



**Gold Coast Airport Marathon  
GARMIN Legends Lunch  
Saturday 2 July 2017  
12:30pm - 2:30pm**

**Master Run Sheet CH edit**

- 11:00am** AV technicians in place  
EMQ Staff to arrive  
GCAM interns to arrive and place GCAM Items in room and pre-function area  
Reserved tables to be allocated
- 11:30am** Hosts and interviewees to arrive for sound check with Courtney  
Media wall set on terrace together with three trestles and six seats
- 11:55am** Marquee to be set ready for event  
Breads, Water, Soft Drink to be preset on each table
- 12.00pm** Doors open, tickets collected at Registration Table  
(GCAM staff on door to collect tickets & check off registration list)  
Ryan to bring Saturday Top 10 Results for Cam  
**Kinder to take social photos in room**
- Upbeat background music to be playing as guests walk in  
Garmin logo to be on screen**
- 12.13pm** **Camera Operator to commence filming  
GCAM promo video to play (2mins) before Cameron speaks**
- 12.15pm** Gold Coast Airport Marathon CEO **Cameron Hart** welcomes guests, elite runners, event ambassadors, overviews this year's event, acknowledges Garmin as sponsors of the Legends Lunch and highlights the Legends Lunch program and special guests.
- 12.20pm** **Cameron** advises guests that buffet lunch is now available, and the wait staff will advise when each table can head to the buffet
- 12.22pm** **Photo of Tim Gilbert and Steve Moneghetti to be shown on screen.**
- Cameron** introduces **special guest MC Tim Gilbert** and co-host **Steve Moneghetti (Mona)** to the stage
- Tim Gilbert
- *Currently a Sports Presenter on the Weekend Today Show*
  - *Joined the Nine Network in 1996 and since then has been a sports presenter, commentator, reporter & producer on the network*
  - *Gilbert has covered a number of sporting events both in Australia and around the world including the 2012 London Olympics and the 2010 Vancouver Winter Olympics.*
  - *Ran the Star4 5.7km Challenge this morning*



## Steve Moneghetti

- 4-time Olympic marathon representative for Australia
- 2<sup>nd</sup> fastest Australian marathon runner ever with his win in Berlin in 1990 in 2:08:16
- Commonwealth Games marathon gold medallist in 1990
- Along with Rod de Castella, Pat Carroll, Lee Troop and Derek Clayton is a member of the illustrious sub 2:10 club
- Is the Chef De Mission for the 2018 Australian Commonwealth Games Team
- Ran in the Southern Cross University 10km Run this morning as a 'mystery motivator'

## Tim and Mona proceed to the stage

**12:25pm** Q&A between **Tim** and **Mona** (8 MINUTES)

**Mona** to interview **TIM** about:

- So time you took part in The Star 5.7m Challenge this morning. How was that experience?
- As a Sports presenter, you have been to some of the biggest sports events in world. Which event was the highlight for you and why?
- There was a story circulating the your co-Host on the Morning Show Karl Stefanovic was in training for a marathon but backed down once he heard you were running? Can you comment on this?

**Tim** to interview **Mona** about:

- How was your experience this morning encouraging runners as a 'mystery motivator'?
- So tomorrow you are running the half marathon, Back in the day you set the world record for the half marathon at the famous great north run. Did you even think a kid from Ballarat would become one of the worlds greats?
- You a very notable half marathon here back in 1993. What memories do you have from that day?

**12:33pm** **Tim** and **Mona** go through the lunch proceedings including:

Talking to special guests including event ambassadors and running legends **Pat Carroll, Rob de Castella, Lee Troop & Benita Willis, USA distance running stars Sara Hall and Desiree Linden, Aussie World Championship Representatives Jess Trengove and Josh Harris plus other special guests**

There will be opportunities for photos and autographs with the Legends at the conclusion of the lunch at 2:30pm outside in the Marquee Terrace.

**12: 38pm** **Steve** and **Tim** remain on stage and ask the audience to watch the [video of the 2016 duel between Yuki and Kenneth. Video plays for 3 minutes.](#)

Tim to invite 2015 and 2016 GCAM winner Kenneth Mungara and 2013 winner Yuki Kawauchi to the stage. Brett Lerner to translate for Yuki.

**First question to Kenneth.**



**Kenneth**, that video we just showed and your battle with Yuki last year was epic. It has had about 700,000 views on social media. Yes SEVEN HUNDRED THOUSAND! You looked very relaxed during that battle. Were you?

In recent years you have run at least four sub 2:10 marathons, two of which were here on the Gold Coast. To keep that consistency, what does your training program look like for the six months before a big race like the Gold Coast Airport Marathon?

You have won this marathon twice and are back for a third attempt. It is a long way from your home in Kenya and the European races you have won. What keeps you, a Gold Label athlete, coming back to the Gold Coast and this marathon?

**To Yuki – Yuki san.** Welcome back. This is your fifth time at the Gold Coast Airport Marathon. I just asked Kenneth how he prepares for a marathon over the six months prior. I understand your preparation is not really typical is it? We have prepared a graphic of your “training” over the last six months (**Yuki race record counter graphic on screen**) **TIM REFERS TO THE BIG SCREEN**). In fact some say it’s a little unconventional, but for you its clearly effective. It’s not exactly like Kenneth’s is it?

**BRETT TO TRANSLATE – WAIT FOR YUKI’S REPLY AND THEN TRANSLATE BACK**

Just two weekends ago you ran a 50km race and at the same event your younger brother ran the 100km event. How was that experience?

**BRETT TO TRANSLATE – WAIT FOR YUKI’S REPLY AND THEN TRANSLATE BACK**

Back to that video we just showed – you worked so hard to stay with Kenneth, but in the end he was just too strong. What shape are you in this year compared to last year and do you think you can stop Kenneth getting his THREE IN A ROW on Sunday?

**BRETT TO TRANSLATE – WAIT FOR YUKI’S REPLY AND THEN TRANSLATE BACK**

### Graphic of Kenneth and Yuki stats

Ladies and Gentlemen, please thank our two past Gold Coast Airport Marathon Champions, world record holders in their own right and just champion human beings who on Sunday, along with a dozen other world class athletes will be seeking marathon glory on the streets of the Gold Coast. **KENNETH MUNGARA AND YUKI KAWAUCHI**



**12:50pm** Tim and Mona thank **Kenneth, Yuki and Brett** as they leave the stage and invite 30 Year Half Marathon club inductee **Stephen Parker** to the stage.

**Graphic of Stephen's achievements.**

Stephen Parker

- From *Rochedale South, QLD*
- *43 yrs old*
- *Has run the Half every year since 1987 when he was 14 except for 1997 when he was injured.*

Tim and Mona to present **Stephen Parker** with a 30-year club trophy and honorary jacket

Tim and Mona to congratulate **Stephen Parker**.

**12:53pm** Tim and Mona to ask a few questions to **Stephen** on the great achievement of being inducted into the marathon 30-year club (**4 MINUTES**) about:

- *Over the 30 years, do you have a highlight performance?*
- *How have you seen the event evolve over your 30 half marathons?*
- *Now what is your secret to your remarkable longevity?*
- *What do you use as motivation or set as your goals from year to year?*

**Kinder to take photo side stage with his award. Courtney to assist.**

**1.00pm** Tim and Mona advise they will take a short break.

**2016 GCAM Highlights Footage plays on screen (2.5 mins duration)**  
**Fade to Garmin logo & GCAM logo to be shown on screen**

**1.03pm** Cam returns to the stage and announces the draw of the Garmin lucky door prizes. Cam invites **Andrew Reid (Reidy)** to the stage to draw the lucky numbers for the Garmin Watches.

**Courtney** to have bucket of tickets at stage for **Reidy** to draw winners.

**Cam to introduce Reidy**

**Andrew Reid - REIDY**

- Currently working as a lifeguard on Bondi beach where they have recently finished filming season 11 of Bondi Rescue.
- Has a growing role as a sports commenter or emcee at events, predominantly running, triathlon and Ironman.
- Reidy is also an ambassador for Giant bicycles Australia and Garmin and can be seen racing triathlons just as much as calling athletes home at them.



## Cam to interview Reidy

- So Reidy, tomorrow you are lining up for the full marathon. You've run here before – what are looking forward to?
- How does running a marathon on its own compare with one in an IronMan event after you have swum 3.2ks and ridden your bike for 180ks?
- You are here as a Garmin Ambassador. What can you tell us about the current products and have you any insights in new models coming out?

1.10pm

Cam to throw to the screen for a short promotional video on the new Garmin product now available for participants to purchase at the expo after lunch

## Garmin Forerunner 235 video to play (45 secs)

Cam to assist **Reidy** picking 2 x winners & present watch on stage to each.

**Kinder to take photo of each Garmin watch winner side stage. Courtney to assist. Reidy**

1.15pm

Cam to acknowledge Oceania Elites in attendance, with special mention of the Australian World Championships Marathon team. Josh Harris. Jeff Hunt, Liam Adams, Jess Trengove, Milly Clark, asking each athlete to stand as their name is called.

1.30pm

**Tim** and **Mona** to return to the stage and advise guests the dessert buffet is now available.

**Tim** and **Mona** to return to the stage and invite **Rob de Castella (Deek), Benita, Pat Carroll and Troopy to the stage (Roving mics to be available)**

1.37pm

## Images of Rob de Castella shown on screen

### Rob de Castella

- *Rob was the world marathon champion in 1983, a year after winning that memorable marathon gold medal at the Brisbane Commonwealth Games.*
- *He would later go on to set the world's best time and still holds the Australian record (2:07:51) set when he won the 1986 Boston Marathon.*
- *Rob is a four-time Olympian and thee-time top-10 finisher in the Olympic Games marathon (80/84/88)*
- *Currently Rob heads up the Indigenous Marathon Foundation and has a team of young indigenous runners participating this weekend.*
- *Rob also pulled on the running shoes in the Southern Cross University 10km Run this morning as a 'mystery motivator'*

1.40pm

Tim to conduct Q&A's **(15 MINS DURATION)**

**Tim** to interview **Deek** about:

- *So you are not running as much days but clearly you are in good shape. What are you doing to stay fit and healthy and what do you know now that you wish you knew back when you were competing as a runner?*



- For anyone here today running the half tomorrow but thinking about coming back in 2018 to run the marathon, what should then do over the next 12 months taking into consideration the climate in Australia over summer.
- What is the one piece of advice you can give to anyone here today that they should do in the last 16 hours before the marathon in the morning

1.45pm

### Benita Willis

- Four time Olympian (2000, 04, 08, 12) and World Cross Country champion (2004)
- The most versatile female distance runner in Australian history - holds the Australian Records over 2km, 3km, 5km, 10km and the marathon (2:22:36)
- A Queensland girl raised in Mackay now based in Brisbane
- Will co-host the live webcast of the Gold Coast Airport Marathon tomorrow with Ian Eckersley

**Tim** to interview **Benita** about:

- How did you prepare psychologically before a race?
- What about during your marathons? What thoughts used to go through your mind and how did you deal with them?
- What does your warm up before an early morning race start entail?

1.50pm

### Pat Carroll

- Four-time winner of the Gold Coast Airport Marathon (1983, 84, 88, 97)
- One of the most versatile male distance runners in Australian history – has a sub 3 minute 40 seconds 1500m personal best right up to 2:09:39 for the marathon
- Current holder of the Australian All Comers Record for the half marathon (1:01:11 set in 1994)
- Organises the Pat Carroll Online & Onland Pacers program here at the Gold Coast Airport Marathon

**Tim** to interview **Pat Carroll** about:

- What advice do you have for runners when their run is not going to plan? Feeling sluggish, queasy or in a world of hurt perhaps.
- Something we don't often hear about is toilet preparation. It's a long run and you probably want to minimise your number of toilet stops. Any advice on this front?
- A great part of the Gold Coast Airport Marathon is the Pat Carroll Online & Onland Pacers program, how can pacers help all of us during a race?

1.55pm

### Lee Troop

- Three-time marathon Olympian (2000, 04, 08)
- Won the full Gold Coast Airport Marathon in 2006 (2:14:13), the ASICS Half Marathon in 2004 (1:02:54) and the Southern Cross University 10km Run in 2009 (29:28)
- Currently the High Performance Coach at the Boulder Track Club in the USA

**Mona** to interview **Lee** about:

- You have come out of retirement to run the marathon tomorrow and this morning you ran the 10km. So there is something special for you about this weekend. Tell us about it
- You are now based in the USA in Boulder Colorado and coaching some the US's top marathon talent. What is the main difference in the scene here in Australia and the US?



**2:05pm** Tim and Mona thank Benita, Pat & Lee and invite special guests to the stage

- Sara Hall, Desiree Linden (USA) and Jess Trengove

**2:08pm** Tim to interview Special Guests (5 MINUTES EACH):

**Jess Trengove, Australia**

[Jess graphic on screen](#)

Marathon PB: 2:27:01 (London Marathon, 2017)

- 2:31:44 (2016 Rio Olympic Games – 22<sup>nd</sup> Place)
- 1:11:31 (2015 ASICS Half Marathon, Gold Coast)
- 2:27:45 (Melbourne Marathon, 2015)
- 2:30:12 (2014 Glasgow Commonwealth Games)

**Tim to Jess**

- So Jess, you are back on the Gold Coast again, to run the Asics Half Marathon and will match up with you fellow Asics runner Sara Hall again. I think its one each at the moment for you two over the half marathon. What are your expectations for tomorrow?
- You are one of several Aussie women running really well recently. What do you put down these strong performances too?
- You are a qualified physiotherapist as well as an elite runner. Have you any advice for the runners here today, perhaps specifically for the females that will keep them enjoying their running and avoiding injury?

**Sara Hall USA**

[Sara graphic on screen](#)

- Ran the 2015 ASICS Half Marathon here in 1:10:49,
- 1:10:58 at IAAF World Half Marathon Championships
- Marathon PB: 2:28:26 (Tokyo Marathon, 2017)

**Tim to Sara**

- Sara, you first came here with your husband Ryan in 2015. What is it about this race that brought you back this year?
  - You have been busy in those two years not just running, but starting a family. Can you tell us how the Hall family has changed in those two years?
  - You mentioned in a pre-race interview that you really enjoyed the Australian wildlife on your last visit. What your favourite Aussie animal encounter?



## Desiree Linden USA

### Desiree graphic on screen

- 2007 IAAF World Half Marathon Championships
- 2009 IAAF World Marathon Championships
- 2012 London Olympic Games
- (2016 Rio Olympic Games – 7<sup>th</sup> Place) 2:26:08

## Tim to Desiree

- You have run two Olympic marathons, placed 2<sup>nd</sup> at the 2011 Boston Marathon and will race on Australian soil for the first time. What have you heard about this event?
- There is a high quality field in the Asics half marathon tomorrow, not only with the internationals, but the Aussie girls as well. What are your expectations of the race?
- Are you planning on some typical Aussie experiences while you on here?

**2.25pm** Tim and Mona thank **Special Guests** as **Jess, Sara and Desiree** leave the stage.

Mona and Tim to thank all other guest speakers.

### Garmin logo & GCAM logo to be shown on screen

**2.27pm** Mona to invite **Cam** to the stage for closing comments and a motion of thanks to our MCs, special guests and sponsor Garmin.

**Cam** to advise if any guests would like a photo or autograph with the Legends, that they will be available in the Marquee Terrace.

**2:30pm** Lunch concludes. Legends move directly to Marquee Terrace to sign autographs and take photos

## Background Notes for Mona and Tim

### History

- This year is the 39<sup>th</sup> staging of the annual Gold Coast Airport Marathon.
- The Gold Coast Airport Marathon is held annually on the first weekend in July.
- The inaugural Gold Coast Marathon was held on Sunday 2 September 1979, attracting 691 runners to a marathon and fun run held on a course around Evandale, Chevron Island, Surfers Paradise, Isle of Capri and Bundall.
- 38 years later the event has grown to more than 26,000 participants with the race precinct now the beautiful and picturesque Broadwater Parklands.
- The Gold Coast Airport Marathon is organised by Events Management Queensland, a major event management company wholly owned by the Queensland Government as part of Tourism and Events Queensland Group. Events Management Queensland has delivered the event since 2001.

### Races





- The 2017 race program features the:
  - 42.195km Gold Coast Airport Marathon
  - Wheelchair Marathon
  - ASICS Half Marathon
  - Wheelchair 15km
  - Southern Cross University 10km Run
  - The Star 5.7km Challenge
  - Zespri 4km Junior Dash
  - Zespri 2km Junior Dash.

## International Status

- Three years ago, the Gold Coast Airport Marathon became the first Australian marathon race to attain an International Association of Athletics Federations (IAAF) Road Race Gold Label, the highest qualification a marathon event can receive.
- The Gold Coast Airport Marathon is one of the world's leading marathons in delivering a safe experience for its runners and spectators. From advanced medical scanning technology, live RFID runner tracking, traffic management to aid station support, the Gold Coast Airport Marathon delivers numerous innovative health and safety practices.

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## Theme

- The theme for the Gold Coast Airport Marathon is 'Good Times' - highlighting the opportunity for participants to produce 'good times' on Australia's fastest marathon course and have 'good times' in a premier holiday destination.
- The Gold Coast Airport Marathon has a global reputation for its fast, flat and scenic course. Over 65% of race finishers report personal best times after the event.