

fisiocrem
GC50
RUN FESTIVAL

30
YEARS
EST. 1997

EVENT GUIDE

 **FRACTEL**

Queensland

fisiocrem

EXPERIENCE
GOLDCOAST.

 **Southern Cross**
University

FIXX
NUTRITION

Vaseline

 **asics**

 **Runna**
by STRAVA

 **MARATHON**
TOURS & TRAVEL

IMPI
SPORTSWEAR

fatboy
RISH

maxi
block

20
26



Knockaround
SUNGLASSES

AVITAS
VEGE
CHIPS

BURLEIGH BEACH

THAT GOLD COAST HOLIDAY FEELING



Queensland.com

WELCOME FROM THE EVENT ORGANISERS

Our team would like to officially welcome you to the 30th anniversary of the fisiocrem GC50 Run Festival.

To celebrate this milestone, we are delighted to welcome more than 10,000 participants to the Southern Gold Coast - our biggest field ever. Whether this is your first GC50 or you have been part of the journey for many years, thank you for joining us for this very special edition.

Since relocating to the Southern Gold Coast in 2020, the fisiocrem GC50 has continued to grow thanks in no small part to the support of the local community. With expanded road closures required for our record field this year, we sincerely thank the residents and businesses of Coolangatta, Kirra and Bilinga for their ongoing cooperation and support.

We encourage you to make the most of your time on the Southern Gold Coast. Explore the coastline, stay a little longer and support local businesses wherever you can.

Check out our Race Week Dining Out Guide and Local Business Offers page on our website for some great ways to enjoy the region.



More than 450 volunteers from local community groups will help make this event happen across the weekend. Please take a moment to thank a volunteer when you see one — their contribution is an essential part of this event.

Finally, a sincere thank you to our event partners and sponsors for their continued support.

Whether you're running 5km or taking on the full 50km, we wish you the very best of luck.

Enjoy the run. Enjoy the coast. And enjoy celebrating 30 years of the fisiocrem GC50.

SPORT 3
EVENT MANAGEMENT

A WELCOME FROM MAYOR TOM TATE

From little things, big things grow and in the case of the fisiocrem GC50 Run Festival, this event continues to evolve to become one of the premier mass participation sporting weekends for the SEQ region.

Success comes from the sheer growth in numbers and equally, how organisers continue to reshape the program to attract more family members including youth entrants.

I applaud Sport 3 Event Management for bringing together a fantastic weekend program including the flagship 50km Ultra and Half Marathons, Fractel 10km, Southern Cross University 5km race and the popular IMPI Kids Dash. The festival includes the National 50km and Queensland Half Marathon Championships - adding to the growing prestige of the event.

As a city, we celebrate sport with thousands of locals lacing up for regular running activities every day.

It's time to celebrate the 2026 fisiocrem GC50 Run Festival. Save some energy for when the weekend is over and get out and explore the magical southern Gold Coast.

TOM TATE
MAYOR



MESSAGE FROM THE MINISTER FOR ENVIRONMENT AND TOURISM AND THE MINISTER FOR SCIENCE AND INNOVATION, THE HONOURABLE ANDREW POWELL MP

It's a pleasure to welcome you to the fisiocrem GC50 Run Festival, an event that truly captures the character and charm of the Southern Gold Coast.

Supported by the Queensland Government through Round 1 of Tourism and Events Queensland's Destination Events Program, this event showcases the unique connection between our state's vibrant communities and the diverse regions they call home.

Events like the fisiocrem GC50 Run Festival bring people together, celebrate local culture and contribute significantly to the community's pride and economy.

While you're here, I encourage you to explore all that the Gold Coast Region has to offer - whether it's its scenic beauty, local flavours, or the warm hospitality that makes this part of Queensland so special.

A big congratulations to the organisers and everyone who worked hard to bring this wonderful event to life. Thank you for being part of the thriving Queensland Destination Events Program.

Andrew Powell MP
Minister for Tourism



GET UP AND GOLD COAST



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getupandgoldcoast.com

EXPERIENCE
GOLDCOAST™

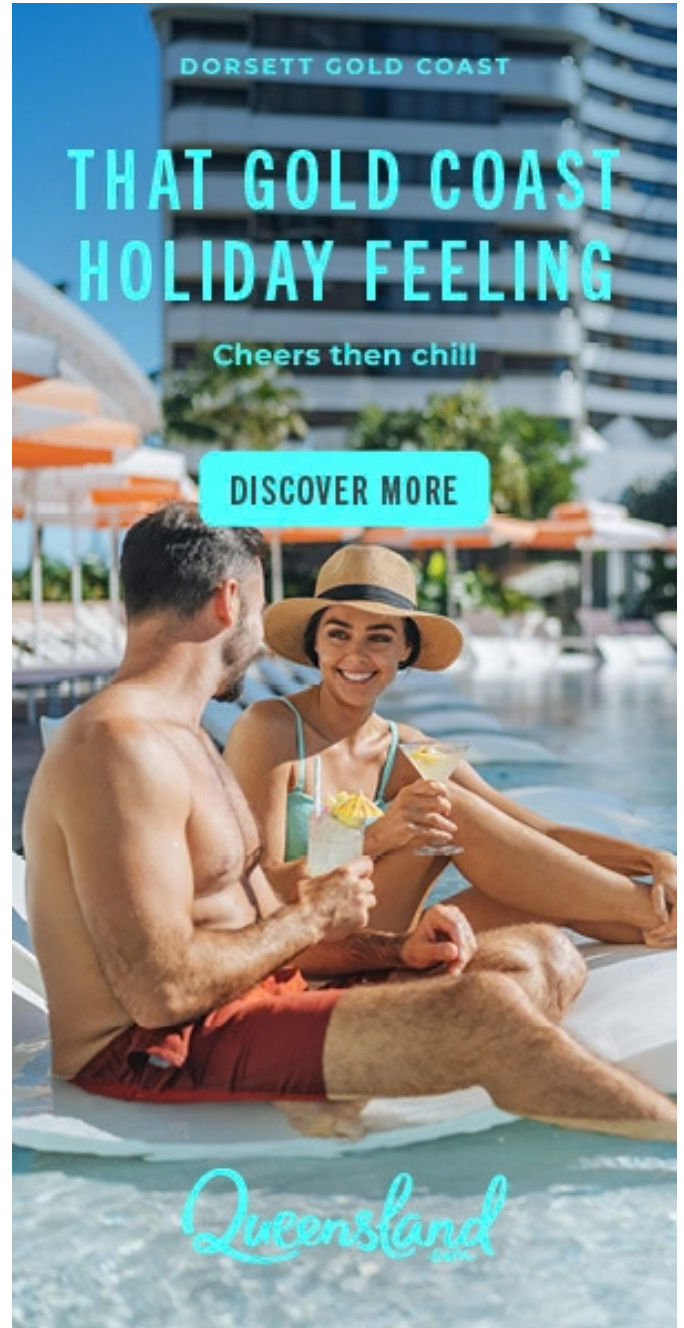
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VENUE ADDRESS

Queen Elizabeth Park, Opposite 60
Marine Parade, Coolangatta, QLD
4225

FOLLOW US

Be sure to follow our social media
channels in the lead up to the event
for the latest event info & updates.



2026 NATIONAL 50KM CHAMPIONSHIP

The 2026 fisiocrem GC50 Run Festival will also be hosting the National 50km Road Championships on Saturday 10 October.

The 50km event will operate in the usual way and we welcome participants of all fitness abilities and backgrounds to participate in this distance.

There is no eligibility requirement (other than minimum age) to participate in this event.

However to be eligible to be recognised (or win) the National 50km Championship you must be an Australian resident - declared during registration.

Australian 50km Champions will be crowned during the Presentation Ceremony at 10:00am on Saturday 10 October, from the Main Stage.





fisiocrem™

REST THOSE LEGS AFTER YOUR RACE!



Head straight to the fisiocrem tent after you cross the finish line - your recovery starts here. Just show up and recover the right way.

Always read the label and follow the directions for use.

SCHEDULE

TIME	EVENT	LOCATION
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THURSDAY 8 OCTOBER

16:00 - 19:00	Race Bib Collection	LSKD Robina Town Centre
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TIME	EVENT	LOCATION
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FRIDAY 9 OCTOBER

15:00 - 19:00	Race Pack & T-Shirt Collection Open	Event Village
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15:00 - 19:00	Expo Open	Event Village
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16:30 - 17:30	LifeFlight First Minutes Matter Workshop	Main Stage
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17:45 - 18:30	Sunset Yoga	Club Village (Ocean Lookout)
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TIME	EVENT	LOCATION
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SATURDAY 10 OCTOBER

05:00	50km Ultra Race Start	Start Line
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08:00 - 18:00	fisiocrem Massage Open	Event Village
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09:00 - 18:00	Race Pack, T-Shirt Collection & Expo Open	Event Village
---------------	---	---------------

10:00	Precinct Beer Garden Opens	Event Village
-------	----------------------------	---------------

10:30	50km National Championship Presentations	Main Stage
-------	--	------------

15:45	1.5km IMPI Kids Dash Race Start	Start Line
-------	---------------------------------	------------

16:00	3km IMPI Kids Dash Race Start	Start Line
-------	-------------------------------	------------

16:30	IMPI Kids Dash Presentations	Start Line
-------	------------------------------	------------

17:00	Southern Cross University 5km Race Start	Main Stage
-------	--	------------

18:00	Twilight Run Presentations	Main Stage
-------	----------------------------	------------

20:00	Bar & Venue Closes	Event Village
-------	--------------------	---------------

TIME	EVENT	LOCATION
------	-------	----------

SUNDAY 11 OCTOBER

05:00	Half Marathon Race Start	Start Line
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06:00 - 10:30	fisiocrem Massage Open	Event Village
---------------	------------------------	---------------

06:00 - 10:00	Expo Open	Event Village
---------------	-----------	---------------

06:00 - 10:00	Merchandise Collection Open	Event Village
---------------	-----------------------------	---------------

07:45	Fractel 10km Race Start	Main Stage
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08:15	Half Marathon Presentations	Kirra Beach House
-------	-----------------------------	-------------------

09:00	Fractel 10km Presentations	Main Stage
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10:00 ONWARDS	Official After Party @ Kirra Beach House	Kirra Beach House
---------------	--	-------------------

FIXX[®]
NUTRITION

**TRUSTED ON COURSE.
PROVEN ON RACE DAY.**



fisiocrem
GC50
RUN FESTIVAL

OFFICIAL NUTRITION PARTNER
fixxnutrition.com

RACE BIB & MERCH COLLECTION

ALL YOU NEED TO KNOW

If you didn't opt for the race bib postage service then you are required to attend race pack collection to collect your race pack. **This year, we have added a Thursday evening bib collection opportunity from LSKD Robina Town Centre.**

Already got your bib?

If you had your bib posted, you can collect your complimentary t-shirt or Fractel Cap from the merchandise collection kiosk, located next to the Official Merchandise store. This can be done before or after your run, see times below.

HAVE YOUR E-TICKET READY:

When collecting your race pack, please have a copy of your E-Ticket handy to show volunteers upon arrival. E-Tickets will be sent to participants on Wednesday 7 October.

We recommend taking a screen-shot of the e-ticket ready to show on the day.

**BOOKING ESSENTIAL
DETAILS ON NEXT PAGE >>**



RACE BIB COLLECTION:

Thurs 8 Oct:

4:00pm - 7:00pm

(Bibs only)

LSKD

Robina Town Centre

Friday 9 Oct:

3:00pm - 7:00pm

Saturday 10 Oct:

9:00am - 6:00pm

(Bibs & Merch)

**fisiocrem
GC50
RUN FESTIVAL**

Queen Elizabeth Park,
Marine Parade,
Coolangatta

COMPLIMENTARY MERCH COLLECTION TIMES:

Friday 9 Oct:

3:00pm - 7:00pm

Saturday 10 Oct:

9:00am - 6:00pm

Sunday 11 Oct:

6:00am - 10:00am



BOOK YOUR COLLECTION TIME

HELP US CREATE A SMOOTH EXPERIENCE

With over 10,000 participants this year - we need your help to provide a smooth race bib collection experience.

Booking your collection time slot will enable our team to plan resources accordingly to keep wait times to a minimum.

Please ensure you provide us with your collection location & timeslot no later than Friday 2 October. Thank you!

Please note, this only applies to those required to collect race bibs. You are not required to book your merchandise collection.

Thurs 8 Oct:

4:00pm - 7:00pm

(Bibs only)

L S X D

Robina Town Centre

Friday 9 Oct:

3:00pm - 7:00pm

Saturday 10 Oct:

9:00am - 6:00pm

(Bibs & Merch)

fisiocrem
GC50
RUN FESTIVAL

Queen Elizabeth Park,
Marine Parade,
Coolangatta



BOOK YOUR COLLECTION TIMESLOT



REPLACEMENT BIBS

Replacement race bibs are available at registration for a fee of \$10.

COLLECTION FOR OTHERS

Friends or family members can collect bibs on behalf of other people - they are required to show a copy of the confirmation email or e-ticket of the bibs they wish to collect.

ORDERED BIBSNAPS?

BibSNAPS will be available for collection from the Official merchandise store, located within Queen Elizabeth Park Coolangatta. Simply provide your name to collect your order.

50KM RACE PACK COLLECTION

Please note, there is no race pack collection for 50km participants on Saturday prior to race start. All 50km participant bibs must be collected on Friday 9 October at the latest.

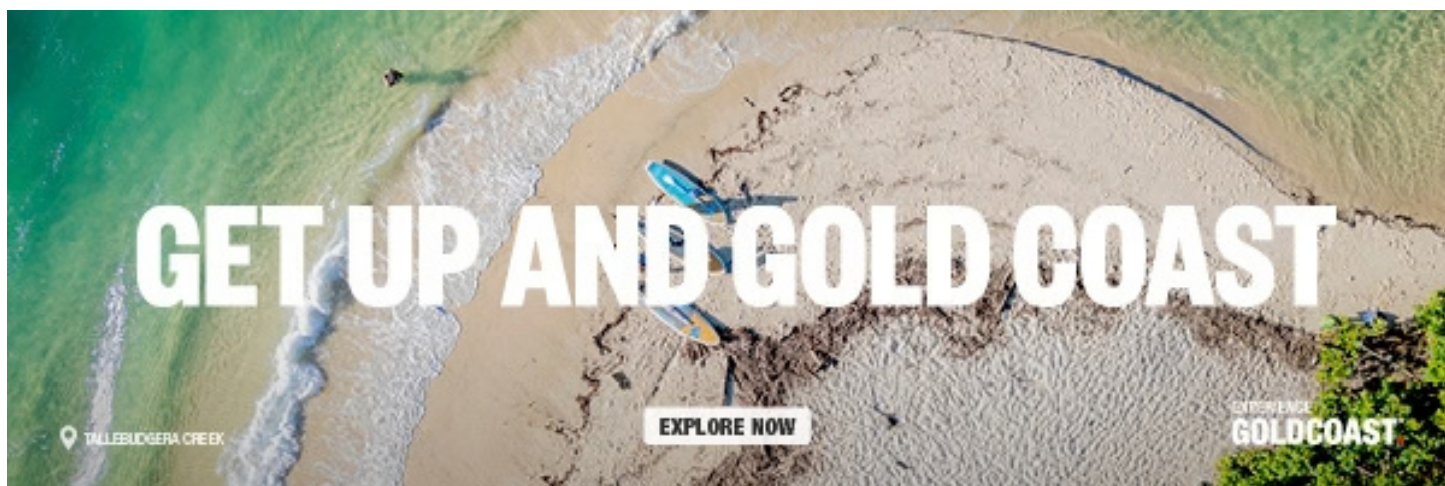
HALF MARATHON & FRACTEL 10KM RACE PACK COLLECTION

Please note, there is no race pack collection for Half Marathon & Fractel 10km participants on Sunday 11 October prior to race start. All participant bibs must be collected by Saturday 10 October.

CHANGING DISTANCE

You can change your distance by emailing info@gc50runfestival.com before Monday 5 October at midnight. Changes after this date will need to be made at the registration marquee on Friday or Saturday only.

Distance upgrades are not possible - only transfers down in distance.





Your personalised running coach

With tailored training plans to achieve your goal. From a faster 5k to finishing your first marathon.

Training Plans

Personalised for every level, from the beginner to marathoner.

Expert Coaching

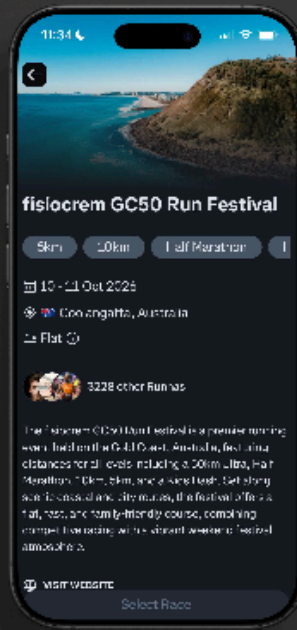
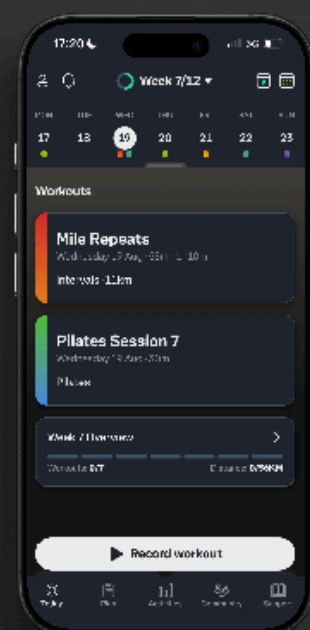
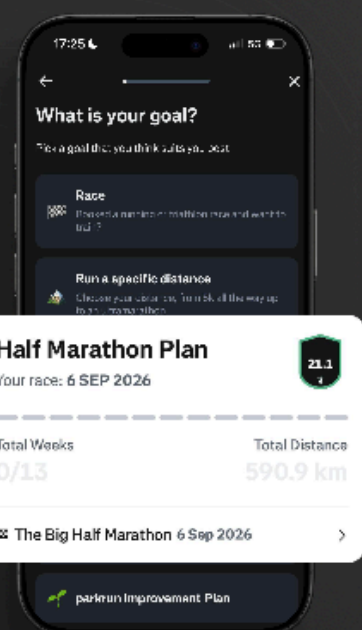
Guided running training, Strength, Yoga, and Pilates, all in one app.

Next-Level Flexibility

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Real Results

Track your progress, hit your goal with confidence.



Use code GC50 for two weeks free

Level up your running training today

COMPATIBLE WITH
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TRACKING & RESULTS

FOLLOW THE ACTION

Track and follow your friends, family or favourite athletes during the weekend.

VIA THE WEBSITE

Please visit the home-page of the event website during the event weekend (www.gc50runfestival.com.au) to access participant tracking and view live leaderboards during each race.

The live tracker will provide you with access to live splits, predicted next splits and predicted finish times for each individual participant - helping you plan when you need to be cheering them on across the finish line!

VIA THE MY RESULTS APP

Alternatively, you can download the **My Results by SES** App via the links below to access race weekend tracking & results.

This year the 50km & Half Marathon races will feature visual map tracking during each race (available via the app & website).



HEALTH & SAFETY

OUR PRIORITY

Your safety at the fisiocrem GC50 Run Festival is our top priority. Our team have put in place provisions to ensure you have a safe and enjoyable run, arriving at the finish line safely.

WEATHER ALERT SYSTEM

The fisiocrem GC50 will adopt the Event Weather Alert System to communicate the status of conditions to staff, volunteers and participants on race weekend. Levels range from low (Green), moderate (yellow), high (red) to extreme (black) based on various factors, largely temperature and humidity.

We ask that you familiarise yourself with the colour indicators prior to the event and look out for updated alerts throughout the course at drink stations during your run.

ALERT LEVEL	CONDITION	ACTION
LOW	GOOD CONDITIONS	ENJOY THE EVENT
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN, PREPARE FOR WORSENING CONDITIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN, EXPECT COURSE CHANGES, FOLLOW DIRECTIONS & CONSIDER WITHDRAWING
EXTREME	EXTREME & DANGEROUS CONDITIONS (CONSIDER CANCELLATION)	FOLLOW DIRECTION OF MARSHALS, LIKLEY CANCELLATION



PROVISIONS IN PLACE FOR ALL LEVELS

Please be assured that our team have measures in place to cater for all possible condition levels and we encourage you to do the same, respecting the distance you are participating in and adjusting to the conditions of the day.

Please note, if required **organisers reserve the right to adjust race formats in the interest of participant safety (i.e. reduce distances before or during races)**

RUN SAFE AGAINST CHAFE.

NEW

Vaseline Jelly Stick
**ALL OVER BODY
ANTI-CHAFE**



Vaseline
Petroleum Jelly
**PROTECT
YOUR NIPS**

vaseline

MEDICAL

To support your participation an extensive medical team are in place throughout the course (roving & at all drink stations) + at the finish line. Should you require assistance, please inform the nearest course marshal or drink station crew member.

AMBULANCE

Queensland Ambulance Service will be supporting the event across the weekend with dedicated resources to provide an efficient response to event medical emergencies.

Please note, transportation from the event to a public or private hospital may incur a charge for interstate or international visitors. This service is free for residents of Queensland.

VIEW QAS FEES



ADDITIONAL TIPS:

- Only undertake the event if you're prepared and medically fit
- Avoid dehydrating drinks the day before and on event day (e.g. caffeine & alcohol)
- Have a clear nutrition plan going into the event
- Stay hydrated on course & in the lead up to the event
- If you feel faint or unwell at any point, stop and seek medical assistance
- After your run seek shade and hydrate well with water and Fixx Nutrition Fuel X
- Consider carrying a hydration device for the longer distances.
- Wear light fabrics & a hat
- Adjust your run based on conditions and how you feel. Don't start too fast & don't worry about PB's or your time
- Apply sunscreen to exposed skin or wear UV protection sleeves
- Be aware that you may not be acclimated to the weather if visiting from cooler climates
- Monitor your health in the days following the event and get medical assistance if you feel unwell
- Look out for fellow participants and notify marshals if you notice someone needing assistance
- Attend the LifeFlight First Minutes Matter FREE workshop on Friday at 4:30pm (Main Stage) & learn helpful tips for heat related illness.



When minutes matter, are you prepared?

You're invited to LifeFlight's First Minutes Matter emergency trauma training

Survival starts on the ground. It's about knowing what to do while emergency services, like LifeFlight, are on the way. Our emergency trauma training gives you practical skills to manage lifethreatening events. Arming yourself with these skills and vital knowledge is the best protection you can offer your loved ones and community.

Workshops cover:

- Heat Related Illnesses
- Response & Treatment
- CPR / AED Use



Register Here

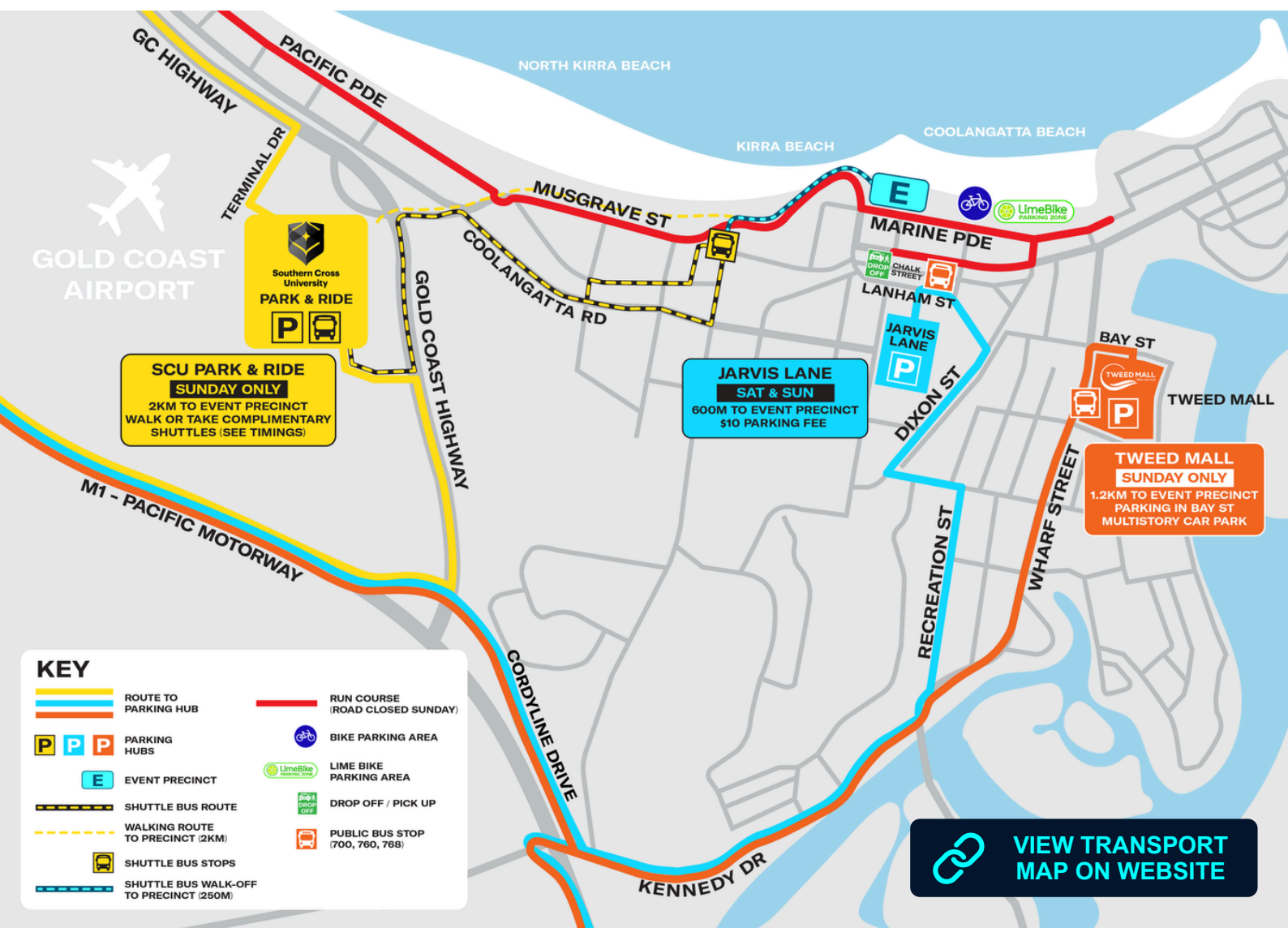
GETTING TO THE EVENT

PARKING & TRANSPORT

However you travel to the fisiocrem GC50 Run Festival, it's important to plan ahead and arrive in plenty of time for your race start. Where possible, we highly recommend car-pooling with friends and family to reduce traffic within the local area.

PLAN YOUR ROUTE

If driving, please follow the colour-coded routes to your chosen parking location for the most efficient arrival on event day. For Coolangatta & Tweed parking we highly recommend using M1 (take Tweed Heads exit) and Kennedy Drive to avoid traffic on the Gold Coast Highway.



FREE PARK AND RIDE

SUNDAY 11 OCTOBER

Avoid the traffic in Coolangatta by taking advantage of our free Park & Ride service from Southern Cross University on Sunday 11 October.

A complimentary shuttle bus will operate every 10 minutes, transporting participants and spectators from Southern Cross University to Miles Street, Kirra. From there, it's just a 350m walk around Kirra Headland to the start and finish precinct.

Southern Cross University Car Park is located just 2km walking (or jogging) distance to the start line. The walking route is highlighted on the transport map via the yellow dashed line and will be signed-posted on the day - for those that fancied a warm up or warm down!

3:40AM - 11:00AM
Shuttle Service times (both directions)

Southern Cross University,
Gold Coast Campus,
Terminal Dr, Bilinga QLD 4225

Shuttle Service operated by Kinetic.
K/NET/C
moving people

DID SOMEONE SAY COFFEE? ☕

Need a coffee before you board the shuttle bus? The Green Room Cafe will be open from 4:00am–7:00am, conveniently located right next to the shuttle bus departure point.

Grab your coffee and also take advantage of the toilets kindly opened by Southern Cross University, and then jump on the shuttle to get your race morning underway.

Now that's how you start your morning! ☀️ ☕



**Southern
Cross
University**

**Official Education Partner of the
fisiocrem GC50 Run Festival**

A Better Way to Learn

Whether you want to walk, jog or
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Six-week terms

Two units per term

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Click the link to find out more

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TEQSA Provider Code: PRV12043 Australian University



EVENT PARKING HUBS

JARVIS LANE & TWEED MALL

JARVIS LANE

SATURDAY & SUNDAY **\$10 FEE**

ACCESS VIA M1 > BLUE ROUTE

Dedicated Event Parking is available in Goodwin Park, Jarvis Lane on Saturday 10 October & Sunday 11 October. Parking here is available on a first come-first served basis.

A \$10 parking fee is payable upon exit from this car park with proceeds supporting Coolangatta RFC.



[VIEW JARVIS LANE IN GOOGLE MAPS](#)

TWEED MALL

SUNDAY ONLY **FREE PARKING**

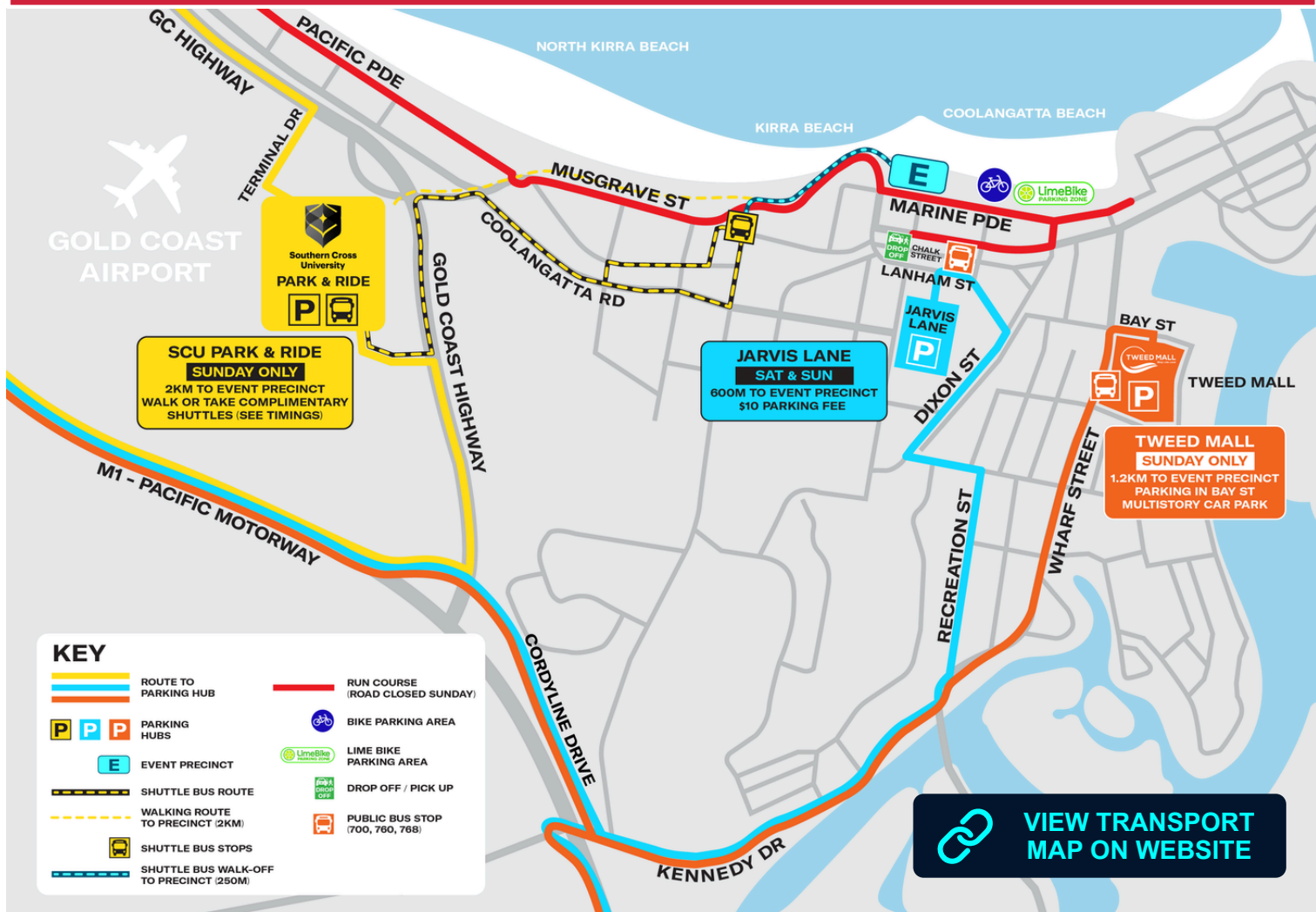
ACCESS VIA M1 > ORANGE ROUTE

Event Parking is available within Tweed Mall on Sunday 11 October (open from 3:00am onwards). Enter the multi-story car park, located on Bay Street. The Event Precinct is a short 1.2km walk, or jog from Tweed Mall. Surrounding area of Tweed Mall also provides restriction free street parking.



[VIEW TWEED MALL IN GOOGLE MAPS](#)

FOR BOTH LOCATIONS, PLEASE USE M1 > TWEED HEADS EXIT AND ENTER AREA VIA KENNEDY DRIVE TO AVOID TRAFFIC ON GC HIGHWAY / COOLANGATTA ROAD.



PUBLIC TRANSPORT & BIKE PARKING

PUBLIC TRANSPORT

Bus routes 700, 760 and 768 offer frequent services into Coolangatta across the weekend. The nearest bus stops for Queen Elizabeth Park are 'Queen Elizabeth Park' on McLean St and 'Coolangatta Central' located on Griffith Street.

Please note, a temporary bus stop will be in operation for Coolangatta on Sunday 11 October due to road closures – this will be located on Lanham St. At just \$0.50c, the 700 service provides a great option for travelling from Broadbeach to Coolangatta on race morning.

Use the Translink Journey Planner to plan your bus journey to and from Coolangatta [here](#).

BIKE PARKING

Dedicated bicycle parking facilities will be located south of Coolangatta SLSC (50m from the start lines). To use these, simply bring your bike lock.

If cycling all the way from home is too far, why not create your own 'Drive and Ride'. Parking your vehicle in a nearby suburb like Tugun, or Bilinga and riding from their to and from the start line to avoid traffic.

LIME BIKES

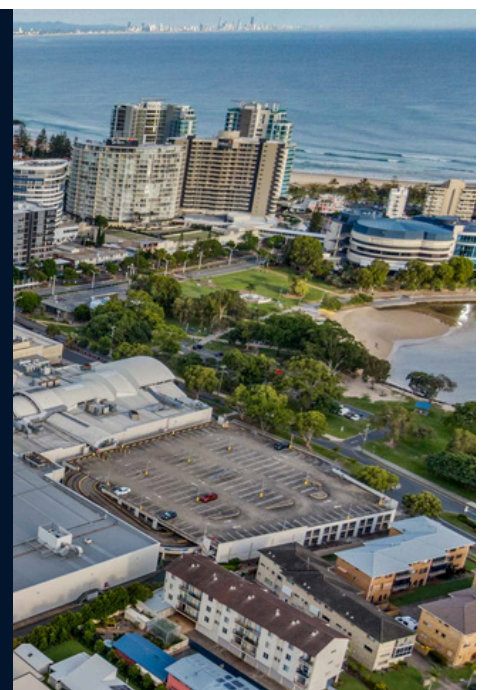
A number of Lime E-Bikes will be available for hire throughout the event parking & local areas. A dedicated Lime E-Bike parking area will be available next to the main bicycle parking area, located south of Coolangatta SLSC.

OTHER PUBLIC PARKING IN THE AREA

There are various public parking options that provide easy walking access to the Event Precinct, however please note public parking is limited and we strongly recommend car pooling. Please respect the local community when parking and do not obstruct driveways or park on private property.

Locations Providing Free Public Parking:

Chalk and Lanham Street Car Park, Boundary Street, The Strand Shopping Centre (Accessible only on Saturday), Wharf St (Tweed), Kirra Beach (Accessible only on Saturday).



**TO ACCESS COOLANGATTA PLEASE USE M1 > TWEED HEADS EXIT AND ENTER AREA VIA KENNEDY DRIVE
TO AVOID TRAFFIC ON GC HIGHWAY / COOLANGATTA ROAD.**

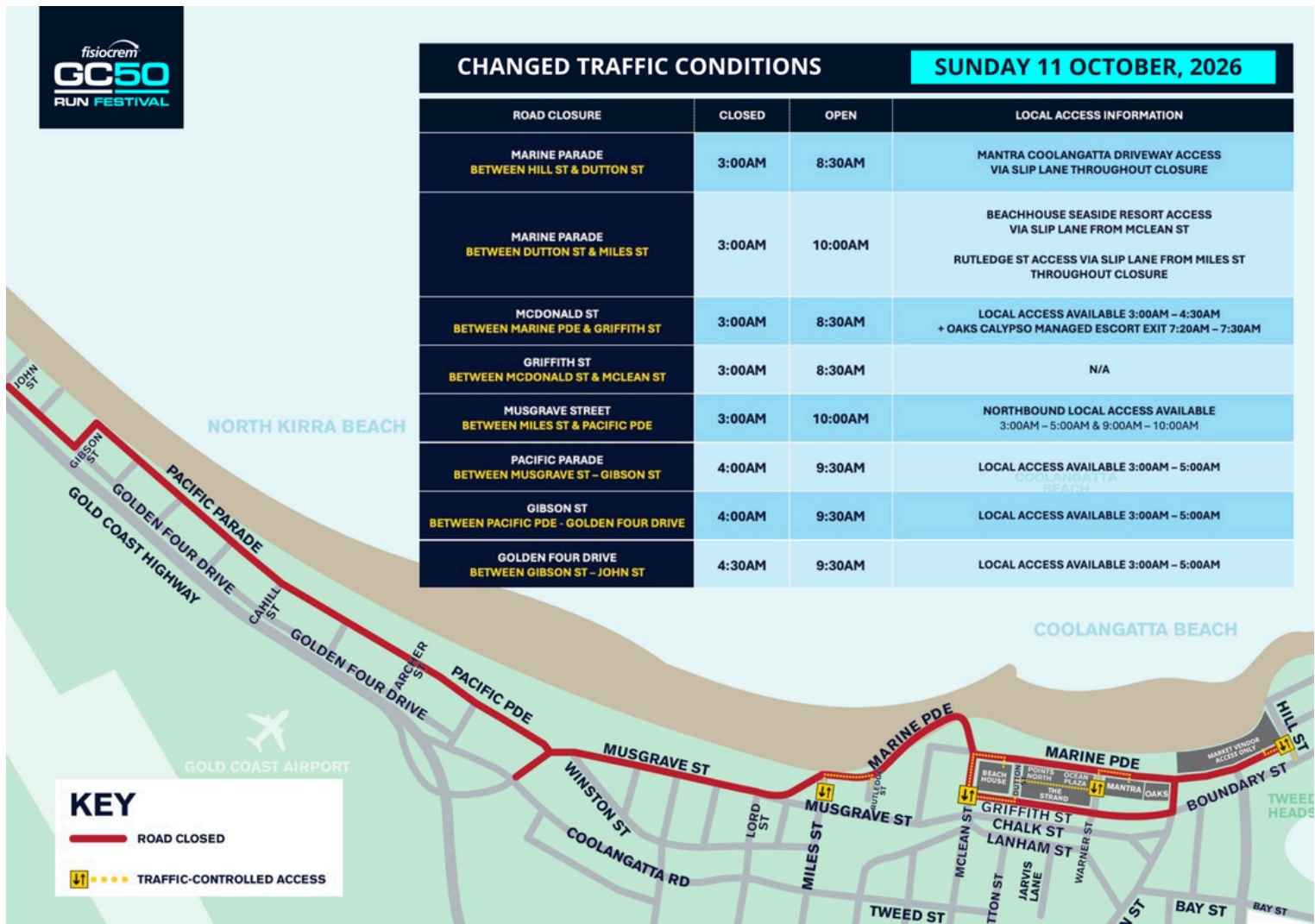


ROAD CLOSURES

SUNDAY 11 OCTOBER

For the safety of participants, volunteers and general public some controlled road closures will be in place in Coolangatta, Kirra and Bilinga on Sunday 11 October.

Please ensure you plan your trip accordingly.



For any enquiries please contact info@gc50runfestival.com.au

KIRRA BEACH HOUSE

fisiocrem
GC50 x L S X D
RUN FESTIVAL

GC50 OFFICIAL AFTER PARTY

10AM TIL LATE
DJ'S ALL DAY | FREE ENTRY

BOOK YOUR RUN CLUB OR GROUP SPOT
EVENTS@KIRRABEACHHOUSE.COM

50KM ULTRA

SATURDAY 10 OCTOBER



KEY INFO

Start Time	5:00am (closes 5:05am)
Overall Cut Off	7 hours 40 mins (12:40am)
Laps	4 laps of 12.5km
Drink Station Provisions	Water & Fixx Fuel X Tropical with CrampFix and Gel X Pro Gels available 8am onwards*
Personal Aid	Self drop personal aid area, located in Lap Alley. Place labelled bag within fisiocrem Marquee on tables provided.

Our flagship event, the 50km Ultra is an IAU Silver Label event that stretches from Coolangatta to Tugun. This four-lap course treats participants to ocean views throughout, utilising the stunning Oceanway. Taking place as the opening race of the weekend on Saturday 10 October 2026, this event will also serve as the National 50km Championship.

ADDITIONAL CUT OFF POINTS

START LAP 4

Participants must have commenced lap 4 (37.5km) by 10:50am

42KM

An early turnaround at 42km will be enforced at 11.33am (6hrs 33 mins)

TOILETS

Public amenity locations shown on course map below.

DRINK STATIONS LOCATED EVERY 2KM - 2.5KM



HALF MARATHON

SUNDAY 11 OCTOBER



KEY INFO

Start Time	5:00am (closes 5:25am)
Overall Cut Off	3 hours 30 mins (8:55am)
Laps	2 laps
Drink Station Provisions	Water & Fixx Fuel X Tropical will be provided at all drink stations, excluding the drink station located at the start of lap 2 - which will be water only.

ADDITIONAL CUT OFF POINTS

START LAP 2

Participants must have commenced lap 2 by 7:10am

A completely flat two-lap course that showcases the very best of the Southern Gold Coast. Enjoy fully closed roads as you run through Coolangatta, Kirra and Bilinga, including exciting new additions to the course in Griffith Street, taking you right through the heart of Coolangatta, and Golden Four Drive in Tugun, opening up wider, improved running conditions.

DRINK STATIONS LOCATED EVERY 2KM - 2.5KM



**Queensland
Half Marathon
Championships**



FRACTEL 10KM



SUNDAY 11 OCTOBER

KEY INFO

Start Time	7:45am (start line closes 8:00am)
Overall Cut Off	1 hour 45 mins (9.45am)
Laps	1 lap course
Drink Station Provisions	Water & Fixx Fuel X Tropical will be provided at all drink stations.

A fast, flat one-lap course that showcases the very best of the Southern Gold Coast. Enjoy wide, fully closed roads as you run through the heart of Coolangatta, Kirra and Bilinga, soaking in the coastal atmosphere from start to finish.

ADDITIONAL CUT OFF POINTS

5.3KM

An early turnaround at Gibson St (5.3km) will be implemented at 9:00am.

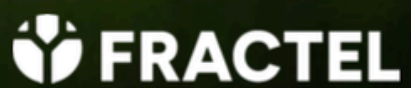
8.5KM

Participants will use pathway for the final 1.5km if not past Musgrave St Roundabout (8.5km) by 9.30am.



DRINK STATIONS LOCATED EVERY 2KM - 2.5KM





GEAR UP FOR RACE DAY

15% OFF: GC50-15

*Valid until 11 October 2026

SOUTHERN CROSS UNI COMMUNITY 5KM



SATURDAY 10 OCTOBER

KEY INFO	
Start Time	5:00pm (start line closes 5:05pm)
Overall Cut Off	1 hour 15 mins (6:15pm)
Laps	1 lap course
Drink Station Provisions	A drink station located at the half-way point on course providing cupped water.

Run, jog or walk with us as the sun sets on Saturday 10 October in the Southern Cross University Community 5km.

This fast, flat and friendly course is ideal for beginners or those chasing a PB! Runners will complete an out and back run, before crossing the finish line where you can enjoy music, food trucks and a beer garden to celebrate your achievements.

COMMUNITY 5KM

GC50
RUN FESTIVAL

COURTS
5001



IMPI KIDS DASH



SATURDAY 10 OCTOBER

Cheer along our little stars in either the 1.5km or 3km events taking place on this spectator friendly course. Both events will take place on the Oceanway Pathway in Coolangatta.

START LINE LOCATION

IMPI Sportswear Kids Dash start line is located right in the heart of the Event Village, next to the finish line. Look out for the IMPI Kids Dash inflatable.



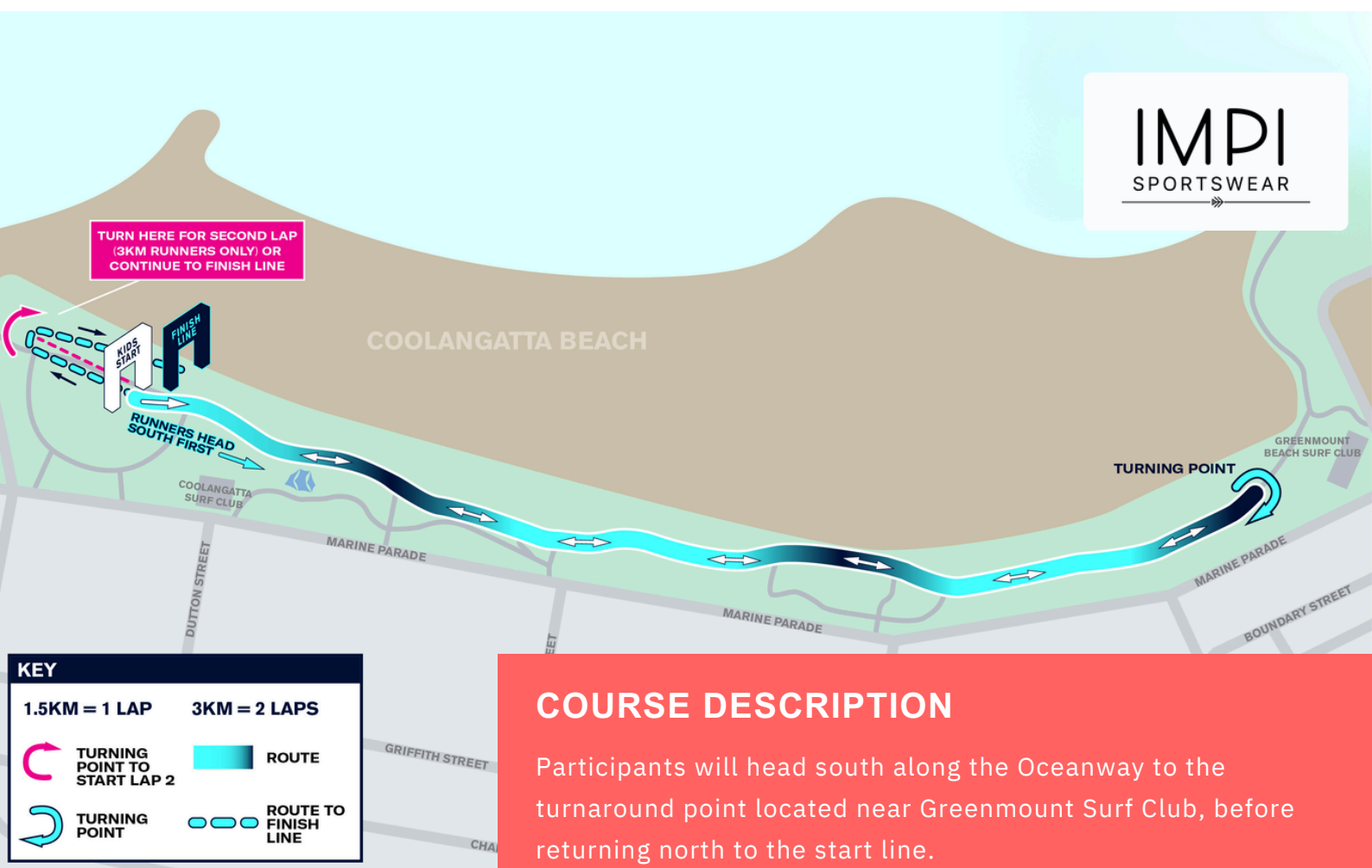
KEY INFO 1.5KM

Start Time	3:45pm
Laps	1 lap course



KEY INFO 3KM

Start Time	4:00pm
Laps	2 lap course



COURSE DESCRIPTION

Participants will head south along the Oceanway to the turnaround point located near Greenmount Surf Club, before returning north to the start line.

Upon returning to the start line, participants will continue north through the event precinct, before turning right the finish line. Runners in the 3km event will complete two laps, making the turnaround for their second lap at the top of the finish chute.

Please note:

Parents/Guardans are welcome to run with their child.

IMPI

SPORTSWEAR

For the warrior within

Designed For Teens!

Exclusively designed for girls who love to be active, we blend style and performance to make you look and feel great while running! Worn by some of Australia's top teen athletes, find your perfect fit today with sizes 8yrs to Ladies 12.



SHOP NEW ARRIVALS

IMPI Sportswear Kids Dash

10 OCT. 2026

We're excited to host the IMPI Sportswear Kids Dash again this year!

It's all about fun, fitness and celebrating our young runners as they experience the thrill of race day. Every child who takes part will receive a medal, plus there'll be some awesome giveaways on the day! Don't forget to visit the IMPI stall to check out the latest styles and try on your favourite sportswear. We can't wait to see you there!

Proud sponsor of the Fisiocrem GC50 Run Festival.



@impisportswear



START LINES

& PROCESSES

The fisiocrem GC50 Run Festival will operate two start lines for adult races across the weekend. On Saturday (50km Ultra & Southern Cross Uni 5km, the start line will be positioned south of the Coolangatta Surf Club, on the Oceanway Path. On Sunday (Half Marathon & Fractel 10km) the start line will be positioned on Marine Parade.



WAVE STARTS (FRACTEL 10KM & 21.1KM)

Fractel 10km & Half Marathon race starts will be conducted using wave starts. Please enter your designated wave start pen upon arrival to the assembly area, located on Marine Parade.

Please follow the direction of start line marshals who will invite each wave forward one wave at a time.

MASS STARTS (5KM & 50KM)

Wave starts will not be implemented in the 50km & SCU 5km events. For these events, we invite participants to self-seed with faster runners invited to the front and slower runners and walkers asked to seed towards the back of the start pen.



SUNDAY START LINE

MARINE PARADE

For Half Marathon & Fractal 10km races.

Start lines for Sunday races will be held on Marine Parade - approximately 250m from Coolangatta SLSC.

Please feed into your dedicated wave pen, identified by flags and fence signage.

Toilets will be located in the grassed areas of Queen Elizabeth Park.

Please use the map below to familiarise yourself with key start line locations before you arrive.



SUNDAY START TIMES

Half Marathon Start	5:00am (closes 5:25am)
Fractal 10km Start	7:45am (closes 8:00am)

SATURDAY START LINE

OCEANWAY

For 50km Ultra & Southern Cross University Community 5km races.

Start lines for Saturday races will be on the Oceanway Path - south of Coolangatta SLSC.

For these events, we invite participants to self-seed with faster runners invited to the front and slower runners and walkers asked to seed towards the back of the start pen.

Toilets will be located in the grassed areas of Queen Elizabeth Park.

Please use the map below to familiarise yourself with key start line locations before you arrive.



SATURDAY START TIMES

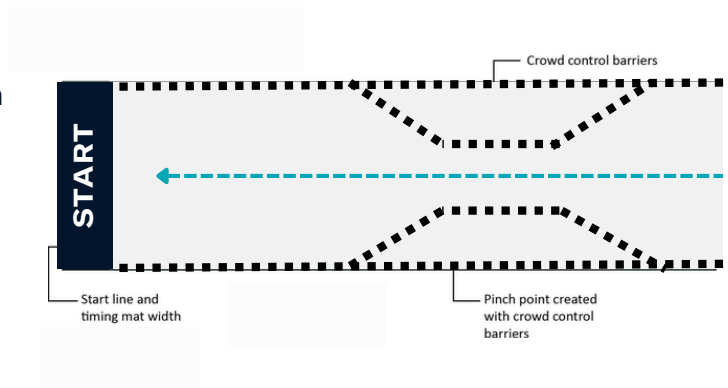
50km Ultra Start	5:00am (closes 5:05am)
SCU 5km Start	5:00pm (closes 5:05pm)

START LINE PINCH POINTS

Please be aware that pinch points will be in place 10m before the start line on each day. This is to manage the flow of participants onto the course. Please only commence running when past the pinch point.

Please note, your time will only start when you cross the start line.

Please note, participants in the Elite Waves will be invited to start in front of the pinch point for safety purposes.



RELIEVE MUSCLE PAIN

fisiocrem Solugel -
formulated to support
your recovery after
every session.

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Available at Chemist
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Woolworths, and your
local pharmacy.

Always read the label and follow the directions for use.



START TIMES

& ARRIVAL TIMES

SATURDAY

50KM ULTRA	START TIME	ARRIVAL
Mass Start	5:00am	4:15am

KIDS DASH	START TIME	ARRIVAL
1.5km	3:45pm	2:45pm
3km	4:00pm	3:00pm

SOUTHERN CROSS UNI 5KM	START TIME	ARRIVAL
Mass Start	5:00pm	4:00pm*

***Please allow extra time if collecting your race pack on arrival.**

SUNDAY

HALF MARATHON	START TIME	ARRIVAL
Elite	5:00am	4:00am
A Wave	5:00am	4:00am
B Wave	5:05am (Estimated)	4:05am
C Wave	5:10am (Estimated)	4:10am
D Wave	5:15am (Estimated)	4:15am

FRACTEL 10KM	START TIME	ARRIVAL
Elite	7:45am	6:45am
A Wave	7:45am	6:45am
B Wave	7:48am (Estimated)	6:45am
C Wave	7:51am (Estimated)	6:45am
D Wave	7:55am (Estimated)	6:45am

Please note, your time will only start when you cross the start line. Wave groups will continually roll through the start line, one after another following the direction of marshals.

RACE DAY REMINDERS

HANDY TIPS FOR THE BEST EXPERIENCE

DO'S



KEEP LEFT & OVERTAKE RIGHT

Keep left at all times, unless overtaking.

LISTEN TO MARSHALS

They have your safety as priority.

BE RESPECTFUL TO OTHERS

Including other participants and members of the public.

DON'TS



DON'T LITTER

Use bins provided at drink stations.

DON'T WEAR HEADPHONES

Ensure you can hear your surroundings for safety.

DON'T BLOCK COURSE

Don't stop suddenly and if walking, keep left.



FISIOCREM RUN MARSHALS

Course marshals will be in position throughout the course to ensure you navigate the course correctly and are safe in the process. Course marshals will be wearing purple coloured 'fisiocrem Run Crew' t-shirts. Should you need medical assistance, please speak to the nearest marshal.

Medical crews are roving throughout the course, and also available at every drink station.

HELPFUL REMINDERS:



SUN PROTECTION

Cap, sunglasses, sunscreen.



HYDRATE

Hydrate before, during and after.



BE START LINE READY

Know your Start location. Enter your Start Zone 10-15 mins before start time.



ARRIVE IN PLENTY OF TIME

Allow plenty of time for parking & visiting toilets.



ADJUST ACCORDINGLY

Check the weather, adjust race plan accordingly.



LISTEN TO YOUR BODY

Don't take chances. Stop & seek medical support if you feel unwell.



CROSS THE FINISH - KEEP MOVING

Keep moving through the finish area to avoid bottle necks.



STRICTLY NO SUPPORT BIKES

Participants receiving support via bikes may be disqualified.

HEAT ILLNESS AWARENESS

MEDICATION & SUPPLEMENTS THAT CAN RAISE YOUR CORE TEMPERATURE

Endurance events place real heat stress on the body. Some common over the counter and prescription medications and supplements can add to that stress. They may raise heat production, reduce sweating, or affect blood flow to the skin. Knowing what you're taking, and what to watch for, helps you compete safely.

SUBSTANCES THAT CAN RAISE HEAT ILLNESS RISK:

Stimulants: high dose caffeine (energy drinks, caffeine tablets), ADHD medications such as Ritalin, Concerta, Vyvanse and dexamphetamine, decongestants such as Sudafed (pseudoephedrine) and Sudafed PE (phenylephrine), and many pre-workout or fat burner supplements, all of which stimulate the nervous system and raise the body's own metabolic heat production.	Antihistamines: older sedating types such as Benadryl and Phenergan, and sleep aids such as Restavit, taken for hay fever, allergies or sleep. These can reduce sweating.
Diuretics: "water pills" such as Lasix (furosemide), and thiazide based blood pressure medications. These reduce your body's ability to shift blood to the skin to cool down	Antidepressants and anti-anxiety medications: tricyclics such as Endep (amitriptyline), SSRIs such as Zoloft, Prozac and Lexapro, SNRIs such as Effexor, and anti-anxiety medications such as Valium and Serepax, can impair temperature regulation.
Thyroid medication: Oroxine or Eutroxig (levothyroxine), especially at a dose higher than you need, raises resting heat production.	Beta blockers: Betaloc (metoprolol), Tenormin (atenolol) and Inderal (propranolol) blunt your body's ability to dump heat during hard effort.
Weight loss medications and supplements: prescription medicines such as Duromine (phentermine) and Contrave (naltrexone/bupropion), and OTC thermogenics such as EHPLabs OxyShred and Red Dragon Fireball (caffeine with bitter orange extract, green tea extract or yohimbine), all raise heart rate and metabolic rate, which increases the body's own heat production during exercise.	Pre-workout drinks and supplements: many combine high dose caffeine with bitter orange extract (synephrine), yohimbine or multiple caffeine sources (e.g. EHPLabs Pride, Faction Labs Disorder), which compounds heat production, especially with your own coffee or energy drinks on top.

This sheet is general awareness information and does not replace advice from your doctor or pharmacist.

Discuss any regular medication with a health professional before competing in heat.

SIGNS TO LOOK FOR:

- Heavy sweating that suddenly stops, or hot, dry, or flushed skin
- Dizziness, headache, nausea or vomiting
- Confusion, unusual behaviour, slurred speech, or difficulty concentrating
- Rapid heartbeat, rapid breathing, or fainting
- Muscle cramping that doesn't ease with rest and fluids
- Stopping sweating altogether during hard effort in the heat. This is a red flag, not a good sign

WHAT TO DO:

- Stop. Don't try to push through confusion, dizziness, or a sudden stop in sweating. These can escalate quickly.
- Tell someone. Alert event staff, a marshal, or a fellow competitor immediately.
- Seek medical evaluation at the nearest first aid or medical point. Heat stroke is a medical emergency and needs prompt cooling and assessment.
- Cool down while help arrives. Find shade, remove excess clothing, and apply water or ice.
- Let medical staff know what medications or supplements you've taken. This helps them treat you faster and more safely.



PURE HYDRATION FOR RACE DAY

PROUD TO SUPPORT GC50 RUNNERS EVERY STEP OF THE WAY

At Nu-Pure, we believe great performance starts with proper hydration. That's why our Australian spring water is trusted by athletes and everyday movers alike.

From training runs to race day, NU Spring water delivers refreshing hydration — helping you stay focused on what matters most: putting one foot in front of the other.

Good luck at GC50. We'll be with you all the way.

[FIND OUT MORE](#)

OFFICIAL HYDRATION PARTNER
NU-PURE.COM.AU



RUN PACERS

Marathon Tours Pacers will be there to assist you to your target time in the 50km, Half Marathon and 10km distances.

If you have a certain goal in mind for the event, our Marathon Tours Pacers will help you get there, by pacing you through your distance at a consistent speed.

Marathon Tours Pacers will be wearing red Marathon Tours Pacer shirts, along with pacer bibs showing their pace. Pacers will be located within the start chute, holding signs showing their pace.



50KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
4:00	4:48	5:30	6:36
4:30	5:24	6:00	7:12
5:00	6:00		

21.1KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
1:24	3:59	1:50	5:13
1:30	4:16	2:00	5:42
1:40	4:45	2:06	6:00
1:45	5:00	2:20	6:38

10KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
0:40	4:00	1:00	6:00
0:45	4:50	1:05	6:30
0:50	5:00	1:10	7:00
0:55	5:30		



Proud Partner of the fisiocrem GC50 Run Festival 2026.



RUN THE WORLD.

Marathon Tours & Travel is a global leader in running-focused travel, specializing exclusively in marathon and distance-running events worldwide.

We offer official travel packages to many of the world's most prestigious races, including Abbott World Marathon Majors and renowned international marathons.

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EVENT PRECINCT

THE HUB OF ALL THE ACTION

The Event Precinct, including start and finish lines is located in Queen Elizabeth Park, Marine Parade, Coolangatta. This is the hub for everything on race weekend from race pack collection, crossing the finish line and everything in between!

Enjoy live entertainment from the main stage, a range of tasty food trucks, cold brews in the Precinct Brewing Beer Garden and a range of sponsor activations to enjoy.



LOCKERS

BSafe Mobile Lockers will be set up within the Event Precinct as a safe storage option for your personal belongings during your run.

EXPO

The event expo will feature many of our event partners and is open during the following times:

Friday 9 Oct: 3:00pm - 7:00pm

Sat 10 Oct: 9:00am - 6:00pm

Sun 11 Oct: 6:00am - 10:00am



**PRE-PURCHASE
A LOCKER - \$15**

EVENT EXPO

OPEN FRIDAY, SATURDAY & SUNDAY

With a great line-up of event partners, running brands, local businesses, products and plenty of race-day essentials, it's the perfect place to browse, shop and get into the race weekend spirit.

Whether you're picking up some new running gear, grabbing a few last-minute essentials or simply enjoying the buzz of race weekend, there's plenty to see and do.

DAY	OPENING
Friday	3pm - 7pm
Saturday	9:00am - 18:00*
Sunday	6:30am - 10:30am

*Some exhibitors may open earlier on Saturday

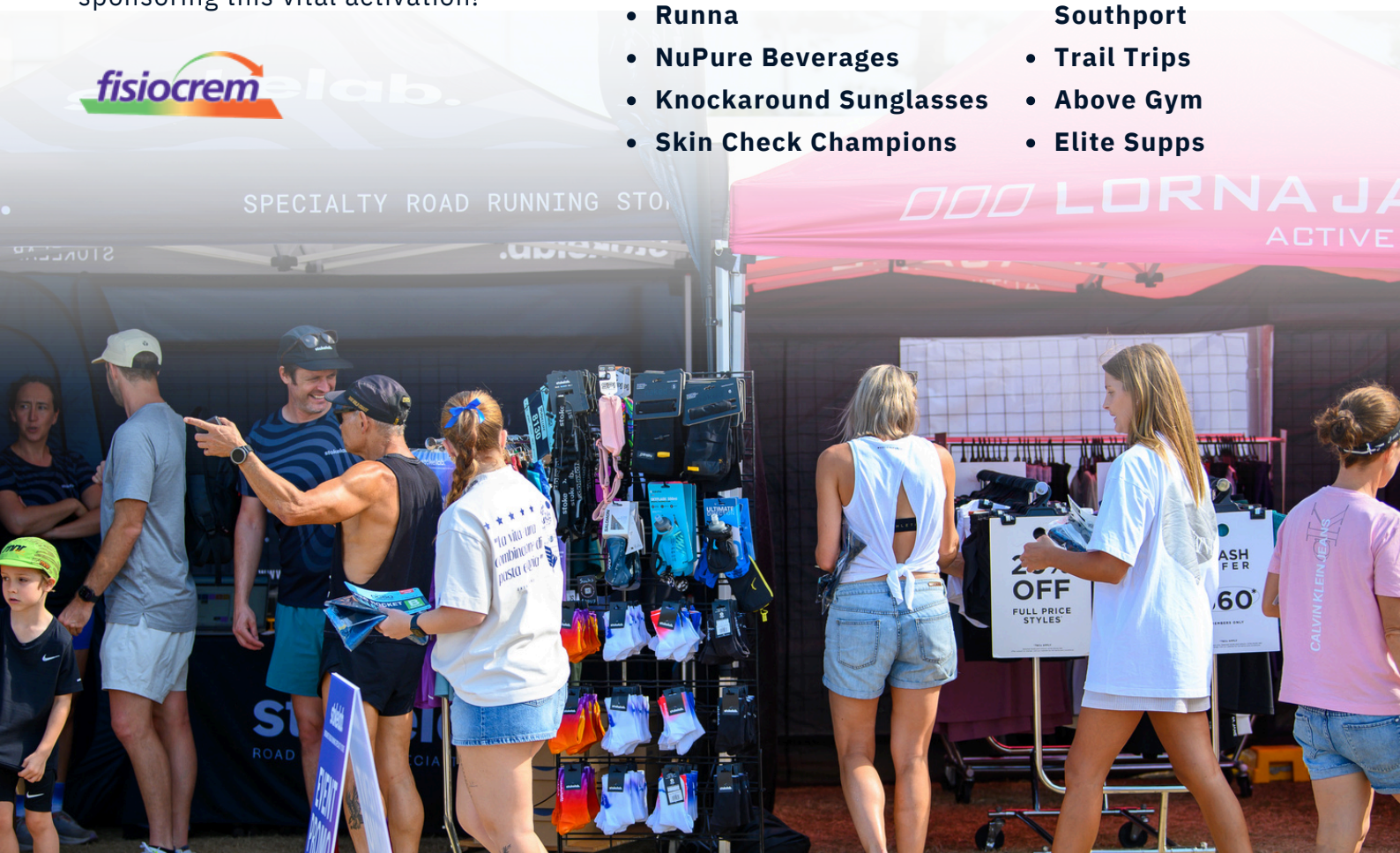


Skin Check Champions will be onsite providing free skin checks. A big thanks to fisiocrem for sponsoring this vital activation!



EXHIBITORS & PARTNERS:

- fisiocrem
- Southern Cross University
- Fractel
- Vaseline
- LSKD
- Stokelab
- The Trail Co.
- Fixx Nutrition
- Marathon Tours & Travel
- Runna
- NuPure Beverages
- Knockaround Sunglasses
- Skin Check Champions
- IMPI Sportswear
- Maxiblock
- Fatboy Bikes
- Vege Chips
- TH7
- Pankind
- Lightfeet
- I am Grounded
- Patchie AU
- The Running Company Southport
- Trail Trips
- Above Gym
- Elite Supps



DRINK STATIONS

& COURSE SUPPORT

LOCATIONS

Drink stations are located every 2km - 2.5km on all courses throughout the weekend. Specific locations can be viewed via course maps or by visiting the web-page for your specific race.

PROVISIONS:

Drink stations will be equipped with the following:

- Water
- Fuel X Electrolyte (Tropical Flavour)

Please note, there is no electrolyte offered on course for the 5km event (just water). Electrolyte will however be available at the finish line.

50km Aid Stations will also offer the following from 8:00am onwards:

- CrampFix
- Gel X Pro

*Please note, gels and Crampfix on course (50km only) is limited and we recommend you carry your own supply. Visit the Fixx Nutrition expo booth at the event or shop online today at www.fixxnutrition.com to order your supply.



Electrolyte (Fuel X) will be placed on tables with black Fixx Nutrition table cloths.

Water will be placed on tables with blue table cloths.

50KM PERSONAL SUPPLIES

Self drop personal aid area is located in Lap Alley (lap turn area, within Queen Elizabeth Park). Place labelled bag within the Fixx Nutrition Marquee on tables provided - open from 4am Saturday only.

50km runners are also permitted to have a family member, or friend provide you with nutrition at aid station locations or within the lap turnaround area.



STRICTLY NO SUPPORT BIKES

Participants receiving support via bikes may be disqualified.

maxi
block

Official sunscreen partner
fisiocrem GC50 Run Festival

Sunscreen stations in the Event Village

Don't forget the:

- back of your neck
- top of your ears
- spots you don't see

Stop by
before you line up.



SPF 50+ | 4 hours water resistant | Non-greasy

Australian-made and owned since the 1970s



COOLING OFF

Throughout the course, we will also have some hose points whereby volunteers will provide the option of a misting spray down as you pass by.

They will only spray you if you provide them with a thumbs up.

All drink stations will be equipped with ice available upon request, along with showers should you require your core temperature bringing down.



ADDITIONAL WATER POINTS

Throughout the Oceanway Path sections of the course (particularly 50km) participants can also take advantage of the public shower units and water bubblers along the pathway.



Look out for the 'WATER ACCESS' signage that will be in place highlighting some of these locations.

HYDRATION DEVICES

We do encourage participants to carry their own hydration device and nutrition where possible, ensuring you have access to this throughout your event.

TOILETS

Toilets are located within the Event Precinct, Start Line Assembly Area and throughout the course at drink stations. See course maps for specific locations.



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CRUSTACEANS



MOLLUSCS



SHELLFISH

Snack Freely. Snack Fearlessly



SUNSET YOGA



BOOK SUNSET YOGA

Join us for Sunset Yoga on Friday 9 October – a relaxing 45-minute session designed to stretch the body and settle the mind ahead of the weekend’s running.

Enjoy runner-focused stretches, mindful breathing techniques and stunning Southern Gold Coast ocean views.

KEY INFO

Start Time 5:45pm Friday 9 October

Arrival Time 5:30pm - 5:40pm

Location Ocean lookout, next to Club Village. See Precinct Map.

What to bring Towel or yoga mat

What’s included?

- 45 minute yoga session
- fisiocrem 60g tube
- re-useable shopping bag
- bag of lollies

Booking Essential All proceeds from Sunset Yoga go directly to supporting the great work of Make Ways Foundation.

Upon Arrival Simply provide your name upon arrival at the check in desk at Sunset Yoga. If you have booked a yoga mat, this will be handed to you upon check in.



Make Ways Foundation

Make Ways Foundation is a registered charity working to create health, education and employment pathways for vulnerable young people living in poverty.

LEARN MORE



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DRACULA'S

A woman with long, wavy red hair, red eyes, and red lipstick is the central figure. She is holding a vintage-style microphone in her right hand and a large, ornate cross in her left. She is wearing a red corset with lace detailing and a spiked choker. The background is a solid dark red.

A BLOODY **GOOD** NIGHT OUT

GHOST TRAIN. DINNER. SHOW.

20% OFF MID-WEEK TICKETS

T&Cs APPLY



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