

**EVA AIR**   
**Sunshine Coast**  
**MARATHON**  
Festival

**SUNDAY 11 AUGUST 2024**

**COMPETITOR GUIDE**



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# WELCOME

## **Attention runners, support crew, volunteers and sponsors, welcome to the 2024 EVA Air Sunshine Coast Marathon Festival.**

We extend a warm welcome to returning participants, sponsors, and local community groups who have become an integral part of this event. We also embrace new runners, whether embarking on their first fun run or seasoned marathoners and elites who have chosen to include this event in their running calendar.

This year marks our 12th anniversary and a significant milestone for the EVA Air Sunshine Coast Marathon Festival. We are thrilled to announce that this year's event has again been awarded World Athletics Label Road Race, recognised for its exceptional standards, fast course and international participation.

In addition to this prestigious recognition, we are also excited to share that the Australian Half Marathon Championships will be streamed live and free allowing a wider audience to witness the incredible talent on display.

Since 2012, the event has raised over \$2 million for charitable causes and community groups. This incredible milestone motivates us to continue surpassing our previous achievements.

These funds directly support our primary beneficiaries, Ronald McDonald House Charity South East Queensland and the Westpac Rescue Helicopter Service, along with numerous other community organisations.

We express our gratitude for your support and dedication to this locally owned and run Running Festival. We hope that you enjoy the day and have a fantastic experience at the 2024 EVA Air Sunshine Coast Marathon Festival.



**Jason Crowther**  
**Atlas Events Managing Director**  
**EVA Air Sunshine Coast Marathon**  
**Festival Event Director**

# Get 10% off

all EVA Air destinations



in Europe, North America and Asia



Scan here & use the code

**EVARUN10**

to receive your 10% discount



 Departures

# Let EVA Air take you there.

EVA Air has operated international passenger and cargo flights from Brisbane for 30 years. Through Taipei, it connects to over 60 key business and tourist destinations across Europe, North America, and Asia, including Japan.

Travel valid until 9 December 2024 and from 29 December 2024 to 30 June 2025. T&Cs apply.

EVA Air awarded the SKYTRAX 5-Star Airline Certification



# WELCOME

**I warmly welcome you to our Sunshine Coast for the EVA Air Sunshine Coast Marathon 2024, as one of the highlights of the Sunshine Coast's major events calendar.**

Our region is recognised as a leading outdoor events destination and we are proud to once again be home to this long-running sports festival, with international competitors coming from the UK, USA, France and Portugal to name a few, and thousands more from across Australia.

I also acknowledge our strong local contingent of marathon and half marathon enthusiasts participating in this event.

When you're ready to relax after the run, I encourage you to join your family and friends in discovering all our region has to offer, from our pristine coastline to the beautiful hinterland.

Close to the finish line, are some of our popular entertainment precincts, including The Wharf Mooloolaba, Mooloolaba Esplanade and Ocean Street in Maroochydore, which have plenty of cafés, restaurants and bars for your post-race celebrations.

I offer a special thanks to all event partners, sponsors and volunteers who make this event possible for our Sunshine Coast community and visitors to our region.

Whether you are running for fun, to set a personal best, or for a charitable cause, on behalf of the Sunshine Coast, I wish you the best of luck!



**Mayor Rosanna Natoli**  
**Sunshine Coast Council**





# LOOKING FOR THINGS TO DO THIS WINTER?

## 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.

## HOP ABOARD THE PRAWN STAR

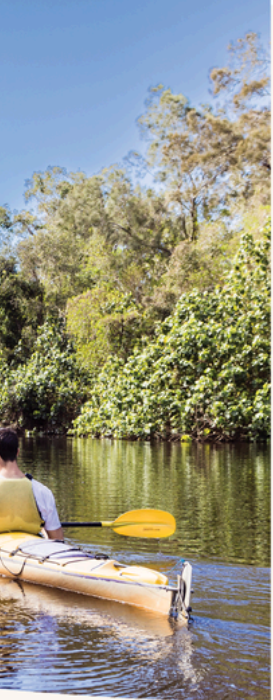
The Wharf Mooloolaba has long been hailed as an unmissable foodie destination and one of its latest additions proves exactly why. Enter Prawn Star, a cheekily named converted fishing trawler moored permanently at the Wharf allowing you to dine on deck and dig into local seafood like a platter of world famous Mooloolaba prawns, crab and fresh oysters—an absolute seafood lover's paradise.

## HIKE THE GLASS HOUSE MOUNTAINS

Feel connected to country in the Glass House Mountains, a formation of 11 ancient volcanic peaks that formed more than 25 million years ago, with a hike around the base of Mount Tibrogargen or climb to the summit of Mount Ngungun.

## 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 the awesome tours.



## FIND YOUR SUNSHINE MOMENT WITH THESE AWESOME ACTIVITIES ON THE SUNSHINE COAST.

### KAYAK THE EVERGLADES

Can you hear that sound? More than 40 per cent of Australia's bird species can be found living around the pristine waters of the Noosa Everglades – one of only two everglades systems found on earth – and one of the best ways to explore is a kayak with Kanu Kapers.

### LEARN TO SURF

Surf's up year-round on the Sunshine Coast from the glassy waves of Noosa - a World Surf Reserve - to Australia's longest wave at Double Island Point. You'll be frothing to hit the waves, and a lesson with Coolum Surf School will have you hanging 10 in no time.

### DINE IN QUEENSLAND'S SUNSHINE PANTRY

Enjoy paddock-to-plate dining at 114-year-old Mapleton Pub perched on top of the Blackall Range, or sip on a fruity gin inspired by our iconic Big Pineapple. There's an abundance of ways to taste our organic, seasonal produce.

### GET YOUR ADRENALINE PUMPING

There's something special about spotting dolphins in the wild, and with Noosa Ocean Rider, you'll be at one with the creatures of the big blue on their Dolphin Safari or Whale Watching Tour.



To find out more

[VISITSUNSHINECOAST.COM](https://visitsunshinecoast.com)

## Message from the Minister for Tourism and Sport

It is my pleasure to welcome you to the EVA Air Sunshine Coast Marathon Festival which highlights the personality and uniqueness of Sunshine Coast.

The EVA Air Sunshine Coast Marathon Festival is supported by the Queensland Government through Round 26 of Tourism and Events Queensland's Queensland Destination Events Program, which strives to highlight the vital link between the wonderful events we host in our great state and the diverse destinations in which they take place.

Events such as the EVA Air Sunshine Coast Marathon Festival foster community pride, impart local culture with all who visit and make meaningful contributions to the local economy.

Beyond the EVA Air Sunshine Coast Marathon Festival, there is so much to see, do and experience in Sunshine Coast. I encourage all visitors from far and wide to soak in all the delights of Sunshine Coast and make the most of all the experiences unique to this special part of Queensland.

Congratulations to the organisers plus all those involved in working tirelessly to stage such a great event and for being part of the Queensland Destination Events Program.



**The Hon. Michael Healy MP**





# SAVING LIVES FOR OVER 45 YEARS

Queensland's **EYES IN THE SKY**  
keeping you safe across our coast line.

To donate scan here



**Westpac**  
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RESCUE HELICOPTER SERVICE

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



Queensland

# WELCOME

## **On behalf of Athletics Australia, I'd like to welcome you to the 2024 Australian Half Marathon Championships.**

This event stands out as one of the highlights of the Australian distance running calendar, where we witness some of the nation's finest athletes coming together in a true celebration of running.

For the 2024 championships, we are thrilled to host an impressive line up of athletes from all corners of the country, competing amidst the stunning scenery of the Sunshine Coast. These competitors will vie for national titles and being the best in Australia.

For spectators new to the festival, the event also features the State Team Championships, where each State and Territory can enter a team of six males and six females, with the top three athletes contributing points towards their team score. Alongside individual medals, we are looking forward to seeing which state will hold the bragging rights for another year.

The Australian Half Marathon Championships are made possible by the unwavering support of our partners at Atlas Events and our dedicated Athletics Australia Competition team. I extend my heartfelt thanks to them for their commitment to the success of these championships, and I would also like to express my gratitude to all officials, volunteers, coaches, suppliers and service providers who contribute to this event's success.

As we embark on this 21.1-kilometre journey, I want to congratulate every athlete to has qualified to compete. Whether your goal was to simply reach the start line, achieve a personal best or claim a podium finish, your dedication is commendable and are an example for others. We wish you all the very best in your endeavours.

**Jane Flemming OLY**  
**Athletics Australia President**



# COFFEE FIT FOR AN AUSSIE™

WHENEVER YOUR MORNING STARTS



Available at participating restaurants.

## VISIT THE McCAFÉ® STAND AND GRAB A BARISTA MADE McCAFÉ COFFEE.

All proceeds going towards Ronald McDonald  
House Charities® SEQ

McCafé®



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MELBOURNE, AUSTRALIA

# EVENT SCHEDULE

## THURSDAY 8 AUGUST 2024

TIME	EVENT
12:00pm	Registration and Event Expo Opens
3:00pm	Registration and Event Expo Closes

## FRIDAY 9 AUGUST 2024

TIME	EVENT
10:00am	Registration and Event Expo Opens
5:00pm	Registration and Event Expo Closes



## Help give families with ill or injured children the gift of togetherness

Each year around 3,500 families leave their home and community to travel for their child's treatment.

That's where Ronald McDonald House Charities South East Queensland can help. We provide a home away from home for families with sick or injured children.



Donate today.  
Find out more at [rmhcseq.org.au](https://www.rmhcseq.org.au)

# EVENT SCHEDULE

## SATURDAY 10 AUGUST 2024

TIME	EVENT
6:30am	<u>Sunrise Yoga with Kat Harding</u> Lululemon store ambassador in the event precinct
7:30am	Pre-race mind and body shakeout run with event ambassador, Erchana Murray-Bartlett (meet at the Unity Water van in the event precinct)
9:00am	Registration and Event Expo Opens & Interview with Erchana Murray-Bartlett
10:00am	<u>Yoga with Kat Harding</u> Lululemon store ambassador in the event precinct
1:30pm	Interview with Liam Boudin
4:00pm	Registration and Event Expo Closes

## SUNDAY 11 AUGUST 2024

TIME	EVENT
5:00am	Bag Drop and Information Tent Open
5:57am	Wheelchair Marathon & Half Marathon Start
6:00am	EVA Air Sunshine Coast Marathon and McDonald's Half Marathon Start
6:30am	Event Expo Opens
7:50am	McDonalds Half Marathon Winners Presentation
9:00am	Westpac 10km Start
9:15am	EVA Air Sunshine Coast Marathon Winners Presentation
10:15am	Cricks 5km Run and Maroochy RSL 5km Walk Start
10:30am	Westpac 10km Winners Presentation
10:40am	Cricks 5km Run Presentation Winners Presentation
11:00am	RMHC SEQ Family Dash 2km Start
11:20am	RMHC SEQ Family Dash 2km Winners Presentation
11:30am	Teams Presentations
12:30pm	Event Expo Closes
1:00pm	Event Close

# FESTIVAL

where art inspires fashion



Supreme Winner 2023  
Isabelle Cameron  
"Dear Babushka"  
Photo credit:  
Eyes Wide Open



## AUSTRALIAN WEARABLE ART festival

FRIDAY 9 AUGUST 2024  
SATURDAY 10 AUGUST 2024

VENUE 114  
114 Sportsmans parade, Bokarina, Sunshine Coast, QLD

With 40 national and international artworks to take to the runway, this is a spectacular show where high-end fashion and the sculptural world of art collide together.

For more information visit:  
[australianwearableart.com.au](http://australianwearableart.com.au)  
LIMITED TICKETS STILL AVAILABLE. **BOOK TODAY.**



# RUN ON IN

*Healthy Choice Bistro Special*

AVAILABLE  
THROUGHOUT AUGUST  
OR UNTIL SOLD OUT.

**LEAN RUMP STEAK \$29**

Charred broccoli  
& wholegrain wheat salad,  
Korean chilli & soy dressing



MAROOCHY RSL

# BEFORE THE RACE

## **BIB COLLECTION**

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

**Location:** Buhk Family Park

## **Date & Time:**

Thursday 8 August, 12:00pm - 3:00pm

Friday 9 August, 10:00am - 5:00pm

Saturday 10 August, 9:00am - 4:00pm

Bring your Registration Confirmation with your printed QR Code. *A friend can collect on your behalf with a copy of your registration email.*

## **STRICTLY NO BIB COLLECTIONS ON RACE DAY.**

## **TRANSFERS TO ANOTHER DISTANCE**

Transfers to another distance must be done in person at the Transfers Desk at Registration prior to race day.

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.

All transfers are subject to availability and are not possible if the event is sold out.

## **TRANSFERS TO ANOTHER PERSON**

Transfers to another person must be done in person at the Transfers Desk at Registration prior to race day. You must collect your race bib first and have a copy of the registration confirmation email from the original person who entered.

There is a \$15 transfer fee to transfer to another person.

## **EVENT START TIMES AND LOCATION**

The start line for all events Alexandra Pde, Alexandra Headland.

## **EVA AIR Sunshine Coast Marathon**

- Start time: 6:00am
- Suggested arrival time: 5:00am or prior

## **McDonald's Half Marathon**

- Start time: 6:00am
- Suggested arrival time: 5:00am or prior

## **Westpac 10km**

- Start time: 9:00am
- Suggested arrival time: 8:00am or prior

## **Cricks 5km Run/Maroochy RSL 5km Walk**

- Start time: 10:15am
- Suggested arrival time: 09:30am or prior

## **RMHC SEQ Family Dash 2km**

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



# 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.

## **BAG STORAGE**

The event bag storage and information tent are in the Event Precinct. Bag drop will be open from 5am on race day only.

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.

## **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 12.3km, 22.1km, and 33.4km aid stations.
- Special Drinks are to be left in the designated aid station tub at registration by no later than 2pm Saturday 10 August 2024.
- 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.

## **OFFICIAL 2024 EVA AIR SUNSHINE COAST MARATHON FESTIVAL MERCHANDISE**

Our Official 2024 EVA Air Sunshine Coast Marathon Festival Merch is selling fast.

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

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

Pre-ordered merchandise will be available for collection from the merchandise store at the following times:

- Thursday 8 August, 12:00pm - 3:00pm
- Friday 9 August, 10:00am - 5:00pm
- Saturday 10 August, 9:00am - 4:00pm
- Sunday 11 August, 6:30am - 12:30pm

***Merchandise must be collected at the event. No merchandise will be mailed out prior to or after race day.***





# STARTING ZONES

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

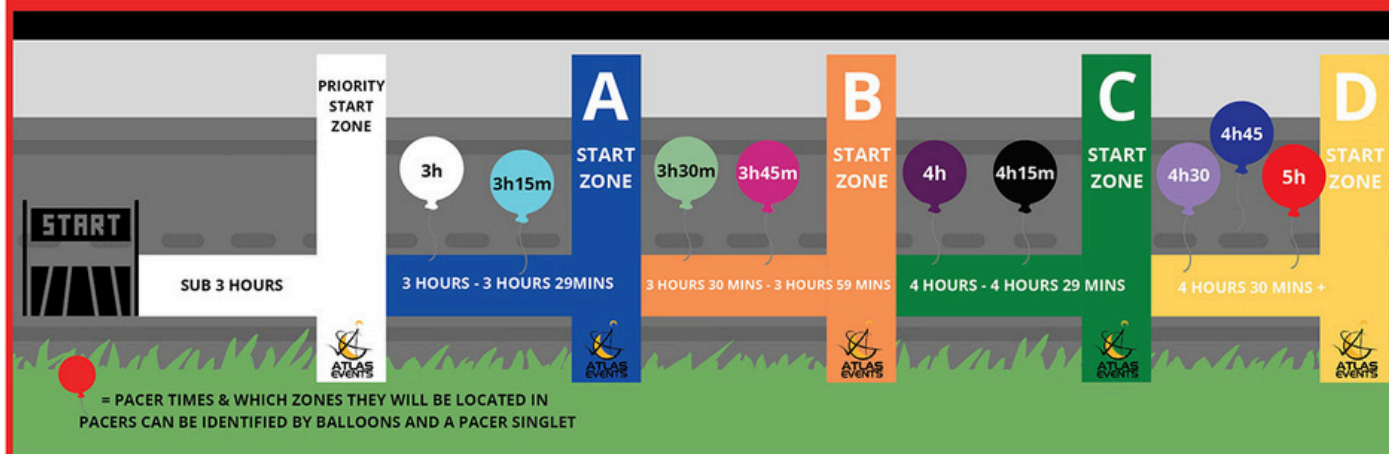
## SELF SEEDED STARTING ZONES

Participants in the Marathon, Half Marathon, 10km and 5km events are strongly encouraged to position themselves on the start line according to ability (selected during registration). Personal timing chips will only be activated as runners cross the start line.

## PACERS

If you are planning on running with a pacer, ensure you assemble at the start line, in the correct start zone, with your pacer, who will encourage you throughout the race.

## 42.2KM STARTING ZONES



## 21.1KM STARTING ZONES

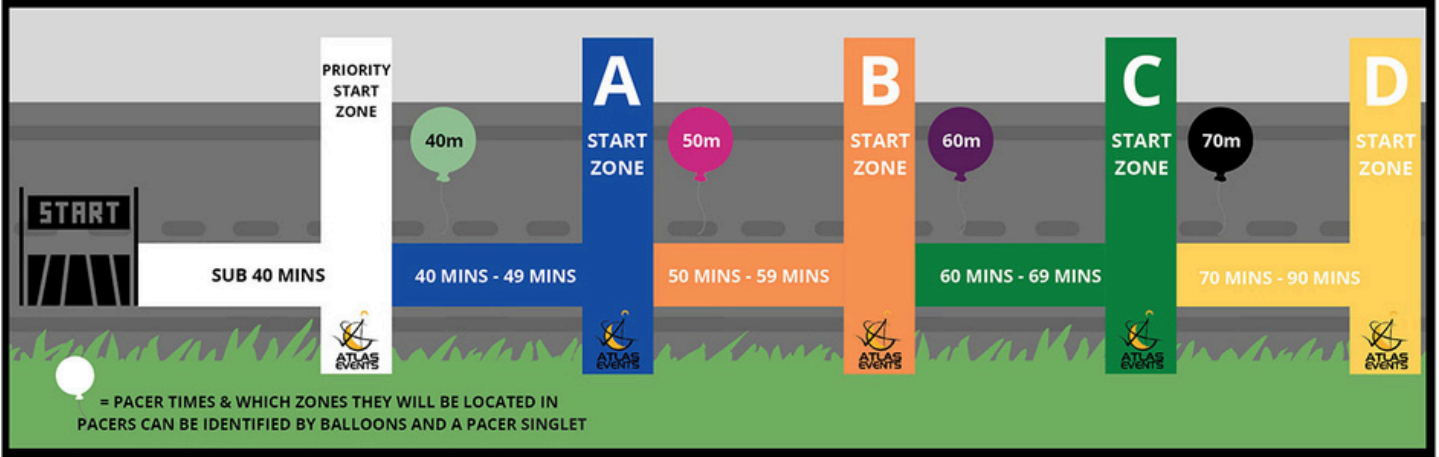


# STARTING ZONES



# STARTING ZONES

## 10KM STARTING ZONES



## 5KM STARTING ZONES



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YOUR NEXT CAR  
RENTAL WITH SIXT**

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# EVENT PRECINCT



**FREE**  
**bike valet**

Traveling to the Sunshine Coast Marathon just got easier!

Skip the parking hassle – ThinkChange is offering FREE valet parking for bikes and scooters.

Scan the QR code to pre-register a FREE valet

**Think Change**

**Sunshine Coast**  
COUNCIL

# PARKING

## PARK AND RIDE

A [Park N Ride Shuttle Bus](#) will be operating from 4:30am to 1:00pm on race day from Maroochydoore Football Club, 462 Maroochydoore Rd Kuluin and Syd Lingard Dr, Buderim.

You **must pre-book**, no tickets will be available on the day. Tickets are \$10 per person (15 & under are free). All proceeds donated to our major beneficiary [Ronald McDonald House Charities](#).

[Book Buderim Park N Ride](#)  
[Book Kuluin Park N Ride](#)

## PARK AND WALK

The following options are available:

OPTION	LOCATION	DISTANCE TO EVENT PRECINCT
<a href="#">PARKnGO Mooloolaba</a>	Cnr Smith St & First Ave	2.1km
<a href="#">PARKnGO Maroochydoore</a>	4 Lightning Lane, Maroochydoore	2.4km
Public Carpark	Sunshine Coast Parade, Maroochydoore	2.4km
Public Carpark	Cornmeal Parade, Maroochydoore	2.3km
Street Parking adj. Maroochydoore Rugby Union Club	Fourth Ave, Maroochydoore	1.5km
<a href="#">Other Parking Options</a>	Additional information about parking bays in the area.	

**PLEASE NOTE:** Parking within the event vicinity is limited and restricted. Parking on nature strips, areas of open space and parkland is not permitted and on the spot fines may be issued per vehicle parked illegally. Please also be considerate of residents by not parking across driveways.

## THINK CHANGE BIKE VALET

Why not ride your bike or scooter? Roads will be congested, and parking will be limited. Secure bike and scooter parking will be available just meters from the start line at [Cooloolathin Park, Alexandra Pde](#). The Bike Valet is staffed from 5:00am until 1:00pm to ensure your device remains secure while you enjoy the event. Click [here](#) to pre-register your device.





Congratulations on a great run



Now you can relax and unwind in the **7NEWS** Race Village!



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.

THE RAY WHITE  
COASTAL LIVING NETWORK

Ray White Maroochydore  
Ray White Kawana Waters

Ray White Buderim  
Ray White Nambour

Ray White Mooloolaba

# EVENT EXPO





# DURING THE RACE

## AIMS CERTIFICATION

The EVA Air Sunshine Coast Marathon is an AIMS certified course and follows strict guidelines to ensure the distance runners are completing is accurately measured. This provides 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 Infini Nutrition as the official nutrition partner of the event. The on-course nutrition is the Infi Premium Fuel in lemon lime flavour.

## AID STATION LOCATIONS CAN BE FOUND HERE

## LITTER ZONES AT AID STATIONS

Littering the course with gels is strictly prohibited. Please dispose of your gel packets in the litter zones at the aid stations.

## REUSABLE OPTION

Please consider using the flask in the Infi Starter Pack. It holds the equivalent of four gels and doesn't require discarding which reduces your waste footprint. The Infi Starter Pack is available to purchase at our Event Expo.



**CARBS  
ELECTROLYTES  
HYDRATION.**

**ALL IN ONE.**

**PREMIUM  
FUEL**

**INFINIT**  
NUTRITION AUSTRALIA

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



# DURING THE RACE

## KILOMETRE MARKINGS

Kilometer markings will be clearly signposted every 1km for the Half Marathon and every 5km for the Marathon and 10km events.

## TIMING

The EVA Air 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.

## 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.

## 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.

## MEDICAL AID

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

## PACERS

Pacer Runners will be there throughout the event in the marathon, half marathon and 10km distances to help you achieve your running goals.

If you have a set time in mind that you would like to achieve, our Pace Runners will can play a big part in your race.

## Our 2024 Pace Runners are:

### EVA Air Sunshine Coast Marathon

- 3hrs 15mins – John White Hwang & Mugsy Moloney
- 3hrs 30mins – Ian Cheong & Gerry Taylor
- 3hrs 45mins – Ken Pritchard & Hai Thanh Luong
- 4hrs – Wade Scougall & Reece Crawford
- 4hrs 15mins – Owen Zeng and Son Nghiem
- 4hrs 30mins – Karin Thorburn & Hong Nguyen
- 4hrs 45mins – Ellen Chiu & Claire Lin
- 5hrs – Paul Wood & Steve Schoffelen

### McDonald's Half Marathon

- 1hr 24mins – Will Carrette & Ethan Wight
- 1hr 30mins – Ian McConnell & Ang Tung Pham
- 1hr 40mins – Richard Daniel & Jinho Seo
- 1hr 50mins – Ryan Kent & Hung Pham
- 2hr – Vanisha Vasudivan & Jenn Muir
- 2hr 10mins – Ervin Chan & Wendy Gao

### Westpac 10km

- 40mins – Billy Richardson & Carl Nield
- 50mins – Chris Reed, Haaije Pilj & Reesha Lewis
- 60mins – Jess Hill & Ryan Kent
- 70mins – Wing Hei Leung & Emmi Richardson

Pace Runners can be identified by the yellow *Pacer* singlets and they will have helium balloons attached to 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.

**SEALIFE**  
Sunshine Coast

# Seahorse Kingdom

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## SUNSHINE COAST'S BIGGEST RANGE OF E-BIKES AND E-SCOOTERS!



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1/156 Alexandra Parade,  
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 **Noosaville**

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Noosaville QLD 4566

Check us out online or visit us in-store

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

**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
 Festival

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



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

**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
 Festival






Marathon 42.2km Laps 2&3  
 3 laps (21.1km + 2 x 10.5km)  
 Sub 5hr Marathon



**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
 Festival

Marathon 42.2km Lap 2  
 3 laps (21.1km + 2 x 10.5km)  
 5hr + Marathon








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

Mooloolaba 

**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
 Festival

Marathon 42.2km Lap 3  
 3 laps (21.1km + 2 x 10.5km)  
 5hr + Marathon



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

# CRICKS

*Drive away happy*

HELPING SUNNY COASTERS  
DRIVE AWAY HAPPY FOR  
OVER 25 YEARS



16+ BRANDS



SERVICING



FINANCE



250+ USED CARS



TRADE IN



AWARD-WINNING BEAUTY, HAIR & MASSAGE SCHOOL

**80% OFF  
STANDARD  
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Your partner  
for post-race  
rejuvenation.

## Indulge in Affordable Luxury

Discover our oasis of relaxation and rejuvenation, where students master their skills while delivering exceptional treatments. Supervised by experienced professionals, we ensure a safe and enjoyable experience for clients.

### Treatment Menu Highlights

	Prices from
Deluxe Spa Facial	\$35
Remedial Massage	\$40
Men's Style Cut	\$10
Ladies Shampoo, Cut + Blowdry	\$15

View our full treatment menu online and **BOOK NOW!**

Limited availability. Bookings to be made online.



**di** demi international

Page 1 of 1 | 08/2023





# Sunshine Coast MARATHON Festival

21.1 km



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

Motorway  
Entry/Exit

EVENT ORGANISER



**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
 Festival

10km








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

Maroochydore

**EVA AIR**  
**Sunshine Coast**  
**MARATHON**  
Festival

5 km



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

EVENT ORGANISER



2km

Maroochydore

Aerodrome Rd



Wiraway St

Parker St

Maroubra St

Okinja Rd

Alexandra Headland

Alexandra Parade

1K

Mari St



Alex Surf Club

2K

Finish

Start 11am



Pacific Terrace

Mary St

Boolarong Cres

N



Information



Aid Station



Toilets



Patrolled Beach



Event Precinct

**SEA FM**

Hey Fozzy, are you doing the half marathon or the **calf marathon**? – Elly

**TUNE INTO THE SEA FM TEAM BROADCASTING LIVE FROM 7AM TO 10AM ON SUNDAY 11TH AUGUST!**

**Todd carrying all of MIX FM's hopes and dreams for the Sunshine Coast Marathon running 5km – mate, we don't think croissants count as carb loading – plus that's your 5th one.....**

**MIX FM**

**Listen to MIX FM Monday to find out if Todd made it!**

# 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.

## MEDICAL AID

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

## RESULTS

Race results will be available [online here](#). Results can also be viewed by scanning the QR code on the back of your bib.

## 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 2024 finisher certificate.

## FINISHER MEDAL

All participants will receive their official EVA Air Sunshine Coast Marathon Festival 2024 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

Infinet Nutrition Premium Fuel mix, water, CLIF Energy Bars and fresh fruit will be available to participants in recovery.

## PRESENTATIONS

Please refer to the [event schedule](#) for the presentation times.

ENERGY  
TO KEEP  
MOVING



SHOP NOW ▶

# AFTER THE RACE

## ITAB MEDAL INSERTS

Celebrate your fantastic achievement at the EVA Air 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.

For more information visit the [iTAB website](#).

## 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 following the event.

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

## 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 EVA Air Sunshine Coast Marathon Festival is proud to be raising funds for major beneficiary [Ronald McDonald House South East Queensland](#).

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

## 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 2024 finisher certificate.



# CHANGED TRAFFIC CONDITIONS

Sunday 11th August			
<b>Mooloolaba</b>			
Road Closed	Description	TIME	
Brisbane Road	Amarina Ave - Walan St	4:30am	7:45am
Walan St	Brisbane Rd - Venning St	4:30am	7:45am
Venning St	Walan St - Mooloolaba Esp	4:30am	7:45am
Mooloolaba Esp	Buderim Ave - Venning St	4:30am	7:45am
<b>Alexandra Headland</b>			
Road Closed	Description	TIME	
Alexandra Pde	Buderim Ave - Pacific Tce	4:00am	1:00pm
Alexandra Pde (Northbound)	Pacific Tce - Okinja Rd	5:00am	12:30pm
Alexandra Pde (Southbound)	Pacific Tce - Okinja Rd	4:00am	1:00pm
Aerodrome Rd (Southbound)	6th Ave - Okinja Road	4:00am	1:00pm
Road Impacted	Description	TIME	
Pacific Terrace	Buderim Ave – Alexandra Pde	4:00am	1:00pm
<b>Maroochydore</b>			
Road Closed	Description	TIME	
Sixth Avenue	Aerodrome Rd - Memorial Ave	5:00am	12:30pm
Memorial Ave	King St - Alexandra Pde	5:00am	12:30pm
Beach Pde	Sixth Ave - Alexandra Pde	5:00am	12:30pm
Kingsford Smith Pde	Sixth Ave - Alexandra Pde	5:00am	12:30pm
Melrose Pde	Sixth Ave - Alexandra Pde	5:00am	12:30pm
Alexandra Pde	Cotton Tree Pde - Melrose Pde	5:00am	12:30pm
Cotton Tree Pde	Alexandra Pde - The Esplanade	5:00am	12:30pm
The Esplanade	Cotton Tree Pde - First Ave	5:00am	12:30pm
Duport Ave	First Ave - Ball St	5:00am	12:00pm
Picnic Point Esp	Entire Rd	5:00am	12:00pm
Duport Ave	Ball St - Bradman Ave	5:00am	11:00am
Bradman Ave	Duport Ave - Thomas St	5:00am	11:00am
Bradman Ave	Thomas St - Deanna St	5:00am	9:15am
Bradman Ave	Deanna St - Fishermans Rd	5:00am	9:00am



# 2024 EVENT PARTNERS



Maroochydore | Buderim | Mooloolaba | Kawana Waters | Nambour

