



McDonald's BRISBANE MARATHON FESTIVAL



2019 COMPETITOR BOOKLET



BRISBANE



brisbane
australia's new world city



BRISBANE MARKETING
ECONOMIC DEVELOPMENT BOARD



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House®
SOUTH EAST
QUEENSLAND



intraining
the running store run by runners



Red Energy
PROMOTIONS
The promotional product people

PARTNER EVENT
LET'S DO THIS

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WINTER IN BRISBANE

Cool starts make ideal running conditions with warm sunny days with temps about 25 degrees celsius.



@brisbanemarathon
#BMF2019
#brisbanemarathon



INSIDER TIP

Live like a local and [Visit Brisbane](#) to find out the best places to eat, sleep and shop.

IT IS AN HONOUR TO PRESENT THE MCDONALD'S BRISBANE MARATHON, AN ICONIC CAPITAL CITY EVENT, INSPIRED BY AUSTRALIAN MARATHONER ROBERT DE CASTELLO'S GOLD MEDAL WIN AT THE 1982 COMMONWEALTH GAMES IN BRISBANE.

As the founder of Atlas Multisports, we have a strong history of organising and managing major sporting events while raising significant funds (\$1.5 million-plus) for beneficiaries including Ronald McDonald House South East Queensland.

We are proud south east Queensland locals and as custodians of this annual event our responsibility is to showcase the city, its natural beauty, welcoming atmosphere while promoting the benefits of running. As Australia's third major capital city running event we are here to build on its reputation for

quality and to continue delivering a professionally run and must-do event that promotes health and wellbeing for runners of all abilities.

Whether this is your first time participating in the Brisbane Marathon or you've entered several – if not all – of the previous 28 events, we want to thank you for your support and hope you enjoy your run and the beautiful sights of Brisbane on June 2.

**ATLAS MULTISPORTS
MANAGING DIRECTOR AND
MCDONALD'S BRISBANE
MARATHON RACE DIRECTOR
JASON CROWTHER**





ACTIVE LIVES ARE HAPPIER AND HEALTHIER LIVES.

We at McDonald's® Brisbane want to deliver valuable benefits to the wider community. With the goal of helping the Brisbane community live a more balanced, active and enriched lifestyle, McDonald's® Brisbane is passionate about our sports and community sponsorships program.

McDonald's® Brisbane is very proud to be the Naming Rights Partner of the McDonald's® Brisbane Marathon Festival and sees this partnership as vital to giving back to the community which supports us and to assist in the development of important life skills such as commitment, hard work and friendship. On behalf of McDonald's® Brisbane, we would like to thank all competitors, organisers, volunteers and other sponsors for their incredible support of the McDonald's® Brisbane Marathon Festival!"

**– Lisa Mackintosh,
McDonald's Brisbane
Executive Committee Chair**



Welcome to McDonald's Brisbane Marathon Festival 2019, one of the most historic events on the Queensland running calendar.

Every year more than 5,000 keen elite and recreational runners from over 35 countries are drawn to test their endurance and compete in this marathon event.

The Queensland Government supports the Brisbane Marathon Festival and other key events because of the \$800 million they contribute to our economy. Events mean tourism jobs – which are only created because you and thousands of other people have turned up to explore.

Thank you to the event organisers, volunteers, and supporters who have delivered this great event.

Good luck to everybody and I hope you enjoy some of Brisbane's many unique tourism experiences during your stay.

**THE HON KATE JONES MP MINISTER FOR TOURISM
INDUSTRY DEVELOPMENT**

BEFORE THE RACE

RACE PACK COLLECTION

It is recommended competitors collect their own race packs. If you are collecting for a team or on behalf of another person, please ensure you have written permission or confirmation email.

PARKING

Pre-plan and book your parking before race day. Refer to our recommended parking locations and \$5 parking special.

ROAD CLOSURES

Road closures will be in place from 3am so please allow plenty of time to arrive and find a park. Click here to see a full list of road closures and times.

RACE PACK COLLECTION

Please bring Photo ID or Registration receipt or Tax invoice

DATE/TIME	LOCATION
Saturday 1 June 9am - 4pm	Riverstage, 59 Gardens Point Road, Brisbane City (Click for location)
Sunday 2 June From 8am 5km and 2km events only (NOT RECOMMENDED)	Event Precinct, Riverstage, Brisbane (Click for location)

EVENT AND FINISH PRECINCT LOCATED AT THE BRISBANE RIVERSTAGE. [CLICK HERE FOR EVENT PRECINCT MAP](#)

WHAT YOU WILL RECEIVE IN YOUR PACK

EVENT	RACE PACK GIFT	AT FINISH LINE
Brisbane Marathon	Race Bib Event Visor	Finisher towel Marathon finish medal
Half Marathon	Race Bib, Event Visor	Finisher towel Half Marathon finish medal
Mizuno 10km	Race Bib, Event visor	Finisher medal
McDonald's 5km	Race bib, water bottle Sponsor's gift	Finisher medal
RMHSEQ 2km Mini Marathon	Race bib Sponsors gift	Finisher medal

TOILET FACILITIES

Participants at the McDonald's Brisbane Marathon Festival have access to multiple toilets at the start and finish lines and along the course. Below are the following locations you can find relief along the way:

LOCATION

Portaloos - Start and Finish

Portaloos - Riverside Drive, West End

Public toilets - River Terrace

Public toilets - Southbank

Public toilets - Botanic Gardens

DURING THE RACE

EVENT START TIMES

EVENT	START TIME	LOCATION	RECOMMENDED ARRIVAL TIME
Brisbane Marathon	6am	Colchester Street, Brisbane	5.30am
Brisbane City Council Half Marathon	6am	Colchester Street, Brisbane	5.30am
Mizuno 10km	7am	Colchester Street, Brisbane	6:30am
McDonald's 5km	10.30am	Riverstage	10am
RMHSEQ 2km Mini Marathon	11.15am	Riverstage	10.45am

****OFFICIAL COURSE TIMING ENDS 12.00PM****

SELF SEEDED STARTING ZONES

Participants in the Brisbane Marathon, Brisbane City Council Half Marathon and Mizuno 10km events are strongly encouraged to position themselves on the start line according to ability. Personal timing chips will only be activated as runners cross the start line.

BAG STORAGE AND INFORMATION TENT

The event bag storage and information tent are in the Event Precinct and open from 5am on Sunday June 2. Please attach your personal bag tag found on your race bib to your bag for easy identification. Please do not leave any valuables in your bags.

A truck will also be located at the start of the Marathon, Half Marathon and 10km events where you can put your bag. These will then be taken back to the bag storage tent at Riverstage for your collection when you finish.

MERCHANDISE FOR SALE

Limited edition 2019 event merchandise will be available for sale at the Red Energy Merchandise Tent at the Event Precinct. Items include event shirt and singlet, hats and water bottles until sold out.

SPECIAL NEEDS DRINKS

Marathon participants will have access to their own personal 'special needs drinks' at the 10.3km, 20.1km, 30km and 39.8km aid stations. If you wish to have your 'special needs drinks' placed at aid stations see instructions below:

- 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 10.3km, 20.1km, 30km, 39.8km aid stations.
- Special Drinks are to be left in the designated aid station tub at registration by no later than 1pm Saturday Jun 1.
- 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

MEDICAL EMERGENCY

Ensure you complete the back of your race number with medical contact person and any known medical conditions. Mobile medical staff will be on course to assist if issues arise.

MEDICAL EMERGENCY CONTACT

If you have an urgent medical emergency on race day, please contact **Event First Aid Duty Manager on 0421 003 720.**







AID STATION LOCATIONS

Aid stations will be located frequently on course, manned by volunteers, offering either water only or water and Infinit.

Specific kilometre locations are as follows:

Marathon:

3.2 || 5.4 || 8.1 || 10.3 || 12.2 || 14 || 16 || 18.2 || 20.1 || 22.7 || 23.8 || 25.2 || 27.5 || 28.2 || 30 || 32 || 34.2 || 36.1 || 38.7 || 39.8 || 41.2

Half Marathon:

3.2 || 5.4 || 8.1 || 10.3 || 12.2 || 14 || 15.1 || 17.6 || 18.7 || 20.1

10km:

2.8 || 5 || 6.9 || 9

5km:

2.1 || 4

20% OFF* EVENT SPECIAL



XPOP

Brand new midsole compound that delivers super soft cushioning and high energy return with increased durability, all whilst providing that floating run

ENGINEERED MESH

New engineered mesh for a more harmonious fit

FLEXGROOVES

Increased number of flex grooves in the forefoot provide a more flexible and efficient toe-off

MIZUNO FOAM WAVE

Mizuno's signature wave technology in its newest iteration - foam wave - designed to provide soft cushioning and enhance that floating feel

WAVE SKY 3

AN ALL **NEW** RUNNING EXPERIENCE THAT MAKES YOU FEEL LIKE YOU'RE **FLOATING** WHILE RUNNING.



*Available only at the intraining and Mizuno marquee during the Brisbane Marathon. Stock is limited, terms and conditions apply.

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the running store run by runners

33 PARK RD
MILTON QLD 4064

PACERS PARKING & EVENT PRECINCT

2019 BMF PACE RUNNERS

EVENT	TIME	NAME
BRISBANE MARATHON	3:15	Anthony Fuster and Chris Woulahan
	3:30	Peter Lewis and Geoffery Waldock
	3:45	Pieter McKeith and Shane Dickinoski
	4:00	Mark Emr and Dave Jackson
	4:15	Mike Garrett
BRISBANE CITY COUNCIL HALF MARATHON	TIME	NAME
	1:24	Damien McMahon and Paul Gourley
	1:30	TBA
	1:35	Mark Anthony and Dale Truscott
	1:40	Paul Dack and Khloe Healy
	1:45	Graham Robertson and Ethan Pham
	1:50	Doug James and Ryan Kent
	2:00	Andy Gottsman and Ana Santos
MIZUNO 10KM	TIME	NAME
	40mins	Stefan Petrovic
	50mins	Hung Pham
	60mins	Joanna Fack
	70mins	Alice Lane and Kaitlyn Stutz

PACERS

Achieve your goal at the McDonald's Brisbane Marathon Festival with dedicated and experienced pace groups. Pace groups will be available for the Brisbane Marathon, Brisbane City Council Half Marathon and Mizuno 10km events.



MCDONALD'S BRISBANE MARATHON 2019 PARKING LOCATIONS

We recommend parking in one of the following easy to access locations for your McDonald's Brisbane Marathon Festival experience. Event participants and spectators can park at a variety of locations within short walking distance of the event start and finish line and close to a range of fantastic restaurants.

Limited spaces available within each location, our parking partner Secure Parking are offering \$5 daily parking at the following central locations:

Wintergarden, 10 Browning Street (South bank) & Parkade.

EVENT PRECINCT MAP, RIVERSTAGE



secure P

PARKING OFFER



1 - 2 June 2019

- Wintergarden Car Park (CBD)
- Parkade Car Park (CBD)
- 10 Browning Street (South Bank)

Bays from **\$5*** All Day

BOOK ONLINE & SAVE

Visit secureparking.com.au

Redeem Promotion Code **MARATHON19** on

Review Booking Page

Terms and Conditions: Offer only available online via Secure-a-Spot. Subject to space availability and maximum daily booking quota. Offer subject to change and offer may be withdrawn without notice. Booking fee per transaction applies. Visit www.secureparking.com.au for further information and Secure-a-Spot terms and conditions.

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Earn up to 3 Qantas Points for every \$1 spent when you book online with Secure-a-Spot!

BOOK ONLINE & SAVE
secure a spot!

Plan before you Park
secureparking.com.au

secure P
No Parking Worries

IMPORTANT CHANGED TRAFFIC CONDITIONS

Sunday 02nd June 2019

Road	Impact	Description	Start Time	Finish Time
Gardens Point Road	CLOSED	Laminton Dr - Botanic Gardens	3am	1:30pm
Colchester Street	CLOSED	Ernest - Tribune	3am	9:30am
Tribune Street	CLOSED	Colchester - Grey St	3am	9:30am
Grey Street	CLOSED	Melbourne St - Vulture St	3am	9:30am
Vulture Street (EastBound)	CLOSED	Grey St - Leopard st	3am	9:30am
Leopard Street	CLOSED	Vulture St - Walmsley St	3:30am	9:30am
River Tce	CLOSED	Walmsley St - Main St	3:30am	9:30am
Main Street	CLOSED	River Tce - Story Bridge	3:30am	9:30am
Story Bridge	CLOSED	Main St - Ann St	3:30am	9:30am
Ivory Street	CLOSED	Boundary St - Kemp Ln	3:30am	9:30am
Ivory Lane	CLOSED	Boundary St - Kemp Ln	3:30am	9:30am
Boundary Street	CLOSED	Ivory St - Brisbane Riverwalk	3:30am	9:30am
Merthyr Road	CLOSED	Brisbane Riverwalk - Moray St	4:00am	8:00am
Moray Street	CLOSED	Merthyr Rd - Bowen Tce	4:00am	8:00am
Bowen Terrace	CLOSED	Moray St - Story Bridge	4:00am	8:00am
Sidon Street	CLOSED	Stanley St - Clem Jones Prmde	3:30am	12:30pm
Russell Street	CLOSED	Grey St - Clem Jones Prmde	3:00am	9:30am
Riverside Drive	CLOSED	Southbank - Victoria St	4:00am	11:30am
Jane Street	CLOSED	Riverside Dr - Buchanan St	4:00am	11:30am
Victoria Street	CLOSED	Riverside Dr - Montague St	4:00am	11:30am

Path	Impact	Description	Start Time	Finish Time
City Botanic Gardens	SHARED	Various	5:30am	11:30am
Brisbane Riverwalk	CLOSED	Boundary St - Merthyr	4:00am	8:00am
Clem Jones Promenade	SHARED	Sidon St - Riverside Dr	5:30am	12:30pm
Go Between Bridge Bikeway	CLOSED		5:30am	12:00pm
Bicentennial Bikeway	CLOSED	Sylvan Rd - Go Between Bridge	5:30am	12:00pm
Goodwill Bridge	SHARED		4:30am	12:30pm

No Parking	Impact	Description	Start Time	Finish Time
Colchester Street	NO PARKING	Ernest - Tribune	3am	8:30am
Grey Street (Sthbound)	NO PARKING	Russell St - Vulture St	3am	9:30am

Note: Traffic controllers may allow traffic to enter/leave where safe to do so.
Full details available online at brisbanemarathon.com.au



2nd JUNE 2019



CHANGED TRAFFIC CONDITIONS

The annual McDonald's Brisbane Marathon Festival will be held on Sunday 2nd June 2019. This event includes an internationally recognised Marathon, as well as Half Marathon, 10km, 5km and 2km RMHC Mini Marathon. In order to ensure the safety of all participants, comprehensive traffic management plans will be in place, from the earliest time of 03:00 to latest time of 13:00, to manage road closures across the following suburbs: New Farm, Kangaroo Point, South Brisbane, Woolloongabba and West End.

FOR BUSINESSES AND RESIDENTS

Traffic conditions will be changed from 03:00 for the Marathon and Half Marathon, which will start at 06:00, followed by the 10km race at 07:00. All three races start at Colchester St and traverse Grey Street, Leopard Street, River Tce, full closure of the Story Bridge and onto Bowen Tce, Moray Street and Merthyr Street before joining the Brisbane River walk. Runners will then leave the Brisbane River Walk onto Boundary Street, Ivory Street and return back to Grey Street on the same roads as above. After the 10km event has commenced, there will be a reopening of roads and the roads above will be fully opened by no later than 09:30, with New Farm re-opened by 08:00. The Clem7 tunnel will operate toll free during the closure time of the Story Bridge. Once runners have left Grey Street, a significant amount of the events are run on Cycle Paths and Shared Pathways. Riverside Drive, Jane Street and Victoria Street still require closure from vehicular traffic, but every attempt will be made to allow for limited access for businesses and residents where possible. Closure times for these roads can be found overleaf. Traffic management infrastructure will be removed systematically as the last runners move through the course. Strict cut-off times will be enforced to ensure roads re-open as required by permit conditions.

Specific closure and re-opening times will be advertised on signage on affected roads two weeks prior to the event. Course maps can be found at: www.brisbanemarathon.com.au

EMERGENCY VEHICLES

Access for emergency vehicles will be maintained at all times by Police Officers, Traffic Controllers and Event Marshals

PUBLIC TRANSPORT

Some bus services may be affected along the course. Ferry services will remain unaffected.

TAXIS

The Taxi Council has been advised of this event and potential impacts on their customers. Please allow for delays.

STREET PARKING

Please do not park along the course as this will restrict both access from the area during the race times and will impact on emergency vehicles needing to use the lane space.

ENFORCED CLEARWAY

Grey Street and Colchester Street will have enforced clearways for the event and vehicles parked in the designated kerbside parking areas will be fined and towed away.

FOR CYCLISTS

The Go Between Bridge Bikeway and the Bicentennial Bikeway between Sylvan Rd - Go Between Bridge will be closed from 5:30am – 12:00pm.

High volumes of runners and walkers will be using Shared Pathways including:

Botanic Gardens, Clem Jones Promenade, South Bank, Riverside Drive and the Goodwill Bridge.

Please plan ahead to avoid any delays. Detailed course maps may be viewed on the Brisbane Marathon Festival website.

**For any further comments or queries, please contact Atlas Multisports on:
e: info@atlasmultisports.com.au w: www.brisbanemarathon.com: 5445 1711**

Thank you,
Atlas Multisports

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24/7



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McCafé

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ON COURSE INFO

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 number.

RUNNING WITH HEADPHONES

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

RUNNING WITH A PRAM

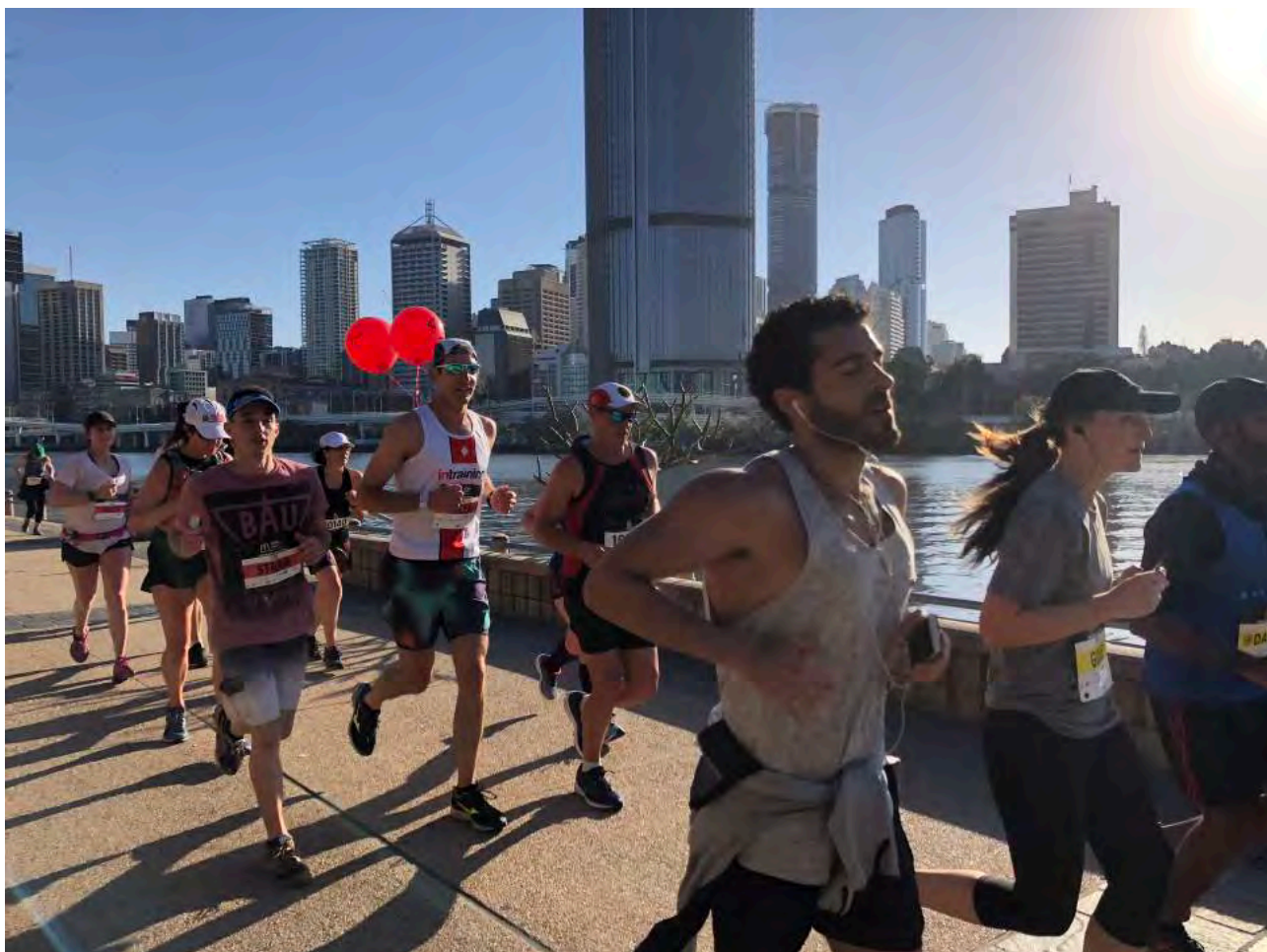
Yes, you may run with a pram. However, we ask if you can please start at the back of the race to ensure safety for your child as well as respect for other competitors.

TRANSFERS AND LOST BIBS

For those wishing to change an event or who have lost their race bib, please see the information desk at the registration tent prior to your event.

AIMS CERTIFICATION

We are proud members of AIMS (Association of International Marathons and Distance Races) course certification. The McDonald's Brisbane Marathon Festival follows strict guidelines to ensure the distance runners are completing is accurately measured. McDonald's Brisbane Marathon Festival events provide the ideal opportunity to set a personal best time or record a highly sought after qualifying time for the major marathons around the world including New York and Boston.



TIMING

The McDonald's Brisbane Marathon Festival uses Chronotrack 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

Your official time for category placings is based on your gun time and does not take into account your net time.

KILOMETRE MARKINGS

Kilometre markings will be clearly signposted every 5km.

ON COURSE NUTRITION

The on course nutrition will be provided by Infinit Nutrition Australia. The :SPEED formula is suitable for faster efforts and incorporates a higher percentage of INFINIT glucose for explosive energy. Packed full of electrolytes it is designed to eliminate any cramping or stomach distress. INFINIT :SPEED is flavoured Orange with all natural flavourings sourced in Australia. It contains no artificial colourings or preservatives and does not contain protein. One serving of :SPEED equates to approximately two gels worth of energy. Please see the [website for more details](#).

ON COURSE INFO

RACE NUMBER

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.



5,166

The number of families who have stayed at RMHC SEQ in 2018



362 nights

The longest stay of a family in 2018



93,084

Beds occupied throughout RMHC SEQ in 2018



Pictured: Jayden (Chooccy) Ryan

Ronald McDonald House Charities South East Queensland (RMHC SEQ) provides accommodation and support services to seriously ill or injured children and their families. We help to keep families together in the midst of physical, emotional and financial stress, while being supported by dedicated staff and volunteers.

This is the second year that RMHC SEQ have been named the major beneficiary of the McDonald's Brisbane Marathon Festival. As part of the fundraising efforts \$10 from each entry in the RMHC SEQ 2km Mini Marathon will be donated directly back to RMHC SEQ.

#KeepingFamiliesClose


Donate today!

www.rmhc.org.au/seq | fundraising.seq@rmhc.org.au | (07) 3646 6528

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 More to see and do



Dedicated to a better Brisbane

AFTER YOU FINISH

MEDICAL AID

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

FINISH CHUTE

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

FINISHER MEDALS

All participants will receive their official McDonald's Brisbane Marathon Festival 2019 finisher medal commemorating their completion of the event upon exit of the recovery area.

RECOVERY AREA

Electrolyte sports drink, water and a variety of fresh fruit will be available to participants at the finish line.

FINISH TOWELS GIFT

All Marathon and Half Marathon finishers will receive a finisher towel gift. Please ensure you see the volunteers at the recovery area to receive your gift.

PRESENTATIONS

Overall winners presentations will commence approximately 30mins after the first three male and female competitors have crossed the line in each event. Age group presentations will occur at the Official After Party. First place in each category will be awarded a prize pack and medal. For those unable to attend the after party, your medal only will be posted.

RESULTS

Race results will be available online at the [McDonald's Brisbane Festival](#) website and on the official Facebook page after the event.



FEELING HUNGRY?

Need a post-race coffee or food? You've earned it! On Sunday June 2, keep your eye out for the RMHCSEQ Fundraising BBQ which will be cooking up a storm whilst raising much needed funds for RMHC. Jabbawocky Grind will be supplying the coffee and 25% of funds will be donated to RMHC. How great is that?



OFFICIAL AFTER PARTY

Come along to the official McDonald's Brisbane Marathon After Party at the the GourmetBar, Novotel Brisbane, 200 Creek Street, from 4pm. Bring your support crew and celebrate your achievements and enjoy a great range of well-earned food and beverages. Age group presentations will be held at the after party so come and celebrate and collect your prize pack!





THE OFFICIAL AFTER PARTY

SUNDAY JUNE 2 FROM 4PM

GOURMETBAR, NOVOTEL BRISBANE

AGE GROUP WINNERS MEDAL PRESENTATIONS

WEAR YOUR FINISHER MEDAL FOR FOOD & BEVERAGE SPECIALS

iTAB MEDAL INSERTS

Celebrate your fantastic achievement at the McDonald's Brisbane Marathon 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. If you missed out on ordering your customised iTAB you can [click here to place a post-race order](#).

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 from [www.marathon-photos.com](#) following the event. Keep an eye on Facebook and Instagram for an update on availability.

PERSONAL RESULTS CERTIFICATE

Your own personalised results certificate will be available online after you finish your event. Simply select your name to download and print your official 2019 finisher certificate.

PRIZES

The first three male and female finishers overall in each event will be awarded prizes on the day. Age group prizes are awarded to first place in each category only and will be awarded at the official after party - 4pm, Novotel Brisbane. See website for more details on prizes.

AFTER RACE DAY

FUNDRAISING

The McDonald's Brisbane Marathon Festival is proud to be raising funds for major beneficiary Ronald McDonald House South East Queensland (RMHC).



EVENT SPONSORS 2019

NAMING PARTNER



OFFICIAL PARTNERS



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EVENT MANAGER





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1 – 4 Aug 2019

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