



**THE HEART**  
*The Whitsundays*  
**OF EVENTS**

## MEDIA RELEASE

FOR IMMEDIATE RELEASE  
02 March 2023

### Picturesque Place for a Run Variety isn't just for holidays

Swap the monotonous local pavement for the magnificent Whitsundays, with the Whitsunday Running Club offering three unique events that are bound to motivate in 2023.

People of all fitness abilities can enter the Whitsunday Running Club Cross Country, Marathon and Bush Trail events, each held in The Whitsundays on the doorstep of the Great Barrier Reef and iconic Whitehaven Beach.

Whitsunday Running Club will hold the North Queensland Cross Country Championships on 19 March 2023, with seven races covering entrants from aged six to adults. The newest event on the calendar will run on a course developed by Whitsunday Running Club President, Tim McQuoid-Mason. The course is over public parkland in Galbraith Park and will provide a challenge for runners of all abilities.

Club President, Tim McQuoid-Mason, said the addition of a cross-country event is very exciting for the club as it has been a long time since the last North Queensland Championships.

'We have held the Marathon Festival and Whitsunday Trail Run events for many years now and have entrants from all over Australia and the world travel to run in the picturesque Whitsundays. Being able to offer a third event is huge for our club and gives cross country competitors the opportunity to travel to The Whitsundays and experience the magnificent area while also competing in the event,' said Mr McQuoid-Mason.

The Tassal Marathon Festival will run again 15-16 July, celebrating its 10<sup>th</sup> year. After the setbacks experienced during COVID, this year's event is expected to see significant entrant numbers similar to 2019. The marathon, half marathon, 10km and 5km courses have all been measured and certified in accordance with World Athletics and AIMS requirements. This will give participants the opportunity to challenge for records in each of these events. The event course follows the coastline from Airlie Beach through to Cannonvale Beach, giving runners a very different view to their usual training course.

"The Marathon Festival is our biggest event as it caters to so many runners. Over the years, we have developed partnerships with local tourism operators and businesses so we can provide entrants with a genuine and memorable Whitsundays experience – not just a run in The Whitsundays," said Mr McQuoid-Mason.

For the trail runners, the Accom Whitsunday Trail Festival will challenge even the most experienced runner. The trail follows the Great Whitsunday Walk (Conway Circuit), a 32km track along the ridge of Conway National Park. The Trail Fest incorporates three races at 10.5km, 28km and 58km and to heap on the challenge, elevations in some parts are more than 400m. The event is held on Sunday 10 September, and starts from the Airlie Beach Foreshore.

'Conway National Park provides a trail that is challenging for all competitors with many returning each year to beat their time. Everything about this trail is unique in the running world, from ocean views to the flora on the trail to the elevation, there aren't many trails that cover zero – 400m elevations,' added Mr McQuoid-Mason.

Tourism Whitsundays Chief Executive Officer, Rick Hamilton loves the variety of events offered by Whitsunday Running Club.

"The Whitsundays is the holiday destination that caters for all activity levels and budgets, it's fantastic to see that this variety has been applied to events that attract competitors from all over the country and world.

Tourism Whitsundays

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“People travelling to compete in the events held by Whitsunday Running Club are spending up to four nights in The Whitsundays and bring two family or friends with them. This is significant visitation for a community-led event and is promoting yet another version of The Whitsundays,” said Mr Hamilton.

Full event details for all events can be found at [whitsundayrunningclub.com.au](http://whitsundayrunningclub.com.au).

This release is sent in partnership with Whitsunday Running Club.

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To view a Word Document of this release and supporting images, [click here](#).

To view The Whitsundays destination video, [click here](#).

**About Whitsunday Running Club:** *The Whitsunday Running Club was formed in June 2012 by a group of enthusiastic runners, of all ages and ability, who were mostly looking for some motivation, encouragement, inspiration, training partners and a disciplined training program, but overall, a social environment in which to train and get fit. The Club is affiliated with Athletics North Qld which lends support and training to its road running clubs. Within the club are members who have coaching certificates and personal trainers, who will work with club members to assist them to achieve their goals. Many of the members have come from recreational runners pre June 2012 to competing in major races, up to marathon distance, both locally and overseas.*

**About Tourism Whitsundays:** Tourism Whitsundays (TW) is the organisation responsible for destination marketing and visitor attraction for the Whitsunday region. It is the lead agency recognised by Tourism and Events Queensland and the Whitsunday Regional Council to lead the promotion of the region as a tourism destination. Tourism Whitsundays markets all aspects of the region including the Great Barrier Reef, Whitsunday Islands and Coast, accommodation, boating and sailing, fishing, touring, recreational activities, adventure, dining, shopping, weddings and honeymoons, conferencing and business events.

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