



Gold Coast Airport  
**MARATHON**

2-3 July 2016

goldcoastmarathon.com.au



**IT'S LIVE!**  
in Queensland

official program



#GCAM16  
**GOOD  
TIMES**

**IT'S LIVE!**  
in Queensland

## SEE THE BEST LIVE EVENTS ON THE GOLD COAST

Venture into the Gold Coast's endless playground for some serious fun. Whether it's an exhilarating swim at one of the many golden surf beaches, an energising hike through the Hinterland, an action-packed day at some of the world's best theme parks or simply enjoying the entertainment, the Gold Coast is Australia's fun capital. Gold Coast is famous for fun!

**Viva Surfers  
Paradise**  
8 - 17 Jul



**Castrol  
Gold Coast 600**  
21 - 23 Oct



**Australian PGA  
Championship**  
1 - 4 Dec



**NetFest**  
6 - 9 Oct



**Jupiters Pan Pacific  
Masters Games**  
5 - 13 Nov



**See the full event calendar at [queensland.com/events](http://queensland.com/events)**

**Gold Coast**  
Queensland Famous for fun

## MINISTER'S WELCOME



Welcome to the 38th annual Gold Coast Airport Marathon – Australia's premier marathon event.

The Gold Coast Airport Marathon is one of Queensland's largest participatory events and the first marathon in Australia to attain the most prestigious international classification, the IAAF Road Race Gold Label.

Last year the event attracted more than 3,000 international runners and with the marathon's Gold Label classification, it is set to attract even more participants from overseas in 2016.

The Palaszczuk Government proudly supports this event through Tourism and Events Queensland as part of the *It's Live! in Queensland* events calendar, inspiring more visitors to experience the best address on earth.

Congratulations to Events Management Queensland and everyone involved in ensuring this event is a continued success for the Gold Coast.

I encourage visiting participants and supporters to stay on and experience the diverse experiences the destination has to offer.

**The Hon Kate Jones MP**

*Minister for Tourism and Major Events*

## MAYOR'S WELCOME



It is with great pleasure that I welcome you to the 2016 Gold Coast Airport Marathon.

The event was initiated 38 years ago by the Rotary Club of Surfers Paradise Central as part of a health awareness campaign for the Gold Coast. Initially, the Gold Coast Marathon had only 700 participants, but the event has certainly come a long way and this year we will hopefully see over 27,000 participants from around the world competing!

As well as contributing to the city economically, the marathon provides an opportunity for participants to fundraise through the event either through the official charity 'Cancer Council Queensland' or for an alternative charity of choice.

The Gold Coast Airport Marathon provides people of all ages and abilities the opportunity to participate in an event promoting health and wellbeing in one of the most popular holiday destinations in the world.

The City is proud to support such a successful event for the city that not only brings in millions of dollars into the local economy, but also espouses the Gold Coast's active and healthy lifestyle.

I would like to extend my best wishes to the organisers, volunteers and sponsors for making this event possible. And of course to the marathon's participants – good luck for what I know is a gruelling task ahead of you!

**Cr Tom Tate**

*Mayor, City of Gold Coast*



MOREGOLDCOAST.COM.AU

## FOR WHAT'S ON OFF THE COURSE



ARTS | BUSINESS | CULTURE  
FOOD | HEALTH & FITNESS  
LIFESTYLE | MUSIC | SPORT

**GOLDCOAST.**

# GCAM IN NUMBERS

EST.  
1979

**43,000+**  
Visitors from  
outside the Gold Coast

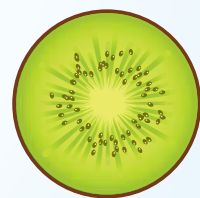
**\$220000000**  
in Economic Impact

**27,000+**  
participants

49% Male entrants 51% Female entrants

10km Paradise Point

60,000  
litres of water



**5,000kg+** of fruit



TV coverage into  
**850+ million households**  
across **129 countries**

Men's Race  
Record: Kenneth  
Mungara (2015)

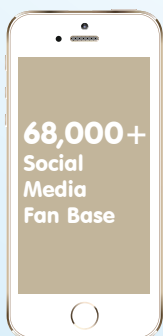
Women's Race  
Record: Yukiko  
Akaba (2013)

2:08:42

1:11:23



**1,250 volunteers**



Burleigh Heads

Miami

Broadbeach

Surfers Paradise

Q1

Southport Bridge

Main Beach Pavilion

Broadwater Parklands

Gold Coast Aquatic Centre

Loders Creek Bridge

Lands End Bridge

Runaway Bay Marina



42km

21km

15km

10km

5.7km

4km

2km









# THE GOLD COAST AIRPORT MARATHON MEANS SO MUCH TO SO MANY PEOPLE.

Sit back, relax and enjoy the Official Program for this year's 38th staging of the Gold Coast Airport Marathon.

In 36 pages of words and images, you will get a taste of the many meanings of this great major event in our calendar.

And then you may run, walk or cheer this weekend and create a new meaning for the Gold Coast Airport Marathon.

## GCAM16 MEANS:

-  A sense of community and pride for the Gold Coast.
-  A personal goal for runners around the world.
-  An opportunity for friends and family to share an enriching experience together.
-  A fast course and attractive purse for elite runners.
-  Queensland on show to the world.
-  Running for a cause.
-  Satisfaction and reward for delivering something special.
-  Starting and finishing.

# #GCAM16 GOOD TIMES



## NEW GEL-NIMBUS 18

with CONVERGENCE GEL

The Convergence GEL improves shock attenuation and comfort, helping you run longer. The new GEL-NIMBUS 18 will be available in multiple widths. Please visit [asics.com](http://asics.com) to learn more.



ASICS is a proud Sponsor of the 2016 Gold Coast Airport Marathon

 ASICSaustralia   

## #WANT IT MORE

# AUDIENCE GUIDE

## Live Webcast

[goldcoastmarathon.com.au](http://goldcoastmarathon.com.au)

Sunday 3 July, 5:45am – 10:00am

*Live race vision with commentary by Ian Eckersley and Benita Willis, roving interviews by Mossy & Robbo and special guest interviews with Rob de Castella and Steve Moneghetti.*

## TV

7mate

Sunday 17 July, 11:30am  
1 hour highlights package

## Radio

1029 Hot Tomato

Saturday 2 July,  
Live crosses throughout the morning

Sunday 3 July,  
Live broadcast 6:00am – 12:00pm

## Results

Live results:  
[goldcoastbulletin.com.au](http://goldcoastbulletin.com.au)

48 page results lift out:  
Monday 4 July, Gold Coast Bulletin

## Social Media

 [facebook.com/GCMarathon](https://facebook.com/GCMarathon)

 [twitter.com/GCMarathon](https://twitter.com/GCMarathon)

 [instagram.com/GCMarathon](https://instagram.com/GCMarathon)

 [youtube.com/GCMarathon](https://youtube.com/GCMarathon)

Share your good times using **#GCAM16**  
and stay up-to-date with live news.

## App

[Gold Coast Airport Marathon app by ASICS](#)

*Download from iTunes and Google Play.  
The app features a live runner tracker,  
course maps, pre-race tips and general  
race information.*



# SPECTATOR GUIDE

**Give runners that extra push they need to achieve their goals by cheering them on at one of these on-course spectator points:**

## Broadwater Parklands – Start and Finish

Home of the Race Precinct, a great spot to watch runners speed off from the start line and then cheer them home as they celebrate crossing the finish line.

## Main Beach – 2km & 30km

Clap to the rhythm of the Funky Drummers as the runners pass through gorgeous Main Beach and again when they return on their journey to 42.195km.

## Surfers Paradise – 5km & 26km

During race weekend, the Surfers Paradise 'Spectator Hub' will be a hot spot for locals and visitors alike to cheer out loud for all the marathon runners.

## Broadbeach – 9km & 23km

Blue Poppy will be entertaining spectators and runners at Broadbeach. The Broadbeach 'Spectator Hub' will be a great place to watch the race and enjoy some great shopping.

## Miami – 13km & 18km

With great boutique cafes and entertainment provided by Caribbean Connection and Mega Cheer, spectators will find this an ideal location to sit back and enjoy the scenic coastline as a steady stream of runners head south and then return north.

## Burleigh Heads – 15km

Burleigh Heads is where family and friends can catch runners as they reach the southern turnaround point and listen to the sound of the Jazz Kings at the same time.

## Biggera Waters – 36km & 38km

The Motivators will provide vocal cheer to the runners as they go past Ryder Park and admire the beauty of the Broadwater.

## Labrador – 35km & 39km

Jam along with DJ Cliffhangers and reggae group Afrodisa and support the runners on their journey to the finish line.

## Paradise Point – 11km ASICS Half Marathon

Paradise Point is the location for those wanting to watch the half marathon runners reach their halfway mark and then enjoy some of the local cafes and shops. Paradise Point is a popular cheering point to provide half marathoners with a burst of energy as they turn to head directly to the finish line.

# BREAK IT AND THEY WILL COME!

The voice in the cornfields from the famous Kevin Costner baseball movie 'Field of Dreams' said "build it and they will come".

Well if a Hollywood movie was made about the Gold Coast Airport Marathon, a voice may well be heard from the Broadwater saying "break it and they will come".

Break the race record and more top class overseas runners will come trying to go faster!

Over the past three years, the women's and men's race records have been smashed and the quality of this year's fields suggests both could be broken again.

The 2016 Gold Coast Airport Marathon will welcome one of the fastest international elite fields in Australian marathon history headlined by the return of last year's men's winner and Australian all comers record holder Kenneth Mungara from Kenya.

The 42-year-old shaved 32 seconds off the previous Australian all comers and race records when he broke away from 2014 winner Silah Limo and countryman Evans Ruto in the final two kilometres to win last year in 2:08:42.

Mungara's chance at a repeat victory will be under threat with six of the confirmed men's field having run marathons under his race record time and a further four with personal best times under 2:10:00.

Included in the group are Kenya's Peter Some (2:05:53) and Willy Koitile (2:08:32), as well as former race record holder Yuki Kawauchi (2:08:14) from Japan.

Kawauchi's return marks his fifth consecutive appearance and produces mouth-watering clashes with long-time rival Arata Fujiwara (2:07:48) and Mongolian Ser-od Bat-ochir (2:08:50) who is using the race as a last ditch attempt to qualify for his fourth Olympic Games.

The women's marathon race record of 2:27:17, set by Japan's Yukiko Akaba in 2013, will also come under scrutiny with six of the leading female contenders all possessing personal best times under 2:28:00.

Japanese women have historically dominated this marquee race, accounting for 13 wins since 1990 including the last four.

Looking to continue this trend are 2004 Berlin Marathon winner Yoko Shibui (2:19:41) who has a recent top performance of 2:25:02 at the 2012 Nagoya Marathon, Misato Horie (2:27:57) and 2014 Gold Coast Airport Marathon second placegetter Rika Takenaka (nee Shintaku).

Ethiopians Gulume Chala (2:23:12) and Meseret Biru (2:23:26) will throw down the challenge, both having recorded their best times during the last 18 months, while Leah Kiprono (2:27:40) and Agnes Mutune (2:30:13) are striving to become the first Kenyan woman to win the race.

The women's race goes even deeper, also featuring China's Wei Wei Sun as well as runners from Mongolia, Hungary and Hong Kong all vying for 2016 Rio Olympic Games qualification.

A strong contingent of men and women will also be vying for the IAAF Oceania Area Marathon Championships including Australians Kirsten Molloy (2:43:41), Jules



# GOLD COAST AIRPORT MARATHON

[goldcoastmarathon.com.au/races/marathon](http://goldcoastmarathon.com.au/races/marathon)

**Distance** 42.195km

**Race Day** Sunday

**Start Time** 7:20am

**Recommended Arrival Time** 6:20am

**Cut Off Time** 6 hours 40 minutes (Gun Time)



## Race Records

**Male** 2015 - Kenneth Mungara (KEN) 2:08:42

**Female** 2013 - Yukiko Akaba (JPN) 2:27:17

## Last Year's Winners

**Male** Kenneth Mungara (KEN) 2:08:42

**Female** Risa Takenaka (JPN) 2:28:25

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

## Elite Runner Profiles

[goldcoastmarathon.com.au/race-weekend/elites](http://goldcoastmarathon.com.au/race-weekend/elites)

## Prize Money

**1st** - \$20,000 **2nd** - \$8,000 **3rd** - \$5,000  
+ time bonuses

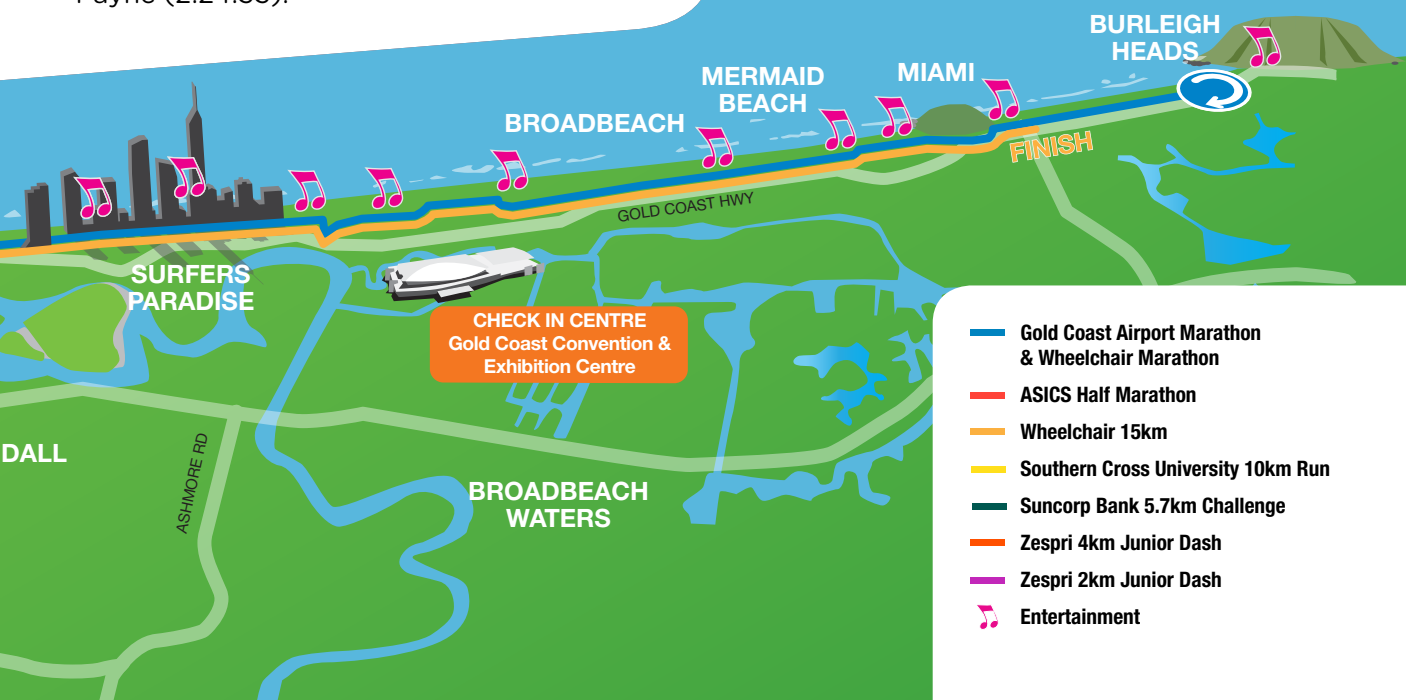
[goldcoastmarathon.com.au/enter/prizes-rewards](http://goldcoastmarathon.com.au/enter/prizes-rewards)

## Finisher Rewards

Official finisher's shirt, medal & certificate



Bennett (2:46:23), Rachel Glasson (2:47:57) and Clare Geraghty (2:48:35) and New Zealanders Victoria Beck (2:43:45), Alice Mason (2:45:43), Paul Martelletti (2:16:49), Ben Ashkettle (2:19:16) and Tony Payne (2:24:55).



# FEARNLEY'S ROAD TO RIO VIA GOLD COAST

One of Australia's most accomplished athletes will contest the 42.195km Gold Coast Airport Marathon for the first time on his road to Rio.

Three-time Paralympic gold medallist Kurt Fearnley will look to add a Gold Coast Airport Marathon win on Sunday to his own personal results honour board, including his 2009 Gold Coast Wheelchair Half Marathon win in race record time.

In September, Fearnley will target his fourth Paralympics gold medal to add to his dual marathon crowns in 2004 and 2008 and his 5000m victory on the track in 2004.

One of Australia's most popular sporting identities, Fearnley will also serve as co-captain of the Australian Paralympic team in Rio.

But Fearnley's most immediate focus is the Gold Coast Airport Marathon this Sunday, beating a strong field and potentially breaking the long-standing race record of John McLean (1:33:21) from 2000.

The men's field on Sunday will also feature two-time winner Richard Nicholson (2012, 2013) from Canberra and last year's winner Bill Chaffey from Bilambil Heights.

Chaffey will join Fearnley in Rio after recently being nominated to represent Australia in the Paralympic triathlon event.

The women's Gold Coast Airport Marathon wheelchair race is also set to be a cracker on Sunday.

Newcastle athlete Christie Dawes will be striving to finish in a time good enough to attain qualification for the Australian Paralympic team in Rio, which would be her sixth Paralympic Games.

Dawes will have some strong competition on the road with three-time 15km Wheelchair winner and local girl Sara Tait rising to the marathon distance for the first time as well as the addition of Northern Territory paratriathlon star Emily Tapp.

The Wheelchair Marathon and 15km races at the Gold Coast Airport Marathon will both start at 7:15am on Sunday.



## WHEELCHAIR MARATHON

[goldcoastmarathon.com.au/races/wheelchair-marathon](http://goldcoastmarathon.com.au/races/wheelchair-marathon)

**Distance** 42.195km

**Race Day** Sunday

**Start Time** 7:15am

**Recommended Arrival Time** 6:15am

**Cut Off Time** 6 hours 45 minutes (Gun Time)

### Race Records

**Male** 2000 - John McLean (AUS) 1:33:21

**Female** 1998 - Louise Sauvage (AUS) 1:51:13

### Last Year's Winner

**Male** Bill Chaffey (AUS) 1:41:22

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

### Elite Athlete Profiles

[goldcoastmarathon.com.au/race-weekend/elites](http://goldcoastmarathon.com.au/race-weekend/elites)

### Prize Money

**1st** - \$550 **2nd** - \$400 **3rd** - \$300

[goldcoastmarathon.com.au/enter/prizes-rewards](http://goldcoastmarathon.com.au/enter/prizes-rewards)

### Finisher Rewards

Official finisher's shirt, medal & certificate



## ASICS HALF MARATHON TITLE UP FOR GRABS

Any one of the talented athletes assembled from both home and abroad can take line honours this Sunday in the ASICS Half Marathon.

The 21.1 kilometre race, which comprises the Australian Half Marathon and IAAF Oceania Area Half Marathon Championships, will be headlined by the highly anticipated clash between two-time ASICS Half Marathon winner Jeffrey Hunt (1:02:44) and 2016 Olympic Games Australian marathon representative Scott Westcott (1:03:03).

40-year-old Westcott, who will use the race as a final hit out before travelling to Rio de Janeiro, qualified for his debut Olympic Games when he posted a time of 2:15:30 at the Berlin Marathon. He is focused on producing his first win on the Gold Coast after placing second in the 2004 ASICS Half Marathon and third in the 2011 Southern Cross University 10km Run.

Hunt, who narrowly missed out on selection for his second Olympic Games, will shift his attention to the national title on a course where he has produced some of his best performances, including a half marathon personal best of 1:02:44 in 2009 and back-to-back titles (2010 and 2011).

Both are determined to become the first Australian man to claim victory in the ASICS Half Marathon since Martin Dent's win in 2013 but will be tested by Hiroyuki Sasaki (1:02:36) who is seeking successive triumphs for Japan along with countryman Masaya Kakiyama (1:04:14).

The women's ASICS Half Marathon has produced some of the fastest half marathon times in Australia, including Lisa Weightman's Australian all comers record of 1:09:00 in 2010.

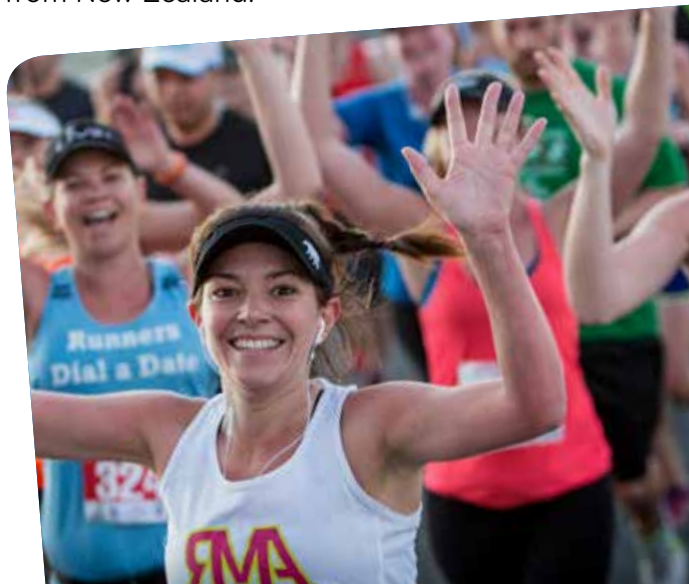


The trend continued in July last year when the top three female finishers ran personal best times, among them, Queenslander Cassie Fein.

The 30-year-old Fein improved on her Gold Coast achievement in March when she placed 18<sup>th</sup> at the IAAF World Half Marathon Championships in Cardiff. She will look to continue her form and finally secure her first ASICS Half Marathon victory after last year's third place and placing second on two other occasions (2009 and 2010).

Despite securing victory 16 times since the first race in 1983, Japanese women haven't managed an ASICS Half Marathon victory since Kaoru Nishi won in 2008. However, Japan's Yuko Watanabe, whose half marathon personal best of 1:10:06 is more than a minute faster than Fein's, will be pushing to end the seven-year drought.

The field also includes 2016 Olympic Games Hong Kong marathon representative Kit-Ching Yiu (1:12:57), Australia's Virginia Moloney (1:15:24) and 2008 ASICS Half Marathon third placegetter Rowan-Marie Torckler (1:14:01) from New Zealand.





# ASICS HALF MARATHON

[goldcoastmarathon.com.au/races/half-marathon](http://goldcoastmarathon.com.au/races/half-marathon)

**Distance** 21.0975km

**Race Day** Sunday

**Start Time** 6:00am

**Recommended Arrival Time** 5:00am

**Cut Off Time** 3 hours 20 minutes (Gun Time)



## Race Records

**Male** 1992 - Benson Masya (KEN) 1:01:16

**Female** 2010 - Lisa Jane Weightman (AUS) 1:09:00

## Last Year's Winners

**Male** Takehiro Deki (JPN) 1:02:11

**Female** Eloise Wellings (AUS) 1:10:10

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

## Elite Runner Profiles

[goldcoastmarathon.com.au/race-weekend/elites](http://goldcoastmarathon.com.au/race-weekend/elites)

## Prize Money

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

[goldcoastmarathon.com.au/enter/prizes-rewards](http://goldcoastmarathon.com.au/enter/prizes-rewards)

## Finisher Rewards

Official finisher's shirt, medal & certificate



**IT'S LIVE!**  
in Queensland



## WHEELCHAIR 15KM

[goldcoastmarathon.com.au/races/wheelchair-15km](http://goldcoastmarathon.com.au/races/wheelchair-15km)

**Distance** 15km

**Race Day** Sunday

**Start Time** 7:15am

**Recommended Arrival Time** 6:15am

**Cut Off Time** 2 hours 25 minutes (Gun Time)

### Race Records

**Male** 2014 - Rheed McCracken (AUS) 39:12

**Female** 2015 - Sara Tait (AUS) 47:22

### Last Year's Winners

**Male** Paul Ashley (AUS) 45:46

**Female** Sara Tait (AUS) 47:22

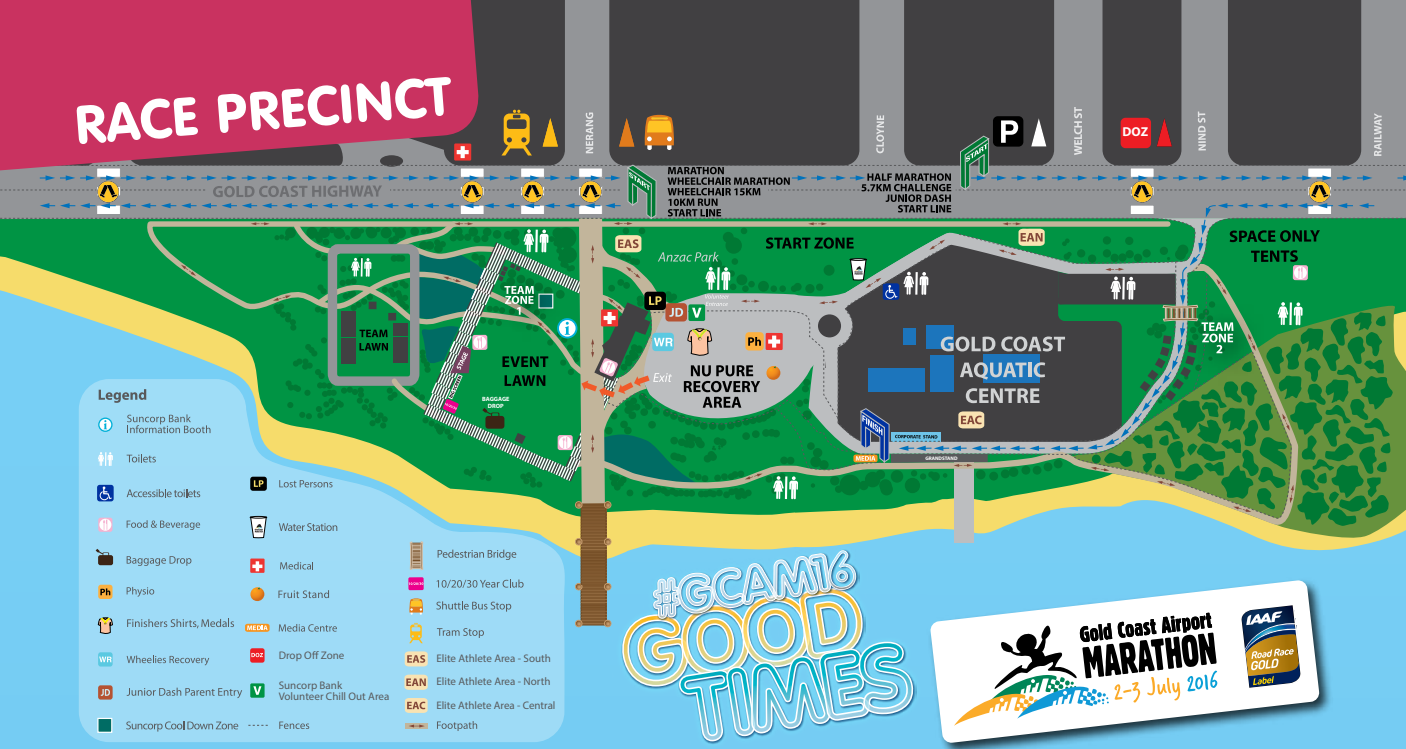
[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

### Elite Athlete Profiles

[goldcoastmarathon.com.au/race-weekend/elites](http://goldcoastmarathon.com.au/race-weekend/elites)



# RACE PRECINCT



## Location

The Race Precinct is located at the Broadwater Parklands, Marine Parade, Southport. It is where the start and finish lines are located and is the centre of all the action and atmosphere on race weekend. With huge numbers of people converging on the Race Precinct on race weekend, it is important to plan in advance how you will get to and from there. Regardless of whether you drive and park, catch a bus or tram, get dropped off or walk if you are staying close by, ensure you give yourself plenty of time to get there.

## Pedestrian Crossings

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

## Start Lines

There are two start lines. The southern start line is located on the Gold Coast Highway adjacent to the Nerang Street intersection. This start line will be used for the Gold Coast Airport Marathon, Wheelchair Marathon, Wheelchair 15km and the Southern Cross University 10km Run with all races heading south in the eastern lane. The northern start line is located on the Gold Coast Highway adjacent to Marshall Lane. This start line will be used for the ASICS Half Marathon, Suncorp Bank 5.7km Challenge and the Zespri 4km and 2km Junior Dash with all races heading north in the western lanes.

## Finish Line

All races except for the Wheelchair 15km 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. The Wheelchair 15km will finish at the 15km point on the Gold Coast Airport Marathon course (close to Fourth Avenue, Burleigh Heads).



## 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, pineapple Endura Rehydration Formula, Zespri SunGold kiwifruit and bottled Nu-Pure water. It is here where runners will be rewarded for their efforts with a commemorative medal (all finishers) and a finishers' shirt (Gold Coast Airport Marathon, ASICS Half Marathon, Southern Cross University 10km Run and Suncorp Bank 5.7km Challenge finishers).

## Event Lawn

There will be race presentations on the event lawn on both Saturday and Sunday. A big screen with race vision will be situated next to the Channel 7 Stage.

## Suncorp Bank Information Booth

The Suncorp Bank Information Booth will be located at the Race Precinct event lawn on Saturday and Sunday. The booth will be for all event-related enquiries such as directions and maps, the central point for lost property and includes computer terminals for you to view live race day results.

## Food & Beverages

A wide variety of food and drinks will be available in the Race Precinct.

## 10, 20 & 30 Year Club

Inductees into the 10, 20 & 30 Year Clubs can collect their commemorative polo shirts, certificates and trophies (20 & 30 Year Clubs only) from the 10, 20 & 30 Year Clubhouse at the event lawn. Inductees will also have the exclusive opportunity to meet event ambassadors at scheduled times over race weekend.

## Toilets

Toilet hubs can be found throughout the Race Precinct. Please refer to the Race Precinct map for the toilet hub locations, such as the event lawn, Gold Coast Aquatic Centre and Anzac Park.



## Suncorp Bank Baggage Drop

Runners can leave belongings at the Suncorp Bank Baggage Drop tent located on the eastern side of the event lawn from 5:30am to 12:00pm on Saturday and 5:00am to 2:30pm on Sunday. Belongings should be placed in a plastic bag affixed with the tear-off tag on your race number. Use the tent designated to your specific race to retrieve your luggage. Volunteers will take the utmost care to secure the tents, however valuables should not be left in bags. Belongings must be collected before 2:30pm on Sunday or they will be treated as lost property. Organisers will not be responsible for theft or lost property.

## Clothes left at the Start Line

Clothing left at the start line and Race Precinct will be picked up promptly and donated to charity.

## Lost Persons Tent

If you are unable to locate a family member or friend, please visit the Lost Persons Tent. It is located opposite the entrance of Marathon Headquarters at the Race Precinct. Our staff and volunteers manning the Lost Persons Tent have resources to help you reunite with your loved ones. Our procedures are reviewed and approved by the Queensland Police Service.

## Presentations on Channel 7 Stage

All presentations, except for the full marathon overall placegetters on Sunday will be conducted on the Channel 7 Stage on the event lawn. Presentations for the full marathon placegetters will take place in the finish chute adjacent to the media centre and will be broadcast on the big screen on the event lawn.





## OUT TO CONQUER MORE THAN JUST THE MARATHON

His mates are calling him 'mad', 'crazy' and 'insane' but that's not going to stop Sports Super Centre member Geoff Tomkins from running the Southern Cross University 10km Run, Suncorp Bank 5.7km Challenge and the Gold Coast Airport Marathon at this year's event.

The 51-year-old father of two from Helensvale on the Gold Coast will attempt the gruelling three-race feat along with another half marathon run he plans to do on the Saturday.

This will see him run almost 80km over two days - the equivalent of nearly two full marathons.

"The most common question people ask me is 'why on earth do you want to put your body through that'," Geoff laughed.

"And my answer to that is 'why not'. I never say never. I love a challenge, especially when people say that it can't be done' or that I shouldn't be doing it."

Designed to resist the  
countless scratches  
of the world.

Crafted with Super Titanium™, a watch  
born from a ceaseless effort to improve and  
the pursuit for harder, better material.

TI-IP

40th Anniversary  
Eco-Drive  
40 Years

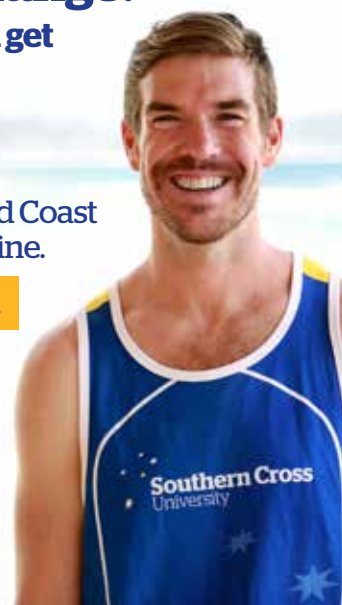


**CITIZEN**  
BETTER STARTS NOW

**Thinking of a  
career change?**  
**We'll help you get  
the best start.**

Study at our Gold Coast  
campus and online.

Visit [scu.edu.au](http://scu.edu.au)



**It's all about U**

CRICOS Provider: 01241G

**Southern Cross  
University**

On the Saturday of the Gold Coast Airport Marathon, Geoff plans to run the Southern Cross University 10km Run, Suncorp Bank 5.7km Challenge and his own timed half marathon.

He will then unwind and recover with a massage and a good night's rest before waking up on Sunday to the prospect of the 42.195km Gold Coast Airport Marathon.

"If I can make it through the Saturday without any injuries or major issues, I'll be happy going into Sunday. I'm confident I'll push through the 42km on sore legs," he said.

"I think that's the biggest question... 'how will I pull up on the Sunday morning'."

Geoff, who has been running for 10 years and competed in all of the Gold Coast Airport Marathon races individually during that time, has been preparing himself physically and mentally for nine months, making good use of his membership of the Sports Super Centre at Runaway Bay. That has included training on the new IAAF-accredited athletics track.

"During the week I usually run two 8km runs. Then at the weekend, I'll run anywhere between 16km to over 30km," he said.

"Closer to the event, I'll also do a couple of back-to-back 20km runs to give me some confidence and an idea of how I will pull up from the first day into the second."

It will, however, be more than just the love of a challenge that will motivate Geoff to put one foot in front of the other. He will also be fundraising for local charity 'Rosies: Friends on the Street' via Everyday Hero.

"This year I ran the Q1 Stair Challenge for Rosies and the funny thing is, I ran from the bottom to the top of the high-rise twice, which is not dissimilar to what I'm attempting with the marathon this year," he said.

"But on a serious note, it's terribly sad when people are homeless or don't have family or friends to rely on for support, so I think Rosies is a very important cause."

Once the Gold Coast Airport Marathon is finished, Geoff plans to compete in the Brisbane Stadium Stomp later this year, which will see him climb up and down the Gabba's 5,000-plus steps before running a full lap of the ground to the finish line.

# SOUTHERN CROSS UNIVERSITY 10KM RUN

[goldcoastmarathon.com.au/races/10km-run](http://goldcoastmarathon.com.au/races/10km-run)

**Distance** 10km

**Race Day** Saturday

**Start Time** 6:30am

**Recommended Arrival Time** 5:30am

**Cut Off Time** 1 hour 40 minutes (Gun Time)

## Race Records

**Male** 2010 - Michael Shelley (AUS) 28:53

**Female** 2012 - Lisa Jane Weightman (AUS) 32:17

## Last Year's Winners

**Male** Martin Dent (AUS) 29:26

**Female** Victoria Mitchell (AUS) 32:59

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

## Elite Runner Profiles

[goldcoastmarathon.com.au/race-weekend/elites](http://goldcoastmarathon.com.au/race-weekend/elites)

## Prize Money

**1st** - \$1,000 **2nd** - \$750 **3rd** - \$500

[goldcoastmarathon.com.au/enter/prizes-rewards](http://goldcoastmarathon.com.au/enter/prizes-rewards)

## Finisher Rewards

Official finisher's shirt, medal & certificate



## FAMILY COME TO GOLD COAST FOR A CHALLENGE

The Mitchell family from Sydney will travel more than 830km to participate in the Suncorp Bank 5.7km Challenge at this year's Gold Coast Airport Marathon.

The family of four, father Jeremy, mother Rachel, and children Dominic, 10, and Erica, 8, will take on the Suncorp Bank 5.7km Challenge as a group aiming to run a collective total of 22.8km.

School holidays, the Gold Coast and a healthy activity made it an easy choice for the Mitchells.

"It's a perfect opportunity for the family to get together, come to the beautiful Gold Coast and do something active," Rachel said.

The Mitchell family has engaged in a variety of sporting activities together including the 'Variety Santa Fun Run' in Sydney last year.

"In addition, Jeremy cycles regularly, Dom plays rugby and Erica plays netball, so we are a very active family," Rachel said.

The family were inspired to enter this year's event after coming to the Gold Coast on holidays in July last year and watching the Gold Coast Airport Marathon races unfold.

## SUNCORP BANK 5.7KM CHALLENGE

[goldcoastmarathon.com.au/races/5-7km-challenge](http://goldcoastmarathon.com.au/races/5-7km-challenge)

**Distance** 5.7km

**Race Day** Saturday

**Start Time** 8:00am

**Recommended Arrival Time** 7:00am

**Cut Off Time** 1 hour 20 minutes (Gun Time)

### Finisher Rewards

Official finisher's shirt, medal & certificate

SUNCORP BANK 





## ZESPRI 4KM JUNIOR DASH

[goldcoastmarathon.com.au/races/junior-dash](http://goldcoastmarathon.com.au/races/junior-dash)

**Distance** 4km

**Race Day** Saturday

**Start Time** 9:40am

**Recommended Arrival Time** 8:40am

**Cut Off Time** 40 minutes  
(Gun Time)



### Race Records

**Boy** 2010 - Riley Cocks (AUS) 12:29

**Girl** 2008 - Katelyn Simpson (AUS) 13:19

### Last Year's Winner

**Boy** Chekole Getenet (AUS) 12:39

**Girl** Katrina Robinson (AUS) 13:28

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

### Participant Rewards

Participant cap, finisher's medal  
& certificate



## ZESPRI 2KM JUNIOR DASH

[goldcoastmarathon.com.au/races/2km-junior-dash](http://goldcoastmarathon.com.au/races/2km-junior-dash)

**Distance** 2km

**Race Day** Saturday

**Start Time** 9:25am

**Recommended Arrival Time** 8:25am

**Cut Off Time** 20 minutes  
(Gun Time)



### Race Records

**Boy** 2011 - Kobi Rutherford (AUS) 6:43

**Girl** 2011 - Katrina Robinson (AUS) 6:54

### Last Year's Winners

**Boy** Max Cooper (AUS) 6:47

**Girl** Caitlyn Morse (AUS) 7:30

[goldcoastmarathon.com.au/results](http://goldcoastmarathon.com.au/results)

### Participant Rewards

Participant cap, finisher's medal  
& certificate

# GO GOLD FOR GOLD AT THE GOLD COAST AIRPORT MARATHON

Each deliciously sweet Zespri® SunGold Kiwifruit is the winning combination of nutrition and great taste! Zespri® is proud to be the official naming rights sponsor of the Zespri® Junior Dash events.

\* Serving size: 150g edible flesh (approx. 2 kiwifruit)



## THE DARLING OF THE VOLUNTEERS

Joan Darlington, 70, has been running and volunteering at the Gold Coast Airport Marathon since 1986.

She has completed 24 Gold Coast Airport Marathons, eight ASICS Half Marathons and has volunteered numerous times compiling an impressive event resumé over this time.

Joan will once again stand beside more than 1,200 other volunteers in providing valued assistance as part of the Suncorp Bank Volunteer Program.

"I love giving back to something that I have enjoyed so much over the years," Joan said.



"Being a runner and a volunteer is an incredibly rewarding experience and something I would recommend to everyone.

"I mainly help with registrations, kit packing and assisting people who run the marathon. Being a runner, I know exactly how they feel when they come for some water at the end of the race."

Her years of involvement with the event are representative of her persistence, organisation and determination, synonymous with many Gold Coast Airport Marathon volunteers.



## Get a home loan that delivers.

You choose when and where to meet and a Suncorp Bank Mobile Lender will help you choose from our range of home loans.

**Call 13 11 75 to make an appointment today.**



# NINE YEARS OF MARATHON SUPPORT FROM DRAGONS ABREAST



Dragon boat paddling club Dragons Abreast Mount Warning will be one of 50 community groups volunteering at this year's Gold Coast Airport Marathon as part of the Suncorp Bank Volunteer Program.

It will be the group's ninth year volunteering at the event, which they undertake for the camaraderie and the opportunity to engage with runners out to achieve personal goals.

Dragons Abreast Mount Warning was founded in 2007 by Christine Lonie who was drawn to the sport of dragon boat paddling through a family history of breast cancer.

Now the club helps those diagnosed with breast cancer understand that they can still lead full and active lives despite their diagnosis. The group also endeavours to raise the awareness of breast cancer and the search for a cure.

Each year since 2008, the club has provided volunteers in the Nu-Pure Recovery Area to manage refreshments and distribute finishers' shirts and medals to the runners.

Christine said her group loves to help celebrate the personal achievements of others and working in the Nu-Pure Recovery Area is a great location to do so.

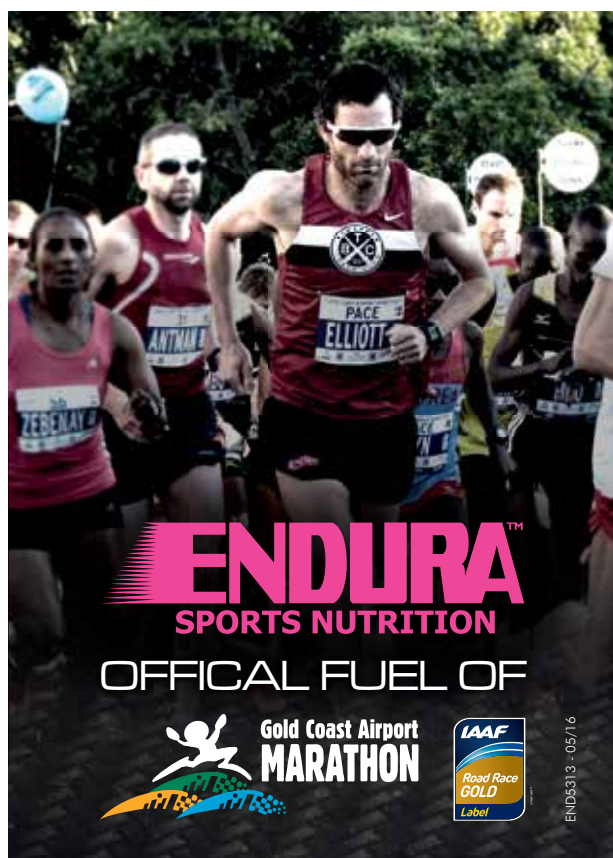
"As a sporting group, we understand what it takes to achieve aspirations at your chosen sport," Christine said.

"We love to observe the dedication that is required to reach the finish line and we wish to show our support to those competitors.

"This event has been very popular with our group and has become an annual social weekend for all of us."

There are more than 1,000 volunteers from 50 community groups helping with the delivery of the Gold Coast Airport Marathon.

A community group manages each of the 24 aid stations on course. Also, you will see groups at both the start and finish lines, as well as along the course organising traffic as road marshals.



## REG RUNS FOR THE GOOD TIMES

Local runner Reg Hogan will be helping others more than half his age reach their goals in his role as a Pat Carroll Online & Onland Pacer this weekend.

The 80-year-old from Broadbeach has participated in the Gold Coast Airport Marathon since the early 1990s, and this year he will be calling upon his course knowledge to assist runners aiming to achieve a finish time of 2 hours 20 minutes in the ASICS Half Marathon.

Pat Carroll Online & Onland Pacers assist participants realise their ambitions in the Gold Coast Airport Marathon, the ASICS Half Marathon and the Southern Cross University 10km Run.

Pacers are experience runners who aim to maintain an even pace throughout the race in order to have runners finish slightly faster than their target time.

Preparing to pace to a specific finish time can be daunting however Reg said it had proved to be a very rewarding experience for him over the years.

"It is always very enjoyable after we finish, especially when someone comes up and says 'thank you, I just ran a personal best'," Reg said.

"It's great to get together after we finish and swap stories on how the run went."

Reg's love for the Gold Coast Airport Marathon started at the age of 57 after two-time winner Laurie Adams encouraged him to pursue his love for running by competing in more events.

His interest in pacing then began about 10 years ago after a casual chat to Pat Carroll, and he has since completed over 10 half marathons as a pacer.

"I got back in contact with Pat soon after our initial chat and asked if I could pace for the upcoming ASICS Half Marathon," Reg said.

"Pat said 'yes' and here we are all these years later and I am about to pace again. Good times!"

#GCAM16  
GOOD  
TIMES



MEET YOU IN THE GARDEN

GARDEN

KITCHEN & BAR

VISIT [JUPITERSGOLDCOAST.COM.AU](http://JUPITERSGOLDCOAST.COM.AU) FOR MORE INFORMATION

#INTHEGARDENG

## GUN TIME

Gold Coast Airport Marathon ambassador Pat Carroll will be one of the marathon legends at the Garmin Legends Lunch at Jupiters Gold Coast on Saturday.

### About Pat

Pat Carroll has six victories at the Gold Coast Airport Marathon on his résumé. He holds the record for the most wins in the marathon at four (1984, 1985, 1988, 1997) and has Gold Coast victories in the half marathon (1987) and 10km Run (1989). Pat has also represented Australia in three Commonwealth Games during his illustrious career and is the Australian all-comers half marathon record holder and Queensland record holder for the 5000m, half marathon and marathon. Pat won the 1995 Beppu Marathon in Japan in a personal best time of 2:09:39 and stands as one of only five Aussies to have ever broken 2:10 for the marathon.

### Favourite Gold Coast Airport Marathon moment?

"It was in 2005. For many years now, I have remained at the finish line until the last runner has arrived. This particular time we heard there was one runner, a Japanese runner, still out on the course. The official cut off time had passed and he was running on the footpath. We heard that he was using crutches and there was a police motor bike beside him. When we received word that he wasn't far away, a group of us formed a human tunnel at the finish line to greet him. He soon appeared and we gave him a massive reception with loud music blaring. Apparently he had lost both legs above the knees in a car accident and he covered the 42.2km on crutches, no artificial legs, just by using his crutches. It is examples like these that show how the marathon is an opportunity for everyone to conquer their own Mount Everest!"

### Favourite pre race meal?

"That would have to be pizza and pasta the night before race day and then toast and jam and black coffee the morning of the race."

Pat Carroll



Rob de Castella



## AMBASSADORS

Joining Pat Carroll as ambassadors for this year's Gold Coast Airport Marathon are...

### 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 after he clocked 2:08:18 to win the 1981 Fukuoka Marathon. De Castella 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. He first attended the Gold Coast Marathon in 1982, using it as a training run before his World Championships success the following year.

### Benita Willis

Benita is the Australian record holder in the marathon with the time of 2:22:36 set at the Chicago Marathon in 2006. Benita also remarkably holds the Australian records over 2000m, 3000m, 5000m and 10000m, and is a four-time Olympic Games and two-time Commonwealth Games representative. Originally from Mackay in Queensland, Benita was also the World Cross Country champion in 2004.

### Steve Moneghetti

'Mona' has a complete set of Commonwealth Games medals in the marathon after winning bronze in 1986, silver in 1990 and gold in 1994. The Ballarat running legend has a best marathon time of 2:08:16 set in Berlin in 1990, four Olympic Games representations and a famous dead-heat result in the half marathon on the Gold Coast in 1993. 'Mona' was recently appointed Chef de Mission of the Australian team for the Gold Coast 2018 Commonwealth Games.

Steve Moneghetti

Benita Willis



## DAD-INSPIRED DEBUTANTE MAKES IT A FAMILY AFFAIR

Leesa Habener, a 28-year-old runner from Coomera, will be attempting her first marathon alongside her father Dennis and brother Matthew at the 38th annual Gold Coast Airport Marathon on Sunday.

"I was inspired to enter after watching my father complete his first marathon at the age of 50 in 2014," she said.

Leesa recalled finishing her own race then watching all of the marathon runners wishing she was running alongside them.

She subsequently took to her local running track, started training and has enjoyed the challenge of preparing for the long distance event.

"I am completing this to see how far I can push my body and mind," she said.

Leesa's five main reasons for competing in the Gold Coast Airport Marathon were the location, the atmosphere, the scenery, the flat running course and the organisation.

"I'm a Gold Coast resident so it seems fitting I complete my first marathon at the place I call home," she said.

"I know the 42.2km Gold Coast Airport Marathon has a wonderful reputation for having great spectator support along the entire course so I'm looking forward to experiencing that first hand on Sunday.

"Persistence is the key word that I will use as a motivator while I'm running.

"I don't need to do anything spectacular, simply persist and continue to push through to the finish line.

"If all else fails, I will just have to remind myself not to be outdone by my old man!"

Regardless of whether you're a full time runner or a couch potato, Leesa advises it's never too late to sign up and get training.

"You'll definitely surprise yourself," Leesa said with confidence.

"Have your family and friends on board and start with smaller intervals before increasing your endurance – do what works for you and always persevere."



Official Radio Partner for the 2016 Gold Coast Airport Marathon

**Wake up to  
Flan &  
Emily Jade  
for Breakfast**

**Drive home with  
The Mal &  
Luke Show**

**102.9** fm  
hot tomato



## SEVEN DELIVERS ITS OWN RUNNING NEWS

The Seven Network not only broadcasts some of the world's premier sports and major events to screens across Australia, many of its staff live and breathe sport - and active lifestyles as well.

This weekend, a number of Seven News presenters and reporters will live and breathe the Gold Coast Airport Marathon. And they may be breathing quickly by the finish line!

Among the network's talent participating this weekend will be Seven News presenters Bill McDonald and Liz Cantor.

Bill will be attempting his first 42.2km race, while Liz will transform from spectator last year to half marathon runner this year.



## Q & A WITH BILL & LIZ

### What is your Gold Coast Airport Marathon history?

**Bill:** This will be my second Gold Coast Airport Marathon, having previously run the half marathon a few years ago. I always wanted to run a marathon before turning 50, so this is my last chance! My goal is to finish. It will be tough but satisfying.

**Liz:** In previous years, I've been a keen spectator. I've sat along Marine Parade at Miami cheering runners on. It's such a great atmosphere! Now I'm excited to be on the other side of the rope and actually be one of the runners.

### Tell us about your training.

**Bill:** My preparation has been solid. I've been sticking to the MY ASICS program and mixing shorter distances with longer runs. The longer runs have brought some aches and pains which I haven't felt before which is good to experience ahead of the marathon.

**Liz:** I'll be running with my best friend Kara Griggs. She's a great runner and my biggest motivation. She regularly takes me on 5km runs. I ran the Sydney City to Surf with her and, after that event, she introduced me to my now husband! So perhaps I can return the favour for her after the Gold Coast Airport Marathon!

### What does the Gold Coast Airport Marathon mean to you?

**Bill:** It's an internationally recognised event renowned for its spectacular location and popularity. It's flat and there's plenty to do after the run so it has to be a boost for tourism. Who wouldn't want to cool off with a swim in the ocean after running!

**Liz:** It is just such a wonderful showcase of the passionate Gold Coast community. The city stops to cheer and it's really uplifting to see not only the elite but runners of all ages, shapes and sizes having a crack. And what a beautiful setting to run in.....beachside for a lot of it!

### How does running form part of your lifestyle?

**Bill:** I have always been a runner. It's good for your physical and mental health. There's a freedom about running that is hard to describe.

**Liz:** For me it's just a great way to switch off, unwind and get outside. I love the fresh air and the feeling of running outdoors.

# CHRONOLOGY OF THE GOLD COAST AIRPORT MARATHON



**1979** The inaugural Gold Coast Marathon was held on Sunday 2 September 1979 with the start and finish at the Evandale Civic Centre. The event was established by the Rotary Club of Surfers Paradise Central as part of a health awareness campaign for the Gold Coast.

**1982** Australian marathon great Robert de Castella attended the Superfast Gold Coast Marathon for the first time, using it for training before some major successes over the following 12 months.

**1984** Then Brisbane cabinetmaker Pat Carroll won the race in only his second attempt at a marathon, starting what would become one of the most illustrious distance running careers of a Queenslander.

**1986** Benowa 'super mum' Margaret Reddan collected her fourth Gold Coast Marathon title in 2:47:09, her third in succession and fastest of her four wins.

**1988** Pat Carroll returned in great form in 1988 claiming his third Gold Coast Marathon win in a then race record of 2:10:44, his fastest ever time at the event. One of Australia's greatest ever female marathon runners Lisa Ondieki took out the half marathon in 1:09:42, a Commonwealth record at the time.

**1989** Member of the 1988 Australian Olympic team in Seoul, Brad Camp lowered the race record with his win in 2:10:11. This remains the second fastest marathon ever run by an Australian in Australia, only behind Rob de Castella.

**1993** The first and only dead-heat in event history took place in the half marathon between Australian great Steve Moneghetti and Ethiopian Tadesse Gebre.

**1996** Entry numbers for the first time exceeded 10,000 with final fields totalling 11,902. This was the first year the event timing system included computerised chips attached to the shoelaces of runners.

# Good Luck!

**GET YOUR LIVE  
RACE RESULTS AT**  
[goldcoastbulletin.com.au](http://goldcoastbulletin.com.au)

**Gold Coast Bulletin**  
**YOU & ME & GCB**

**1998** Brian McMillan became the first runner inducted into the 20 Year Club for the Gold Coast Marathon.

**2000** In a new-look Gold Coast Bulletin Marathon, young local talent Samantha Hughes won the women's race in only her second marathon.

**2001** Superstar Japanese runner and dual Olympic marathon medallist Yuko Arimori excited her many fans on the Gold Coast and around the world by winning the women's marathon.

**2002** The Gold Coast Marathon made the move back to the Broadwater in 2002 – the precinct that still hosts the event to this day.



**2003** Gold Coast Airport signed on as the naming rights sponsor for the 25th anniversary Gold Coast Airport Marathon and this association continues to the present day. Alison Coleman was the inaugural female inductee into the 20 Year Club for the marathon.

**2006** For the first and only time to date, all five of Australia's sub-2:10 marathon runners attended the event – Rob de Castella, Steve Moneghetti, Lee Troop, Pat Carroll and Derek Clayton.

**2008** The 30th running of the event saw a significant jump in participation numbers to 21,012, the first time attracting numbers in excess of 20,000.

**2009** Queensland's John Wishart became the first runner inducted into the 30 Year Club for the marathon.

**2010** Emerging local distance running talent Michael Shelley broke the 14-year old Southern Cross University 10km Run record clocking 28:53. Another Aussie star-on-the-rise Lisa Weightman obliterated the women's ASICS

Half Marathon mark which stood for 18 years with a winning time of 1:09:00. Both of these records still stand today.



**2011** Kenyan Nicholas Manza agonisingly missed a sub 2:10 marathon in winning the Gold Coast Airport Marathon in 2011. Manza won in 2:10:01 but did break Brad Camp's previous race record of 2:10:11 set in 1989.

**2013** The Gold Coast Airport Marathon was awarded an IAAF Road Race Bronze Label for 2013 elevating it to one of the premier marathon races in the world. Japan's Yuki Kawauchi equalled the men's race record (2:10:01) and Yukiko Akaba ran 2:27:17 which still stands as the women's race record to win their respective marathons in 2013.

**2014** Kenyan Silah Limo not only won the Gold Coast Airport Marathon in his debut marathon but his time of 2:09:14 broke the existing race record and took four seconds off the Australian all comers record previously held by Rob de Castella. 2014 also saw the Gold Coast Airport Marathon elevated to an IAAF Road Race Gold Label race.

**2015** A year on from the long-standing Australian all comers marathon record being broken, the mark was lowered further by former barber Kenyan Kenneth Mungara. The 41-year-old clocked 2:08:42, shaving 32 seconds off the record as well as two seconds off his own Masters 40+ world record.



# SHANE'S WILL TO LIVE INSPIRES FAMILY TO RACE FOR AWARENESS

Coombabah mother Rachel Barnes and sons Riley and Hayden will be dedicating their Suncorp Bank 5.7km Challenge to husband and father Shane and Cancer Council Queensland.

Shane has been fighting a rare form of cancer called neuroendocrine for the past four years and is undergoing a new treatment called lutate therapy at the Royal Brisbane Hospital.

With his fundraising drive via Everyday Hero, the Barnes family is on the road to achieving its \$4,000 target for Cancer Council Queensland which has been the official charity of the Gold Coast Airport Marathon for the past 11 years.

Cancer Council Queensland is committed to providing all Queenslanders with the best possible prospects of preventing, detecting, effectively treating and surviving a cancer diagnosis.

"As it's a rare form of cancer, many people wouldn't have even heard about it and we feel it's important to generate awareness," Rachel said.



Brothers Riley, 10, and Hayden, 8, will be running alongside their mum in the Suncorp Bank 5.7km Challenge as a tribute to their dad.

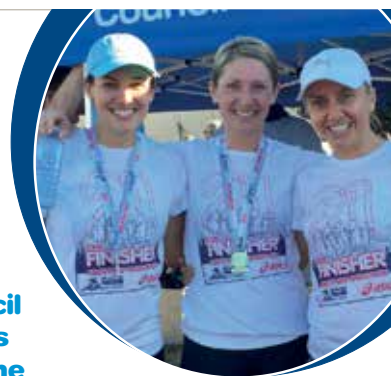
Shane and younger son Jake will be cheering at the finish line as the family takes on this personal challenge.

## EVERYDAY HEROES RUNNING FOR A CAUSE

Gold Coast Airport Marathon has teamed up with everydayhero to give participants the opportunity to make a difference for the cause they love.

Participants are able to give their perspiration purpose by dedicating their run to their favourite charity and raising much-needed funds and awareness to support the important work the organisations do in our community.

Over the past seven years, everydayhero has enabled almost 4,000 Gold Coast Airport Marathon participants to raise over \$2.6 million for charities across Queensland and Australia.



**Cancer Council Queensland is proud to be the official charity partner of Gold Coast Airport Marathon.**

More than 26,000 Queenslanders are diagnosed with cancer each year, and more than 8600 die from the disease.

With your help, Cancer Council Queensland can continue to fund life-saving research and provide support for people affected by cancer.

**All Queenslanders, all cancers**

**Donate 1300 663 936 · Volunteer 1300 851 957  
[cancerqld.org.au](http://cancerqld.org.au)**



# ON THE ROAD TO HIS 200TH MARATHON

New South Wales runner Rick Patzold will return to the Gold Coast Airport Marathon on Sunday, with the goal of becoming only the eighth Australian to run 200 official marathons.

The Gold Coast Airport Marathon holds a special place in the heart of the 51-year-old Albion Park local as it's the event where he accomplished his 100th marathon just four years ago.

In addition to his love for sport and keeping fit, Rick's inspiration for running comes from his mother who passed away from cervical cancer when he was 13.

"I won the Year 7 cross country and I just knew how proud mum was. That was the year before she died," Rick said.

"Running was my escape from home and not seeing mum in pain anymore.

"The whole reason why I run, no matter what I experience during a marathon, I know the pain will never be as bad as what Mum experienced."

Rick is channelling this inspiration as he prepares for his 200th marathon.



"It's such a great run and it's nice to say I've run both my 100th and 200th here," he said.

"I'm really looking forward to celebrating with my wife and friends afterwards at the Southport Yacht Club followed by some downtime on the Gold Coast."

In 2001, at the age of 36, Rick began competing in marathons. Over the next 11 years, he reached his first major milestone of 100 marathons.

Only four years later, he has astoundingly been able to reach his 200th marathon.

"In the beginning, I started with 13 kilometres, four times a week. I ran that same course over a three-year-period, 692 times," he said.

"I had three years to get ready to compete in my first marathon."

Rick has proven to be exceptionally determined in smashing his goals, after holding the Australian record for the most marathons in a calendar year for the past three years.

"The Gold Coast holds some great memories with my PB of 2 hours 57 minutes 45 seconds being set here in just my seventh marathon in 2003," he said.

"In 2012, the pinnacle of my year was running 17 marathons. I then proceeded to run 23 in 2013, 27 in 2014 and then 30 in 2015. That was my proudest day after making it through with a two centimetre achilles tear.

"I finished with a time of 3 hours 58 minutes. That was my greatest single moment in all my marathons, even though I had previously averaged 3 hours 16 minutes for my previous Gold Coast runs."

Rick has a target time of 3 hours 29 minutes in his sights.

A Garmin advertisement featuring a shirtless male runner in black shorts running on a paved path. In the background, there is a body of water and trees. The Garmin logo is in the top left corner. At the bottom, there is a large black smartwatch with a white screen displaying a running app. The text "beat yesterday." is written in a stylized font, with "vivoactive HR" in a yellow box below it. Small text at the bottom reads "GPS smartwatch with wrist-based heart rate and built-in sports apps" and "garmin.com.au".

**GARMIN.**

**beat yesterday.**

**vivoactive HR**

GPS smartwatch with wrist-based heart rate and built-in sports apps

garmin.com.au

# AUSSIE DADS AIMING TO RUN FARTHER ON THE GOLD COAST



Running Dads Oz, an Australian online community for men who support, encourage and motivate each other through running, will make their team debut at this weekend's Gold Coast Airport Marathon.

The team consists of participants of all ages and abilities from across the country who'll be racing in either the Gold Coast Airport Marathon, ASICS Half Marathon or Southern Cross University 10km Run.

Team manager Adrian O'Brien said the Gold Coast Airport Marathon was ideal for his team's debut due to the event's supportive atmosphere, beautiful location and stunning course which hugs the iconic Broadwater and sparkling surf beaches.

"We have been a group for over a year and I thought the Gold Coast Airport Marathon would be the perfect place to hold our first official Running Dads Oz get-together," Adrian said.

"It is an event where some of us can run our first marathon and be surrounded and supported by other members of the group and enjoy the electric atmosphere the Gold Coast provides.

"I'm excited about our first official event and organising a team tent in the Race Precinct, but I'm also nervous about running my first marathon."

Adrian established Running Dads Oz in 2015 after his wife Amanda asked him to join her on a few training runs in preparation for the New York City Marathon. Having led an inactive lifestyle for several years after leaving the army, Adrian was reluctant.

Once he started however, it did not take long for Adrian's passion for running to ignite. He took the opportunity to encourage other men to express and challenge themselves through the sport.

Adrian is expecting the Gold Coast Airport Marathon to be a great experience for those attending and is excited about running his debut marathon with the support of his family and team mates.

"Our team doesn't have a running goal except to recruit as many members as we can," he said.

"We are hoping to have a huge group of people cheering us on over the weekend."

Adrian encourages running enthusiasts who are yet to participate in a marathon to put their uncertainties aside and go for it.

"Push your boundaries, leave your comfort zone and do something that you will remember for the rest of your life," Adrian said.




"Accomplish a feat which only a small percentage of people have attempted and you'll forever be a marathoner!"

# GCAM16 IS TEEMING WITH TEAMS

This year's Gold Coast Airport Marathon has 109 teams of 20 or more runners taking part.

These teams will participate in one of the following categories - Corporate Teams Challenge, Fitness Teams Challenge, Schools Teams Challenge or Social Teams Challenge.

Awards will be provided in each of these categories to the:

-  Largest Team
-  Most Kilometres Travelled
-  Best Team Spirit

## CORPORATE TEAMS CHALLENGE

### 2016 Entrants:

ANZCRO | Bond University | Cancer Council Queensland | Channel 7 | City of Gold Coast | City Uni Hong Kong | Cronin Litigation | Defence Athletic Club | DFK Crosbie | Electrical Magic | Entamico | Go Running | Gold Coast Airport | Griffith University | iVvy and Bloomtools Sporting Champions | Jewel Team | JRL Academy - F1 Runners' Team (Singapore) | KWM | Mantra Group | Maywood Travel Ltd Hong Kong | PetSafe Australia | POGO Physio | Ramsay Health Care | Southern Cross University | Suncorp | Team Health | Team Salvos | The Star Team | TMR South Coast | Wyndham Vacation Resorts Asia Pacific

### Previous Winners:

Year	Largest	Most Km	Team Spirit
2015	Griffith University	Griffith University	Wyndham Vacation Resorts
2014	Griffith University	Griffith University	Ramsay Health Care
2013	Griffith University	Griffith University	Halcyon
2012	Team Health	Team Health	Southern Cross University
2011	Team Health	Team Health	Griffith University International
2010	Team Health	Team Health	Setlow Contructions
2009	Team Health	Team Health	Stella Resorts
2008	Ramsay Health	Gold Coast City Council	Mission Australia
2007	Gold Coast Airport	Gold Coast Airport	Queensland Rail
2006	Stella Resorts	Gold Coast Airport	PCRG
2005	Breakfree	Breakfree	Dialog
2004	Breakfree	-	-

## FITNESS TEAMS CHALLENGE

### 2016 Entrants:

80/20 Trainig & Fitness | A BODY 2 FIT Triathlon Club | Adelaide Harriers | Beachfit | Body Transformers | Body4mation Runners | Brisbane Run Squad | CheckFit | Fit Happens Personal Training | GaleForce Running Squad | Gold Coast Health Heart Failure Service | GOLDOC | Intensify Training | intraining Running and Triathlon Club | Jump2it Personal Training Studio | Moreton Bay Road Runners | myVibe Health & Fitness | PCRG | Redman Runners Brisbane | Running Allstars | Running Dads OZ | Sassi Fitness & Health | Savvy Fitness | SERF Running | South Pine Striders | Sports Super Centre | Step into Life | Stepz Fitness St Lucia | Toowoomba Parkrunners | Yummy Mummy Fitness

### Previous Winners:

Year	Largest	Most Km	Team Spirit
2015	Step into Life	PCRG	Redman Runners Brisbane
2014	intraining Running & Triathlon Club	intraining Running & Triathlon Club	GaleForce Running Squad
2013	Step into Life	Step into Life	Chisel Fitness
2012	Step into Life	Step into Life	Savvy Fitness
2011	Step into Life	Step into Life	Fitness Connections
2010	Step into Life	Step into Life	Fitness Matters
2009	Curves Gold Coast	Sports Super Centre	Contours Labrador

## SCHOOL TEAMS CHALLENGE

### 2016 Entrants:

Ashmore School Fitter Faster Stronger | Biggera Waters Dolphins | Lindisfarne Anglican Grammar | Ming Dao High School | Varsity Lightning Bolts

## SOCIAL TEAMS CHALLENGE

### 2016 Entrants:

Bayside Runners | Bravehearts | Brisbane Road Runners Club | Club Tourism | Circle of Silent Angels | Crosbie Crew | DePaul Manor & Villa Team | Down Under Sports | five30runners | Girls Run This Town | GiveAbility | Hills District Cool Runners | Hito Travel | H.I.S Tokyo | Jalpak | LAK International (Kangaroopaw) | Lion Travel Taiwan | LRC Running Club | MIT Runners | MND and Me Foundation | NSRG | P.A.T.42.2 Marathon Club | parkrun | Pauls Rainbows Love Your Sister | Peak Sports and Spine Centre | Portside Panthers | Ridgy Didge Runners | River City Runners | RK POD | Team Hummingbird | Run for Tony - Amyloidosis Awareness | Running in the Burbs | Running Mates | Running Mums Australia | Springfield Runners Group | Sue's Angels | Sun Weiwei Running Club | Sunshine Coast Running Chicks | Sweet Az | Sydney Striders | Team Diabetes | Team Halcyon | Team Singapore | Thompson Estate Athletics

# TRAVEL INFORMATION

## G:LINK

### Saturday 2 July

Services will operate on a 7.5 minute frequency from 4:30am through to 7:30am, then from 7:30am services will operate as per the regular weekend schedule. Free travel to and from the Race Precinct (Southport Station) on the G:link will be available to registered participants only between the hours of 4:30am to 1:00pm. Display your race number when boarding the tram. Standard Translink fares apply to non-registered accompanying persons.

### Sunday 3 July

Services will operate on a 7.5 minute frequency from 4am through to 2pm, then from 2pm services will operate as per the regular weekend schedule. Free travel to and from the Race Precinct (Southport Station) on the G:link will be available to registered participants only between the hours of 4am to 3pm. Display your race number when boarding the tram. Standard Translink fares apply to non-registered accompanying persons.

Visit [ridetheg.com.au](http://ridetheg.com.au) for more information.

## BUS

### Saturday 2 July


There is no dedicated Gold Coast Airport Marathon shuttle bus on Saturday morning as normal Gold Coast bus services on Surfside Buslines will be in operation with standard fares to be charged. Visit [surfside.com.au](http://surfside.com.au) for more information.


### Sunday 3 July


#### To the Race Precinct

There will be a free shuttle bus service for registered participants to the Race Precinct in Southport on Sunday 3 July. A northern Gold Coast bus service will start from the Runaway Bay Sport & Leisure Excellence Centre and a southern Gold Coast bus service will start from the Gold Coast Convention & Exhibition Centre in Broadbeach. All inbound buses will terminate at the Southport Mall, a brief stroll to the Race Precinct. During peak operating times, this service will be exclusive to participants.

In order to ensure all participants arrive with adequate race preparation time, the following will apply:

 Entrants are required to present their race number when boarding the bus.

 If demand warrants, priority will be allocated according to race start times.

 Participants are encouraged to allow adequate time for travel and are advised that during peak times the shuttle bus service will be near capacity.

### From the Race Precinct

There will be a free northern Gold Coast shuttle bus service for registered participants from the Race Precinct. It will start from the Southport Mall and terminate at the Runaway Bay Sport & Leisure Excellence Centre. Please note that there will be no return southern bus service from the precinct, so please use the G:link or make other arrangements. Visit [goldcoastmarathon.com.au/race-weekend/transport](http://goldcoastmarathon.com.au/race-weekend/transport)

## CAR

### Drop Off Zone

The best location to be dropped off by car is at our Drop Off Zone on Davenport St (north of Windmill Street). Vehicles are to access Davenport Street via Nerang St and exit via Nind St (westbound). The Drop Off Zone is a five-minute walk to the Race Precinct along Nind St (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 2 July	Sunday 3 July
P1	Australia Fair Shopping Centre (east side)	0-3 hours free Fees apply after 3 hours	0-3 hours free Fees apply after 3 hours
P2	Carey Park, Marine Parade	Free until 9am \$1.60 per hour or \$5 all day	Free
P3	Mal Burke Car Park, Hicks Street	Free until 9am \$1.80 per hour or \$5 all day	Free
P4	Athol Patterson, Suter Street	\$1.80 per hour or \$5 all day	Free

## CHARTER COACH







Coaches can drop off and pick up runners on Scarborough St out the front of Gold Coast TAFE, just north of the intersection with Nerang St Mall. It is a five-minute walk to the Race Precinct. An alternative is east of Australia Fair Shopping Centre on Marine Pde. This can be accessed via Scarborough St, then onto Short St, then a left onto Marine Pde.

## ROAD CLOSURES

Please be aware that road closures will be in place from 3:30am on Saturday 2 and Sunday 3 July. For full details of road closures, visit our website [goldcoastmarathon.com.au/road-closures](http://goldcoastmarathon.com.au/road-closures)

### Travel Tips

When travelling in affected suburbs during the Gold Coast Airport Marathon, please consider these tips:

-  Allow extra time for your journey.
-  Southport and surrounding suburbs will be heavily congested.
-  Crossing the course will be permitted by traffic controllers and police when deemed safe.
-  Use roads west of the Gold Coast Hwy e.g. Currumburra Rd, Benowa Rd, Wardoo St and Southport-Burleigh Rd when travelling north and south.
-  Use High St and Scarborough St to access parking in Southport.
-  Use Olsen Ave and Oxley Dr to enter/exit Labrador, Runaway Bay and Paradise Point.

Visit [goldcoastmarathon.com.au/road-closures](http://goldcoastmarathon.com.au/road-closures) for more information.



**GOLD COAST  
Mazda**



**SOUTHPORT (07) 5609 8016**

Cnr High & Nind St | [www.goldcoastmazda.com.au](http://www.goldcoastmazda.com.au) MD1005697

## ASICS SPORT & LEISURE EXPO



The annual ASICS Sport & Leisure Expo is back, bigger and better than ever at the Gold Coast Convention and Exhibition Centre until Saturday.

The expo, a major support event to the Gold Coast Airport Marathon, is expected to attract more than 25,000 visitors, with free admission to the general public.

With the Check In Centre for participants adjacent to the expo, a steady stream of runners and people with an interest in health, fitness and leisure has made this one of the premier annual expos on the Gold Coast.

There are over 80 exhibitors, including a huge display of the latest ASICS footwear and fashion.

The expo will also feature a Suncorp Bank Information Booth, providing all the important participant information for race day including maps, shuttle bus timetables and road closures.

### VIRTUAL RUNNING BAG

Check out the great range of exhibitors and expo offers in the Virtual Running Bag at [www.goldcoastmarathon.com.au/expo/virtual-running-bag](http://www.goldcoastmarathon.com.au/expo/virtual-running-bag)

### TIMES AND PARKING

Gold Coast Convention and Exhibition Centre

Gold Coast Hwy, Broadbeach QLD

**Thursday 30 June 4pm – 8pm**

**Friday 1 July 10am – 8pm**

**Saturday 2 July 9am – 5pm**

Parking \$10 (first 30 minutes free).



# PRE RACE RUNNER CHECKLIST

## WHAT TO PREPARE TO WEAR:

- ☐ Shoes (pre-worn)
- ☐ Socks
- ☐ Shorts or tights
- ☐ Underwear/sports bra
- ☐ Singlet or shirt
- ☐ Hat
- ☐ Warm throw-away jumper
- ☐ Race Number (with four safety pins)
- ☐ Emergency contact details on the back of your Race Number
- ☐ Gels in your belt
- ☐ Sunglasses

## WHAT TO TAKE TO THE RACE PRECINCT:

- ☐ Baggage Drop bag for the storage of your belongings
- ☐ Identification
- ☐ Cash
- ☐ Phone
- ☐ Medication
- ☐ Sunscreen
- ☐ Anti chafe cream
- ☐ Towel
- ☐ Post-race fresh clothing (underwear, shoes, socks, shirt, jacket, shorts/pants, hat)

## PRE-RACE:

- ☐ Light breakfast
- ☐ Arrive at Race Precinct one hour before your start
- ☐ Leave belongings at the Suncorp Bank Baggage Drop
- ☐ Arrange where to meet family/friends post-race
- ☐ Check your Start Zone location
- ☐ Go to the toilet
- ☐ Stay hydrated before the race start
- ☐ Assemble at Start Zone 20 minutes before the start
- ☐ Find your Pace Runner (holding a balloon with target finish time)
- ☐ Discard warm throw-away clothing over fence





# Gold Coast

## Visitor Information Centres

**THEME PARK TICKETS | TOURS | ATTRACTIONS**  
**ACCOMMODATION | TRANSPORT TICKETS**

Make the most of your time on the Gold Coast and call or visit one of our accredited Visitor Information Centres.



**Coolangatta**

Site 20, Gold Coast Airport  
Domestic Arrival Terminal  
[infocoolangatta@gctourism.com](mailto:infocoolangatta@gctourism.com)  
Tel: 1300 309 440



**Surfers Paradise**

2 Cavill Avenue (Cavill Mall)  
Surfers Paradise  
[infosurfers@gctourism.com](mailto:infosurfers@gctourism.com)  
Tel: 1300 309 440

# AFTER A MARATHON

## EVERYONE NEEDS A BREAK



**Fly direct to destinations across Australia, New Zealand, Asia, Fiji and beyond.**

After the challenge of a marathon, there's no better reward than a well earned break. With over 350 flights every week to destinations across Australia, New Zealand, Asia, Fiji and beyond it means you're spoilt for choice.

Flying direct also means your journey has never been easier.

Visit [goldcoastairport.com.au](http://goldcoastairport.com.au) and see where you could fly to.

Follow us online



  
**Gold Coast Airport**

\* Current as at June 2016