



**7 CAIRNS
MARATHON**
& community run festival

SUNDAY 14 JULY 2024

COMPETITOR GUIDE



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RUNNERS, SUPPORT CREW, VOLUNTEERS, AND SPONSORS, WELCOME TO THE 7CAIRNS MARATHON FESTIVAL 2024!

We are thrilled to see the return of past participants, sponsors, and local community groups who have become essential to this event. Your ongoing involvement fills us with pride, and we are honoured to have you with us. We also warmly welcome all new runners this year, from first-time fun runners to seasoned marathoners and elite athletes who have added this event to their running calendar. This year promises to be our biggest yet, with record sellout numbers and over 3000 participants. We welcome our local participants, who make this an amazing community event, as well as our interstate and international participants visiting Cairns for the first time or returning to this incredible part of the world.

We are proud to announce that since 2019, the 7Cairns Marathon Festival has raised over \$150,000 for charities and community groups. This significant milestone reflects our shared commitment to making a positive difference. Our goal is to continue exceeding this achievement annually, with funds directly supporting our primary beneficiary, Ronald McDonald House Charity North Australia, along with many other worthy community groups.

Your participation not only contributes to the success of the 2024 7Cairns Marathon Festival, but also plays a vital role in supporting our local economy. We hope you thoroughly enjoy the day and create unforgettable memories, knowing that your involvement directly benefits the Cairns community.

Once again, we extend our deepest thanks to each and every one of you for being part of this exceptional event. Together, let's continue to make a positive impact and ensure that this year's festival is better than ever before!



Jason Crowther
Atlas Events Managing Director
7Cairns Marathon Festival Event Director

WELCOME



On behalf of Cairns Regional Council and the Cairns community, I am excited to welcome competitors and supporters to our region for the 2024 7Cairns Marathon Festival.

The event season is in full swing for Cairns and our Council is committed to supporting events like the 7Cairns Marathon Festival, which continue to attract visitors to our city, showcase all our great region has to offer, and add to the opportunities and offerings for locals.

The marathon is a unique test of physical conditioning and mental fortitude.

It asks participants to discipline their body and be prepared for the ache of fatigued muscles as they are ordered to carry the body further along the path

It calls for courage and faith in one's ability to overcome the pain as their feet pound against the pavement in pursuit of the finish line, which promises to bring the elation of success and accomplishment.

For those reasons, I congratulate all competitors, your efforts are inspirational.

I understand first-hand why the 7Cairns Marathon has become a popular event on the running calendar having completed the half-marathon distance once, and the following year laced up for the 10km event.

With race distances to suit every age and ability, this event is a wonderful combination that allows people to test their abilities and promotes active and healthy living, in a breath-taking destination that is unlike anywhere else in Australia.

Thank you to our partners who we continue to work with us to bring this event to our region, including Tourism Events Queensland and Tourism Tropical North Queensland.

To all competitors, volunteers and supporters, I hope you enjoy your time in Cairns and I wish you a successful and memorable event.



Amy Eden
Mayor, Cairns Regional Council





Queensland



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Message from the Minister for Tourism and Sport

It is my pleasure to welcome you to the 7Cairns Marathon Festival which highlights the personality and uniqueness of Tropical North Queensland.

7Cairns Marathon Festival is supported by the Queensland Government through Round XX 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 7Cairns Marathon Festival foster community pride, impart local culture with all who visit and make meaningful contributions to the local economy.

Beyond 7Cairns Marathon Festival, there is so much to see, do and experience in Tropical North Queensland. I encourage all visitors from far and wide to soak in all the delights of Tropical North Queensland 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





**7 CAIRNS
MARATHON**
& community run festival



**WE'VE GOT YOUR BACK AT 7
GOOD LUCK!**

EVENT SCHEDULE



SATURDAY 13 JULY 2024

TIME	EVENT
9:00am	Registration and Event Expo Opens
4:00pm	Registration and Event Expo Closes

SUNDAY 14 JULY 2024

TIME	EVENT
5:00am	Bag Drop Opens
5:45am	7Cairns Marathon and McDonald's Half Marathon Starts
6:00am	10km Start
6:30am	Event Expo Opens
7:30am	10km Winners Presentation
7:45am	McDonalds Half Marathon Winners Presentation
9:15am	7Cairns Marathon Winners Presentation
10:00am	Medibank 5km Run and Royal Rehab LifeWorks 5km Walk Start
11:00am	RMHCNA 2km Family Dash Start
11:25am	Medibank 5km Run Winners Presentation
11:30am	RMHCNA 2km Mini Marathon Winners Presentation
11:30am	Macca's 2km Mini Marathon Winners Presentation
11:35am	Teams Prize Winners Announced
12:00pm	Event Expo Closes
12:00pm	Event Close

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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: Event Precinct – Fogarty Park, Cairns

Date & Time:

Saturday 13 July, 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 is at on The Esplanade, Fogarty Park.

7Cairns Marathon & Marathon Relays

- Start time: 5:45am
- Suggested arrival time: 5:15am or prior

McDonald's Half Marathon

- Start time: 5:45am
- Suggested arrival time: 5:15am or prior

10km

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

Medibank 5km Run & Royal Rehab Lifeworks

5km Walk

- Start time: 10:00am
- Suggested arrival time: 09:30am or prior

RMHCNA 2km Family Dash

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



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 11.8km, 22.3km, and 32.8km aid stations.
- Special Drinks are to be left in the designated aid station tub at registration by no later than 2pm Saturday 13 July 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 7CAIRNS MARATHON FESTIVAL MERCHANDISE

Our Official 2024 7Cairns 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:

- Saturday 13 July, 9:00am - 4:00pm
- Sunday 14 July, 6:30am - 12:00pm

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

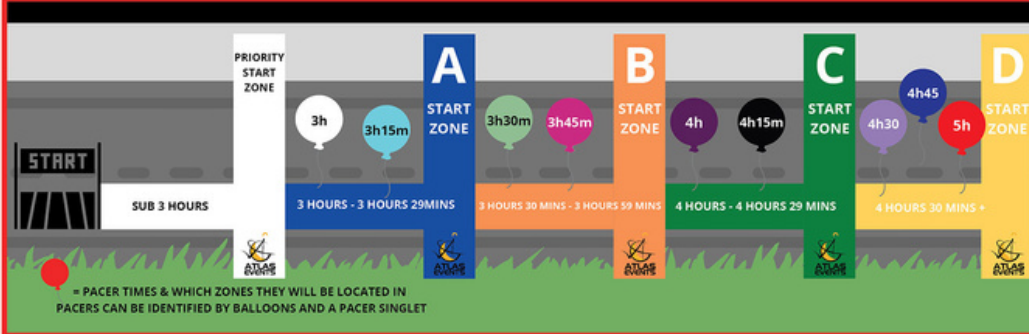


STARTING ZONES



CAIRNS MARATHON
& community run festival

42.2KM 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.

21.1KM STARTING ZONES



10KM STARTING ZONES



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.

5KM STARTING ZONES



COFFEE FIT FOR AN AUSSIE™

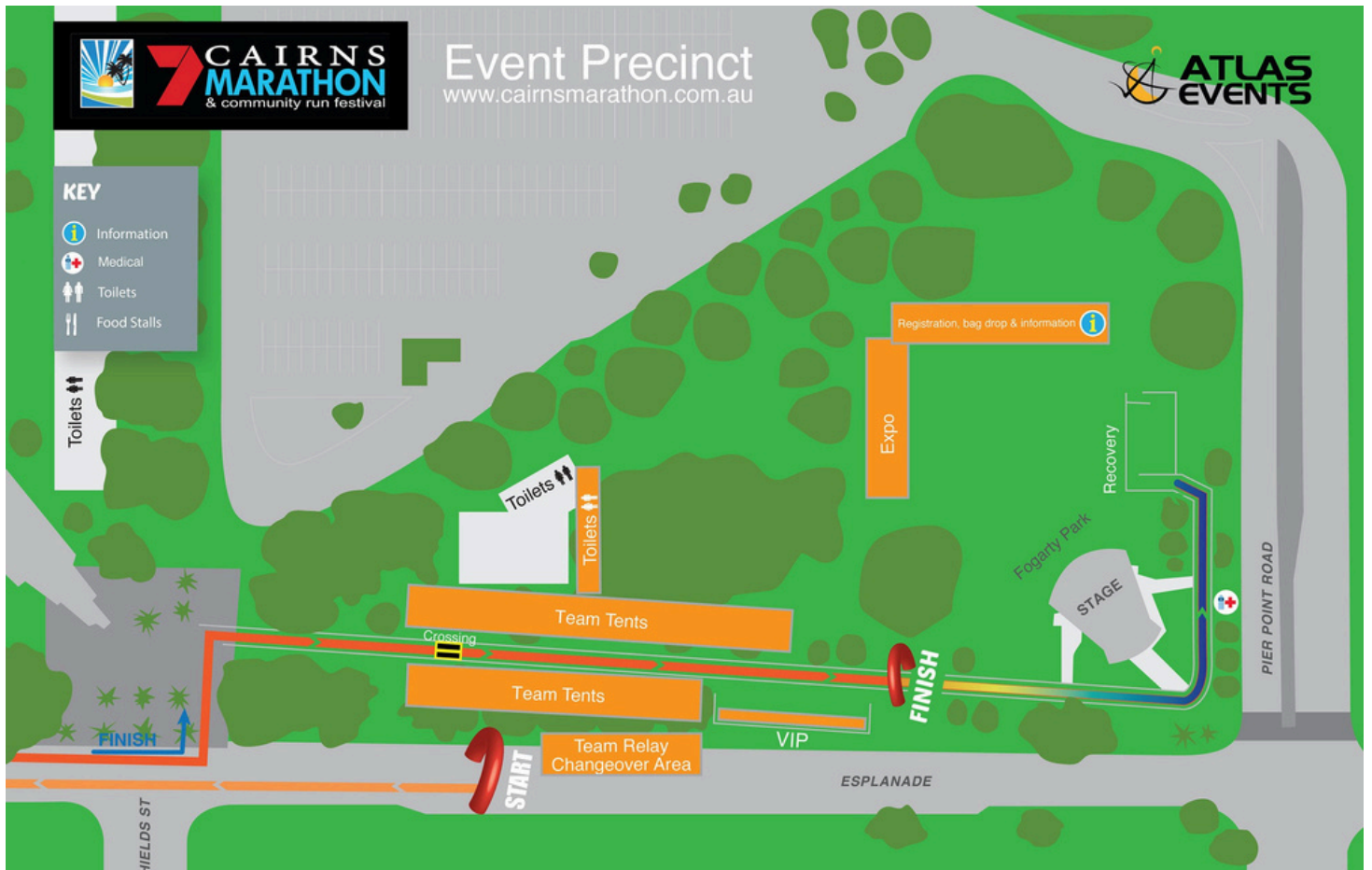
WHENEVER YOUR MORNING STARTS

Available at participating restaurants.



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EVENT PRECINCT



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EVENT EXPO



Australian Red Cross
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DURING THE RACE

AIMS CERTIFICATION

The 7Cairns 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 Infini 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 Infini Starter Pack. It holds the equivalent of four gels and doesn't require discarding which reduces your waste footprint. The Infini Starter Pack is available to purchase at our Event Expo.



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KILOMETRE MARKINGS

Kilometer markings will be clearly signposted every 5km.

TIMING

The 7Cairns 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:

7Cairns Marathon

- 3hrs 30mins – Riley McClung
- 3hrs 45mins – Joel Kemp
- 4hrs – Joel Widmer & Matilda Simpson
- 4hrs 15mins – Ruth Eagles & Tynan Naryweczyk
- 4hrs 30mins – Karin Thorburn & Imee Bacolod
- 4hrs 45mins – Kryssi O'Hare & Josh Garnett

McDonald's Half Marathon

- 1hr 40mins – Verne Lawson & Eric Seo
- 1hr 50mins – Neil Wood & Mitchell Tap
- 2hr – Al Lawson & Tate Jones
- 2hr 10mins – Scott Ezard

10km

- 40mins – Josh Cousley & Willem Curwood
- 50mins – Hannah Mendes & Jeremy Wienert
- 60mins – Bharat Gadhvi & Michael McGrann
- 70mins – Belinda Hampton & Cathy Campbell

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.

42.2km / 21.1km

Multi lap course.
Half marathon 2 laps.
Marathon 4 laps.

Course
Km Marker



10km

Course



Km Marker



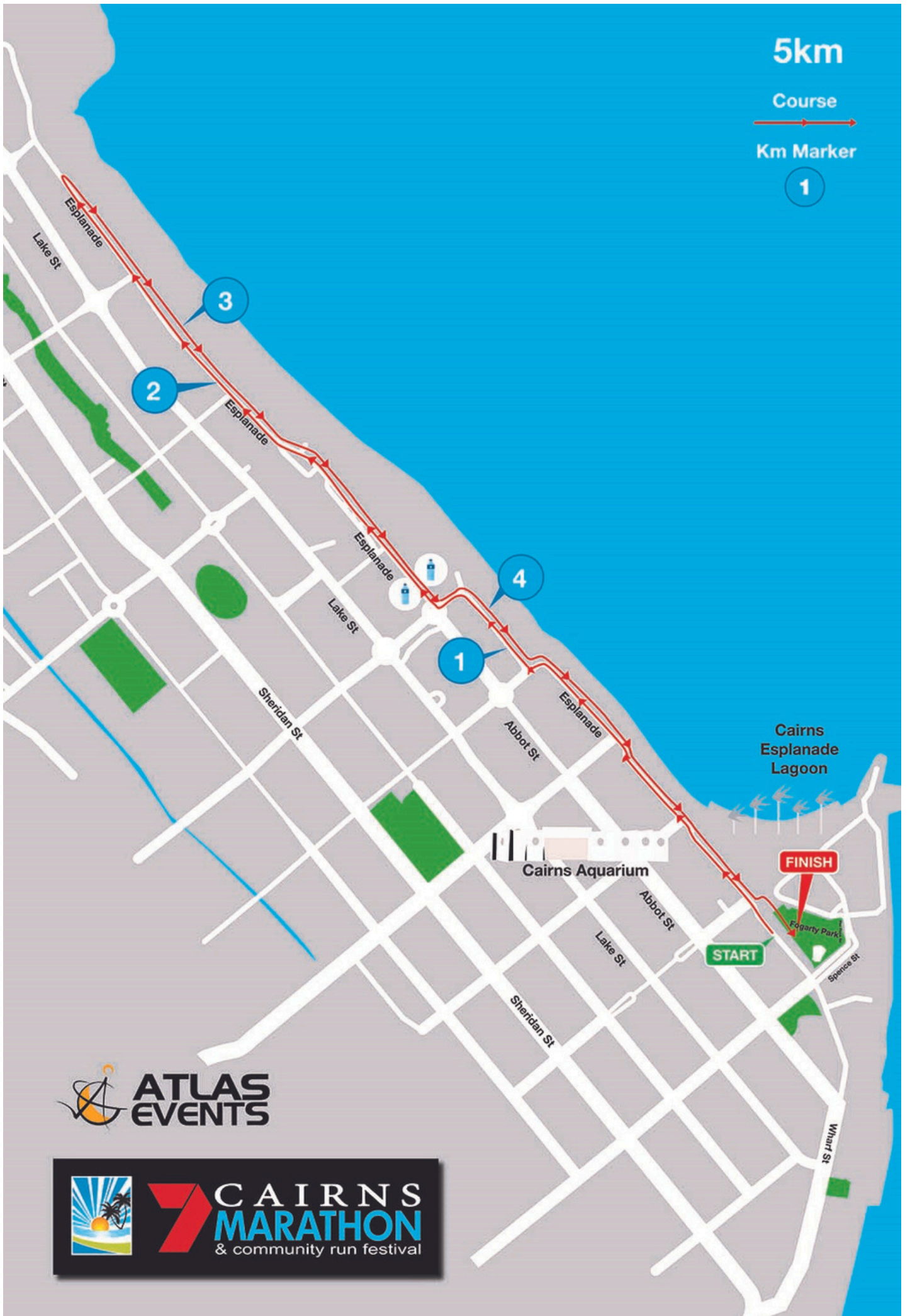
5km

Course



Km Marker

1



2km

Course



Km Marker

1

1

Cairns
Esplanade
Lagoon

Cairns Aquarium

FINISH

START

Fogarty Park

Minnie St
Abbot St

Esplanade

Abbot St

Lake St

Sheridan St

Spence St

Wharf St



7 CAIRNS
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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 2024 7Cairns Marathon Festival 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.

RECOVERY ZONE

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

PRESENTATIONS

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



ITAB MEDAL INSERTS

Celebrate your fantastic achievement at the 7Cairns 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](#).

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.

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.

FUNDRAISING

The 7Cairns Marathon Festival is proud to be raising funds for major beneficiary [Ronald McDonald House Charities North Australia](#).

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



Ronald McDonald
House Charities®
North Australia

Thank You!

Thank you for joining us in our mission to ensure every ill and injured child has the chance to live their healthiest lives.

Your support profoundly impacts North Australian families in need, like Karlee and Michael from Cairns, who welcomed their twin boys, Charlie and Ned (pictured left) prematurely.

Let's continue to make a difference, one family at a time.

#KeepingFamiliesClose #RunforaReason

rmhcna.org.au



CHANGED TRAFFIC CONDITIONS



Sunday 14th July 2024

Road	Impact	Description	Closure Time	Reopen Time
Esplanade	CLOSED	Spence Street - Lily Street	5:00am	12:00pm
Abbott Street	CLOSED	Upward Street - Kerwin Street	5:00am	11:45am
Lily Street	CLOSED	Esplanade - Lake Street	5:00am	11:30am
Lake Street	CLOSED	McKenzie Street - Airport Ave	5:00am	11:30am

Sunday 14th July 2024

Road	Impact	Description	Start Time	Finish Time
Esplanade	NO PARKING	Spence Street - Shield Street	5:00am	12:00pm
Esplanade	NO PARKING	Cairns Hospital - Charles Street	5:00am	12:00pm

Sunday 14th July 2024

Path	Impact	Description	Start Time	Finish Time
Cairns Esplanade Path	SHARED PATH	Smith St - Grove St	5:00am	12:00pm

Event	Start Time
42.2km	5:45am
21.1km	5:45am
10km	6:00am
5km	10:00am
2km	11:00am



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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

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

Prices from

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

Limited availability. Bookings to be made online.



2024 EVENT PARTNERS

