – Marina Berth Map – Marina Mirage (next to the Hopo berth)  
 Website: [www.beachcombercharters.com.au](http://www.beachcombercharters.com.au)  
 No booking facility, just turn up  
 8min Trip time  
 Contact: Andreas 0477 887 700  
 Beginning at 4:30am. 12 guests at a time

## Car Drop Off Zone

The Drop Off Zone is on Davenport Street (north of Windmill Street). Vehicles are to access Davenport Street via Nerang Street and exit via Nind Street (westbound). The Drop Off Zone is a five minute walk to the Race Precinct along Nind Street (eastbound).

## Parking

People with a disability parking permits may use the VIP car park at Carey Park in front of Australia Fair Shopping Centre.

Car Park	Saturday 6 July	Sunday 7 July
1 Australia Fair Shopping Centre (east side)	Open from 4am -3 hours free Fees apply after 3 hours	Open from 4am -3 hours free. Fees apply after 3 hours
2 Carey Park, Marine Parade	Limited parking available Free until 9am 2.40 per hour	Not available
3 Mal Burke Car Park, Hicks Street	Free until 9am 2.40 per hour	Free
4 St John Patterson, Suter Street	Free until 9am 2.40 per hour	Free

[VISIT CITY OF GOLD COAST](#)

## Broadwater Parklands Car Park (Gold Coast Aquatic Centre Car Park)

The Broadwater Parklands Car Park in Southport will be fully closed from 5am Monday 24 June through to 5pm Thursday 11 July.

## Tow Away Zones

Parking restrictions will apply on the course and vehicles will be towed at the owner's expense. Refer to event signage for these locations.

## Pedestrian crossings

Pedestrian crossings on the Gold Coast Highway to access the Race Precinct will be located at Ada Bell Way (one crossing), Marine Parade (one crossing), Nerang Street (one crossing), Nind Street (one crossing) and North Street (one crossing).

### **Boat Ramps**

Access to boat ramps along the event course will be restricted during the race weekend. Please refer to the road closure summary for details.

### **Lime Bike Parking**

Please see below the designated Lime bike parking and drop off areas North and South of the event precinct.

### **Road Closures**

To ensure the safety of participants, volunteers and spectators, police-controlled road closures will be in place from Paradise Point to Miami.

### **Saturday 6 July**

Roads will be closed from 3:30am and will progressively reopen as events are completed. All roads are scheduled to reopen by 12:30pm.

### **Sunday 7 July**

Roads will be closed from 3:30am and will progressively reopen as events are completed. All roads are scheduled to reopen by 2:00pm.

For more transport information and getting to the gold coast marathon visit - <https://goldcoastmarathon.com.au/race-weekend/transport/>

### **Travel tips**

If you live in affected suburbs or need to access these suburbs during the Gold Coast Marathon weekend, please consider these 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 7 July.
- The Gold Coast Highway will be impacted for southbound travel in Sufers Paradise between Clifford Street and Fern Street and in Mermaid from Alexandra Avenue and Seashell Avenue. Please use western roads.

- Use either Benowa or Currumburra Roads when travelling north and south.
- Use Ferry Road and Scarborough Street to access parking in Southport.
- Use Olsen Avenue and Oxley Drive to enter/exit Labrador, Runaway Bay and Paradise Point.
- Use Tedder Avenue as the main thoroughfare to get to The Spit on Sunday 7 July, as it will be under police direction.
- If coming from Brisbane or the north along the Pacific Motorway (M1), use Nerang-Broadbeach Road to access Surfers Paradise or any suburbs further south.
- Access across the course will be permitted under the direction of traffic controllers and police when deemed safe.
- Please note there will be amplified sound before 7am in areas surrounding the course.
- Sound check will occur at Southport Broadwater Parklands in the week leading up to 6-7 July.

**Participants need to arrive 1 hour before their allocated start time.**

### ***Gold Coast Marathon Course Records***

#### **Gold Coast Marathon**

<b>Male</b>	<b>Time</b>	<b>Year</b>	<b>Female</b>	<b>Time</b>	<b>Year</b>
Naoki Koyama (JPN)	2:07:40	2023	Christine Flanagan (USA)	2:24:43	2022

#### **CPL Wheelchair Marathon**

<b>Male</b>	<b>Time</b>	<b>Year</b>	<b>Female</b>	<b>Time</b>	<b>Year</b>
Mark Fearnley (AUS)	2:30:18	2016	Christie Dawes (AUS)	2:43:45	2016

#### **ASICS Half Marathon**

<b>Male</b>	<b>Time</b>	<b>Year</b>	<b>Female</b>	<b>Time</b>	<b>Year</b>
Benenson Masya (KEN)	1:01:16	1992	Leira D'Amato (USA)	1:06:39	2023

#### **Southern Cross University 10km Run**

<b>Male</b>	<b>Time</b>	<b>Year</b>	<b>Female</b>	<b>Time</b>	<b>Year</b>
Jordan Gusman (AUS)	8:42	2018	Lisa Weightman (AUS)	2:09	2023

#### **CPL Wheelchair 10km**

<b>Male</b>	<b>Time</b>	<b>Year</b>	<b>Female</b>	<b>Time</b>	<b>Year</b>
Samuel Rizzo (AUS)	3:59	2022	Emily Tapp (AUS)	1:41	2023

Please note: 2022 was the inaugural event.

## Gold Coast Airport 5km

Male	Time	Year	Female	Time	Year
Harrison Martinenko (AUS)	4:32	2023	Olga Firsova (AUS)	5:42	2023

Please note: 2022 was the first year in which a competitive element was introduced to the 5km distance.

## 4km Junior Dash

Male	Time	Year	Female	Time	Year
Jaeden Macfarlane (AUS)	2:16	2022	Logan Stewart (AUS)	2:48	2018

## 2km Junior Dash

Male	Time	Year	Female	Time	Year
Robe Stewart (AUS)	1:33	2018	Logan Stewart (AUS)	1:47	2016

## Wheelchair Half Marathon (no longer held)

Male	Time	Year	Female	Time	Year
Murt Fearnley (AUS)	1:45:21	2009	Rosemary Little (AUS)	1:58:33	2004

## Wheelchair 15km (no longer held)

Male	Time	Year	Female	Time	Year
Sheed McCracken (AUS)	19:12	2014	Mara Tait (AUS)	17:22	2015

## Pace runners for the event.

The Pat Carroll Online & Onland Pacers assist participants to their time goals in the ASICS Gold Coast Marathon, 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 (30 seconds or so) than your goal time.

For easy visibility, the pace runners will be carrying a coloured balloon and a goal time sign high amongst the starting runners. Each pace runner will also wear a singlet with the goal time marked on the back. It's important to know the start zone your pace runner will be in and ensure you choose the same start zone when you enter so you can start the race near your pace runner.

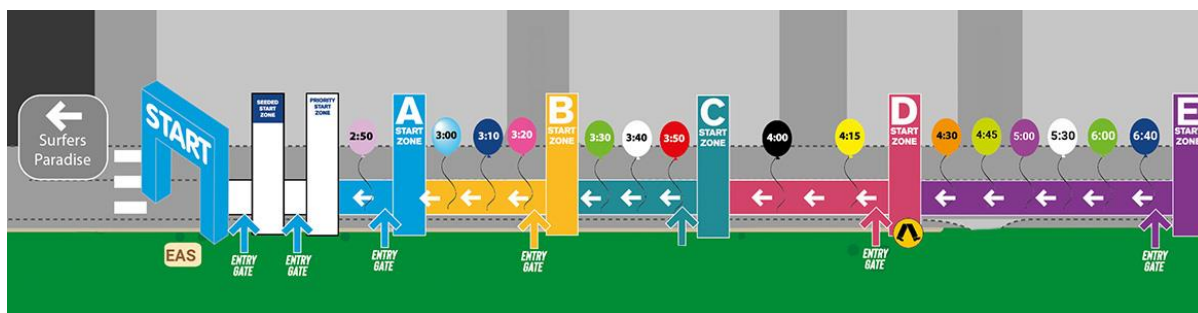
Each pace time will have at least two pace runners who will lead the pace (off net-time) whilst guiding & motivating you throughout the race.

Pacers will run to the 'Net Time' (also called 'Chip Time'). Net Time is the time it takes you to complete the distance once you've crossed the start line. Note: Due to participant numbers, it may take several minutes to cross the start line after the gun is fired.

## ASICS Gold Coast Marathon Pace Times

Pace Group	min/km	Balloon Colour	Position	Pacers
hrs 50 mins	:02 min/km	Light Purple	Middle of Zone A	Ben Holland & Immanuel Vergara
hrs	:16 min/km	Light Blue	Front of Zone B	Ethan Pham & Jason Luang
hrs 10 mins	:30 min/km	Blue	Middle of Zone B	Erin Wallace & Jake Myers
hrs 20 mins	:45 min/km	Pink	Back of Zone B	Licky Arnold & Matt Tomlinson
hrs 30 mins	:59 min/km	Green	Front of Zone C	Thomas Li & John White
hrs 40 mins	:13 min/km	White	Middle of Zone C	Ben Pritchard & Kieran McAndrew
hrs 50 mins	:27 min/km	Red	Back of Zone C	Matt Crawford & John Brereton
hrs	:42 min/km	Black	Front of Zone D	Simon Foster & Darrell Miles
hrs 15 mins	:03 min/km	Yellow	Middle of Zone D	Ervin Chan & Hung Pham & Matt Larter
hrs 30 mins	:24 min/km	Orange	Front of Zone E	Craig Bibby & Calvin Pihl
hrs 45 mins	:46 min/km	Light Green	Between the 4:30 & 5hr pacers	Prashantha Bond & Jason Reid
hrs	:07 min/km	Purple	Middle of Zone E	Carolyn Overy & Mugsy Moloney
hrs 30 mins	:50 min/km	White	Between the 5hr & 6hr pacers	Lee Petersen & Dean Mazzalini
hrs	:32 min/km	Green	Between the 5:30 & Chaser pacers	Maurice Gregory & Chris Humphries
Chaser (6hrs 0mins)*	:29 min/km	Blue	Back of Zone E	Starmel Grashuis & Teita Hillman

\*Chaser will run to gun time.



## Half Marathon Pace Times

Pace Group	min/km	Balloon Colour	Position	Placers
1 hr 24mins	:59 min/km	Light Blue	Front of Zone A	Connor Graham, Matt Brace & Anthony Fuster
1 hr 30 mins	:16 min/km	Blue	Middle of Zone B	David Loader & Michael Acciola
1 hr 40 mins	:45 min/km	Green	Back of Zone C	Ahanuj Kumar & Jarrod Gibson
1 hr 50 mins	:13 min/km	Red	Front of Zone D	Eally Matsubara, Humberto Alvarez & Scotty Roberts
2 hrs	:42 min/km	Black	Front of Zone E	Catie McKenzie & Regan Tare
2 hrs 10 mins	:10 min/km	Yellow	Front of Zone A	Bodie Cumner & Steve Gamble
2 hrs 20 mins	:38 min/km	Orange	Front of Zone B	Ben Kelly & Mel Haley
2 hrs 30 mins	:07 min/km	Pink	Middle of Zone C	Samuel Pedrosa & Kirsty Sutton
Chaser (3hrs 0mins)*	:28 min/km	Purple	Back of Zone E	Elex Hardy & Ian Alhadath

\*Chaser will run to gun time.



## Southern Cross University 10km Run Pace Times

Pace Group	min/km	Balloon Colour	Position	Placers
1:00 mins	:00 min/km	Light Blue	Front of Zone A	Carl Nield & Michael Acciola
1:00 mins	:00 min/km	Red	Front of Zone B	Vaid Sinclair & Pat Carroll



<b>0 mins</b>	<b>:00 min/km</b>	<b>Black</b>	<b>Front of Zone C</b>	<b>Lina Adams &amp; Cairine Ambole</b>
<b>hr 10 mins</b>	<b>:00 min/km</b>	<b>Yellow</b>	<b>Front of Zone D</b>	<b>Shane Dicinoski &amp; Vina Lahmati</b>

**Why is my name not in the app? Your name and race number will be listed in the App on the morning of Thursday 7 July 2024.**

**How do I track someone? Using the GCM App available on the app store and android play store you can search for the runners name / surname or race number and follow them. Runners names and race numbers will be listed on the morning of Thursday 7 July 2024.**