

THE RUN DOWN

THE OFFICIAL MAG: TCS SYDNEY MARATHON
PRESENTED BY ASICS

Issue 6. 2024



HOW TO TRAIN
INJURY-FREE
IN THE OFF
SEASON

EVERYTHING
YOU NEED TO
KNOW ABOUT
RACE DAY 2025

WE DID IT!
#MADESYDNEYAMAJOR

tcs SYDNEY MARATHON
presented by asics

ABBOTT
WORLD
MARATHON
MAJORS

YOUR RUN, YOUR REWARDS JOIN SEVEN REWARDS TODAY!

With Seven Rewards, you'll unlock more than just the finish line. Sign up and get exclusive access to entry tickets, once-in-a-lifetime giveaways, partner discounts, VIP run club invites, limited-edition merchandise, and more.

Plus, you'll even receive bonus articles from THE RUNDOWN created just for you. It's your time, it's your run.



SEVEN
REWARDS



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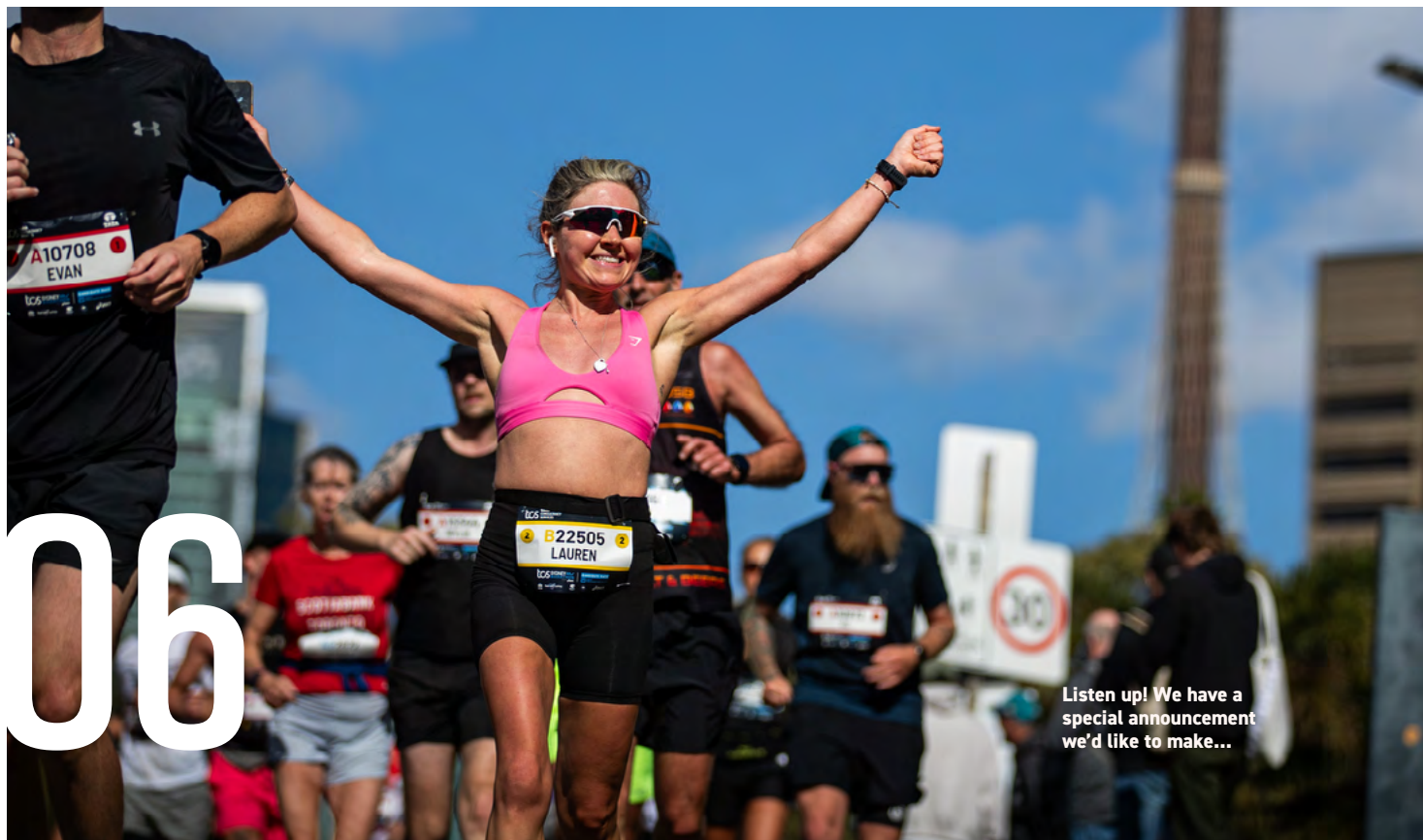
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THE WARM UP

ALL THE LATEST GEAR, NEWS & EVENTS FROM THE RUNNING WORLD



BECOME A SUPERHERO IN TASMANIA

Test your fitness and endurance these summer holidays with a guided five-day hike along the iconic Three Capes Trek in Tasman National Park. This is the only multi-day guided trek over all three spectacular capes - Raoul, Pillar, and Haug, plus you'll also scale Mt. Brown and cover 75km. Don't worry, you'll recover each evening in a comfy eco camp and freshly cooked meals.

Find out more: [Tasmanian Walking Company](#).



SPOIL TIRED MUSCLES

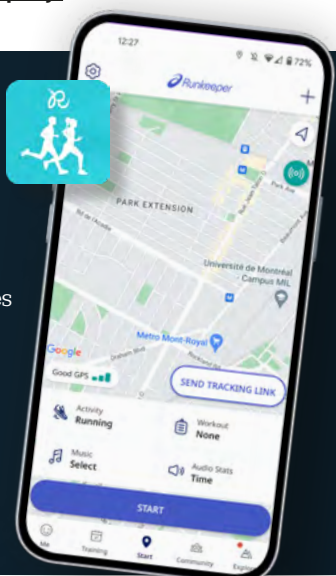
Need relief for tired muscles? Studies suggest magnesium spray can be useful for improving chronic muscle and joint pain. Use it before bed on those hard-working feet of yours

[\\$40, saltlaboratory.com](#)

MONITOR YOUR TRAINING LOAD

Whether you're a professional runner or a weekends-only runner, the ASICS Runkeeper Go app is a runner's dream. Membership includes training plans, live tracking and in-depth insights to make your next run one of your best. You can track your progress over time with advanced reports, and you'll also get full access to their guided workouts. Too easy.

[runkeeper.com](#)



THE KEY HOLDER EVERY RUNNER NEEDS

Keep your keys and rings secure in this wrist wrap from Ring Bandits. Perfect for your next run.

[\\$30, ringbandits.com](#)



THANK YOU

RACE DIRECTOR WAYNE LARDEN SHARES A FEW THOUGHTS

Race Director Wayne Larden with Dawna Stone, CEO Abbott World Marathon Majors.

DEAR RUNNERS,

I think we can all agree, the 2024 TCS Marathon presented by ASICS was an unforgettable experience. It was our final year of the Abbott World Marathon Majors Candidacy and it resulted in us making history by being admitted into the prestigious Abbott World Marathon Majors. We are the first event to be added since the Tokyo Marathon in 2013.

The incredible growth in numbers (and the absolute uplift in event delivery) has been outstanding. With just 5,300 registrations in 2022 (our first year of Candidacy) to 24,500 registrations (and over 20,000 finishers), the TCS Sydney Marathon is the biggest and best marathon in Australia.

The benefits of becoming an Abbott World Marathon Major are going to be substantial; the benefits to the Australian running community will be significant and the massive rise in inbound visitors to the event will produce hundreds of millions of dollars in economic benefit to the NSW economy.

We could not have achieved this without your commitment and hard work. Our special thanks goes to the NSW Government, Destination NSW, TCS, ASICS and all of our event partners, without whose support we could not have achieved these great outcomes. We made history together!

Wayne Larden

Race Director, TCS Sydney Marathon presented by ASICS



A photograph of a crowd of people at a marathon. In the foreground, a young woman with dark hair, wearing a light blue jacket, is smiling broadly and looking towards the right. She is holding a smartphone. Behind her, other people are visible, some wearing blue and white athletic gear. The background is slightly blurred, showing a large white archway. The text 'WELCOME TO THE ABBOTT WORLD MARATHON MAJORS...' is overlaid in large, white, bold, sans-serif font across the middle of the image.

**WELCOME TO
THE ABBOTT
WORLD
MARATHON
MAJORS...**



NOT SURE WHAT THAT MEANS? LET US EXPLAIN...

When you think of iconic marathons, the chances are you're thinking of an Abbott World Marathon Major. From the Boston Marathon presented by Bank of America, to the TCS London Marathon, TCS New York City Marathon to the BMW Berlin Marathon, these are the marathons that define the sport. And now, the TCS Sydney Marathon presented by ASICS is joining the line up! It's a huge achievement for Sydney and the Aussie running scene, especially as we are the first race in the Southern Hemisphere to join this prestigious series (go us!).

And while elite runners and elite wheelchair athletes compete for a spot on the starting line at every race, the six (now seven!) events also welcome hundreds of thousands of everyday champions with open arms. With massive demand globally for a chance to run each and every race, you'll need to start planning now for your next goal. ▶

WHICH RACE DO YOU HAVE YOUR SIGHTS SET ON NEXT?

TOKYO MARATHON

2 March 2025

Kicking off the running calendar, the Tokyo Marathon takes thousands of runners through the hectic streets of the Japanese capital. As you pound the pavement, you'll glide past modern skyscrapers, famous eat streets and beautiful historic temples. Known for its meticulous organisation and enthusiastic home crowd, this race also encourages charity and inclusivity in all aspects of the competition.

B.A.A. BOSTON MARATHON

21 April 2025

The world's oldest annual marathon, the Boston Marathon is famous for being famous. If you manage to get a spot, expect a suitably challenging course over hills and under bridges, not to mention the notorious 'Heartbreak Hill' about 32 km in. This race holds strict qualifying standards (most runners need to submit qualifying times), so you'll be running a fast race whether you mean to or not. Luckily, the city encourages the ever-growing crowd support at every corner.

TCS LONDON MARATHON

27 April 2025

Looking for a unique way to check out London? The London Marathon offers up one of the most scenic running routes in the world past Tower Bridge, Big Ben, and even King Charles' home, Buckingham Palace. Known for its charity focus (get involved!) and for its crowd support, this iconic race attracts both world-class athletes and first-time marathoners, and it's definitely the best way to overcome your jetlag.

TCS SYDNEY MARATHON PRESENTED BY ASICS

31 August 2025

The newest member of the Abbott World Marathon Majors, the TCS Sydney Marathon has the most beauty-filled finish line of all the majors. But we're biased. Back to where the Sydney 2000 Olympics started in North Sydney, you'll run across the Sydney Harbour Bridge, through the CBD and Centennial Park to finish smack bang in front of the Sydney Opera House. You just can't beat that.

BMW BERLIN-MARATHON

21 September 2025

The Berlin Marathon weaves through historic sites like the Brandenburg Gate, the Reichstag and Potsdamer Platz. The flat course and typically cool weather make it a prime venue for record-breaking performances, drawing top runners globally. We like it because in addition to water and gels, you'll also find fruit and tea all along the course. Very civilised, indeed.

BANK OF AMERICA CHICAGO MARATHON

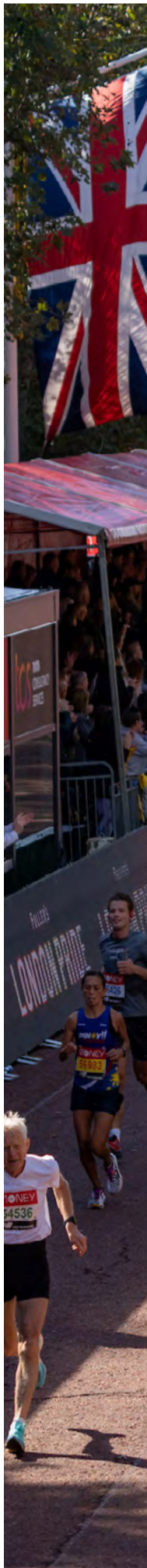
12 October 2025

If you love big crowd energy (we're talking 1.7 million people), live entertainment and a little sight-seeing, then the Chicago Marathon is for you. This relatively flat, scenic course covers a staggering 29 neighbourhoods and is a favourite for personal bests. Plus, it's known for being one of the largest races by finishers in the world. It can get crowded out there, folks, so it's lucky that it's such a friendly race.

TCS NEW YORK CITY MARATHON

2 November 2025

Put simply, the TCS New York City Marathon is the world's largest marathon. Not only do runners love it because you traverse all five distinct boroughs of the city with booming supporters at every corner, but it's likely you'll be running shoulder to shoulder with your favourite celebrity. Everyone from Deadpool's Ryan Reynolds to comedian Kevin Hart has crossed the finish line over the years. Plus, the atmosphere is electric, the crowds are huge and it all culminates in a grandstand-lined finish in Central Park.**SM**





Running in the shadow of Buckingham Palace in London is one perk of being part of the TCS London Marathon.

HOW TO JOIN US NEXT YEAR!

We know how hard it can be to secure a spot in an Abbott World Marathon Major, so we've ensured the process for getting to the startline in 2025 is as transparent and easy as possible.

So the great news is that anyone who completed the TCS Sydney Marathon during our candidacy years (we're talking '22, '23, '24), is automatically part of our amazing Candidacy Club!

Part of this Candidacy Club involves a guaranteed entry to the marathon in either 2025, 2026 or 2027. Now that the TCS Sydney Marathon is an Abbott World Marathon Major, this offer is valid for three years.

Don't worry, if you are not part of this club, we will reach out to you shortly to explain the next steps on how to enter the 2025 TCS Sydney Marathon.

If you haven't run in '22, '23 or '24, you will be able to access the event through our General Entry Ballot, charity or travel programs. Stay tuned for more details on this.

REGISTRATION & ENTRY

So, how do I enter the ballot?

Look at you, so organised! Due to unprecedented demand to take part in the 2025 event, combined with the existing Candidacy Club members (who have guaranteed entry to one of the next three years: '25, '26 or '27),

we are hosting up to *two* separate ballots for entries. These are:

- **The Candidacy Club Ballot** (if demand for a guaranteed entry in 2025 exceeds capacity from the recent expression of interest)
- **The General Ballot**

Why do I have to enter a ballot for the marathon if I am part of the Candidacy Club?

For everyone who is part of the Candidacy Club (those who finished the TCS Sydney Marathon in '22, '23 or '24) - you will have received an email asking what year you would prefer to run. You can choose from the next three years ('25, '26 or '27).

This means you can secure your spot without having to enter our General Ballot. However, due to high demand, we want to be transparent with you. If we exceed our capacity in any given year, some Candidacy Club runners may be placed in a Candidacy Club ballot for their preferred year.

You will be able to choose a first preference and a second preference when you enter. If you are not successful with your first choice during the EOI process, you will automatically be rolled over to your second preference.

So, we encourage you to take your time in choosing which year to run, as there will be no



The 2024 TCS Sydney Marathon finish line is one of the most scenic in the world. But we're biased.

“ NOW WE’RE AN ABBOTT WORLD MARATHON MAJOR, WE KNOW THE QUESTION ON EVERY RUNNER’S LIPS...



transfers, refunds, or deferrals.

Is there a limit to how many times I can enter the Candidacy Club ballot?

There is a limit of one ballot entry per individual in the Candidacy Club ballot.

OK, so how do I enter a General Ballot application?

For everyone who is wanting to take part in the 2025 TCS Sydney Marathon that is not part of our Candidacy Club, you will be able to enter the General Ballot.

If you're part of our mailing list, you will receive an email during this time to let you know that the General Ballot is open for applications, with a link to apply. We will ask you to provide us with your card details when you register for either ballot.

How do I know if I am successful in either ballot?

Everyone who enters either ballot will be notified by email if they have been successful or unsuccessful in securing a spot into the 2025 TCS Sydney Marathon presented by ASICs. Unsuccessful applicants will be sent links to both charity and travel programs. Stay tuned for more information on these programs.

How can I sign up for the TCS Sydney Marathon mailing list?

Easy! Sign up via our website (tcssydney-marathon.com) or simply [click here!](#) **SM**

INTRODUCING SEVEN REWARDS

RUNNING A MARATHON
JUST GOT A WHOLE LOT
MORE INTERESTING...

SEVEN
REWARDS

HOW TO JOIN

STEP 1 Click here:

JOIN NOW

STEP 2

Tell us the *Seven Rewards*
you're keen to hear more about

STEP 3

Start enjoying the benefits of being
a *Seven Rewards* member



At TCS Sydney Marathon, we believe runners deserve more than just a finisher medal. That's why we are bringing *Seven Rewards* to life. Interested? Of course you are.

SO, WHAT IS SEVEN REWARDS?

Well, it's a free year-round members' club that provides access to exclusive rewards, giveaways (fun!), run clubs, benefits, discounts, info, and much more. When you join up, you're not just becoming a member – you're also joining a community of runners who get access to benefits no one else can. Seven Rewards means you're always one step ahead. If you need convincing, which we highly doubt, here's seven more reasons to join up:

1. MARATHON ENTRIES

Be the first to know how to enter the 2025 TCS Sydney Marathon. As a member, you'll be the first in line to know about any upcoming ballots, charity packages and travel packages so you can lock in your entry.

2. EXCLUSIVE GIVEAWAYS

Win unique Sydney experiences like a once-in-a-lifetime marathon experience or snag yourself some premium running gear. Our giveaways are designed to give our members access to the best from the running world.

3. EXPERT Q&A SESSIONS

Join our TCS Sydney Marathon

experts online for direct insights into all things running. Get personalised responses to your most pressing questions, like event info, running shoes, nutrition, recovery, and injury prevention.

4. VIP RUN CLUB INVITES

You'll receive exclusive invites for our run clubs located specifically near you. With every run club of ours now reaching capacity, you'll be the first to know when entries are open. Whether you're training for your next race or just looking to stay motivated, we've got you covered.

5. LIMITED-EDITION MERCH

We all love a bit of merchandise, and as a member you'll get access to exclusive clothes, hats and more that are only available to Seven Rewards members. We're talking limited runs, people! Grab them while you can.

6. EXCLUSIVE DISCOUNTS

Our handpicked partners offer exclusive discounts on everything from clothing to nutrition. So, you'll save on the products that could improve your PB and help with recovery.

7. THE RUNDOWN PLUS

Bonus content from our official digital magazine, tailored specifically for you – our Seven Rewards members – delivered straight to your inbox. We'll have extra tips, insider info and more!

GOT A QUESTION?

Can I sign up even if I'm new to running?

Absolutely! Whether you're a seasoned marathoner or just getting started, Seven Rewards is open to all runners who want to enjoy exclusive perks and be part of a vibrant community.

Do I have to be living in Sydney?

Nope! All runners – within Australia or around the world – are invited to join our Seven Rewards community full of exclusive perks and offers.

How do I access my benefits?

Once you've signed up, you'll receive a fortnightly email with all the details on how to claim your exclusive rewards, discounts, and event invites. You can also log into our member dashboard for updates.

How often will I get access to giveaways?

We run giveaways throughout the year, so there are plenty of chances to win! Keep an eye on your inbox for the latest announcements. **SM**

JOIN NOW

GOING FOR GOLD!

RACE DAY 2024 WAS A RECORD-BREAKING DAY FOR MANY REASONS. HERE'S JUST A FEW...



90 YEARS

THE OLDEST RUNNER

Shout out to the 90-year-old Koichi Kitabatake for marking the oldest participant in the history of Australia to finish a marathon.



VOLUNTEER NUMBERS

We had a record number of volunteers in our event history with 3,000 in 2024.

3K

GUINNESS WORLD RECORDS

Tim Shakespeare:

Fastest marathon dressed as a supervillain (male)
03:00:12

Marichris and Kimberley Vincent:

Fastest marathon by a set of twins (female)
08:19:08 (aggregate time)

Duncan McKechnie:

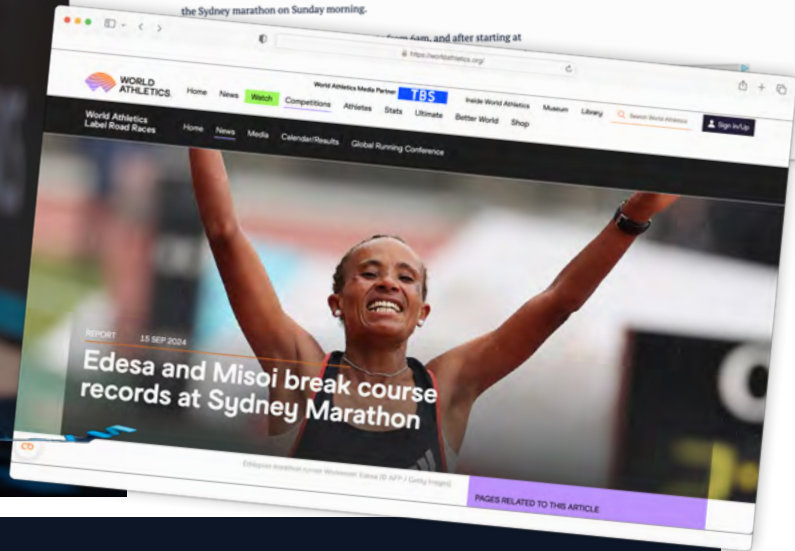
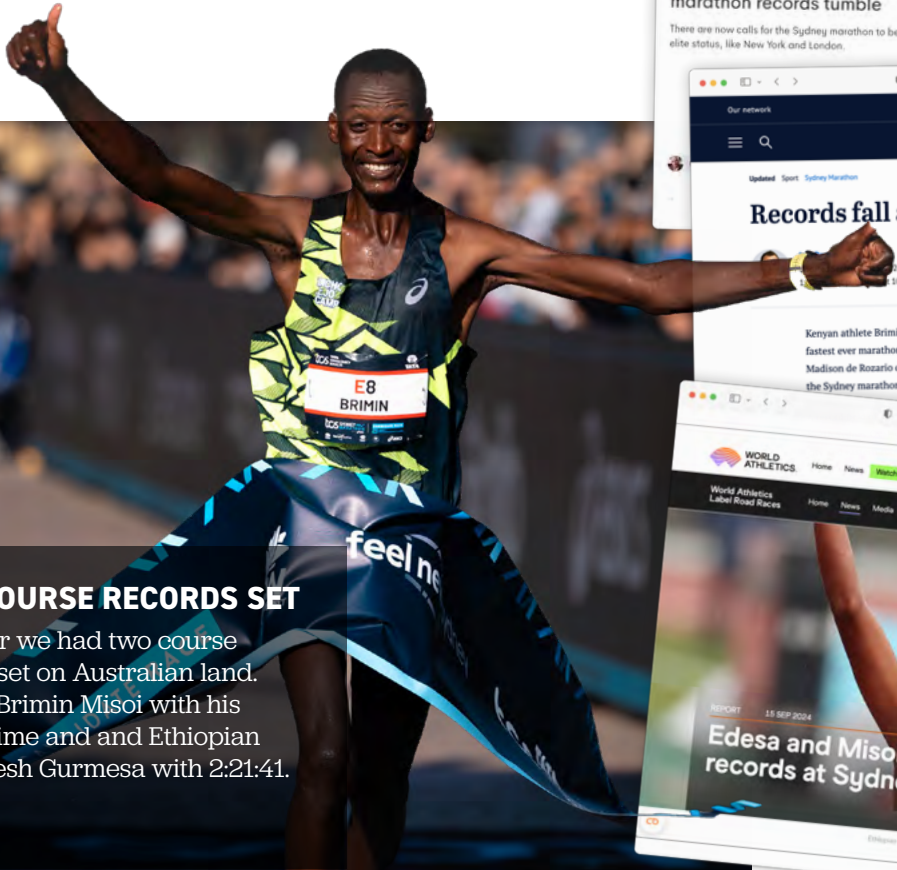
Fastest marathon dressed as a ninja (male)
03:07:56

Diego Acevedo:

Fastest marathon dressed as a Roman soldier (male) - 02:53:56



in the media...



TWO COURSE RECORDS SET

This year we had two course records set on Australian land. Kenyan Brimin Misoi with his 2:06:18 time and and Ethiopian Workenesh Gurmese with 2:21:41.

OVERALL EVENT SNAPSHOT

24,346

New Australian Marathon Record in 2024

#1 IN AUS

From #3 in 2022 to larger than the 2nd (Gold Coast), 3rd (Melb) and 4th (Canberra) Australian marathons **combined**

1288%

Increase in international participation during our Candidacy

306%

YoY growth in international marathon participation

502%

Growth in female participation during our Candidacy period

99%

Of participants believe the marathon is a good community investment

102

Countries were represented in 2024 up from 50 in 2022.

OVER 300%

Increase in every key Southeast Asia market in 2024

46,516

Runners registered for the marathon during our Candidacy

How to Train INJURY FREE IN THE OFF-SEASON

WE SPEAK TO THREE RUNNING EXPERTS ABOUT THE IMPORTANCE OF RECOVERY & HOW TO PROTECT YOUR MUSCLES DURING THE DOWN TIME.

So, you've just run a race, your muscles are still burning from that last 10km and your shoes look like they need a holiday... time to get back on the training track? Yes, and no, says ASICS running coach, Sam Hopper.

"After a race, motivation is always high, and it can be tempting to jump straight back into training for the next race," he says. "But getting back into the swing of training too soon can deprive your body of much needed recovery."

This is especially common in Australia, he adds, where we have mild winters and an almost year-round race calendar. However, it's important to have an 'off season', and that off-season will look different for everyone.

LOOK OUTSIDE OF RUNNING

During your off-season, Sam believes it's important to find enjoyment in other hobbies and activities outside of running. "This can help fill the void that used to be filled with hours spent running," he says. "You can experience those familiar endorphins through low-impact cross training, such as yoga, swimming, and cycling." These forms of exercise even let you express your competitive nature (we know you have one!), all while recovering from your race.

AIM TO BUILD MENTAL RESILIENCE

Off-season is ideal for working on mental toughness through mindfulness, yoga, or stretching routines, says Yennifer

Buitrago Montejo, Flexologist at StretchLab Double Bay. These activities help you stay mentally sharp and focused, she says, improving balance and flexibility. Incorporating rest days and low-impact movements also keeps your body in shape while avoiding burnout.

INCLUDE REGULAR STRENGTH TRAINING

Ben Lucas, personal trainer and Director of Flow Athletic recommends running-specific strength training to keep your joints and tendons strong. "For a runner, doing single-leg strength work (such as walking lunges and one-leg TRX squats) is great for your core strength and your postural muscles as they need to remain strong and engaged through the duration of a long run, or you can end up injured."





AFTER A RACE, MOTIVATION IS ALWAYS HIGH, AND IT CAN BE TEMPTING TO JUMP STRAIGHT BACK INTO TRAINING FOR THE NEXT RACE...

FOCUS ON SMALL IMPROVEMENTS

Focusing on the non-running parts of training can put you in a better position to prevent injuries, run faster and handle more load, says Sam. “Focus on the one percenters that will help you achieve new goals in your next race build. These could include seeing a dietician, practicing mindfulness (meditation or visualisation), focusing on strength work or working on your running form through drills and strides.” Respecting your last race will go a long way in reducing injury risk, he adds.

VARY YOUR RUN INTENSITY

Spending some downtime in recovery doesn't mean you need to stop your long distance runs altogether, you may just want to reduce their impact. “Reducing your running intensity and mileage for a period after a race can help to avoid any hiccups before you build up for your next race,” Sam explains. For Ben, the off season usually includes a few 5-10km running days. “I lay off my hill sprint training during the off-season because it is not as enjoyable for me as just going for a run is,” he explains.

FOCUS ON CROSS-TRAINING & VARIETY

Spending some downtime in recovery doesn't mean you need to stop your long distance runs altogether, you may just want to reduce their impact.

“Reducing your running intensity and mileage for a period after a race can help to avoid any hiccups before you build up for your next race,” Sam explains. For Ben, the off season usually includes a few 5-10km running days. “I lay off my hill sprint training during the off-season because it is not as enjoyable for me as just going for a run is,” he explains.

MAINTAIN YOUR BASE FITNESS

It's important to keep a strong aerobic base in the off season by including “steady-state” cardio, advises Yennifer. A good example of this is a long, comfortable run where you can still hold a conversation. Some trainers know this as a Talk Test. “Train at about 50-65% of your max heart rate, focusing on form, breathing techniques, and building endurance for when you're ready to ramp up again,” she explains.

CONTINUE WORKING ON YOUR RECOVERY

Keeping up with your recovery practices is always important. This includes things like foam rolling after your training sessions, getting a massage if you need one, trying to have a good night's sleep and eating protein-rich, nutritious meals to help your body recover from your workouts, says Ben. “I personally also enjoy ice baths and Normatec boot sessions as part of my recovery,” he adds. **SM**



Running
transforms
people.

We transform
businesses.

With a passion for the latest technology and innovation, we're pushing the limits of what's possible. And we're proud to support runners and businesses alike.

TCS SYDNEY MARATHON RUN CLUB

WE'RE CELEBRATING SYDNEY IN 2024 & BEYOND

Last week's news of Sydney becoming the newest Abbott World Marathon Major has attracted global attention, and we celebrated on Saturday the only way we know how - by hosting a run club.

We welcomed hundreds of runners (in their finisher shirts) who were an integral part of our journey to the Majors to join us at The Squire's Landing, Circular Quay, for a 7km run. Of course that was going to be the distance!

Many of the runners not only ran the 2024 TCS Sydney Marathon, but they have also supported our community initiative: the TCS Sydney Marathon Run Club series. Their support has made it one of the largest monthly run clubs in the country.

These run clubs, which followed the 16-week training programs we supplied for beginner, intermediate and advanced runners, fostered a true sense of community and positivity amongst runners in Sydney, and across Australia.

Several established run clubs in every major state in Australia jumped on board



to help deliver TCS Sydney Marathon-centric runs to support runners and to support Sydney's bid to become a Major.

These runners helped spread the word about all the values the TCS Sydney Marathon stands for: inclusivity, support, participation, dedication and community.

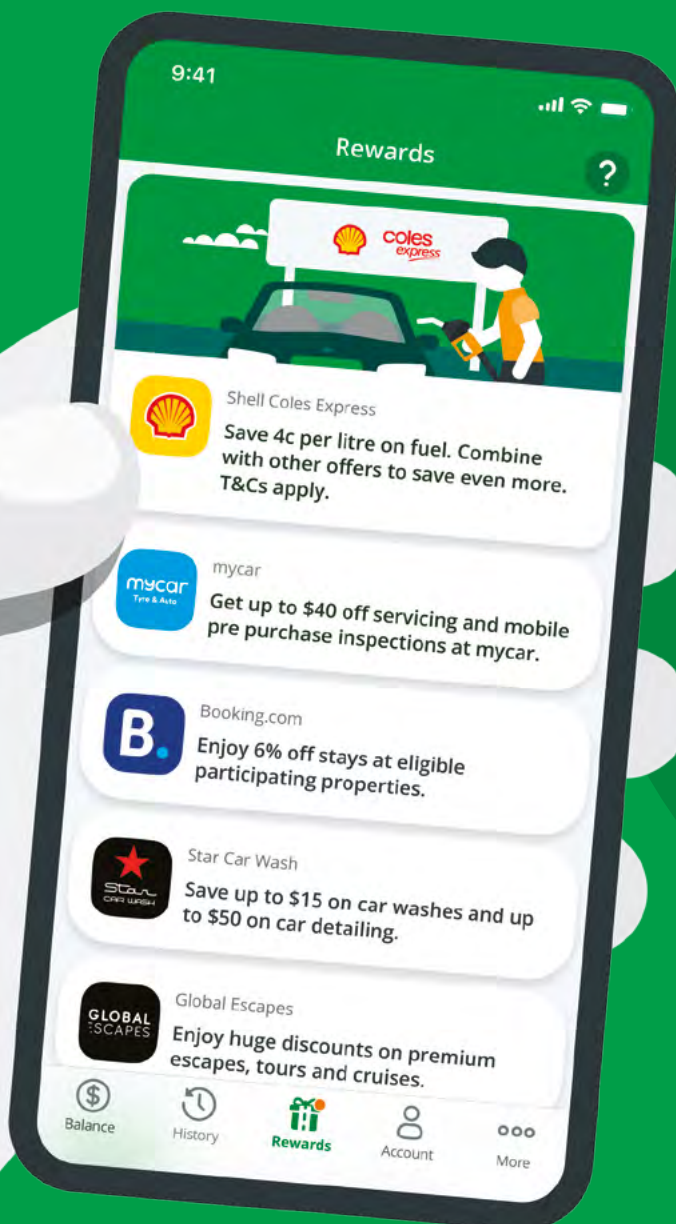
A huge thank you to all the run clubs who were part of the initiative this year! You can find a list [TCS Sydney Marathon Run Club page](#).

In 2025, we will look to continue to offer more run clubs, more often, in more areas in Sydney, around Australia, and in other countries around the world. As a global marathon, we'll continue to foster our global community. **SM**

Stay up to date with upcoming run club events via [our website](#) page and social pages.

Get Linkt, Get Rewarded.

Whether you're a daily toll road driver or a casual road tripper, Linkt customers can save every day with Linkt Rewards.



Access exciting deals on fuel, car washes, vehicle hire, accommodation, and more.
Download the Linkt app.



tcs
SYDNEY
MARATHON
presented by **asics**



SWEEPER PAGER, JOHN KAPARELIS, & THE FINAL FINISHER OF THE 2024 TCS SYDNEY MARATHON, JULIANTO WITJAKSONO