



7 SUNSHINE COAST MARATHON SET TO HOST THE QUEENSLAND STATE 5KM CHAMPIONSHIPS

Queensland's fastest male and female 5km runners will descend on the Sunshine Coast to compete in the **Queensland State 5km Championships on Sunday August 16, 2020.**

For the first time the Queensland Athletics 5km Championships will be hosted by a road race. The event will see the best 5km runners vying it out for line honours.

Australian 5km record holder and Queensland Athletics Manager (QRUN) **Benita Willis** is excited for 7 Sunshine Coast Marathon to host the Queensland 5km Championships in 2020.

"As a new road state championship addition to our series, this event will bring a mix of exciting junior and senior athletes to race head to head over the shorter distance. Many of our current or former state 5km or 3km champs are expected to race it out for the medals. In the male division look out for Louis McAfee, Tim Vincent, Liam Boudin, Brendan Press and Callum Davies to battle it out. For the ladies, experienced athletes Lilly Dolton, Cara Feain-Ryan, Tamara Carvolth and Sam Phillips will take on the long list of up and coming youngsters including Nikita Moore."

"As an athlete I always loved racing over 5km on the road - this is the perfect time of year to run fast and the perfect course for it. It is also an exciting chance for all runners out there to compete in the same 5km race as Queensland's best!"

"7 Sunshine Coast Marathon Festival is one of my personal favourite events on the running calendar each year and will do a fantastic job in hosting this championship during their event festival weekend."

7 Sunshine Coast Marathon event director **Jason Crowther** said hosting the Championships and the state's best 5km runners is an honour and a compliment to the Athletics Australia Half Marathon Championships which the 7 Sunshine Coast Marathon currently host.

"Our running conditions at that time of year are absolutely perfect and we know runners of all abilities post fast times here," he said.

"We know it's a fun course, the atmosphere is terrific and it's an attractive option for locals and visitors wanting a great destination race. Add to that mix the highest calibre of Australia's best runners and you have an exciting event."

"Our Cricks 5km event has seen growth year on year and alongside the popularity of Parkrun this event will be one to watch for all runners. The event will be held two weeks after the 5000m at Tokyo Olympics which will be a huge inspiration to the athletes coming to the Sunshine Coast."





Sunshine Coast Council Tourism, Events and Sport Portfolio Councillor Jason O’Pray said our healthy, smart, creative region had long been regarded as one of Australia’s leading destinations for mass participation events like the Marathon.

“Securing the hosting rights to the 5km State Championships is a reflection of the Sunshine Coast’s world-class standard of event delivery, and the continued industry demand for sporting events,” Cr O’Pray said.

“Our stunning Alexandra Headland location is a fitness hub every day of the week, it is a great place to train and compete, so it is no wonder more and more competitors are recording a personal best at this event.

“The event draws international and interstate runners which is important for our tourism industry. It is also great to see the whole local community getting in on the action as well, competing for fun or a PB, volunteering, sponsoring or just cheering on as spectators from their balconies and the sidelines.”

ENDS

EXISTING RECORD 5KM TIMES AT 7 SUNSHINE COAST MARATHON

Male – Liam Woollett – 15:36 (2015)

Female – Margie Atthow – 17:26 (2013)

About the 7 Sunshine Coast Marathon

15 – 16 August, 2020

A member of the Association of International Marathons & Road Races (AIMS), the 7 Sunshine Coast Marathon and Community Running Festival is one of the most-loved running festivals in Australia. Since its inception the 7 Sunshine Coast Marathon has raised over \$1.5 million for charity and community groups.

Located on the stunning Sunshine Coast, the event has been timed to make the most of the ideal Queensland winter running conditions. Blue skies, low humidity and mild temperatures combined with a flat course always enable fast times.

Event distances include the Marathon, Half Marathon, 10km, 5km and the 2km. Each road race follows the stunning coastline of Alexandra Headlands with white sandy beaches and spectacular





vantage points alongside the ocean. The Half Marathon is a one loop course with Marathon entrants completing a multi loop course (1 x 21km + 2 x 10.5km's) making the most of the on-course entertainment and crowds of spectators before a red carpet 'hero' finish.

www.sunshinecoastmarathon.com.au

For more details, interviews or images please contact

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