



Runaway™
Noosa
Marathon



ATHLETE RUN GUIDE

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TOURISM
NOOSA
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FIND YOUR PERFECT NEXT EVENT

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in Queensland

GOLD COAST MARATHON | 6 - 7 JUL

Beautiful places, amazing people and experiences – that’s what you can expect throughout Queensland, with Australia’s best live events to fill your calendar, lift your spirits and make your heart sing. Find your perfect next event and start planning a break around it, where life’s beautiful one day and perfect the next.

BRISBANE

Bolshoi Ballet
24 Jun - 7 Jul



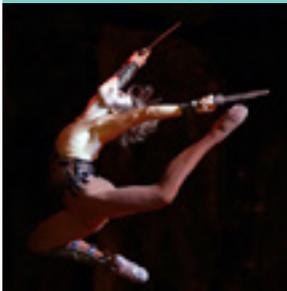
SUNSHINE COAST

The Curated Plate:
Culinary Festival
8 - 11 Aug



SOUTHERN QUEENSLAND COUNTRY

Toowoomba
Carnival of Flowers
20 - 29 Sep



BRISBANE

Scenic Rim
Eat Local Week
29 Jun - 7 Jul



SUNSHINE COAST

Gympie
Music Muster
22 - 25 Aug



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WELCOME MESSAGES

Tourism & Events Queensland

Message from the Minister for Tourism Industry Development The Hon Kate Jones MP

It is my pleasure to invite you to another world-class event on the Sunshine Coast – the 2019 Runaway Noosa Marathon.

With a variety of race options, the Runaway Noosa Marathon is quickly becoming a blockbuster Sunshine Coast event which regularly attracts strong visitor numbers.

Events are vital to the Queensland economy in promoting our beautiful destinations, driving visitation, supporting local jobs and fostering community pride, while also inspiring travellers to experience the best address on earth. This event is part of Tourism and Events Queensland's It's Live! In Queensland events calendar, worth \$800 million to the state's economy.

If you are visiting for the event, I encourage you to make it a weekend getaway and explore the diverse tourism experiences on offer on the Sunshine Coast, from the pristine beaches and beautiful hinterland to the incredible dining and ecotourism experiences.

Tourism Noosa

Welcome message from Tourism Noosa CEO Steve McPharlin

Many of us who live in Noosa love to find new ways to jump into the beautiful nature that surrounds us, combining health, wellness and an appreciation of the region's natural beauty – from the National Parks and clear waters of Laguna Bay, to the river that courses through our villages and the green trails of the hinterland.

With the Runaway Noosa Marathon and Swim Noosa, Ironman once again gives visitors and locals of all fitness levels a perfect chance to get out there, breathe in the fresh air and take it all in.

And once you're done with your run, walk or swim, there's plenty more to see and do in Noosa, so make sure you take time to kick back in Noosa, the Relaxation Capital of Australia!

As part of our commitment to protecting and enhancing Noosa's environment, Tourism Noosa is proud to introduce the Trees for Tourism program in partnership with Noosa and District Landcare and sponsored events. Trees for Tourism will support tree planting for land rehabilitation, carbon emission reduction and the improvement of koala habitat, with contributions from events, business conferences and from the public through the Noosa Visitor Information Centre.

We also work with events to bring enhanced sustainability actions such as reducing or eliminating single-use plastic which will have positive and long-lasting impacts on Noosa's environment and community.

We're very excited to once again support the Runaway Noosa Marathon and to work with Ironman to bring this wonderful weekend to our event calendar. We welcome all runners, walkers, swimmers, their families and friends to Noosa and wish you all well for a great weekend of fun, fitness and exploring Noosa.

📍 NOOSA NATIONAL PARK | SUNSHINE COAST

BEAUTIFUL ONE DAY, PERFECT THE NEXT

FIND YOUR PERFECT NEXT AT
[QUEENSLAND.COM](https://www.queensland.com)

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ATHLETES CHECK LIST

- ✓ Read the Athlete Run Guide
- ✓ Familiarise yourself with the Event Schedule
- ✓ Ensure you have received your confirmation email
- ✓ Locked in travel arrangements ensuring you arrive in time for Athlete Check In
 - Friday 24 May 2:00pm – 7:00pm
 - Saturday 25 May 4:30am – 9:30am*

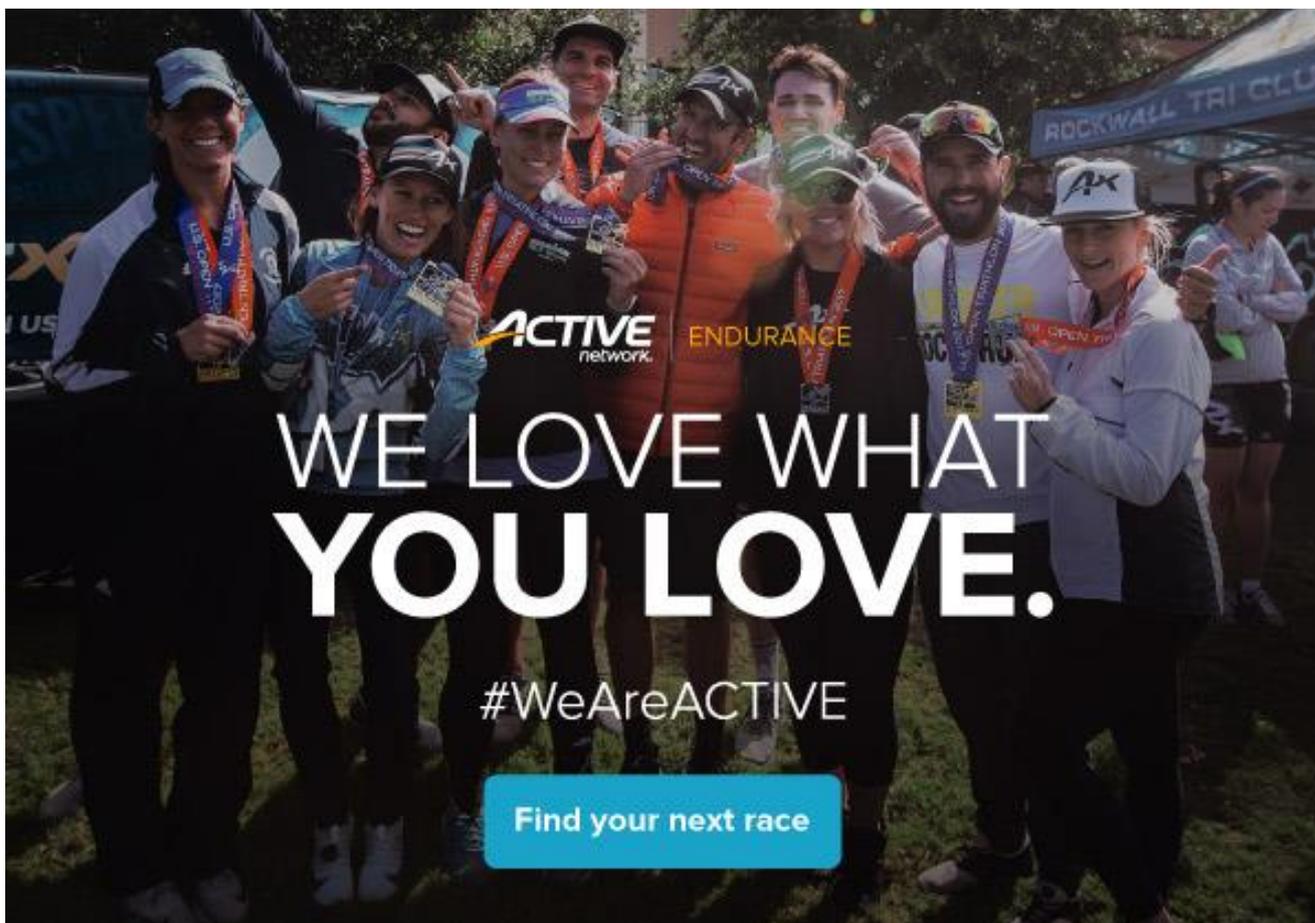
*Check In closes 30 minutes prior to Race Start for each distance

- ✓ Pre booked your massage – Bookings are essential and can be pre-booked via the [website](#)
- ✓ Check the Athlete List^ via the Runaway Marathon Series app (Available on both Apple and Android) and ensure your name and age group** is correct. (If incorrect please contact via runawaynoosa@ironman.com)

^ Athlete List is current as of 25 April 2019

**Age is as of Race Day (25/5/2019)

- ✓ Ensure you have your **PHOTO ID** (Passport or Drivers Licence) to bring to Check In. You will not be able to Check In without it
- ✓ If you cannot attend Check In, a friend may collect for you, but they must have a copy of both your confirmation email and photo ID.
- ✓ Confirm your Emergency Contact is current and available on race day and is not racing. If you need to update, please email runawaynoosa@ironman.com or phone 1300 761 384
- ✓ Confirm your Medical/Health Insurance details are current
- ✓ Check the weather forecast to ensure you bring all relevant clothing and equipment (Sunscreen, hat etc)
- ✓ Familiarise yourself with the venue and [Changed Traffic Conditions](#)
- ✓ Familiarise yourself with the course – it is your responsibility to know the course on race day
- ✓ Bring a small bag to use for Bag Drop on race day
- ✓ Pins or Race Belt to attach your Race Bib



EVENT SCHEDULE

Event Schedule is correct as of 16 May 2019. Please check the event schedule on the website as times are subject to changes.

2019 RUNAWAY NOOSA

Event Schedule

FRIDAY, MAY 24

2:00pm - 7:00pm	Runaway Noosa Check In & Late Entries	Check In Tent, Noosa Heads Lions Park
2:00pm - 7:00pm	Information Open	Festival Village, Noosa Heads Lions Park
2:00pm - 7:00pm	Merchandise and Expo Open	Festival Village, Noosa Heads Lions Park

SATURDAY, MAY 25

4:30am - 2:00pm	Shuttle bus commences from Cooyar Street, Noosa Junction to Noosa Heads Lions Park	
4:30am - 6:00am	Runaway Noosa Check In & Late Entries - Marathon, Team Relay, 31.6km, Half Marathon	Check In Tent, Noosa Heads Lions Park
4:30am - 1:30pm	Information Open	Festival Village, Noosa Heads Lions Park
4:30am - 1:30pm	Merchandise and Expo Open	Festival Village, Noosa Heads Lions Park
6:15am - 8:15am	Runaway Noosa Check In & Late Entries - 10km	Check In Tent, Noosa Heads Lions Park
6:15am	RUNAWAY Noosa Marathon, Team Relay RACE START	Noosa Parade, Noosa
6:20am	RUNAWAY Noosa 31.6km RACE START	Noosa Parade, Noosa
6:30am	RUNAWAY Noosa Half Marathon RACE START	Noosa Parade, Noosa
8:30am	Half Marathon Top 5 Male and Female Presentations	Festival Village, Noosa Heads Lions Park
8:30am - 9:30am	Runaway Noosa Check In & Late Entries - 5km Run/Walk	Check In Tent, Noosa Heads Lions Park
8:30am - 1:00pm	Festival Entertainment	Festival Village, Noosa Heads Lions Park
8:45am	Run Noosa 10km Run RACE START	Laguna Park, Noosa Parade, Noosa Heads
9:30am	Marathon Top 5 Male and Female Presentations	Festival Village, Noosa Heads Lions Park
10:00am	Run Noosa 5km Run/Walk RACE START	Laguna Park, Noosa Parade, Noosa Heads
10:30am	Runaway Noosa Presentations - Half Marathon and 31.6km	Festival Village, Noosa Heads Lions Park
11:15am	Runaway Noosa Presentations - 10km and 5km	Festival Village, Noosa Heads Lions Park
11:45am	Runaway Noosa Presentations - Marathon and Team Relays	Festival Village, Noosa Heads Lions Park

SUNDAY, MAY 26

5:45am - 6:45am	Swim Noosa 3.8km Check In & Race Day Entries & Numbering	Noosa Surf Club Car Park
6:30am - 8:00am	Swim Noosa 2km Check In, Race Day Entries & Numbering	Noosa Surf Club Car Park
7:00am	Swim Noosa 3.8km RACE START (Mass Start)	Noosa Main Beach
8:00am	Swim Noosa 2km RACE START (First Wave) *	Little Cove
8:00am - 9:30am	Swim Noosa 1km Check In & Race Day Entries & Numbering	Noosa Surf Club Car Park
9:30am	Swim Noosa 1km Swim RACE START (First Wave) *	Little Cove
9:45am - 10:15am	Swim Noosa 500m Check In & Race Day Entries & Numbering	Noosa Surf Club Car Park
10:30am	Swim Noosa 500m RACE START (First Wave)	Noosa Main Beach
11:30am	Swim Noosa Presentations	Noosa Main Beach

*Please ensure you are at the Meeting Point 30 Minutes prior to your Wave Start, you will then be divided for the walk over to Little Cove. Please note the starting area for the 2km & 1km is not large so we please ask you do not head over before instructed.

NOOSA RECOVERY

However you choose to relax and recover, you'll find it in Noosa,
the Relaxation Capital of Australia.



VENUE

Lions Park Carpark

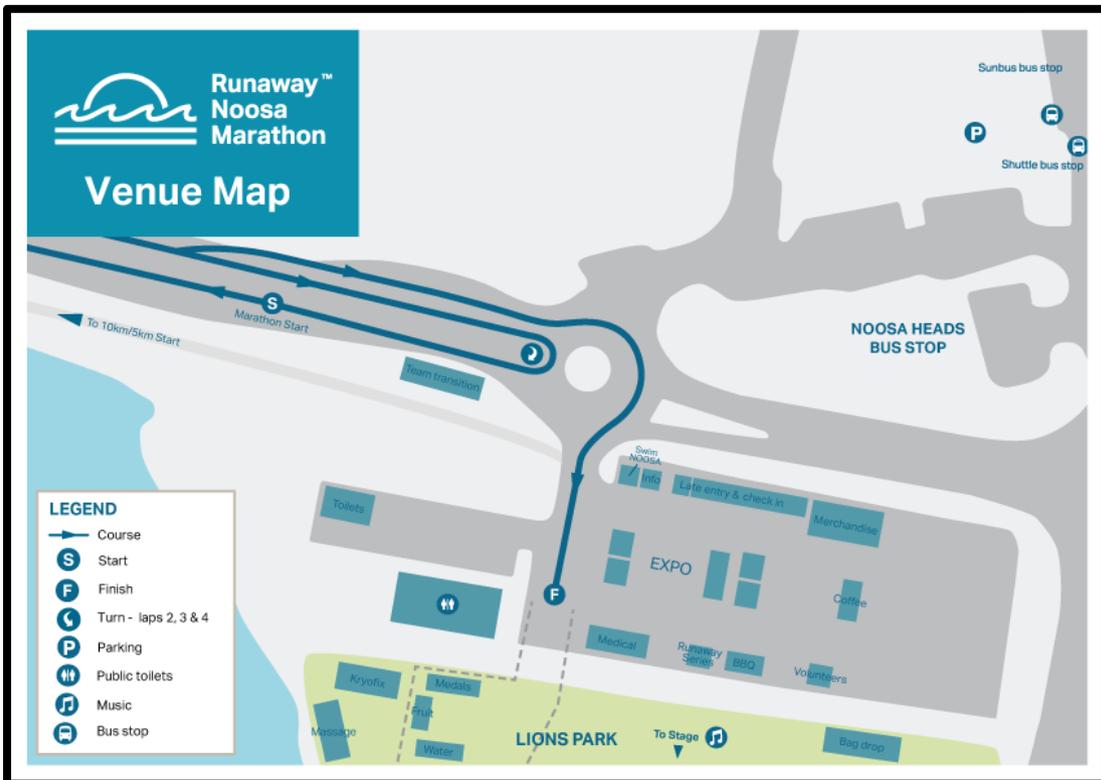
- ❖ Check In
- ❖ Merchandise
- ❖ Information
- ❖ Bag Drop
- ❖ Medical
- ❖ Noosa Heads Lions BBQ
- ❖ First Batch Coffee
- ❖ Volunteers
- ❖ Swim NOOSA Registrations
- ❖ Expo

Noosa Parade

- ❖ Start Line
- ❖ Marathon Team Relay Exchange Area

Lions Park

- ❖ Finish Line
- ❖ Medal Collection
- ❖ Presentations Stage
- ❖ Recovery
- ❖ Massage



START ZONE GUIDE
START LINE 1: Marathon, 31.6km, Half Marathon

Start Zone	Marathon	Half Marathon
A	Mara <3:00 31km <2:00 Half <1:30	
B	Mara 3:00-3:45 31km 2:00-2:30 Half 1:30-1:50	
C	Mara 3:45-4:15 31km 2:30-3:00 Half 1:50-2:05	
D	Mara 4:15+ 31km 3:00+ Half 2:05+	

START ZONE GUIDE
START LINE 2: 10km, 5km

Start Zone	10km	5km
A	10km <40mins 5km <20mins	
B	10km 40-59mins 5km 20-29mins	
C	10km 60+ 5km 30+	

RACE INFORMATION

Check In

When

Friday 24 May 2:00pm – 7:00pm

Saturday 25 May 4:30am – 9:30am*

*Marathon, Marathon Relay, 31.6km, Half Marathon must check in by 6:00am

*10km must check in by 8:15am

*5km must check in by 9:30am

Where

Lions Park, Noosa Heads

What you will need

Photo ID (Drives Licence or Passport). You will not be able to Check In without your Photo ID.

If you cannot check in, a friend may do it for you, they will need a copy of both your confirmation email and photo ID.

Changes

Any changes must be made by 17 May 5pm via email runawaynoosa@ironman.com or phone 1300 761 384. After this they must be completed at the Help Desk at Check In.

Teams – please ensure IRONMAN has the correct order of Team Runners before the start of the race.

Race Bib

Your Race Bib must be worn on the front throughout the race. Your Timing Chip will be attached to the back of your Race Bib and is disposable.

Bag Drop

There will be a bag drop located at Lions Park for all runners. You will need to provide a small bag for any gear you wish to have post-race. Bag tags will be attached to your bib.

When

Saturday 25 May 5:00am – 1:00pm

Where

Lions Park, Noosa Heads

Please Note

All gear must be collected by 1pm, any remaining gear after this time, will be donated to charity.

Any gear left at the start line or any part of the course will be collected and donated to charity.

Pacers

Both the Marathon and the Half Marathon will have Pacers. Pacers are experienced runners who will keep an even pace throughout the race, so you are able to keep pace or beat a certain goal time.

Pacers will have a shirt with 'Pacer' and their pace time on the back, as well as a coloured balloon with their pace time.

Marathon Pace Times

3 hours 0 minutes

3 hours 10 minutes

3 hours 20 minutes

3 hours 30 minutes

3 hours 40 minutes

3 hours 50 minutes

4 hours 0 minutes

4 hours 10 minutes

4 hours 20 minutes

4 hours 30 minutes

Half Marathon Pace Times

1 hour 24 minutes

1 hour 30 minutes

1 hour 40 minutes

1 hour 50 minutes

2 hours 0 minutes

2 hours 10 minutes

Whilst we try ensure all pacer slots are filled, we do understand instances happen and a pacer slot may be vacant on the day.

Race Starts

In 2019, all distances will be a mass starts and your time will begin once you cross the timing matt.

Walkers must start at the back.

See Start Map on Previous Page for start zones.

Aid Stations

The course will be well supported with Aid Stations located approximately every 1.3km across all distances.

Aid Stations will provide water and SIS electrolyte as well as First Aid. There will be toilet facilities at each Aid Station Location.

Km Markers

Due to the multiple races on the course, there will not be kilometre markers for the 5km and 10km distances. Kilometres will be every 2km for other distances.



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POST-RACE INFORMATION

Bag Drop Collection

You will need to have your bib to collect your bag for verification. All gear must be collected by 1pm, any remaining gear after this time, will be donated to charity.

Results

All results will be available online at runawaynoosamarathon.com.au or via the app *Runaway Marathon Series*

Finish Line

Friends and family members, including children are not permitted in the finish chute or finish area. We ask all athletes respect the finish line area and ensure celebrations do not interfere with other athlete's finish line experience.

Finisher Medal Collection

Once you have crossed the finish line, you will follow the finish line chute passing volunteers who will present you with your Finisher Medal. You will then continue onto recovery and meet back up with family and friends.

Recovery

Recovery will be located within Lions Park. Recovery will have water, fruit and SIS electrolyte. Medical personnel will be available.

Massage

Trained massage therapists will be on hand in recovery, bookings essential.

Massage costs is \$20 for 15 minutes, \$40 for 30 minutes, \$60 for 45 minutes and only \$80 for 60 minutes. You can [pre-book online](#) or on-site depending on availability.

FinisherPix

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at EVENT. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24-48 hours after the race.

How to get your best photos:

- ❖ Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- ❖ Please be sure your bib number is facing FRONT during the race
- ❖ Watch out for our photographers and SMILE into our cameras
- ❖ Smile and celebrate when you cross the Finish Line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- ❖ Visit <http://www.finisherpix.com/> within 24-48 hours after the race to view, order, and share your photos from your EVENT!

Presentations

Presentations will award 1st – 3rd place with a prize in each category

When

Saturday 25 May 10:30am - Half Marathon, & 31.6km

Saturday 25 May 11:15am – 10km & 5km

Saturday 25 May 11:45am – Marathon and Marathon Team Relay

Awards

If you are a place-getter and are unable to stay for presentation, you will need to contact the Runaway Noosa Marathon office within two weeks of the event to arrange collection. You will be able to collect your prize from the Runaway Noosa Marathon office or alternatively have your medal posted to you at your expense.



MARATHON TEAM RELAY INFORMATION

4 Person Teams

4 Person teams will be made up of 4 individuals who will run one lap each (10.55km) to complete a marathon.

How it works

Team Relay Runner 1 will run one lap of the four-lap marathon course (10.55km). Runner 1 will then hand Runner 2 their Team Wristband, this will act as the baton for the team. Team Relay Runner 2 will then run one lap of the four-lap marathon course (10.55km). Runner 2 will then hand Runner 3 their Team Wristband, this will be then repeated with Runner 3 & 4.

All runners will have a unique bib number and timing chip, so you will not need to exchange the bib or timing chip.

The Team Wristband must be exchanged in the designated Relay Exchange Area to be considered a valid exchange.

Runners 1, 2 & 3 can then come back to the pedestrian crossing prior to the finish line enabling them to cross the Finish Line with Runner 4. This is self-managed, as to when Runners 1, 2 & 3 believes Runner 4 will be finishing their lap.

Runners 1, 2 & 3 must not cross the finish line on their individual lap, if you wish to cross the finish line please wait for your 4th runner to approach the finish.

Please note

To be eligible for awards, all four team members must complete one lap and all laps must be completed in sequence. Team Relay Runner 1 must complete lap 1, Team Relay Runner 2 must complete lap 2 and so on for runner 3 & 4.

Team Position must be recorded with event organisers prior to Check In closing. Team members may choose which position they run in.

Any team that completes the event but does outside of the designated order will receive a finisher time but will not be eligible for awards.

2 Person Teams

2 Person teams will be made up of 2 individuals who will run two consecutive laps each (21.1km) to complete a marathon.

How it works

Team Relay Runner 1 will run the first two laps of the four-lap marathon course (21.1km). Runner 1 will then hand Runner 2 their Team Wristband, this will act as the baton for the team. Team Relay Runner 2 will then complete 2 laps (21.1km) of the marathon course.

Both runners will have a unique bib number and timing chip, so you will not need to exchange the bib or timing chip.

The Team Wristband must be exchanged in the designated Relay Exchange Area to be considered a valid exchange.

Runner 1 can then come back to the pedestrian crossing prior to the finish line enabling them to cross the Finish Line with Runner 2. This is self-managed, as to when Runner 1 believes Runner 2 will be finishing their laps.

Runners 1 must not cross the finish line on their individual lap, if you wish to cross the finish line please wait for your 2nd runner to approach the finish.

Please note

To be eligible for awards, both team members must complete two laps, and both must be completed in sequence. Team Relay Runner 1 must complete laps 1 & 2, Team Relay Runner 2 must complete laps 3 & 4.

Team Position must be recorded with event organisers prior to Check In closing. Team members may choose which position they run in

Any team that completes the event but does outside of the designated order will receive a finisher time but will not be eligible for awards.

Team Categories

Teams will be either Male, Female or Mixed teams. Mixed teams may have 1 Male and 3 Females, 1 Female and 3 Males or 2 Males and 2 Females.



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COURSE

Race Rules

Due to Health and Safety, wheeled conveyances (including wheelchairs, baby buggies, scooters, bikes, inline skates) cannot be used for all events. The 5km is a family friendly event and will therefore allow baby buggies/prams to be used. Accompanying animals are not allowed on the course.

Health and Safety

In the interest of providing a safe and enjoyable event experience for all entrants please take in to account the following;

- ❖ Keep to the left of the course to allow people to pass on the right
- ❖ Be courteous to your fellow participants at all times
- ❖ Please obey instructions from race officials, volunteers, Police and traffic management at all times
- ❖ Headphones and personal music devices are discouraged.
- ❖ Walkers are to begin at the back not to hinder runners

Marathon

Bib Colour

Dark Blue

Start Line

Noosa Parade, Noosa Heads

Start Time

6:15am – Self-Seed

Laps/Turning Point

4 Lap Circuit – Turning at Hilton Esplanade

Certification

This course is IAAF/AIMS certified



Marathon Team Relay

Bib Colour

Black

Start Line

Noosa Parade, Noosa Heads

Start Time

6:30am – Mass Start

Laps/Turning Point

4 Lap Circuit – Turning at Hilton Esplanade

4 Person Team – 4 x 1 lap

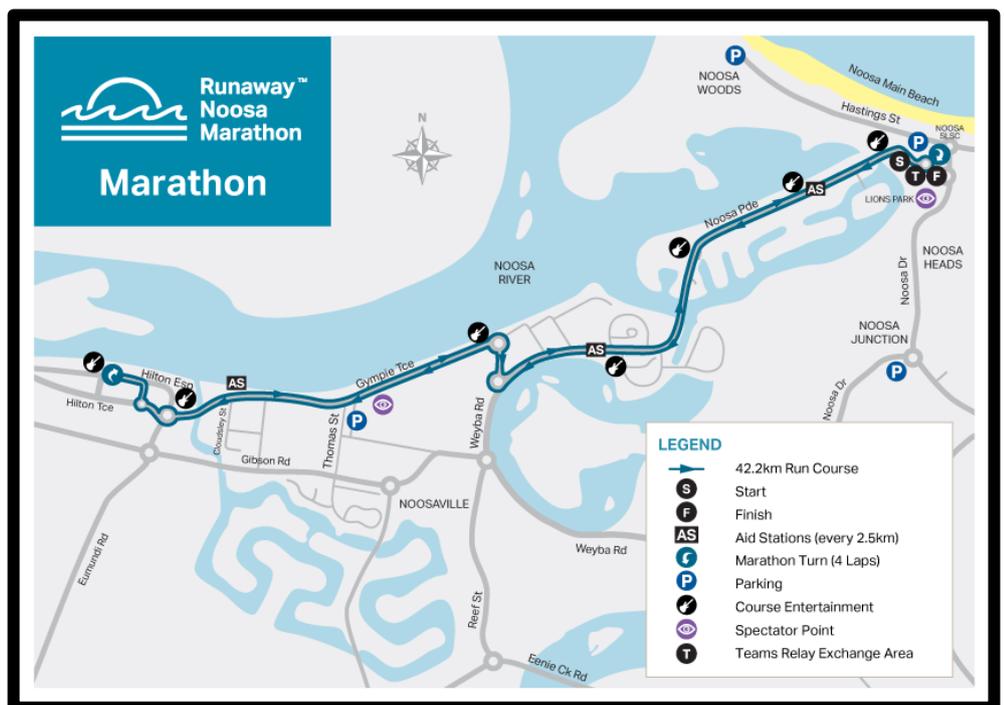
2 Person Team – 2 x 2 laps

Marathon Course cut off times

Due to course management and road closure restrictions there are cut-off points at 31.6km and 36.9km. At these points competitors that failed to pass these checkpoints, will be turned around early or may be moved onto the footpaths. Please note footpaths will not have timing mats.

[View Cut off times here](#)

All runners will receive an official time until 1pm.



COURSE

31.6km

Bib Colour

Maroon

Start Line

Noosa Parade, Noosa Heads

Start Time

6:20am – Self-Seed

Laps/Turning Point

3 Lap Circuit – Turning at Hilton Esplanade

31.6km Course cut off times

Cut off times are in place for the Marathon and it is not foreseen to affect the 31.6km but please be aware of cut off points and times.

[View here](#)

Certification

This course is NOT certified



Half Marathon

Bib Colour

Teale

Start Line

Noosa Parade, Noosa Heads

Start Time

6:30am – Self-Seeded Mass Start

Laps/Turning Point

2 Lap Circuit – Turning at Hilton Esplanade

Half Marathon Course cut off times

Cut off times are in place for the Marathon and it is not foreseen to affect the Half Marathon but please be aware of cut off points and times.

[View here](#)

Certification

This course is IAAF/AIMS certified



COURSE

10km

Bib Colour

Purple

Start Line

Noosa Parade, Noosa Heads

Start Time

8:45am – Self-Seed

Laps/Turning Point

1 Lap Circuit – Turning at Hilton Esplanade

10km Course cut off times

Cut off times are in place for the Marathon and it is not foreseen to affect the 10km but please be aware of cut off points and times.

[View here](#)

Certification

This course is IAAF/AIMS certified



5km

Bib Colour

Turquoise

Start Line

Noosa Parade, Noosa Heads

Start Time

10:00am – Self-Seed

Laps/Turning Point

1 Lap Circuit – Turning at Weyba Road Roundabout

Certification

This course is NOT certified



GENERAL INFORMATION

Information

When

Friday 24 May 2:00pm – 7:00pm

Saturday 25 May 4:30am – 1:30pm

Where

Lions Park, Noosa Heads

Information will have maps, event schedule, app, information, changed traffic conditions information etc.

Drop Out Clerk

If you do not start the race or pull out during the race for any reason, please report this to the Drop Out Clerk at Information.

Lost Property

Any lost or found property that is handed in will be taken to Information in Lions Park. Please note that no responsibility or liability is taken by the Race Organisers for lost property. For any enquiries after the event please contact our staff on 1300 761 384.

Parking/Shuttle Buses

Parking is available at Noosa Junction and a continuous shuttle bus will run between Noosa Junction and Lions Park. There will be limited parking near the start, we recommend using the shuttle bus. Please ensure you abide by all existing traffic and parking regulations.

Please note from 4:30am- 6:15am athletes will have priority access to shuttle busses

When

Saturday 25 May 4:30am – 2:00pm

Where

Noosa Junction Bus stop (Platform C)

Changed Traffic Conditions

Changed traffic conditions (CTC) will apply on Saturday 25 May with car park closures beginning Monday 20 May. Please ensure you have familiarised yourself with any changes that may affect your travel arrangements and getting around.

You can view the [CTC Flyer information here](#).

Merchandise & Expo

When

Friday 24 May 2:00pm – 7:00pm

Saturday 25 May 5:00am – 1:30pm

Where

Lions Park, Noosa Heads

Official Runaway Noosa Marathon merchandise will be available for purchase from the Merchandise store. As well as the infamous Name Tee (Athlete's name will show if entered by 18 March)

If you have pre-ordered your Merchandise, you will collect this from the Merchandise Tent.

Expo will showcase the latest and greatest products for your run.

Spectators

Runaway Noosa Marathon is 'lap-happy' enabling you to see and support your athletes' multiple times throughout their run.

[View Spector Map](#)

App

Runaway Marathon Series app is available for download on both Apple and Android. The app will have everything you need to know as an athlete or spectator.

Live athlete tracking, race results, course map, event information and schedule.

Get Social

See, like and share all the excitement of Runaway Noosa Marathon.

Facebook: @RunawayNoosa

Instagram: @RunawayNoosa

Don't forget to tag us in your photos #RunawayNoosa

Volunteers

Runaway Noosa Marathon requires the support from over 300 volunteers from the community to deliver our event. We would like to thank our volunteers for all their hard work over the weekend and encourage you to get your thanks.

OFFICIAL EVENT PARTNERS

