



# Sunshine Coast MARATHON & community run festival

13-14 AUGUST 2022

## COMPETITOR GUIDE



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# WELCOME



## **RUNNERS, SUPPORT CREW, VOLUNTEERS AND SPONSORS, WELCOME TO THE SUNSHINE COAST MARATHON FESTIVAL 2022.**

We welcome back past entrants, sponsors and local community groups who have all grown to feel as proud of being part of this day as we are. We welcome new runners - from those who are on the journey that is their first fun run through to seasoned marathoners and elites who have added this event to their running calendar.

We celebrate our 10th year in 2022 which will see our largest participant numbers and are also excited to be Live Streaming the Australian Half Marathon Championships for the first time.

The event has exceeded \$1.8 million for charity and community groups since 2012. It was an

impressive milestone and we're aiming to improve on it every year. These funds go to help our major beneficiaries Ronald McDonald House Charity South East Queensland and Westpac Foundation as well as dozens of other community groups.

Thank you for your ongoing support and passion for this truly local celebration of health and fitness. We hope you enjoy the day and have a great Sunshine Coast Marathon Festival 2022.



## **ATLAS EVENTS MD SUNSHINE COAST MARATHON FESTIVAL RACE DIRECTOR JASON CROWTHER**



# WELCOME



## **Message from the Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.**

### **The Hon. Stirling Hinchliffe MP**

Welcome to Sunshine Coast Marathon, a wonderful opportunity to immerse yourself in Maroochydore's local culture and community, and hopefully explore some of the superb tourism experiences on offer here in the Sunshine Coast.

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

The Queensland Government is proud to support Sunshine Coast Marathon, through Tourism and Events Queensland's Destination Events Program and it is a feature on our It's Live! in Queensland events calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us.



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

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

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

# WELCOME



## WELCOME MESSAGE

### Sunshine Coast Marathon 2022

I would like to extend a warm welcome to everyone joining us for the 2022 Sunshine Coast Marathon and Community Run Festival on our Sunshine Coast.

I also acknowledge those who have trained and travelled to participate in the 2022 Athletics Australia Half Marathon Championships held as part of this signature event.

Our region has long been regarded as one of the best places in Australia to live, work and visit, as well as being a leading destination for outdoor events such as the Marathon and Community Run Festival.

The diversity of natural attractions from our coastline to our pristine hinterland make our region stand out and a drawcard for these types of events.

For those visiting the Sunshine Coast, whether it is your first time or a return visit, I hope you take the time to enjoy the wide range of experiences, events and destinations our region has to offer.



The 2022 Sunshine Coast Marathon promises to be another outstanding event for our region and I would like to congratulate the organisers and volunteers who have worked tirelessly to ensure this is a great experience for everyone involved.

On behalf of our Sunshine Coast Council, I wish the best of luck to all participants, and I look forward to welcoming you back to our Sunshine Coast in the future.

**MAYOR MARK JAMIESON**  
**SUNSHINE COAST COUNCIL**

# AUSTRALIAN HALF MARATHON CHAMPIONSHIPS



**The Sunshine Coast Marathon is the proud host of the 2022 Athletics Australia Half Marathon Championships.**

Australia's best runners will again take to the Sunshine Coast streets on August 14 for the 2022 Australian Half Marathon Championships. It's the fourth year we've hosted the national titles, which gives runners from across the country the chance to not only get on the podium but the opportunity to pull on the green and gold for the World Half Marathon Championships.

Come and cheer on your favourite State and enjoy the Australian Half Marathon Championships on the Sunshine Coast in August 2022.

## **Welcome message Athletics Australia**

On behalf of Athletics Australia, I would like to welcome you to the 2022 Australian Half Marathon Championships.

An exciting event on our competition calendar, the 2022 Australian Half Marathon Championships will see athletes from across the country compete for national glory on the Sunshine Coast.

This year is especially significant as it is the 29th edition of the Australian Half Marathon Championships, and the fourth year it has been held

on the picturesque Sunshine Coast. The Championships also include our State Team Championships and we're looking forward to finding out which state will come out victorious.

We're also particularly excited for this year's event as it marks our first Half Marathon Championships after two years away due to COVID-19. Despite the continued challenges associated with the pandemic, we're proud to be working with the Sunshine Coast Marathon to host the event, to provide an opportunity for athletes to race in a safe and secure environment.

The Australian Half Marathon Championships would not be possible without the continued support of Atlas Events and our Athletics Australia Competition team. I would like to thank all officials, volunteers, coaches, suppliers, and service providers for their support.

To all competitors, congratulations on qualifying for this prestigious event and we wish you every success in your endeavours.

**Peter Bromley  
Athletics Australia CEO**



# AUSTRALIAN HALF MARATHON CHAMPIONSHIPS



The Australian Half Marathon Championships will be livestreamed and can be viewed [here](#).

## TOP CONTENDERS

Rank	Name	Seed Time	State
1	Brett Robinson	1:01:59	VIC
2	Riley Cocks	1:02:05	SA
3	Sam McEntee	1:03:01	VIC
4	Jack Bruce	1:03:27	QLD
5	Michael Roeger	1:04:02	SA
6	Abere Belay	1:04:40	VIC
7	Liam Boudin	1:04:44	QLD
8	Adrian Potter	1:05:02	SA
9	Dean Menzies	1:07:45	WA
10	Sam Toll	1:07:47	VIC

Rank	Name	Seed Time	State
1	Izzi Batt Doyle	1:10:02	SA
2	Lisa Weightman	1:10:33	VIC
3	Abigail Nordberg	1:11:04	NSW
4	Tennille Ellis	1:11:14	QLD
5	Riine Ringi	1:14:47	QLD
6	Sinead Noonan	1:15:23	WA
7	Nera Jareb	1:15:42	WA
8	Sarah Klein	1:16:04	VIC
9	Vanessa Wilson	1:16:17	VIC
10	Samantha Phillips	1:16:43	QLD

HORIZON FESTIVAL, SUNSHINE COAST,  
26 AUGUST - 4 SEPTEMBER 2022

# BE FRONT AND CENTRE

[QUEENSLAND.COM/EVENTS](https://queensland.com/events)

Queensland  
AUSTRALIA

# EVENT WEEKEND SCHEDULE



## FRIDAY 12 AUGUST 2022

TIME	DETAILS	LOCATION
1:00 PM	<b>Event Precinct opens</b> Registration opens Merchandise store opens Expo opens	Alexandra Headlands Surf Life Saving Club
6:00 PM	<b>Expo and Rego close</b>	
6:00 PM	Family movie night commences	Alexandra Headlands Surf Life Saving Club
8:00 PM	Family movie night ends	

## SATURDAY 13 AUGUST 2022

TIME	DETAILS	LOCATION
9:00 AM	<b>Event Precinct opens</b> Registration opens Merchandise store opens Expo opens	Alexandra Headlands Surf Life Saving Club
4:00 PM	<b>Event Precinct Closes</b>	

## SUNDAY 14 AUGUST 2022

TIME	DETAILS	LOCATION
5:00 AM	Bag drop and information tent open	Alexandra Headlands Surf Life Saving Club
5:30 AM	Livestreaming commences	<a href="#">See Event Website for Link</a>
5:40 AM	Acknowledgement of Country	Start line, Alexandra Parade
6:00 AM	Sunshine Coast Marathon and McDonald's Half Marathon race start	Start line, Alexandra Parade
6:30 AM	Expo and merch store open	Alexandra Headlands Surf Life Saving Club
7:45 AM	Australian Half Marathon Championships winners presentations	Event Precinct Stage
7:50 AM	McDonald's Half Marathon winners presentations	Event Precinct Stage
9:00 AM	Westpac 10km race start	Start line, Alexandra Parade
9:15 AM	Sunshine Coast Marathon winners presentations	Event Precinct Stage
10:15 AM	5km race start	Start line, The Esplanade
10:30 AM	Westpac 10km winners presentations	Event Precinct Stage
10:35 AM	5km QLD State Championships presentations	Event Precinct Stage
10:40 AM	5km winners presentations	Event Precinct Stage
11:00 AM	RMHC SEQ 2km Mini Marathon race start	Start line, The Esplanade
11:20 PM	RMHC SEQ 2km winners presentations	Event Precinct Stage
11:30 AM	Largest Team presentations	Event Precinct Stage
11:40 AM	Largest Fundrasier presentations	Event Precinct Stage
11:50 AM	Largest School presentations	Event Precinct Stage
12:00 PM	Event close	

# THE BEST EVER McCafé® BLEND



COFFEE FIT FOR AN AUSSIE

Available at participating restaurants.



# BEFORE THE RACE

## **BIB COLLECTION**

If you did not opt to have your race bib mailed to you, it must be collected from the Registration Desk at Race Precinct prior to race day.

### **Details below:**

**Location:** Event Precinct - Alexandra Headlands Surf Life Saving Club, 167 Alexandra Parade, Alexandra Headland

### **Date / Time:**

Friday 12 August, 1pm - 6pm

Saturday 13 August, 9am - 4pm

- Bring your Registration Confirmation with your printed QCode
- *a friend can collect on your behalf with a copy of your registration email*

**Strictly no bib collections on race day.**

## **EVENT START TIMES & LOCATION**

The start line for all events is at the Alexandra Headlands Surf Club.

### **Wheelchair Marathon**

- Start time: 5:57am
- Suggested arrival time: 5:30am

### **Sunshine Coast Marathon**

- Start time: 6:00am
- Suggested arrival time: 5:30am

### **McDonalds Half Marathon (Australian Half Marathon Championships)**

- Start time: 6:00am
- Suggested arrival time: 5:30am

### **Wheelchair Half Marathon**

- Start time: 5:57am
- Suggested arrival time: 5:30am

### **Westpac 10KM**

- Start time: 9:00am
- Suggested arrival time: 8:30am

### **5KM RUN/WALK (QLD 5KM Championships)**

- Start time: 10:15am
- Suggested arrival time: 09:45am

### **RMHC SEQ 2KM**

- Start time: 11:00am
- Suggested arrival time: 10:30am

## **TRANSFERS TO ANOTHER DISTANCE**

Transfers to another distance must be done in person at the Transfers Desk at Registration on Friday 12 August (1pm-6pm) or Saturday 13 August (9am-4pm).

You can transfer to go up or down in distance. There is no fee but you must pay the difference in entry fee (at that time) if you go up in distance. There is no refund for going down distance.

If you have been transferred to this event from another (eg. from 2021 to 2022) then you can transfer to go up or down in distance, but you must do this in person at Registration. There is no fee, but you must pay the difference in entry fee (at that time) if you go up in distance. There is no refund for going down distance.

## **TRANSFERS TO ANOTHER PERSON**

Transfers to another distance must be done in person at the Transfers Desk at Registration on Friday 12 August (1pm-6pm) or Saturday 13 August (9am-4pm).

If you have been transferred to this event from another (e.g., from 2021 to 2022) then you can transfer to another person however you (or the person you are transferring to) must do this in person at Registration. There is a \$15 transfer fee.

## **SELF SEEDED STARTING ZONES**

Participants in the Sunshine Coast Marathon, McDonalds Half Marathon, Westpac 10km and the 5km Run events are strongly encouraged to position themselves on the start line according to ability.

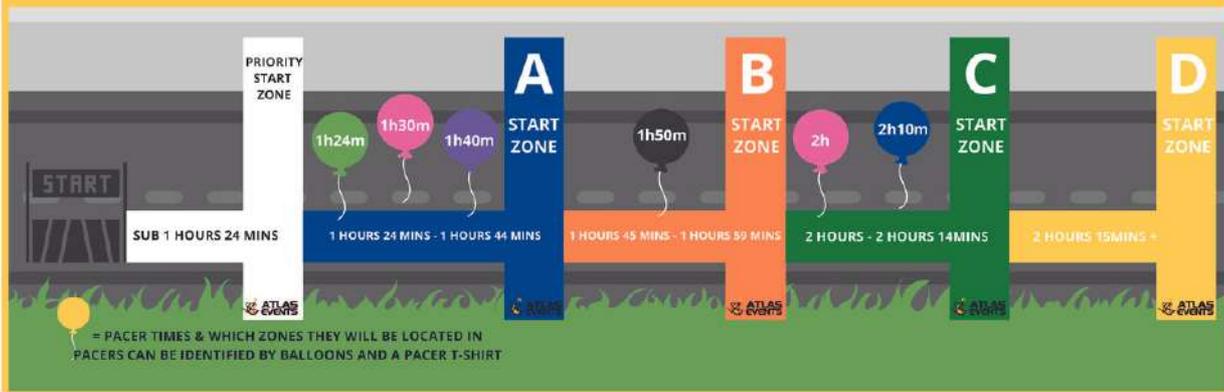
Personal timing chips will only be activated as runners cross the start line.

Please note all ELITE runners are to be at the front of the PRIORITY START ZONE

## 42.2KM STARTING ZONES



## 21.1KM STARTING ZONES



## 10KM STARTING ZONES



## 5KM STARTING ZONES





# CHEERING FROM THE SIDELINES

For over **10 years** we have been proud to support Sunshine Coast Marathon. So whether you are hoping for a personal best or just hoping to finish, we'll be cheering you on.





# BEFORE THE RACE

## **CORRECT EVENT**

Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded. Your event is clearly marked on the front of your race bib.

## **SPECIAL NEEDS DRINKS**

- Special/personal drinks are for the marathon event only
- Drinks must be in sealed, leak proof containers, no taller than 21cm and clearly marked with your name/race number and the relevant aid station where it is to be placed at
- Special needs can be placed at the 5.8km, 9.3km, 14.4km, 15.9km, 19.5km, 24km, 30.1km, 34.6km and 40.5km aid stations
- Special Drinks are to be left in the designated aid station tub at registration by no later than 2pm Saturday 13 August
- It is your responsibility to find your own special needs bottle at each designated aid station
- Dispose of bottles in waste bins - please do not litter the course
- Unclaimed drinks will be disposed of

## **BAG STORAGE**

The event bag storage and information tent are in the Event Precinct and open from 5am on Sunday 14 August 2022.

Please attach your personal bag tag found on your race bib (it's a perforated tear off along the bottom) to your bag for easy identification. Please do not leave any valuables in your bags.

## **OFFICIAL 2022 SUNSHINE COAST MARATHON FESTIVAL MERCHANDISE COLLECTION**

Our Official 2022 Sunshine Coast Marathon Official Merch is selling fast.

To avoid missing out on your favourite items follow pre order your favourite event merch [here](#).

There will be some merch available for purchase over the event weekend. Visit the store located at the Sunshine Coast Marathon Festival Event Precinct.

Pre ordered merchandise will be available for collection from the Merchandise store at the times below.

Merchandise must be collected at the event.

No merchandise will be mailed out prior to or after race day.

## **MERCH STORE OPENING TIMES**

- Friday 12 August, 1pm-6pm
- Saturday 13 August, 9am - 4pm
- Sunday 14 August, 6:30am - 12:30pm



# ENERGY TO KEEP MOVING



## WHEN TO USE



### BEFORE

GIVE YOUR BODY WHAT IT NEEDS TO PERFORM AT ITS BEST



### DURING

WHAT YOU EAT DURING EXERCISE CAN IMPACT PERFORMANCE



### AFTER

WHEN MUSCLES ARE HUNGRY FOR NUTRIENTS



[CLIFBAR.COM.AU](http://CLIFBAR.COM.AU)

SHOP NOW

# GETTING TO THE RACE



## PARK AND RIDE

### **\$10 RETURN (15 & UNDER FREE)**

Leaving from Syd Lingard Dr, this shuttle service will take you to Okinja Road, just metres from the 42km/21km start line in around 5 minutes. Shuttles will commence from 4:30am and operate until 1pm. This will be a ticketed service ensuring you make it to the start line on time. Offering pram and disabled access, this service is for everyone.

[Click here to buy your tickets](#) | [VIEW MAPS HERE](#)

## PARK AND WALK

### **ParknGo Mooloolaba - \$5 ALL DAY PARKING**

The ParknGo Mooloolaba Central car park is located on the corner of Smith Street & First Avenue Mooloolaba (2km from the start line) and uses a paid, ticketless managed parking system based on automated number plate recognition, allowing users to enter and exit the car park without the need of a ticket.

**DIRECTIONS:** From Brisbane Road Mooloolaba, turn left into Walan Street and take the 2nd turn on the right into Naroo Ct. Turn right at the end of Naroo Ct into Muraban St and this will take you to the car park entrance.

[VIEW MAPS HERE](#)

### **Mari Street, Alexandra Headlands - Cost: Gold Coin Donation**



Alex Surf Lifesaving Club will offer parking at their Mari Street Carpark between the hours of 4:00am-5:00am. There will be no access to this carpark after 5:00am due to road closures taking effect at that time. Anyone that chooses to park in the Mari Street carpark will not be able to exit the carpark until after roads re-open at 12:00pm.



# EVENT PRECINCT MAP





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Whether it's running a marathon, or travelling to your dream destination.  
Accor is proud to be the official accommodation partner of the marathon.

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GRAND MERCURE \ PEPPERS \ QUAY WEST \ THE SEBEL \ MANTRA \ NOVOTEL  
MERCURE \ TRIBE \ BREAKFREE \ IBIS \ IBIS STYLES \ IBIS BUDGET

**hobart** Airport  
**MARATHON**  
Festival

**24-25 SEPTEMBER 2022**

**RUN THE ICONIC  
HOBART COURSE**

**EXPLORE THE COURSE**

**#HOBARTMARA2022**

**42.2KM | 21.1KM | 10KM | 5KM | 2KM**

**[hobartmarathon.com.au](http://hobartmarathon.com.au)**

# DURING THE RACE



## **AIMS CERTIFICATION**

The Sunshine Coast Marathon is an AIMS certified course. The Sunshine Coast Marathon Festival follows strict guidelines to ensure the distance runners are completing is accurately measured. Sunshine Coast Marathon Festival events provide the ideal opportunity to set a personal best time or record a highly sought after qualifying time for the major marathons around the world including New York and Boston.

## **ON COURSE NUTRITION**

We are proud to announce Infnit Nutrition will once again be the on course hydration sponsor for the 2022 event. The on course nutrition is the 'Infnit Speed mix' in orange flavour.

This product can be purchased online or at all good sports stores. If you would like to try or train with the fluids that will be used on race day please visit Infnit Nutrition and grab some of the perfect blend. Enter 'ATLAS' when you order your Infnit Nutrition online and receive 10% off your order.

## **AID STATION LOCATIONS CAN BE FOUND HERE**

## **KILOMETER MARKINGS**

Kilometer markings will be clearly signposted every 5km.

## **MEDICAL AID**

If you require medical assistance please seek attention from our medical staff at the finish line.

## **RUNNING WITH HEADPHONES**

Running with headphones is not recommended, however we do allow the use of these while participating. If you choose to wear headphones, please ensure the volume is at a reasonable level so that you are able to hear instruction from course officials. Please keep to the left when possible to allow for faster runners to pass easily. Failure to follow instruction on course will result in automatic disqualification.

## **RUNNING WITH PRAMS**

You may run with a pram. However, we ask if you can please start at the back of the race to ensure safety for your child as well as respect for other competitors.



# DURING THE RACE



## TIMING

The Sunshine Coast Marathon Festival uses electronic timing. Your personal race time (or net time) will be recorded as you cross the timing mats on the start line and will finish when you cross the finish line mats at the end. Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded. Your event is clearly marked on the front of your race number.

## GUN TIME / NET TIME

Gun times are for the elites and all runners receive a gun and net time. Age group official times and age group medals will be awarded on net time.

## PACERS

Pacer Runners will be there throughout the event in the marathon and half marathon distances to help you achieve your running goals.

If you have a set time in mind that you would like to achieve, then our Pace Runners will play a huge part in your race!

## Our 2022 Pace Runners are:

### Sunshine Coast Marathon

- 3hr - Avishek Singh & Chris Woulahan
- 3hr 15mins - Bin Lu & Carlos Robertson
- 3hr 30mins - Gerry Taylor & Peter Lewis
- 3hr 45mins - Armando Serafin
- 4hr - Darrell Giles & Wade Scougall
- 4hr 15mins - Matt Crawford & Erin Chan
- 4hr 30mins - Mark Cartwright & Paul Wood
- 4hr 45mins - Samantha Bond & Shane Dicoski

## McDonalds Half Marathon

- 1hr 24mins - Ethan Pham & Geoff Waldock
- 1hr 30mins - Ian Cheong & Michael Holmes
- 1hr 40mins - Paul Hains & Ian McConnel
- 1hr 50mins - Hung Pham & Carly Barkle
- 2hr - Elisa Denyer & Andreas Huemer
- 2hr 10mins - Malcolm Wesener & Sally Matsubara

Pace Runners can be identified by the pacers singlets and they will have helium balloons attached them with the pace time and distance clearly marked on it. Make sure your start zone that you enter when registering reflects your goal pace time and be sure to assemble at the start line with your pacer who will encourage you throughout the race.





WE'VE GOT YOUR BACK  
**AND** WE SET THE PACE

Proud sponsors of the Ray White Volunteers and Pacers. **It's our way of giving back.**

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 COASTAL LIVING NETWORK

Ray White Maroochydore  
 Ray White Kawana Waters

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Ray White Mooloolaba

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 Sunshine Coast

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# COURSE MAPS



## SUB 5 HOUR MARATHON - LAP 1

[ACCESS ONLINE MAPS HERE](#)

**Sunshine Coast MARATHON**  
& community run festival

Marathon 42.2km Lap 1  
3 laps (21.1km + 2 x 10.5km)

**Start Gam**  
**Finish**

**Legend:**

- Information
- Parking
- Aid Station
- Toilets
- Patrolled Beach
- Event Precinct

**Event Organiser:** ATLAS EVENTS



# COURSE MAPS



## SUB 5 HOUR MARATHON - LAP 2 & 3

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## 5+ HOUR MARATHON - LAP 1

[ACCESS ONLINE MAPS HERE](#)

**Sunshine Coast MARATHON**  
& community run festival

Marathon 42.2km Lap 1  
3 laps (21.1km + 2 x 10.5km)

**Start 6am**  
**Finish**

- Information
- Parking
- Aid Station
- Toilets
- Patrolled Beach
- Event Precinct

EVENT ORGANISER **ATLAS EVENTS**



# COURSE MAPS



## 5+ HOUR MARATHON - LAP 2

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## 5+ HOUR MARATHON - LAP 3

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## MCDONALD'S HALF MARATHON

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## WESTPAC 10KM

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## 5KM RUN & WALK

[ACCESS ONLINE MAPS HERE](#)



# COURSE MAPS



## RMHC SEQ 2KM FAMILY DASH

[ACCESS ONLINE MAPS HERE](#)





# The Alex Surf Club

*absolute beachfront dining*

courtesy bus  
7 days  
Kawana to  
Maroochy



### Beachside Kiosk

open 7 days from 6:30am to 2pm  
breakfast - lunch - coffee - cold drinks

### The Bluff Bar

open fri 12-late, sat & sun 10-late  
menu available from 3pm fri, sat & sun

### The Lookout Bistro & Cafe

cafe open 7 days 10am - 11:30am  
all day dining 7 days  
sun - thurs 11:30am - 8pm  
fri & sat 11:30am - 9pm



**PLUS**  
show your  
registration to  
**receive 20% off**  
at Lookout Bistro  
menu

p 07 5443 6677 w alexsurfclub.com.au  
167 Alexandra Parade, Alexandra Headland, QLD, 4572



## YOUR TEAM'S PLACE TO STAY ON THE SUNSHINE COAST.

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Alex Park is your group's perfect catered  
accommodation venue with 10 hectares of  
indoor and outdoor facilities.

Enjoy team building activities as part of your stay.  
We work with Sports Tuition to offer:

Bush camps, high/mid/low ropes, rock climbing,  
pamper pole, sugar glider, archery, campfire, stand up  
paddle boarding, fishing in electric powered boats,  
raft building...and much more!



"Thank you for your  
great hospitality.  
We loved the food.  
Thank you for taking  
care of us."

- Fijian U20s Rugby Team



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their full speech

For more information phone us on 07 5459 5600  
or visit [www.alexpark.com.au](http://www.alexpark.com.au)

Connect with us @alexandrapark.sunshinecoast

13 Mari Street, Alexandra Headland QLD 4572

**Alexandra Park**  
CONFERENCE CENTRE

# AFTER THE RACE



## FINISH CHUTE

Once you have completed your event, keep moving through the finish chute to the recovery area. You do not need to hand back your race number.

## FINISHER MEDAL

All participants will receive their official Sunshine Coast Marathon Festival 2022 finisher medal commemorating their completion of the event. After you exit the recovery area you will pass tables for you to take a finisher medal if you would like to. Please only take one medal for your specific distance. Our staff will assist in this.

## CLIF RECOVERY ZONE

Electrolyte sports drink, water, Clif Bars and fresh fruit will be available to participants in recovery. This will be self serve.

## RESULTS

Race results will be available online [here](#)

Results can also be viewed by scanning the QR code on the back of your bib or visiting the link [here](#).

## PRESENTATIONS

Please refer to the event schedule for the presentation times.

The event schedule can be found [here](#)

## MEDICAL AID

If you require medical assistance please seek attention from our medical staff at the finish line.

## OFFICIAL 2022 SUNSHINE COAST MARATHON FESTIVAL MERCHANDISE COLLECTION

Our Official 2022 Sunshine Coast Marathon Official Merch is selling fast.

To avoid missing out on your favourite items follow pre order your favourite event merch [here](#).

There will be some merch available for purchase over the event weekend. Visit the store located at the Sunshine Coast Marathon Festival Event Precinct.

Pre ordered merchandise will be available for collection from the Merchandise store at the times below.

Merchandise must be collected at the event.

No merchandise will be mailed out prior to or after race day.

## MERCH STORE OPENING TIMES

- Friday 12 August, 1pm-6pm
- Saturday 13 August, 9am - 4pm
- Sunday 14 August, 6:30am - 12:30pm

# AFTER RACE DAY



## ITAB MEDAL INSERTS

Celebrate your fantastic achievement at the Sunshine Coast Marathon Festival with iTAB.

Finisher medals are designed to fit an iTAB, a small metallic finished plate with your name and finishing time engraved. Simply affix your iTAB to your medal.

Pre—purchased iTAB medal inserts will be posted to your registered postal address following the event.

Allow up to 30 business days for postage.

## EVENT PHOTOGRAPHY

The team from Marathon-Photos will be capturing your experience on race day. Remember to smile for the camera and give them a wave.

Your personal event photographs will be available for purchase online [here](#) following the event.

Keep an eye on Facebook and Instagram for an update on availability.

## PERSONAL RESULTS CERTIFICATE

Your own personalised results certificate will be available online after you finish your event. Simply select your name to download and print your official 2022 finisher certificate

## PRIZES

The first three male and female finishers across the line in each event will be awarded prizes on the day. Age group medals are awarded to first place in each category only and will be mailed out after event weekend. Please allow up to 14 days for delivery.

## FUNDRAISING

The Sunshine Coast Marathon Festival is proud to be raising funds for major beneficiary Ronald McDonald House Charities South East Queensland.

Further fundraising information can be found [here](#).



# TIME TO STEP UP FOR THE PLANET WITH TREADLIGHTLY

Did you know shoe components can take up to 1000 years to breakdown in landfill!

Treadlightly in partnership with Sunshine Coast Marathon are giving you a chance to recycle your old shoes at this years festival.

Follow the steps to give your old shoes a new life

1. Pull out any old shoes cluttering up your closet
2. Drop them off at one of our treadlightly collection boxes at the Sunshine Coast Marathon festival expo
3. Your shoes will be recycled and given new life as useful products like retail, gym and playground flooring.

By recycling your old shoes - your closet, your feet and the planet will thank you!

FOR MORE INFORMATION VISIT  
[WWW.TREADLIGHTLY.ASGA.COM.AU](http://WWW.TREADLIGHTLY.ASGA.COM.AU)



## LOOKING FOR WINTER INSPIRATION?

DIG OUT YOUR DIARIES AND START CARVING OUT SOME TIME FOR THESE AWESOME WINTER ACTIVITIES ON THE SUNSHINE COAST.

### GO WHALE WATCHING

During winter, you'll be sharing our big blue front yard with Humpbacks as they migrate north - so why not score a front row seat and watch in awe as they dance and frolic at sea. The crew at Sunreef Mooloolaba will get you up close and personal with these gentle giants. Sunshine Coast Afloat also offer incredible whale watching experiences that will provide 'pinch me' moments aplenty.

### GO ON A CRAFT BEER TOUR

The Sunshine Coast has well and truly earned its title as Australia's Craft Beer Capital - with a slew of award-winning breweries dotted along the coastline and hinterland. Head to a taproom, order a tasting paddle and settle in for a cosy afternoon, slinging tasty meals (think: Mooloolaba prawns, towering burgers and pizzas), plus live music. Sip your way around the region by following the Craft Beer trail, or book yourself a spot on one of an awesome tour.

### BOOK A HINTERLAND ESCAPE

If curling up by a crackling fire and sipping vino in the middle of the rainforest sounds like the ultimate winter escape - then book in some annual leave and make tracks to the Sunshine Coast hinterland. Hike lush Mary Cairncross Scenic Reserve and the Glass House Mountains, picnic by hidden waterfalls and fall asleep to the sound of nature.

### EAT YOUR WEIGHT IN CHEESE

Did someone say cheese? If you're a lover of all things creamy, gooey and cozy then we have the winter activity for you. Pull on some stretchy pants, grab a picnic basket and head to Kenilworth Dairies. Taste a cheesy melt or avo and halloumi on sourdough at Poppa's Cafe and get some cheesy goodies to go from the Cellar Door. Within a scenic 45 minute drive through the hinterland you'll find Maleny Cheese and Maleny Food Co. where you can choose from more than 300 local and international cheeses plus gelato and baked goods.

### CUDDLE A KOALA AT AUSTRALIA ZOO

There's no better way to warm up in winter than with a cuddle... from a koala - it's just how we do things on the Sunshine Coast. Head to Australia Zoo and snuggle with a cute Koala, get a pic or two and learn about these adorable creatures from their knowledgeable keepers. Want more animal encounters? You can also mingle with red pandas, rhinos, meerkats, wombats, lemurs and otters.

### UP YOUR SKILLS WITH A COOKING CLASS

A sure fire way to bring the heat this winter is with one of the Sunshine Coast's best cooking classes. Learn a new skill, taste some decadent dishes and have a laugh with your mates while chopping, flipping and sautéing your way to a tasty meal. Learn how to blend spices at Red Hot Chili Pepper Cooking School, master the yakitori grill at the Tamarind Cooking School, and whip up Thai curries, stir-fries and plant-based feasts at Spirit House.

To find out more about the best things to do in winter on the Sunshine Coast

[VISITSUNSHINECOAST.COM](http://VISITSUNSHINECOAST.COM)



Sunshine Coast Marathon & Community Run Festival that will take place on  
**Sunday 14th August 2022.**

This is a community event, benefitting health, tourism and above all, charities. This event is committed to providing much needed funds to Ronald McDonald House Charities as the major beneficiary, with the overall goal being the establishment of much needed rooms for Sunshine Coast families to utilise. Plus many other charities are supported through participant fundraising pages.

The heart of our event is the Alexandra Headlands beach area, with the event taking in stunning coastlines of Mooloolaba to Maroochydore.

Holding an event of this size is a major undertaking and we rely on the goodwill of businesses and residents to make the event a success. To minimise disruption to those that live or work near or on the course, it is important you are aware of road closures, parking restrictions and public transport changes.

**On the back is a summary of the event details that may affect you.**

For more information or to make a donation, please scan the QR Code.



**2022 course map**

## Wednesday 10 August - Monday 15 August 2022

Road	Impact	Description	Start Date	Start Time	Finish Date	Finish Time
Alexandra Headlands Car park	NO PARKING/CLOSED	Northern & Southern Carparks	Wed 10 Aug	7:00am	Mon 15 Aug	5:00pm

## Sunday 14 August 2022

Road	Impact	Description	Start Time	Finish Time
Beach Tce	CLOSED	Venning St - Brisbane Rd	4:30am	7:15am
Mooloolaba Esp	CLOSED	Buderim Ave - Brisbane Road	4:30am	7:15am
Alexandra Pde (Northbound)	CLOSED	Buderim Ave - Pacific Tce	4:30am	12:00pm
Alexandra Pde (Northbound)	(Emergency slip lane North Bound	Pacific Tce - Okinja Rd	5am	12:00pm
Alexandra Pde (Southbound)	CLOSED	Okinja Road - Pacific Tce	4am	1:00pm
Alexandra Pde (Southbound)	CLOSED	6th Ave - Okinja Road	5am	1:00pm
6th Avenue	CLOSED	Aerodrome Rd - Memorial Ave	5am	12:00pm
Memorial Ave	CLOSED	King St - Alexandra Pde	5am	12:00pm
Beach Pde	CLOSED	6th Ave - Alxandra Pde	5am	12:00pm
Kingsford Smith Pde	CLOSED	6th Ave - Alxandra Pde	5am	12:00pm
Melrose Pde	CLOSED	6th Ave - Alxandra Pde	5am	12:00pm
Alexandra Pda	CLOSED	Cotton Tree Pde - Alex Pde	5am	12:00pm
The Esplanade Cotton Tree	CLOSED	1st Ave - Alex Pde	5am	12:00pm
Picnic Point Esp	CLOSED			
Duport/Bradman Ave	CLOSED	The Esplanade - O'connor Street	5am	11:30am
Duport/Bradman Ave	CLOSED	Oconnor St - Yinni Street	5am	8:45am
Bradman Ave	CLOSED	Yinni Street - Fishermans Rd	5am	8:30am
David Low Way	CLOSED	Fishermans Rd - Petrie Ck Road	5am	8:30am

## Sunday 14 August 2022

Road	Impact	Description	Start Time	Finish Time
Alexandra Pde	NO PARKING	Buderim Ave - 6th Ave	4am	1:00pm
6th Ave	NO PARKING	Memorial Ave - Beach Pde	5am	11:30am
Duport Ave	NO PARKING	Ball St - Beach Rd	5am	11:30am
Duport Ave	NO PARKING	Ball St - O'Connor St	5am	8:45am
Bradman Ave	NO PARKING	Yinni St - Fishermans Rd	5:30am	8:30am

The Sunshine Coast Marathon & Community Run Festival committee would like to thank all residents and businesses in advance for their support of this exciting sporting event, one that will further enhance the Sunshine Coast as a vibrant and welcoming destination. And from Ronald McDonald Charities and those families in need; a special thank you for your support.

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to make a donation,  
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For any further comments or queries, please contact Atlas Events [info@myatlasevents.com.au](mailto:info@myatlasevents.com.au)

Event hotline: 07 5372 9410



# SALTWATER

— ECO TOURS —

## CONNECTING CULTURE TO COAST

Saltwater Eco Tours is a Sunshine Coast based tourism company forging a deeper connection to Australia's Indigenous culture through unique marine experiences on board a beautifully restored heritage listed vessel.

Operating on the peaceful waterways of the Mooloolah River the company is the first of its kind, combining culture, maritime history, native foods and incredible live music experiences.

**Cultural Tours. Sunset Tours + Live Music. Native Bushfood & Seafood Cruises.**



[www.saltwaterecotours.com.au](http://www.saltwaterecotours.com.au)



# 2022 PARTNERS



## 2022 MAJOR BENEFICIARY



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