

Gold Coast Airport

marathon



Sunday



4 July 2004



Gold Coast Airport

race guide



welcome from the Qld Premier



Congratulations on entering the 2004 Gold Coast Airport Marathon being staged on the spectacular Gold Coast on the first Sunday of July.

The Gold Coast Airport Marathon is truly one of Australia's iconic sporting events having built a world-class reputation in its 26-year history.

The State Government secured the future of this event in 2001 through Gold Coast Events Management Ltd, a wholly owned subsidiary of Queensland Events. Since then the marathon has gone from strength to strength - last year - in its 25th year - it attracted a record field of 11,063.

The event now boasts world accreditation and the ability for athletes to qualify for Olympic selection and official world records. In recent years we have seen heightened interest in the Gold Coast Airport Marathon from international markets. This is largely a result of the strategic alliances that have been formed in markets including New Zealand and Japan. To our interstate and international visitors I extend a warm Queensland welcome.

I would like to thank the Gold Coast Airport - our naming rights sponsor, for its ongoing commitment to the event and welcome the new and existing sponsors who benefit from the association with an event of this calibre.

The Gold Coast Airport Marathon is now a sporting highlight for so many - from elite athletes and fitness enthusiasts, to children, parents and grand parents. It truly is an event to suit every age group and fitness level.

I trust you will enjoy this year's marathon and the picturesque course alongside the magnificent Broadwater and Pacific Ocean on the Gold Coast, one of Queensland's premier tourist destinations.

I wish you every success with your preparations for the 26th running of the Gold Coast Airport Marathon and invite you to stay a little longer and discover more of Queensland - Australia's Smart State.

Peter Beattie MP, Premier of Queensland

welcome from Jim Tolhurst



On behalf of the board and management of Gold Coast Airport Limited (GCAL), I would like to take this opportunity to extend a warm welcome to all participants in the 26th Gold Coast Airport Marathon 2004.

The Gold Coast Airport Marathon has grown to become the premier marathon event in Australia. As naming rights sponsor, Gold Coast Airport Limited (GCAL) is proud to be associated with an event which is held in such high regard by locals and visitors alike.

GCAL and the marathon share a common vision to grow this region with tourism, commercial, recreational and economic benefits arising as a direct result of this event. And with another record field of entrants, the impact of the marathon can only sustain and build the wealth of this region.

Gold Coast Airport is also continually growing with more flights, more often including direct services to over 15 domestic and international destinations.

GCAL is delighted to welcome an ever increasing number of Gold Coast Airport Marathon competitors through our gates.

To all participants and spectators, GCAL hopes that you enjoy your stay and wishes you personal success in the running of Gold Coast Airport Marathon 2004.

Jim Tolhurst, Gold Coast Airport Ltd Chairman

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Another major event organised and presented by:
GOLD COAST EVENTS MANAGEMENT LIMITED

PO Box 2547 Southport BC Queensland AUSTRALIA 4215

Phone: (Int +61) 7 5564 8733 Fax: (Int +61) 7 5564 9733

Email: info@goldcoastmarathon.com.au www.goldcoastmarathon.com.au

Welcome to the Gold Coast

we hope you enjoy your stay

Gold Coast City Council has some great ideas to entertain all the competitors of the big race. Pick up the **Food and Wine Trails** and **Free Activities** brochures from the information booth in the registration area today.



For more information about our City visit

www.goldcoastcity.com.au



Gold Coast City Council

Gold Coast Events Management

Kerry Watson	Chairman
Cameron Hart	General Manager
Fiona Galletly	Event Manager
Richard Mills	Registrations Manager
Tamara Morris	Public Relations Coordinator
Donna Spethman	Ceremonies Manager
Tony Mullen	Account Manager
Peta Lewis	Event Liaison Officer - Marketing
Brett Robinson	Event Liaison Officer
Ryan McDonald	Event Liaison Officer
Gemma Beckett	Event Liaison Officer
Kyla Verniquet	Office Coordinator

Marathon Operational Group

Dave Cundy	Technical Director
Cameron Marshall	Course Manager
Andrew Lambie	Site Manager
Ian Fournier	Logistics Finish
Gary Kimberley	Logistics Start
Sandra Brett	Recovery Area Manager
Ken Panitz	Signage Manager
Dick Wheildon	Logistics Northern Zone
Klaus Maurer	Logistics Central Zone
John Brady	Logistics Central Zone
Ray Markham	Logistics Southern Zone
Beryl Fournier	Crew Catering Manager
Phil Hungerford	Announcer
Wayne Fournier	Communications Manager

Gold Coast Events Management

Gold Coast Events Management Ltd (GCEM) is a successful major event management company owned by the Queensland State Government through Queensland Events Corporation.

As the proud managers of the Gold Coast Airport Marathon and the Pan Pacific Masters Games, GCEM is dedicated to producing high profile, mass participation, quality, sporting events.

GCEM focuses on community involvement, maximising economic benefits, and maintaining world-class event management standards. GCEM aims to provide local, interstate and international sporting enthusiasts with an enjoyable, unforgettable event experience.



2004 Volunteers

A huge thank you goes to all volunteers who contribute to the preparation and staging of the 2004 Gold Coast Airport Marathon. Without their commitment, dedication and tireless assistance this event would not be possible.

Thank you to the following supporters of the 2004 volunteers: Sea World and Hogs Breath Cafe.



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LivingWell
PREMIER

Changing the face of health clubs

collecting your race kit

To collect your Race Kit you will need to bring your confirmation of entry letter and photo identification with you to the Registration Centre as proof of entry. You may collect another participant's Race Kit provided you present their confirmation letter.

We strongly recommend that you collect your Race Kit prior to race day. This can be done either in Brisbane or on the Gold Coast.

Your Race Kit includes:

Your Race Bib (Chest Number)

4 x Safety Pins

ChampionChip Timing Chip - This chip must be returned after your race

Various promotional items

Tickets purchased for Marathon Social Events and/or Shuttle Bus

collection in Brisbane

The Brisbane Registration Centre will be located at the River Room, Southbank Parklands (level two of the two-storey blue building between the river and the Suncorp Piazza).

The Brisbane Registration Centre will be open according to the following schedule:

Sunday 27 June	10:00am	-	4:00pm
Monday 28 June	8:00am	-	6:00pm

The best place to park for access to the Brisbane Registration Centre: UNDERGROUND DAY PARKING - LEVEL B1. Up to 1 hour free parking is provided from 6.00am to 5.00pm, rates apply outside these times. Access the car park via Little Stanley Street, the entrance closest to Suncorp Piazza. For a map of Southbank Parklands, please visit our website at www.goldcoastmarathon.com.au/raceInfo/generalinfo.html

collection on the Gold Coast

The Gold Coast Registration Centre will be located at the Marathon Race Precinct, Broadwater Events Parklands, Gold Coast Highway, Southport, (opposite Australia Fair Shopping Centre).

The Gold Coast Registration Centre will be open according to the following schedule:

Thursday 1 July	8:00am	-	6:00pm
Friday 2 July	8:00am	-	6:00pm
Saturday 3 July	8:00am	-	6:00pm
Sunday 4 July	5:30am	-	10:00am

Important Note - All Parking for the Gold Coast Registration Centre will be located in Carey Park (see map on page 10).

Fantastic Asics Savings!!

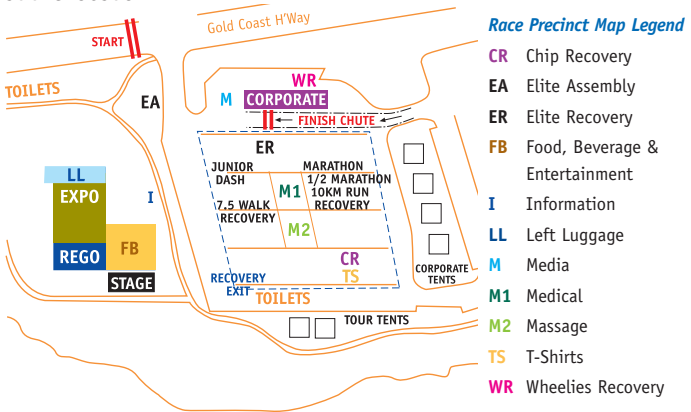
Celebrate the opening of the Asics Sport & Leisure Expo on Thursday 1 July with fantastic savings at the Asics stand. Save up to 40% off the retail price on selected ranges of footwear, apparel and accessories.

*Make Thursday your day to register for your event. These special prices are available for one day only. **Don't miss out!***

important race information

race precinct

The 2004 Gold Coast Airport Marathon Race Precinct is at the Broadwater Events Parklands, Gold Coast Highway, Southport, (opposite Australia Fair Shopping Centre). All events start and finish at this location.



wheelchair competitors



Wheelchair competitors are welcome to participate in the Marathon and Half Marathon, but for safety reasons are unable to compete in the 10km Run. Hand cranked cycles are not permitted in any event. Day chairs only are allowed in the 7.5km Walk and the Junior Dash.

Please contact Sporting Wheelies and Disabled Association for more information on how you can become involved in their group participation arrangements.

Telephone: (Int + 61) 7 3252 3333.

start times & distances

Wheelchair Half Marathon	21.0975km	6:25am
Asics Half Marathon	21.0975km	6:30am
Wheelchair Marathon	42.195km	6:45am
Gold Coast Airport Marathon	42.195km	6:50am
Norco Pauls 'Collect-A-Cap' Junior Dash Race 1	2.25km	7:15am
Norco Pauls 'Collect-A-Cap' Junior Dash Race 2	4km	7:30am
Telstra Country Wide 10km Run	10km	9:30am
Gold Coast Bulletin 7.5km Walk	7.5km	10:30am

important race information



timing system

All participants will be timed using the ChampionChip system. Every participant will be issued with their own timing chip as part of their Race Kit. This timing chip needs to be attached to your shoe to ensure your electronic time is recorded. Official results are based on gun time (the time from when the start gun fires until you cross the finish line) in accordance with IAAF Regulations. However, as a service to participants, net times (the time from when you cross the start line until you cross the finish line) will also be listed in the Results Booklet. All timing chips have been hired, therefore it is essential they are returned. You will be asked to remove and return your chip while you are in the LivingWell Health Clubs Recovery Area after your race. Failure to return your chip to the race organisers will incur a \$50 penalty.

entry policies

There are no refunds for non-starters and non-finishers. Entries can be formally transferred between events up until 2:00pm on Saturday 3 July. A written request must be received to change events, or you must personally visit one of the Registration Centres. There will be no refunds for changing to a lower fee event and the fee difference will be payable if the change is to a higher fee event.

age categories

Gold Coast Airport Marathon

18-24yrs, and then five (5) year age groups from 25-29yrs to 85-89yrs and 90yrs+ (inclusive). *Must be 18yrs or older to compete.*

Asics Half Marathon, Telstra Country Wide 10km Run, Gold Coast Bulletin 7.5km Walk

Under 15yrs, 15-17yrs, 18-20yrs, 21-24yrs, and then five (5) year age groups from 25-29yrs to 85-89yrs and 90yrs+ (inclusive).

Norco Pauls 'Collect-A-Cap' Junior Dash Race 1 (2.25km)

5-6yrs, 7-8yrs, 9-10yrs (inclusive).

Norco Pauls 'Collect-A-Cap' Junior Dash Race 2 (4km)

Under 11yrs, 11-12yrs, 13-14yrs (inclusive).

If it is deemed necessary, one parent/guardian is welcome to accompany their child/children in the Junior Dash.



official merchandise

Official Merchandiser Goodridge Australia, will provide a large range of merchandise. With a wide selection of long sleeve training tees, polos, Sportwool™ running gear and other items, there will be something on offer for everyone. Merchandise will be available at the Asics Sport & Leisure Expo as well as the Brisbane Registration Centre. To purchase merchandise pre-event, please contact Goodridge Australia, the Official Marathon Merchandiser. **Tel: (Int +61) 7 5531 4033**
Fax: (Int +61) 7 5591 5619 www.goodridge.com.au

transport services & parking

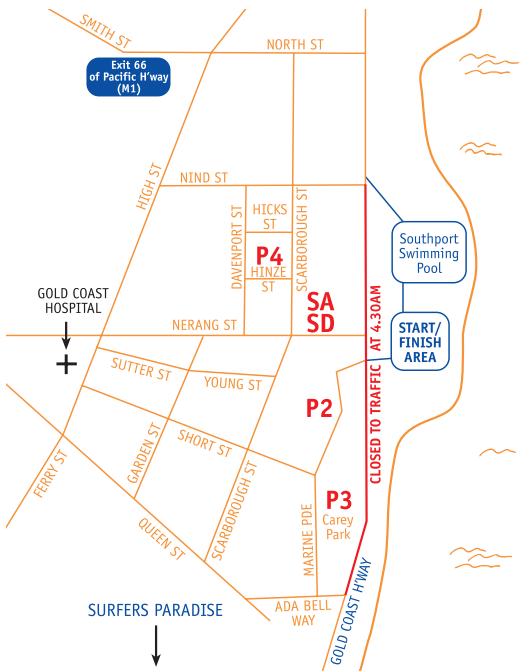
With thousands of runners and spectators converging on Southport for the event, parking and traffic flow will be restricted. It is recommended that you allow additional travelling time to get to the start of your race.

Both sides of the Gold Coast Highway (north & south bound) between Nind St & Ada Bell Way will be closed to all traffic from 4:30am on race day. More than 5,000 vehicles on race day are expected to converge on the area so if travelling by private vehicle, please ensure you allow at least 40 minutes to park your car and walk to the start.

undercover parking

Undercover parking has been arranged at the Australia Fair Shopping Centre, 200 metres from the start. The car park will be open from 4.30am. To avoid congestion, refer to the parking map for alternative nearby parking locations. No parking will be permitted on Marine Parade or the Gold Coast Highway between Nind St and Waterways Dr. Any vehicle parked in this area will be towed away at the owner's expense.

All participants are to utilise the underground tunnel at the eastern end of the Southport Mall to access the event precinct. No pedestrian crossing of the Gold Coast Highway will be permitted.



Parking Map Legend

- | | | |
|---|---------------------------------|--------------------------|
| SA Shuttle Bus Arrival | SD Shuttle Bus Departure | P2 Australia Fair |
| P3 Carey Park (Corporate, Staff & Volunteers only) | P4 Mal Burke Carpark | |

shuttle bus service

A race day Shuttle Bus Service, utilising Surfside Buslines, will run at 15-minute intervals from 4:30am to 9:00am. This service will commence in the south at Burleigh Heads and in the north from Runaway Bay Sports Super Centre. The drop off location at the event is the corner of Scarborough St and Nerang St, Southport.

Return buses will depart from the corner of Scarborough St and Nerang St, Southport at approximately 30-minute intervals from 9:00am to 1:30pm.

Pre-ordered tickets are \$4 per person for a one-way journey. Cost on Race Day will be \$6 per person for a one-way journey, payable when you depart or board the bus at the Event. It is recommended that you purchase your tickets in advance. Tickets can be purchased at the registration centres during operating hours (outlined on page 7).

shuttle bus stop locations

To & From South:	approx time to Event
Burleigh Heads Post Office, Cnr James St & Connor St, Burleigh Heads	40min
Cnr Gold Coast H'way & Christine Ave, Burleigh Heads	40min
Miami Caravan Park - Gold Coast H'way, Miami	40min
Cnr Gold Coast H'way & Markeri St, Mermaid Beach	35min
Convention Centre - cnr Gold Coast H'way & TE Peters Dr, Broadbeach	35min
Cnr Gold Coast H'way & Monaco St, Broadbeach	35min
Cnr Gold Coast H'way & Hanlan St, Surfers Paradise	30min
Cnr Gold Coast H'way & Markwell St, Surfers Paradise	30min
Ferny Ave at Appel Park, Surfers Paradise	30min
Cnr Ferny Ave & Ocean Ave, Surfers Paradise	30min
Southport Mall - Scarborough St, Southport	

To & From North:	approx time to Event
Runaway Bay Sports Super Centre - Sports Dr, Runaway Bay	25min
Harbour Town Shopping Centre - cnr Brisbane Rd & Oxley Dr	25min
Cnr Broad St & Muir St, Labrador	25min
Cnr Central St & Muir St, Labrador	25min
Southport Mall - Scarborough St, Southport	

**Stop Locations are subject to change. Buses will be signed "Marathon Special".*



tour coaches

Tour Coaches will drop off passengers at the corner of Nerang St & Scarborough St, Southport. Passengers are to utilise the underground pedestrian tunnel at the eastern end of the Southport Mall to access the Race Precinct.

course information



It is the responsibility of participants to know the route of their race. Each course will be identified and have marshals at intersections and turn points.

The race routes will be officially closed to traffic but it is impossible to prevent vehicles on the course. Police and race marshals will take all reasonable steps to ensure your safety however participants are responsible for their well being at all times.

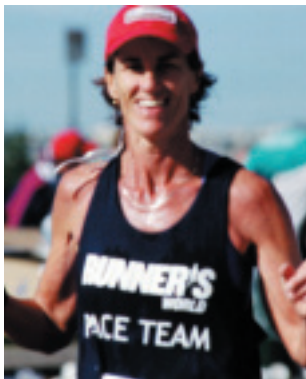
We ask that all participants obey the instructions of Police and race marshals promptly as there may be an emergency situation that requires access to the race route by an emergency vehicle.

There is no official cut off time for the Full and Half Marathon however roads will be progressively opened after 6 hours, at which time competitors may be asked to complete the race on the adjacent foot paths.

There are a large number of toilets along the course and these will be sign posted for your convenience.

RUNNER'S WORLD **pace setters**

To assist in achieving your personal best, Pace Setters will be provided by race organisers in the Marathon and Half Marathon. To meet up with a Pace Setter prior to these events, make sure you listen to the PA announcements before the race advising you where they are located. Each of the Pace Setters will be holding a helium balloon and time sign high amongst the start crowds. Each Pace Setter will wear identifiable singlets which will have the pace time marked on the back.



Marathon	Balloon Colour	Half Marathon	Balloon Colour
3 Hrs	Blue	1 Hr 20 Min	Yellow
3 Hrs 15 Min	Red	1 Hr 30 Min	Blue
3 Hrs 30 Min	Yellow	1 Hr 40 Min	Green
3 Hrs 45 Min	Green	1 Hr 50 Min	Red
4 Hrs	Black	2 Hrs	Black

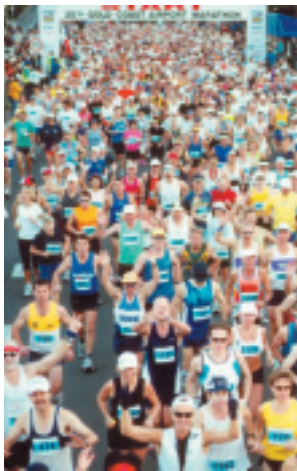
course information

at the start line

All participants will be required to assemble behind the start line 20 minutes before the applicable race start time. For the Marathon and Half Marathon, signs will be placed at the start to indicate anticipated finish times. Please assemble in accordance with your anticipated finish time, as this will assist all runners in getting away to a smooth start.

In the Marathon, Half Marathon and 10km Run, there will be two reserved sections at the front of the start line. The first section is allocated to seeded runners identified by a low race number (1-100). The second section will contain runners issued with a priority start.

If you intend to push a baby stroller or baby running buggy, or if you are going to walk, please commence the race to the side of the road so as to not impede runners.



race numbers

A different coloured race number will be provided for participants in each of the events.

Gold Coast Airport Marathon	Blue
Asics Half Marathon	Red
Telstra Country Wide 10km Run	Yellow
Gold Coast Bulletin 7.5km Walk	Green
Norco Pauls 'Collect-A-Cap' Junior Dash – Race 1	Purple
Norco Pauls 'Collect-A-Cap' Junior Dash – Race 2	Orange

course measurement

Each course has been measured in accordance with IAAF/AIMS guidelines and every 1km will be marked in all events.

time splits

Time splits in the Marathon will be called or displayed at the 10km, 20km, 30km and 40km points.

course maps



MARATHON TURN
Drake Av (10.541km)

**Half
Marathon**

Runaway Bay
Marina

Land ends

Harley Park

Labrador

**FINISH
START**

Southport

**FINISH
START**

Southport

Main Beach

GOLD COAST HWY

MAIN BEACH PDE

ESPLANADE

CAVILL AVE

Surfers Paradise

**SOUTHERN
TURN**
The Esplanade
between
Ocean Ave &
Staghorn Ave
4.46km

**10km
Run**

GOLD COAST HWY

BROAD ST

CENTRAL ST

MUIR ST

STEVENS ST

SMITH ST

NIND ST

NERANG ST

QUEEN ST

ADA BELL WAY

Southport

Harley Park

MARINE PDE

Labrador

START
FINISH

**7.5km
Walk**

**Junior
Dash**

EXIT 66

SMITH ST

NIND ST

NERANG ST

QUEEN ST

Southport

ADA BELL WAY

**FINISH
START**

2.25km - 1 lap
4km - 2 laps

drink stations

There are 19 Drink Stations that will service participants in the Marathon, Half Marathon, 10km Run and 7.5km Walk. Drink Stations are placed at the start, at regular intervals along the course and at the finish.

In the Marathon, there are four (4) Refreshment Stations along the course, located approximately every 5km. Another seven (7) Water Stations are staged midway between each Refreshment Station, starting at 7.5km.

Four (4) Refreshment Stations are located along the course in the Half Marathon, which are situated at approximately 4km, 9km, 14km and 19km. There are another three (3) Water Stations located midway between each Refreshment Station, starting at 6.5km.

The 10km Run contains two (2) Refreshment Stations along the course, located at approximately 3km and 9km and one (1) Water Station located at 6km.

refreshment stations

Marathon runners will be able to access their own personal refreshments, plus *pb fluid and electrolyte replacement* (in pb branded cups), and water (in white cups) at Refreshment Stations.

Drinks will be available in the following order: Personal Refreshments, *pb fluid and electrolyte replacement* and water. Each Refreshment Station will be laid out in exactly the same way and located on the left hand side of the road.

personal refreshments

Personal refreshments are available only to Marathon runners, and must be delivered to the Registration Centre by 6.00pm Saturday 3 July.

Each personal refreshment container must display the athlete's name, race number and kilometre point at which the refreshment should be placed. To make it clearly visible on the table and easy to identify, please mark the container with some personal item or colour. For safety reasons, no glass or metal containers are permitted.

There are 4 personal refreshment tables at each Refreshment Station.

Personal refreshments will be laid out in the following order:

Table 1 - race numbers 1 - 100

Table 2 - race numbers 101 - 700

Table 3 - race numbers 701 - 1300

Table 4 - race numbers greater than 1301

water stations

At all Water Stations, water will be available in white cups for all participants. Each Water Station will be laid out in exactly the same way and located on the left hand side of the road.

start/finish area refreshments

Water will be available near the start line and in the LivingWell Health Clubs Recovery Area. *pb fluid and electrolyte replacement* will also be available in the Recovery Area.



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race without it!

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- Updates
- Training columns
- Features
- Pictorials
- Results

Gold Coast
The Bulletin
...catch up!

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Space Trusstic System

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ComfortDry Sockliner

A unique dual layer cushioning system combining the support of base foam with the slow recovery of lazy foam.



The stripe design featured on the sides of ASICS® shoes is a trademark of ASICS Corporation and is a registered trademark in most countries of the world.

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or book on-line: www.rentthriftly.com/fleet/GCM.htm



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Think **Thrifty**

finishers t-shirt & medal*



Finishers T-Shirt & Medals will be available for collection in the LivingWell Health Clubs Recovery Area. If you do not complete your race you will not be eligible for a Finishers T-Shirt or Medal. T-Shirts will be distributed based on the shirt size indicated on your Entry Form. Your ChampionChip must

be handed in to collect these finisher rewards. **Junior Dash finishers do not receive a Finishers T-Shirt. Participants in the Gold Coast Bulletin 7.5km Walk will receive their Event Participation T-Shirt prior to the Race upon collection of your Race Kit at the Registration Centre.*

showers & pool

Showers and swimming pool facilities are available from 7.00am on Race Day at the Southport Pool (adjacent to Race Precinct). Showers: \$2, Swimming Pool: \$3.

certificate & results

A complete Results Booklet and personalised Finishers Certificate are available for purchase via your entry form. These will be posted to participants who nominated to purchase these items, after the event. The Results Booklet and Finishers Certificate will also be available as a free download from the Gold Coast Airport Marathon website www.goldcoastmarathon.com.au after the event.

Provisional results will be posted on the Gold Coast Airport Marathon website as soon as possible following the event, and the race results will also be published in the Gold Coast Bulletin early the following week.

official electrolyte drink

pb fluid and electrolyte replacement is the official electrolyte drink for 2004. Experience has told us that many competitors fail to rehearse race nutrition. It is equally as important to rehearse race nutrition, as it is to work on fitness levels. We therefore recommend that competitors train with *pb fluid and electrolyte replacement* prior to the race day.

For more information and stockists visit www.pbsportsnutrition.com

massage services

LivingWell Health Clubs recovery area

All participants will be directed to the LivingWell Health Clubs Recovery Area on completion of their race. This area is restricted to athletes only (except for parent/guardian of Junior Dash participants who will be provided with special passes). In this area you will find a complete medical centre including sports physicians and physiotherapists. Water, fruit and post event refreshments including *pb fluid and electrolyte replacement* will also be available in this area.



Additional massage service will be available within the LivingWell Health Clubs Recovery Area for participants. This service will be provided by The Australian College of Natural Medicine. Athletes are encouraged to receive a massage to assist in post race recovery.

race day recovery at the LivingWell Mini Cooper



Look for me at the Race Precinct

supervised stretching

Join the LivingWell Health Clubs team every half hour between 8:00am - 12noon for 10min supervised stretching sessions. Participants in all races are invited to join in, whether it be part of your warm up or cool down.

additional massage service

All participants can also enjoy a simple free massage by the LivingWell Health Clubs Fitness Coaches to assist in post race recovery. We encourage Full Marathon finishers to enjoy this service and, in recognition of the 42kms they have just completed, Full Marathon finishers can expect a priority service!

Find the LivingWell Health Clubs Mini Cooper (pictured above) and you are on your way to a better post race recovery.

For more information on LivingWell Health Clubs services visit: www.livingwell.com.au



win a trip to Japan!

As part of the sister marathon agreement between the Gold Coast Airport Marathon and Senshu International City Marathon, each year the Senshu Marathon invites two Marathon finishers to compete at the Senshu Marathon.

Gold Coast Events Management awards this fabulous opportunity to the first male and female Queensland resident who completes the Gold Coast Airport Marathon. The lucky winners for 2003 were:

Jenny Philp-Young with a finishing time of 2:51:26

Paul Dodd with a finishing time of 2:32:40

The prize package includes airfare, accommodation and spending money.

information services

An Information Booth will be located near the entrance to the Registration Centre for any questions you may have in relation to the Marathon Events or the Gold Coast. This will also be the collection area for any lost property.

medical support

First Aid facilities will be available at every 5km Drink Station. Ambulances will be strategically placed around the course. A comprehensive medical facility will be located on the site. If you require medical attention, please ask a marshal for assistance. An official vehicle will follow the final competitor. If you need to pull out of the race, this vehicle will take you back to the finish area at the earliest possible time.

race photography

The official photographer for 2004 is  Marathon-Photos.com. They will endeavour to photograph every competitor along the courses and as you finish. Wear your race number on the front of your shirt for easy identification. View and order photographs on the Gold Coast Airport Marathon website shortly after the event. Proofs and order forms will also be included with the Results Booklet and Finishers Certificate if you ordered one.

If you have any questions about photographs, please contact Marathon-Photos.com: PO Box 60, Hamilton, New Zealand.

Email: enquiries@global-pix.com

Telephone: +64 7 838 2968

www.marathon-photos.com

MS Society left luggage tent

Participants are able to leave any belongings in the 'Left Luggage' tents adjoining the western end of the Asics Sport & Leisure Expo Pavilion (refer to Race Precinct Map on page 8) from 5:30am. MS Society staff and volunteers will ensure the tents are secure at all times.



To save time please place your clothing into a plastic bag clearly marked with your race number. To avoid delays in finding your bag after the event, please ensure that you use the tent designated to your event.

Belongings must be collected before 2pm. Any unclaimed items will be treated as lost property.

Do not leave any valuable items in your bag. Organisers will not be held responsible for theft or loss of property.

2004 Gold Coast Airport travel prize!

You must be present at the draw to win.  Gold Coast Airport

This year, courtesy of Australian Airlines, all entrants have the chance to win a trip for two to the 2004 Standard Chartered Singapore Marathon on 5 December. Including two return flights ex Gold Coast, 3 nights accommodation and free entry into the Marathon, Half Marathon or 10km Mini Marathon. The entry form will be provided as part of your race kit. In order to enter the draw you must complete this entry form, drop it in the barrel located at the Gold Coast Airport Expo Booth. The prize will be drawn at the end of the Presentation Ceremony on Race Day (approx 1.00pm - 1.30pm).



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random prize draws

Every Gold Coast Airport Marathon participant has the chance to win great prizes! Random draw prizes commence during the Presentation Ceremony. If you are a random prize draw winner and are present at the prize draw, you will receive a BONUS Asics Merchandise pack valued at over \$100.

Drawn at the beginning of Presentations (approx 12.30pm):

- Trip for two to the 2005 Rotorua Marathon on Saturday 7 May 2005. Ex Gold Coast. Including 2 return flights, 3 nights accommodation and free entry *First Australian entrant to be drawn from the Barrel
- Polar S210 Heart Rate Monitor
- Rudy Project Sunglasses
- Fuel Belts
- Marriott Accommodation Package

Drawn at the end of Presentations (approx 1.20pm):

- Trip for two to the 2004 Adidas Auckland Marathon held on Sunday 31 October 2004. Ex Gold Coast. Including 2 return flights, 3 nights accommodation and free entry *First Australian entrant to be drawn from the Barrel
- Rudy Project Sunglasses
- Fuel Belts
- Asics Merchandise Packs
- LivingWell Health Clubs Memberships

prize money & awards

Gold Coast Airport Marathon (male & female)

- 1st - \$10,000
- 2nd - \$5,000
- 3rd - \$2,500

Prize money for Australian and New Zealand Athletes (male and female) - awarded to the first three Australian or New Zealand finishers if athlete has not received outright prize money:

- 1st - \$1500
- 2nd - \$1000
- 3rd - \$500

Age Group Winners: Trophy, Marathon carry bag and Runners World magazine subscription

Asics Half Marathon (male & female)

- 1st - \$2,000 + \$300 worth of Asics products
- 2nd - \$1,000 + \$200 worth of Asics products
- 3rd - \$500 + \$100 worth of Asics products

Age Group Winners: Trophy and \$55 worth of Asics products

Telstra Country Wide 10km Run (male & female)

- 1st - \$500 + Nokia 7250i Digital Handset MMS Capable
- 2nd - \$300 + UNIDEN Cordless Digital Telephone DSS2455
- 3rd - \$200 + Nokia 3315 Pre-Paid Handset with a \$25 Recharge Card

Age Group Winners: Trophy, \$50 Telstra Shop Voucher and Runners World magazine subscription

Gold Coast Bulletin 7.5km Walk

There are no formal prizes for this participation only event. Category and overall results are provided in the Results Booklet.

Norco Pauls 'Collect-A-Cap' Junior Dash (boy & girl categories)

- 1st, 2nd and 3rd in each race: Trophy, Sea World Family Pass and Shark Bay Pack (valued at \$490)

Age Group Winners: Sea World Family Pass (valued at \$190)

Wheelchair Full & Half Marathon

\$2,000 is provided to Sporting Wheelchair and Disabled Association for distribution to category winners.

Asics sport & leisure expo

At the Asics Sport & Leisure Expo, there will be a wide variety of exhibitors displaying sport and leisure services, merchandise and products. Asics will be displaying and selling a wide range of their products at the Expo with a special 40% off selected Asics products on Thursday 1 July.

Cost: FREE

Where: Gold Coast Airport Marathon Race Precinct

Time & Date: 8:00am - 6:00pm Thursday 1 July to Saturday 3 July, 5:00am on race morning Sunday 4 July

free beach walk

Bring the family, limber up for your event and take advantage of one of Queensland's greatest assets by participating in



the 3km Beach Walk along Surfers Paradise Beach. Staff from LivingWell Health Clubs will conduct some fun warm up exercises. Professional Life Savers will participate in the walk as resourceful guides, perfect for tourists and children. There will be appearances from Larry the Life Guard and Sandy the Surf Dog and you will even have the opportunity to meet a celebrity or two. Following the walk, there will be a 'Marathon Breakfast' at the Surfers Paradise Surf Life Saving Club. *All proceeds will support the Surfers Paradise Surf Life Saving Club.*

Random prize draws and a celebrity autograph session will bring added excitement to the day.

Cost: FREE - EVERYBODY WELCOME!

Cost: Breakfast: Sausage sandwich - \$2, Bacon & egg sandwich - \$3, Fruit salad - \$2 (with yoghurt - \$3), Coffee/tea/juice - \$1 per cup

Walk location: Surfers Paradise Beach, Cavill Avenue

Time & Date: Commencing 8:00am - Saturday 3 July

Breakfast location: Surfers Paradise Surf Life Saving Club - top floor Beachside, Paradise Centre, The Esplanade, Surfers Paradise

carbo loading party

Come and join hundreds of Gold Coast Airport Marathon participants at Sea World in the traditional pre-race carbo loading feast. A variety of pasta and sauces, breads, rice, noodles, salads and much more will be on offer to ensure that you have enough energy to reach the finish line the next day. Enjoy great entertainment and the famous Sea World Ski Show. This is an outdoor venue, so remember to dress warm! Tickets can be purchased by contacting the Marathon office on (Int +61) 7 5564 8733 or at the registration centres.

Cost: \$22

Where: Sea World - Sea World Drive, Main Beach

Time & Date: 6:00pm - 9:00pm Saturday 3 July



Runner's World Breakfast

You have trained hard, now it is time to pick up some last minute tips before the big event. At the Runners World Breakfast you will be entertained by two larrikin legends of Australian distance running. Pat Carroll (4th fastest Marathoner of all time 2.09.39) will interview 2004 Athens Olympic team member Lee Troop (5th fastest Australian Marathoner of all time 2.09.49). Pat and Lee will also tap into what goes through their minds when they compete. If you are looking for a top up of inspiration to help you achieve your goal on race day, Pat and Lee will certainly motivate you to success.

The team from Travelling Fit will also be speaking at the Breakfast. Ticket holders will be entertained with bizarre and inspirational tales from exotic marathons like The Great Tibetan Marathon, The Great Wall Marathon, and big city marathons like London, Paris and Rome. To find out more about Travelling Fit, visit www.travellingfit.com

Cost: \$28 (includes Buffet Breakfast and Runners World gift)

Where: Gold Coast Airport Marathon Finish Line Pavilion – Broadwater Events Parklands, Southport

Time & Date: 8.30am Saturday 3 July

10 & 20 year club

In recognition of completing either 10 or 20 of one of the events associated with the Gold Coast Airport Marathon, participants are eligible to receive a commemorative polo shirt.

If you are eligible for this award and did not register your achievement on your Entry Form, please send a detailed letter to the Marathon office stating your achievement including the years you have competed and, if possible, your finish times. Years of completion don't need to be consecutive but need to be in the same event. Participants who have previously entered the 10km Walk will still be eligible if they enter the Gold Coast Bulletin 7.5km Walk.

Presentations of these shirts will be made during the presentation ceremony. If you are unable to collect your shirt on race day, it will be posted to you following the event. All 10 & 20 Year Club recipients need to check in at the side of the presentations stage at 12noon to confirm attendance and to receive additional presentation information.

presentation & finish line party



When you have completed your event, celebrate your achievements at the Presentation & Finish Line Party. Stay after your race to welcome through the gates all finishers of the 26th Gold Coast Airport Marathon. First finishers are expected to

cross the line at 7.30am. Relax with friends, participants and supporters of the Gold Coast Airport Marathon and enjoy a variety of food and entertainment.

Entertainment will commence on stage from 8:00am on race day and will continue into early afternoon. Children's entertainment will be held on the stage, starting at 10.15am. The big screen will be an added attraction – you might even see yourself cross the line! (see map on page 8 for stage location)

Race Presentations schedule is as follows:

9.30am Asics Half Marathon & Half Marathon Wheelchair Division / Norco Pauls 'Collect-A-Cap' Junior Dash / Schools Challenge.

11.00am Telstra Country Wide 10km Run.

12.30pm Gold Coast Airport Marathon & Full Marathon Wheelchair Division / Senshu Marathon Winners / 'Run for MS' Winner / 'Thrifty' Corporate Challenge / 10 & 20 Year Club Awards / Random Draw Prizes.

All place-getters are asked to assemble to the side of the stage 20 minutes prior to the start of their presentations.

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official travel agent

Sport Moves, the official travel agent of the 2004 Gold Coast Airport Marathon, is a specialist provider of travel and associated services to Australia's sports fraternity. Sport Moves is ready to assist individual competitors and teams with any travel requirements:

- Accommodation - Hotel, Apartment or Budget Motel
- Air Travel
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- Self Drive Vehicle Rental
- Travel Insurance

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Fax: (Int +61) 7 3254 3533 Email: helen@movestravel.com.au



official hotel

The Official Hotel for the 2004 Gold Coast Airport Marathon is Surfers Paradise Marriott Resort.

The epitome of five star elegance, the Surfers Paradise Marriott Resort combines casual Queensland charm with superior international style to create a unique, unrivalled Gold Coast holiday experience. Situated in the heart of the Gold Coast, the resort is just a short walk from the famous beaches, shopping and nightlife of Surfers Paradise. The unique facilities, ideal location and award-winning service make this the perfect resort for both leisure and business travellers alike.

For further information on the Marriott, log on to www.marriott.com

on course action



In addition to the Race Precinct, the following locations have been identified as Super Spectator Spots:

Harley Park, Gold Coast Highway, Labrador

The Grand Hotel, Marine Parade, Labrador

Cnr of Smith St and Gold Coast Highway, Southport

Cavill Mall, Surfers Paradise

Broadbeach Mall, Broadbeach

Marine Parade, Miami

results history

	MALE			FEMALE			
Full Marathon	Age	Name	Time	Year	Name	Time	Year
	18-24	Brad Camp	2:10:11	1989	Jackie Hallam	2:34:24	1991
	25-29	Pat Carroll	2:10:44	1988	Hiromi Igarashi	2:35:19	1999
	30-34	Gerard Barrett	2:13:33	1988	Erico Asai	2:29:29	1993
	35-39	Pat Carroll	2:11:21	1997	Susan Hobson	2:32:43	1997
	40-44	Michael McIntyre	2:23:44	1998	Bernadine Portensky	2:37:48	1992
	45-49	Joe Petkovic	2:29:00	1995	Bev Lucas	2:44:27	1995
	50-54	Tony Larkum	2:34:44	1991	Bev Lucas	2:44:12	1997
	55-59	Tony Larkum	2:39:05	1995	Hiroko Yamatoto	3:22:36	1993
	60-64	Kyoshi Tanaka	2:43:27	1997	Masako Ikeno	3:39:58	1994
	65-69	Keizo Yamada	2:54:35	1995	Shirley Young	3:55:28	1997
	70-74	Selwyn Opie	3:16:50	1996	Shirley Young	4:10:04	2002
	75-79	Shinkichi Nonomura	3:37:09	2003	Veronica Fischer	6:10:22	2003
80-84	Robert Horman	3:49:36	1999				
Half Marathon	Age	Name	Time	Year	Name	Time	Year
	<15	Tom Richardson	1:19:29	1998	Emma Holder	1:46:06	2000
	15-17	Jarrod Shaw	1:10:17	1990	Julie Rose	1:19:46	1993
	18-20	Takashi Kono	1:03:31	2003	Manami Yoshihara	1:12:21	2002
	21-24	Benson Masaya	1:01:16	1992	Midori Fumoto	1:09:38	1992
	25-29	Malcolm Norwood	1:02:05	1992	Takako Kotorida	1:10:03	2002
	30-34	Steve Moneghetti	1:01:48	1993	Krishna Stanton	1:13:20	1999
	35-39	John Andrews	1:03:25	1993	Elizabeth Miller	1:12:59	1999
	40-44	Ron Peters	1:09:21	1995	Susan Hobson	1:13:27	1999
	45-49	Keishi Yamamoto	1:06:47	2000	Julie Quincan	1:20:47	1992
	50-54	Alan Bradford	1:12:47	1992	Shirley Redhead	1:32:30	1985
	55-59	Alan Bradford	1:15:23	1994	Teresa Baird	1:30:01	1997
	60-64	Colin McLeod	1:19:42	1997	Allison Richards	1:34:32	1998
	65-69	Don Armstrong	1:31:27	2003	Rowena Barker	1:48:08	1998
	70-74	Yoshiterv Ishoa	1:34:01	1992	Rowena Barker	1:53:20	2002
75-79	Lloyd Laing	1:45:14	2001	Thelma Davies	2:03:49	1998	
80-84	Robert Horman	1:46:00	2000	Tomoko Yamada	2:11:27	1997	
85-89	Arthur Batty	2:38:48	1992				
10km Run	Age	Name	Time	Year	Name	Time	Year
	< 15	Steven Arkinstall	36:39	2000	Felicity Abram	36:21	2001
	15-17	Michael Shelley	32:04	2001	Ardine Voogt	35:29	2001
	18-20	Michael Shelley	30:08	2003	Anne Wamucii Ndegwa	33:46	1998
	21-24	Alistair Stevenson	29:51	2003	Kylie Risk	33:25	1998
	25-29	David Evans	28:57	1996	Kate Anderson	34:05	1999
	30-34	Phil Costley	29:49	2002	Kerryn McCann	33:27	1999
	35-39	Pat Carroll	30:04	1999	Heather Turland	34:02	1997
	40-44	Greg Cowley	33:56	1996	Alison Fletcher	36:04	2001
	45-49	Greg Cowley	34:28	2000	Hazel Edmond	40:24	1999
	50-54	Ric Steel	34:51	1997	Fay McNeill	43:21	2002
	55-59	Peter Forrester	38:03	1996	Jann Hamilton	47:58	2002
	60-64	Lord Byron	37:27	2000	Joan Coates	50:05	2001
	65-69	Julius Keller	43:09	1997	Tazuko Nakano	52:58	2003
	70-74	Julius Keller	45:47	2001	Rowena Barker	53:35	2003
	75-79	Norm Galbransen	54:36	1996	Mavis Collins	85:07	1997
80-84	Shigeru Matsunaga	65:03	1997	Lorna Chalk	86:02	2001	
85-89	John Inns	80:41	2000				
Junior Dash	2.5km						
	Age	Name	Time	Year	Name	Time	Year
	5-6	Liam Markey	0:11:25	2002	Emily Lucas	0:12:38	2002
	7-8	Samuel Cook	0:08:54	2003	Katelyn Simpson	0:09:38	2002
	9-10	Jeremy Lim	0:08:18	2003	Tayla Langley	0:09:07	2003
	11-12	Daniel Bulmer	0:07:44	2002	Bree-Arne McArdle	0:08:27	2002
	13-14	Nathan Lyons	0:07:42	2002	Jessica Homans	0:08:48	2002
	4km						
0-10	Matthew Trezise	0:16:56	2003	Sarah Carter	0:19:45	2003	
11-12	Andrew Hayes	0:13:24	2003	Meaghan Urry	0:15:22	2003	
13-14	Matt Daley	0:12:50	2003	Elizabeth Colwell	0:14:26	2003	

results history

FEMALE			MALE		
Year	Name	Time	Name	Time	
1979	Mary Murison	2:58:17	Eric Sigmont	2:28:44	Full Marathon
1980	Mary Murison	2:55:36	Andrew Lloyd	2:23:02	
1981	Margaret Reddan	2:58:33	Rod Lyons	2:24:04	
1982	Jill Colwell	2:43:25	Alain Lazare	2:19:21	
1983	Rhonda Bushby	2:49:17	Laurie Adams	2:16:22	
1984	Margaret Reddan	2:57:13	Pat Carroll	2:23:16	
1985	Margaret Reddan	2:54:55	Pat Carroll	2:17:10	
1986	Margaret Reddan	2:47:09	Peter Mitchell	2:14:59	
1987	Janet McAfee	2:54:22	Laurie Adams	2:18:24	
1988	Ngairie Drake	2:39:25	Pat Carroll	2:10:44	
1989	Jan Federick	2:51:30	Brad Camp	2:10:11	
1990	Hiromi Satoyama	2:40:57	Allan Carman	2:15:15	
1991	Jackie Hallam	2:36:23	Shinji Kawashima	2:14:01	
1992	Marie Tanagawa	2:35:45	Katsumi Kitajima	2:14:14	
1993	Erico Asai	2:29:29	Sean Quilty	2:15:31	
1994	Yuko Yamazoe	2:43:20	Hajime Nakatomi	2:15:05	
1995	Julie Rose	2:38:42	Rod De Highden	2:13:59	
1996	Sylvia Rose	2:40:17	Magnus Michelsson	2:20:20	
1997	Susan Hobson	2:32:43	Pat Carroll	2:11:21	
1998	Jane Salumae	2:33:34	Fred Kiprof	2:11:15	
1999	Hiromi Igarishi	2:35:19	Fred Kiprof	2:14:02	
2000	Samantha Hughes	2:44:04	Joseph Kahugu	2:16:39	
2001	Yuko Arimori	2:35:40	Phil Costley	2:13:36	
2002	Saroi Kawai	2:37:48	Rod De Highden	2:15:22	
2003	Shireen Crumpton	2:40:10	Dickson Marwa	2:12:53	
Year	Name	Time	Name	Time	Half Marathon
1983	Adreinne Beames	1:22:15	Michael Pullinger	1:07:19	
1984	Jenny Green	1:22:09	Warwick Horsey	1:09:00	
1985	Liz Patmore	1:17:26	Tony Gillam	1:08:04	
1986	Jenny Lund	1:18:15	Keith Clark	1:07:54	
1987	Mando Dovey	1:18:15	Pat Carroll	1:02:51	
1988	Lisa Martin	1:09:42	Adam Hoyle	1:03:40	
1989	Satomi Iwashita	1:13:40	David Buzza	1:03:13	
1990	Jenny Lund	1:13:30	Malcolm Norwood	1:02:39	
1991	Kaori Kumura	1:11:13	Andrew Lloyd	1:03:06	
1992	Midori Fumoto	1:09:38	Benson Masya	1:01:16	
1993	Kaori Kumura	1:10:40	Tadesse Gebre, Steve Moneghetti	1:01:48	
1994	Izumi Maki	1:10:21	Stephen Mayaka	1:01:48	
1995	Midori Fumoto	1:11:02	Daiso Honda	1:03:03	
1996	Sizuko Oka	1:11:05	Darren Wilson	1:02:25	
1997	Ikumi Nagayama	1:10:36	David Evans	1:03:15	
1998	Shiki Terasaki	1:12:07	Toshiaki Tezuka	1:03:18	
1999	Nuta Olaru	1:11:46	Sisay Bezabeh	1:03:24	
2000	Takako Kotarida	1:11:16	Ndeti Cosmas	1:03:29	
2001	Takako Kotarida	1:12:11	Jonathan Wyatt	1:03:14	
2002	Takako Kotarida	1:10:03	Shigeru Aburaya	1:02:56	
2003	Hiromi Fujii	1:10:26	Tomonori Watanabe	1:03:25	
Year	Name	Time	Name	Time	10km Run
1996	Marcy Sheer	35:43	David Evans	28:57	
1997	Kylie Risk	33:56	Dean Cavuoto	30:24	
1998	Kylie Risk	33:26	Nicholas Cope	30:10	
1999	Kerryn McCann	33:27	Pat Carroll	30:04	
2000	Ardine Voogt	37:36	Andrew Connors	31:31	
2001	Kylie Risk	34:06	Alistair Stevenson	30:01	
2002	Kylie Risk	35:08	Phil Costley	29:49	
2003	Martina Kren	37:30	Alastair Stevenson	29:51	
2.5km					
Year	Name	Time	Name	Time	Junior Dash
2002	Bree-Arne McArdle	0:08:27	Nathan Lyons	0:07:42	
2003	Tayla Langley	0:09:07	Jeremy Lim	0:08:18	
4km					
2003	Elizabeth Colwell	0:14:26	Matt Daley	0:12:50	

*Names and times in bold indicate Race Records

championships

Queensland Marathon championships

The Queensland Marathon Championships will again be incorporated into this year's event. To enter the Queensland Marathon Championships you must be registered with a Queensland Athletics affiliated running club. For further information on this Championship please contact Queensland Athletics on (Int +61) 7 3343 5653.

Australian University championships

This year's event is hosting the Australian University Championships in the Marathon, Half Marathon and 10km Run. Current enrolled university students from eligible universities are able to enter this category. Eligible students must register with their respective Sport and Recreation Association. Awards for the Australian University Sport North Championships will also be awarded to eligible participants in this category. For more information please visit www.unisport.com.au or phone (Int +61) 7 3876 2610.

Queensland Masters Athletics Marathon championships

Members of Queensland Masters Athletics (QMA) who want to enter the QMA Marathon Championships must complete and submit a QMA entry form to the Queensland Masters office. These entry forms will be available in the QMA newsletter or by contacting QMA on (Int +61) 7 3341 2251.

Fax, post and online entries close Friday 11 June 2004. No late entries will be accepted for any championships.

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