



# MELBOURNE MARATHON FESTIVAL

# 2025 EVENT GUIDE



# WELCOME



A MASSIVE NIKE WELCOME TO THE RUNNING COMMUNITY.

THE NIKE MELBOURNE MARATHON FESTIVAL IS SET TO BE AN INCREDIBLE EVENT, AND NIKE IS HERE TO CELEBRATE EVERY RUNNER ON THEIR JOURNEY.

Congratulations to all athletes\* making it to the start line of this inspiring, record-breaking event. Together with The City of Melbourne, we are excited to welcome you to this year's Nike Melbourne Marathon Festival.

At Nike, we honour the journey of every runner; no matter the pace, distance or destination, we celebrate not just victories, but the courage to begin. You are showing up, lacing up and you are putting it all on the line. And we know what that takes. We've been there too.

Whether you are taking part in the Marathon, Half Marathon, 10km or 5km, or 2.5km walk, each of you has made the choice to commit to the start line and discover what's possible. This weekend is where all your training pays off.

From those of you running your first race, to those chasing a new personal best, Nike is proud to support you every step of the way. Some of those steps might feel hard and that finish line might seem distant, but we know you've got this and we can't wait to celebrate with you!

Be sure to swing past the Nike Run Club space at the Event Precinct pre- and post-race where we will have a Nike retail store, customisation, and chill zone. The Nike store will be open from Thursday through to Sunday of race week.

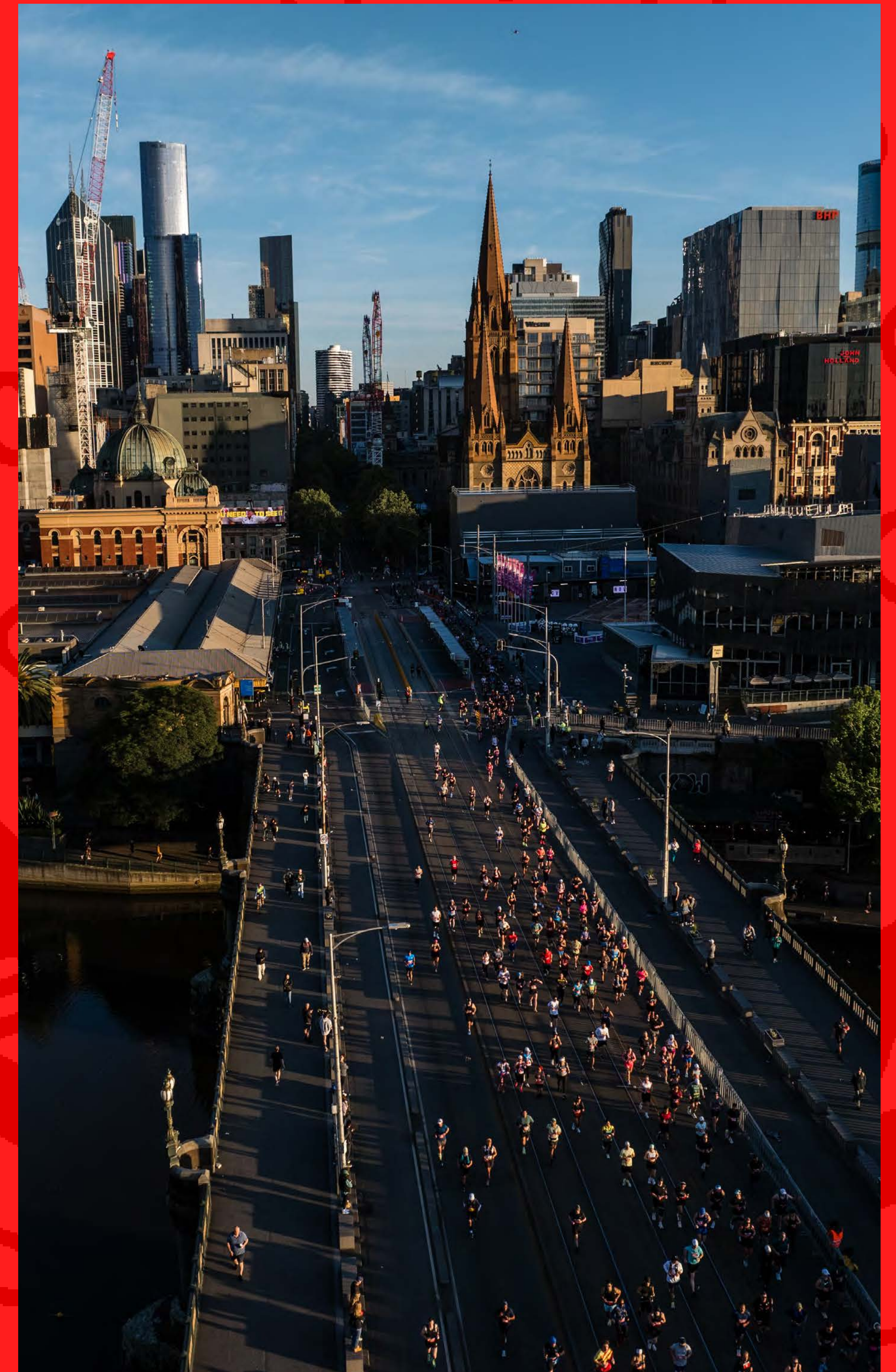
Best of luck to everyone participating and a huge thank you to the support crew that will be lining the streets cheering you on.

See you at the finish line!

\*if you have a body, you are an athlete!



**SANDRA HORE**  
VICE PRESIDENT & GENERAL MANAGER,  
NIKE PACIFIC (AUS/NZ)



## ACKNOWLEDGMENT OF COUNTRY

The Nike Melbourne Marathon Festival respectfully acknowledges that this event is being held on the traditional lands of the people of the Bunurong Boon Wurrung and Wurundjeri Woi Wurrung peoples of the Eastern Kulin Nation, and pays respect to Elders both past, present and future.



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# RACE DAY





# RACE DAY

SUNDAY 12TH OCTOBER 2025

## START LOCATION

Batman Avenue, approximately 150m north of Rod Laver Arena.

Please ensure you arrive at the MCG Event Precinct at least 1 hour early, and ensure you're on the start line at least 30min prior to your event start time. There will be pacers for the Full and Half Marathon, check out the pace group times on our website for more information.

### SEE PACER GROUPS ►

Please pin your bib to the front of your top and make sure to smile for the photographers!

Remember, no bib – no run. There will be security on the start line to facilitate this process. If you've forgotten your pins on race day, you can collect some from the Race Week Office (between Gate 2 and 3 at the MCG).

### SIGN YOUR WAIVER ►

Please ensure you've signed your waiver prior to race day.

The start line will close for each event 15min after the relevant start time, please ensure you arrive for your race on time.



**NIKE MELBOURNE MARATHON**  
6:30AM



**NIKE HALF MARATHON**  
7:30AM



**NIKE WHEELCHAIR MARATHON**  
7:25AM



**DAIRY FARMERS 5KM RUN**  
11:15AM



**SRILANKAN AIRLINES 10KM RUN**  
7:00AM



**CHOBANI FIT WALK**  
11:45AM

# START & FINISH

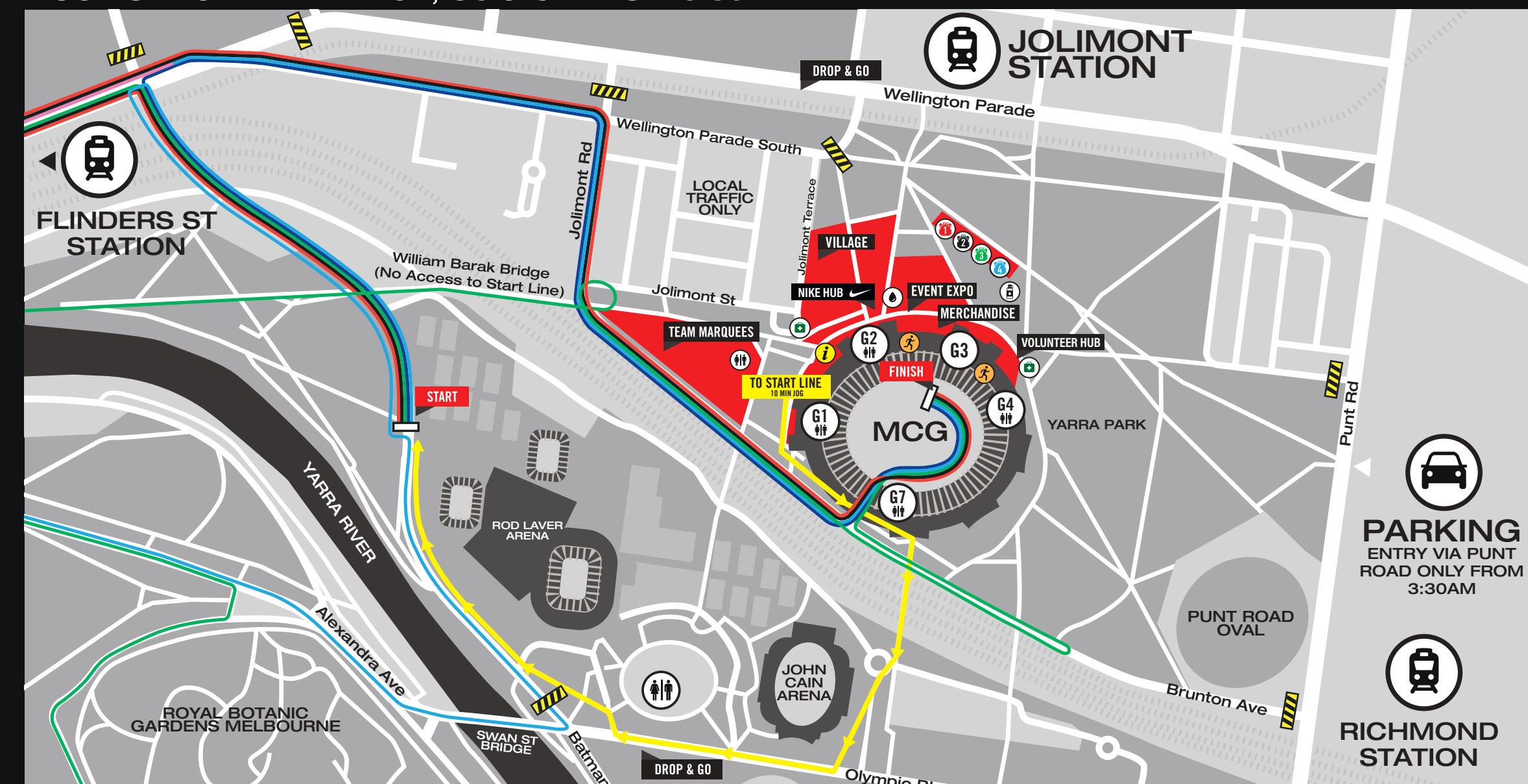
Allow for at least 10 minutes to jog from the MCG event precinct to the start line.

Once you're at the Start Line, please be mindful of your fellow runners and give each other space where possible. Remember, your timing chip activates as you run through the start arch so the minutes it takes to get there won't matter!

If you are in a non-racing wheelchair, or have a pram please start at the back of your event.

## START & FINISH AREAS

MCG PUBLIC ENTRY VIA G2, G3 & G4 FROM 6:30AM



### KEY

- Personal Drinks Drop-Off (Marathon Only Sat. 8am-2pm)
- Water Bubblers
- Sunday Parking (Limited Spaces)
- Road Closures
- First Aid
- Info Booth
- Toilets
- Race Week Office
- Clothing Drop Off: Marathon (From 5:00am)
- Clothing Drop Off: Half Marathon (From 5:30am)
- Clothing Drop Off: 10KM (From 5:30am)
- Clothing Drop Off: 5KM WALK (From 10am)

## CUT OFF TIMES & SLOW COURSE

Entry to the MCG finish line will close at 2pm for all participants.

For those completing in the Nike Melbourne Marathon, please be aware of the alternate route for those running at a 5hr30m+ Pace. For more information on the slow course click the button below.

[LEARN MORE ►](#)

## FEELING UNWELL?

If you're unwell in the lead-up to the event or on Race Day, please do not participate in your race. You are putting your own health at risk if you do. Please ensure you are properly hydrated and have trained sufficiently for your event.

First Aid staff are positioned throughout the course as well as at the start and finish line areas.



**YOUR CHOICE.  RUN**

**RUN IN PEGASUS  
RUN IN VOMERO  
RUN IN STRUCTURE**

# RACE DAY

## GETTING TO THE EVENT

With record numbers expected, we recommend you arrive 1 hour prior to your start, to allow sufficient time to travel to the event and get yourself ready to run. Please allow extra time to drop off your warm clothing bag, go to the toilet, grab a coffee, and walk down to the start line.

We highly suggest that all competitors take public transport on the day, due to limited parking space, traffic congestion on race day as well as the convenience and close proximity of public transport from the start line and MCG.



### PUBLIC TRANSPORT

It is strongly recommended that registrants use Public Transport to get to the Event. Catch the train to Jolimont, Flinders St or Richmond Station and walk to the MCG concourse.

[VISIT PTV WEBSITE ►](#)



### PARKING

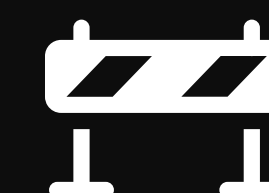
The closest parking will be available at Yarra Park, through Gate 5 for \$15 via card only– enter off Punt Rd. Gates open at 3:30am with limited capacity and will fill very quickly. All other gates are closed, however there are several non-ticket parking areas that surround the MCG.

[LEARN MORE ►](#)



### DROP OFF LOCATION

There are Drop & Go locations on Wellington Parade and Olympic Boulevard.



### ROAD CLOSURES

Road closures surrounding the MCG will affect your access to parking and surrounding areas of the Event Precinct. For maps and more information on how to avoid these road closures, please visit our website.

[LEARN MORE ►](#)



### BIKES

There are a number of bicycle hoops located next to the stadium in Yarra Park. Please do not park your bike on the MCG concourse.



# EVENT INFORMATION

## RACE WEEK OFFICE

The Nike Melbourne Marathon Festival Race Week Office will be operational at the MCG from Thursday to Sunday for the following functions:

- Race Bib Collection (including replacement bibs)
- Event Downgrades \*subject to availability
- General Enquiries

A \$10 admin fee will be charged for all downgrade requests. The price difference will not be refunded for downgrades. Please note there are no upgrades available due to SOLD OUT events.

Please note that the 42.2km Nike Melbourne Marathon, 21.1km Nike Half Marathon, SriLankan Airlines 10km Run and Dairy Farmers 5km Run are all SOLD OUT. No additional capacity will be added to these events. You will not be able to register for a sold out event at the Race Week office.

[LEARN MORE ►](#)

### LOCATION:

On the external concourse of the MCG between Gate 2 & 3

DAY	OPENING TIMES
THURSDAY 9 OCTOBER	8:00AM – 6:00PM
FRIDAY 10 OCTOBER	8:00AM – 6:00PM
SATURDAY 11 OCTOBER	8:00AM – 4:00PM
SUNDAY 12 OCTOBER*	FROM 5:30AM

\*Sunday is for general enquiries ONLY. There is strictly NO Race Bib collection on Race Day.

\*\* Bupa Healthy Cities Mini Marathon participants can collect their race bibs from 7:00am Saturday

MELBOURNE  
MARATHON  
FESTIVAL



Official Healthcare Partner

Get up to

**10** weeks  
*free*\*

**2&6**  
month  
waiting periods  
waived on  
extras\*

When you join directly on eligible products\*.

Offer ends 15 October 2025.

Already a Bupa Member?

You could be eligible to enter the draw to win 1 of 3  
\$1,000 Visa gift cards.\* Offer ends 17 October 2025.

[Find out more](#)



\*T&Cs apply. New members only. 10 weeks free applied over 2 years (3 years for annual payers). Offer ends 15 October 2025. \*\*T&Cs apply. Offer ends 17 October 2025.



# RACE BIB ETIQUETTE

Your race bib is your key to the course and your finish time!

- Wear it on your front, on the outermost layer - so it's clearly visible to cameras and timing mats.
- Keep it clear of hydration vests, belts, and straps - covering your bib can degrade timing accuracy.
- Don't fold or cover your bib - it contains your timing chip, so keep it flat and easy to scan.
- Secure it firmly - to avoid it flapping or falling off during your run.

Following these steps ensures your finish time is recorded accurately and helps us capture your best race-day moments.



# FIND YOUR PACER

Pace Group Leaders will be expected to run at an even pace for the entire distance of their event and offer encouragement and information along the way. Keeping to your allocated pace and communication between yourself and the runners within your Pace Group is extremely important if everyone is to continue as a group. When you get to the start line, line up near the pacer representing your estimated finish time.

You can meet your pacer on Saturday at the Main Stage at 12:50.

## MARATHON PACER GROUPS

2:50	3:00	3:10	3:20	3:30	3:40	3:50
4:00	4:10	4:20	4:30	4:45	5:00	5:30

## HALF MARATHON PACER GROUPS

1:24	1:30	1:35	1:40	1:45
1:50	2:00	2:10	2:20	2:30

[LEARN ABOUT YOUR PACER ►](#)







# MELBOURNE MARATHON FESTIVAL

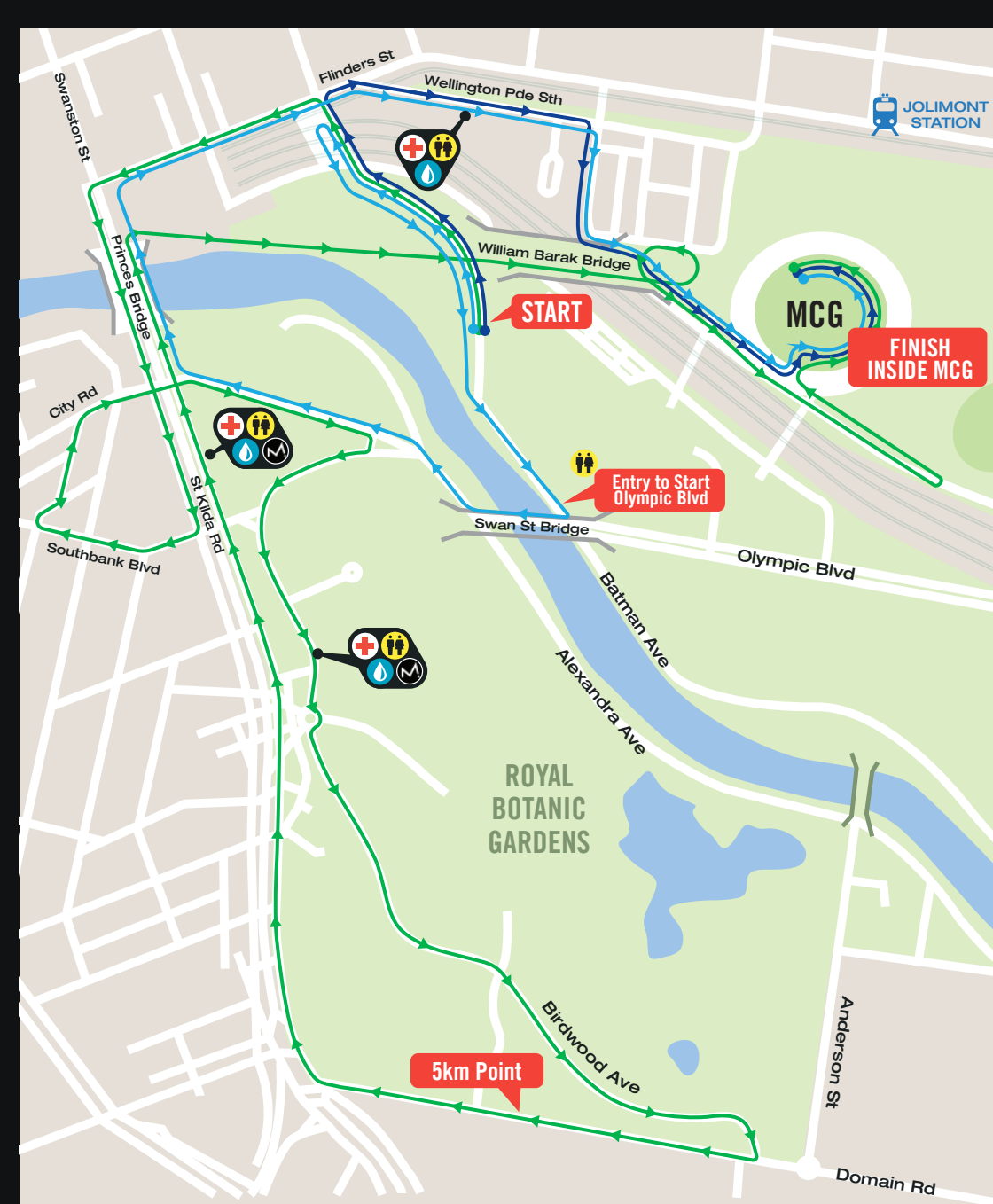
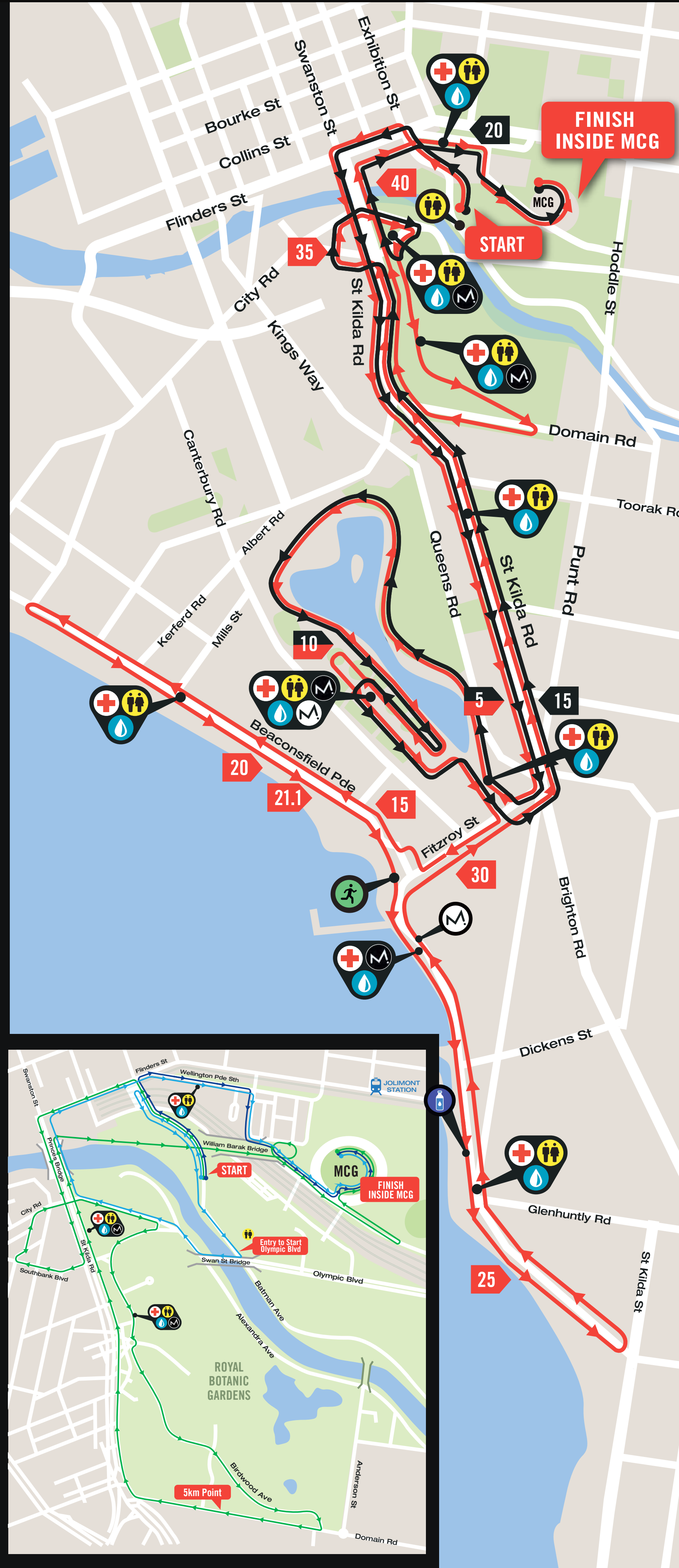
**SUNDAY OCTOBER 12**

## DISTANCE & START TIMES

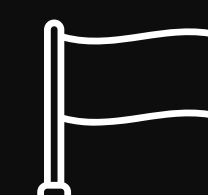
- Nike Melbourne Marathon 42.195km - **6:30AM**
- SriLankan Airlines 10km - **7:00AM**
- Nike Wheelchair Marathon 42.195km - **7:25AM**
- Nike Half Marathon 21.1km - **7:30AM**
- Dairy Farmers 5km **11:15AM**
- Chobani Fit Walk **11:45AM**

## LEGEND

- Water
- Maurten Drink Mix 160
- Maurten Hydrogel  
Gel litter to be discarded at drink stations
- First Aid
- Toilets
- 5 KM Markers
- 5h30m+ Marathon Course Diversion
- Personal Drinks Station  
Marathon only

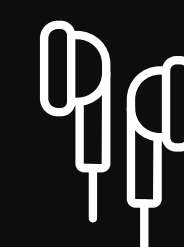


# RACE DAY ETIQUETTE



## START LINE

Arrive to the Start Line at least 30 minutes prior to your event start time. Be mindful of your competitors and give each other space where possible. Remember, your timing chip activates as you run through the start arch so the minutes it takes to get there won't matter!



## HEADPHONES

Running with headphones is allowed but discouraged. If you must run to music, use just one earbud and keep the volume low. You need to be aware of what's going on around you, including other competitors, marshals, and volunteers.



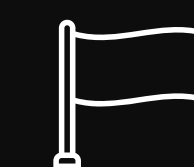
## DRINK STATIONS

There is plenty of water and Maurten Drink Mix 160 for everyone. Instead of diving for the first cup you see, skip the first tables, which are likely to be the most crowded. Make eye contact with the volunteer to alert them that you are going to be taking their cup. Take your drink and exit cautiously. Once finished, please put your empty cup in the dedicated bins.



## GEL DROP ZONES

Maurten HydroGel Stations on course for Marathon at Drink Stations at 11.2km and 29.5KM, and Half Marathon Drink Station at 11.2km. Littering the course with gels is strictly prohibited. Please dispose only at drink station locations.



## FINISH LINE

Although you will want to celebrate, there will be competitors coming in right behind you so keep moving through the Finish Line. Follow the arena exit gates to drinks stations and your well earned medal, then exit the venue to celebrate in style in the event village.



## TOILETS

Toilets are available within Gate 1, Gate 2, Gate 4 and Gate 7 of the MCG, Within Yarra Park, and within start line precinct. There will also be toilets located on course at various drink stations. Strictly no public urination.



## NOT PERMITTED

Strictly no bikes, skateboards, rollerblades/skates, scooters, or pets are permitted in any event.



# Refuel and Replenish

Get your **FREE Dairy Farmers Protein Smoothie** at the finish line!

Plus join physiotherapist, Alice Baquie for a guided stretching session.



soundcore

SOUND ON  
RUN ON



# RACE DAY CHECKLIST

- ENSURE YOU'VE GOT YOUR RACE BIB ON YOUR TOP
- FUEL AND HYDRATE PRE-RACE
- HAVE YOUR WARM CLOTHING READY, IN YOUR BAG, LABELLED WITH YOUR BIB NUMBER
- ENSURE YOU ARRIVE AT THE FESTIVAL AT LEAST 1 HOUR BEFORE YOUR RACE TIME
- ALLOW ENOUGH TIME TO GRAB A ST. ALI COFFEE FROM THE EXPO
- LEAVE SUFFICIENT TIME TO USE THE TOILETS, THERE WILL BE LINES SO PREPARE TO WAIT
- MAKE YOUR WAY TO THE START LINE AT LEAST 30MIN PRE-RACE
- IF YOU'RE INTERESTED IN RUNNING WITH A PACER, LOCATE YOUR PACER GROUP ON THE START LINE
- IF YOU PLAN TO LEAVE YOUR WARM CLOTHING ON THE START LINE ENSURE IT'S OUT OF OTHER RUNNERS WAY – ALL DISCARDED CLOTHING WILL BE DONATED THROUGH UPPAREL
- SOAK IN THE ATMOSPHERE AND GET READY TO TAKE ON THE #MELBMARA!
- SMILE FOR THE CAMERAS AND ENJOY YOUR RACE



# WARM CLOTHING BAG DROP

BYO BAG  
NEW LOCATION

This year, Warm Clothing service is available throughout Race Week for all participants to leave a bag of their belongings, to be collected post-race.

The Warm Clothing Service is available on the lawn area opposite Gate 3 of the MCG during Race Week.

DAY	OPENING TIMES
THURSDAY 9 OCTOBER	8:00AM – 6:00PM
FRIDAY 10 OCTOBER	8:00AM – 6:00PM
SATURDAY 11 OCTOBER	8:00AM – 4:00PM

RACE DAY OPENING TIMES SUNDAY OCTOBER 12	
NIKE MELBOURNE MARATHON	OPEN FROM 5AM
NIKE HALF MARATHON	OPEN FROM 5:30AM
SRILANKAN AIRLINES 10KM, DAIRY FARMERS 5KM AND CHOBANI FIT WALK	OPEN FROM 6:00AM

Storage areas are manned by volunteers and marshals on Race Day. Do not check in valuables as we cannot be responsible for lost or stolen items.



You will be required to tear off the bag strip from your race bib and attach it securely to your clothing bag to ensure that it is easily identified.

# ENCOURAGEMENT MESSAGE

SUPPORT YOUR FELLOW RUNNERS

We’re on a mission to become the world’s most encouraging event.

This year at the Nike Melbourne Marathon Festival, we’re giving you a new way to motivate the runners around you.

Visit the Encouragement Message Station at the Runner’s Expo to create your own message of support. Pin it to your back on race day and inspire every runner behind you to keep going all the way to the MCG finish line.

Whether it’s a cheeky joke, a heartfelt shout-out, or a few powerful words, your message could be exactly what someone needs to see when the legs get heavy.

20

Pain is

25

temporary,

That finish line

feeling is forever





# DRINK STATIONS



Drink stations will be situated at a number of locations on course and at the finish line. Water will be provided on course at all drink stations along with our Official Partner Maurten, providing Maurten Drink Mix 160 at selected stations.

Thanks to our Official Hydrogel Partner Maurten, there will be on-course Hydrogel Depots at 11.2km (Half and Marathon) and at 29.5km (Marathon) to supplement your race-day fueling. You can find the specific locations on the course maps following.

## PERSONAL DRINKS STATION

One Personal Drink Station will be available for **FULL MARATHONERS ONLY**, who wish to provide their own refreshments at the designated drink station on course.

### Drop Off Location

Village Expo Area  
(Near bag drop, across from Gate 3)

**Drop Off Date** Saturday 11th October

**Drop Off Times** 8am to 2pm

**Personal Drink Station Location** 24.2km

**Restrictions:** Drink containers are not to be any taller than 21cm in total including all attachments. Special drinks drop off will close at 2.00pm, no balloons/sticks are to be attached.

Your race number must be clearly shown on the bottle container, it is your responsibility to find your own bottle at the personal drinks station. You must not drop your bottle on course it must be dropped in the event waste zone.

The personal drinks service is available to competitors in the **full marathon only**.



# I'VE FINISHED, NOW WHAT?



## PHOTOS

Marathon Photos will be snapping your on course and finish line shots. Photos will be available to view and purchase via the Marathon Photos website. Here, you will be able to download your Finishers Certificate too.

**PRE-ORDER HERE** ►



## RESULTS POWERED BY BMW

Live results will be available from the Nike Melbourne Marathon Festival App. Results will also be published on our website within 24 hours of finishing.



## MEDALS

All competitors will receive a 2025 Nike Melbourne Marathon Festival medallion on their way out of the finish area. Snap your @MelbMara medal moment & show it off via socials on #MedalMonday (October 13).



## KEY TO THE CITY

Flash your 2025 Nike Melbourne Marathon Festival medal at participating venues to unlock exclusive deals and offers across Melbourne. Whether you're after a celebratory meal, a massage, or a discount on your next adventure — your medal if your key to access!

Keep an eye on your inbox for your offers!



## MITIME

MiTIME captures the final piece of your #MelbMara journey with a personalised memento for your well-earned medal. The custom engraved insert of your name and Race Net Time fits perfectly on the back. All MiTIMEs will be mailed out post-event week. Haven't yet ordered one? Login to your Active account, select "purchase merchandise" and add MiTIME inserts to cart!

**ORDER HERE** ►



*fit for*  
**chasing**  
~~world records~~  
**THE MCG FINISH LINE**



*fit for you*



***FESTIVAL GUIDE***

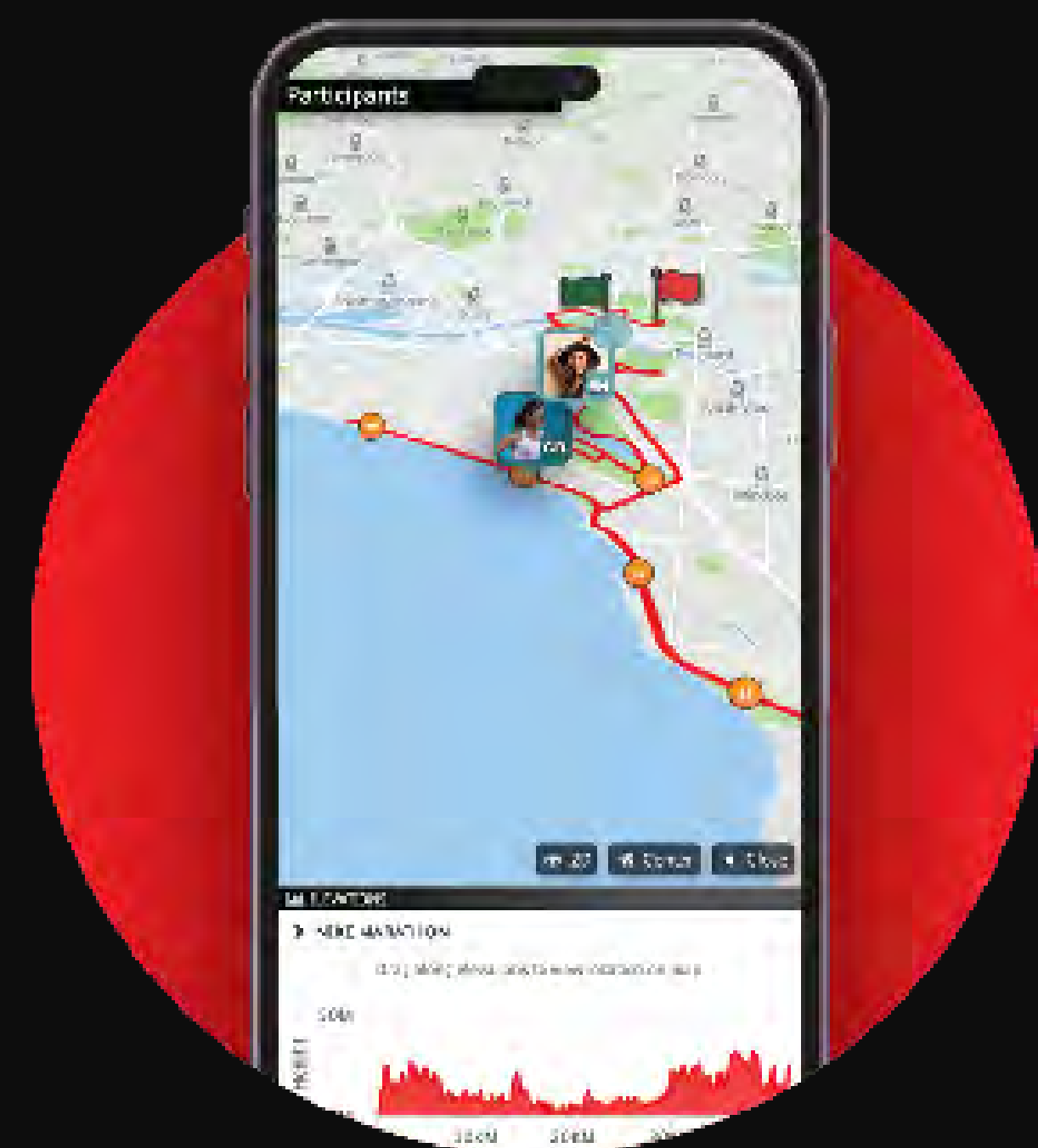


# DOWNLOAD THE OFFICIAL EVENT APP

## POWERED BY GARMIN®

Make sure you encourage your friends and family to download the app so they can follow your every move!

Download the 2025 Nike Melbourne Marathon Festival app, now available from Google Play and the App Store for the full #MelbMara experience.



[CLICK HERE TO DOWNLOAD ►](#)



### FEATURING:

#### LIVE STREAM

Tune into the Race Day festivities! See winners crossing the MCG finish line, meet some race-day legends and stay updated on the entire day's proceedings.

#### CHECK LIVE RESULTS

See your results thanks to BMW as soon as you cross the finish line, view who won each race, and check out how your competitors went on the day.

#### PARTICIPANT TRACKING

Track a participant while they race! Just insert the bib number of the person you want to track, view live on the map where they are, and get notified of their progress along the way.

#### KEY EVENT INFORMATION

Everything you need to know all in the one place. Stay on top of what's happening! Allow notifications to receive live race-day updates.

# FESTIVAL SPECTATORS

## ENTRY THROUGH GATES 2, 3 & 4 FROM 6:30AM

Friends and family are invited to cheer you on as you cross the finish line. Access into the MCG stands is FREE for all spectators. Spectators and Participants might find it difficult to meet within the MCG, instead we recommend using one of the Nike Melbourne Marathon meeting points.

Bikes and Pets are not permitted inside the MCG (Guide Dogs excepted). Prams and pushers are permitted in the MCG's spectator areas located in the Olympic Stand and Member's reserve.

Please take direction from venue staff and security for guidance. Easy to fold pushers are recommended. Spectators are also able to track your progress and watch the Festival's live stream through the official Race App.





# MEET YOUR MATES

With record numbers expected, we highly recommend you pre-plan a meeting spot to catch your friends and family post race. Please see below the designated meeting posts, located around the MCG concourse to help you find your support crew

## POINT A

Towards William Barrack Bridge

## POINT B

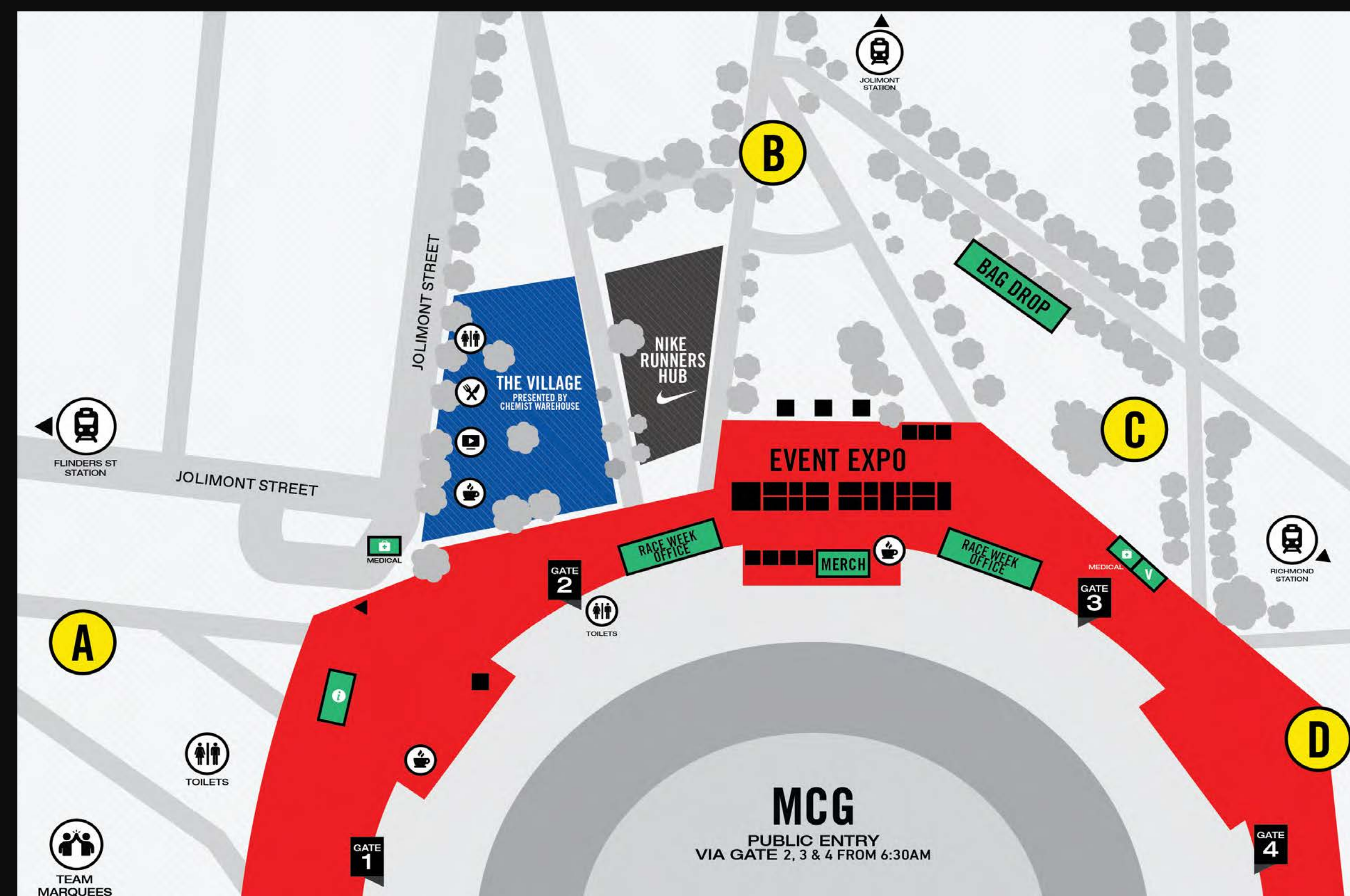
Head down MCG Avenue to the Kevin Bartlett Statue

## POINT C

Outside of Gate 3, behind the hustle and bustle of the concourse

## POINT D

Outside of Gate 4, head to the Sir Donald Bradman Statue



## ENDURANCE REDEFINED: THE BMW X3.



From the heart of the city to the coastal roads, the Nike Melbourne Marathon defines endurance. Just as the city's top runners are a symbol of human performance, the BMW X3 embodies a different kind of power. With its responsive engine and adaptive suspension, it navigates the urban landscape with agility and grace. It's the ultimate performance vehicle for the city you love.

See Melbourne differently.

[Book a test drive](#)



# MERCHANDISE

Shop our exclusive official Nike Melbourne Marathon Festival Merchandise range. Located between Gates 2 and 3 on the MCG Concourse within the event expo.

New items available

DAY	TIME
THURSDAY 9 OCTOBER	8:00AM – 6:00PM
FRIDAY 10 OCTOBER	8:00AM – 6:00PM
SATURDAY 11 OCTOBER	8:00AM – 4:00PM
SUNDAY 12 OCTOBER	5:30AM – 2:00PM



Please note: stock is limited, merchandise will be sold under a first served policy and is likely to sell out prior to Sunday. We recommend you hit the Official Merchandise Store early to ensure you are not disappointed.



## FUEL YOUR RACE WITH SUPPLEMENTS YOU CAN TRUST



AVAILABLE AT



Banned Substance Tested

INC. RANGE



incsports.com.au @incsports INC Sports



GARMIN®

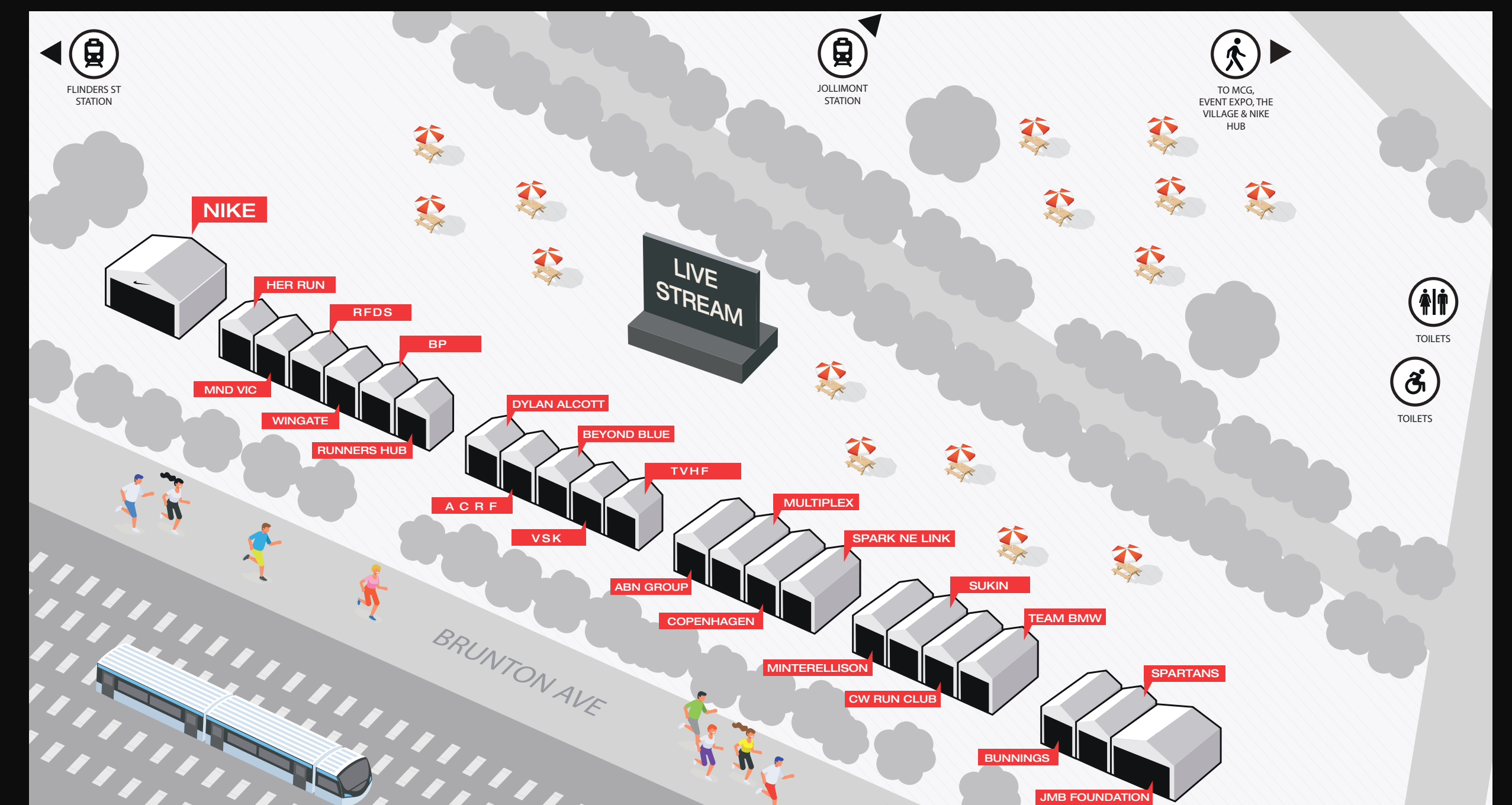
# THE MILES THAT MADE YOU

START WITH FORERUNNER



# TEAM MARQUEES

The Team Marquee area is a dedicated section for groups to secure their very own space within the Nike Melbourne Marathon Festival. Situated along Brunton Avenue overlooking the final stretch for all competitors, the Team Marquee area provides the perfect vantage point for competitors and friends alike to soak up the atmosphere on the big day.



**TEAM MARQUEES : SUNDAY OCTOBER 12**



# NIKE RUN CLUB

## STEP INTO THE NIKE RUN CLUB SPACE AT THE EVENT PRECINCT

From a Nike-only retail experience, to customising your gear, to a place to kick back pre- and post-race—this is your stop.

Open Thursday through Sunday of race week.

### RETAIL OPENING HOURS

Thursday: 8am - 7:30pm

Friday: 7am - 6pm

Saturday: 8am - 4pm

Sunday: 5am - 3pm

### CUSTOMISATION OPENING HOURS

Saturday: 8am - 4pm

Sunday: 8am - 3pm



# Melbourne runs on Maurten Hydrogel Technology.



As the Official Hydrogel Sports Fuel Partner of Nike Melbourne Marathon Festival, Maurten will be available on-course for race day. You'll be fueled to the finish with Maurten Gel 100 — with 25g of carbohydrates — and Maurten Drink Mix 160 — a liquid carbohydrate sports fuel that provides energy and hydration. Both made using Maurten Hydrogel Technology — making it easier to fuel while running a marathon.

Maurten has fueled the fastest times in history — this is your time.



# THE VILLAGE

## PRESENTED BY CHEMIST WAREHOUSE

We're excited to announce the return of our entertainment precinct The Village presented by Chemist Warehouse! The Village will be open on both Saturday and Sunday (please see opening times).

The Village present by Chemist Warehouse is your destination for food, ST. ALi coffee, Better Beer, drinks, live music & more.

Head to The Village from 5:00am on Race Day for your ST. ALi coffee fix, then enjoy entertainment, live music & our big screen showing all of the #melbmara action from 6:00am onwards.

OPENING DAY	OPENING HOURS
SATURDAY 11TH OCTOBER	9:00AM – 3:00PM
SUNDAY 12TH OCTOBER	6:00AM – 3:00PM

\* ST. ALi open from 5:00am on Sunday 12th October



# THE VILLAGE

## PRESENTED BY CHEMIST WAREHOUSE

### WHAT'S ON



#### Better Beer.

**Better Beer Bar:** Whether you're competing or cheering on a loved one, the Better Beer Bar will be serving up refreshing frothies all weekend. Located in the Event Village in Yarra Park, the Better Beer Bar will be open from 9am Saturday and 8am Sunday. Day For It!

#### ST. ALi COFFEE

**ST ALi Coffee:** Swing by ST. ALi pre or post-race for coffee, matcha, pastries, and more. Don't miss Runner's High - our marathon-exclusive iced drink with cold brew, coconut water, and coconut cream. Hydrating, energising, and the perfect recovery sip to keep you moving long after the finish line.

#### Live Stream:

Tune In Live with SEN – Your Nike Melbourne Marathon Companion

Experience the Nike Melbourne Marathon Festival like never before with SEN's live audio and video coverage bringing you expert commentary, race updates, and all the colour and access from the heart of the action.

Download the SEN App to stream the event live, wherever you are.

Stay connected, stay informed, and enjoy every stride with SEN.

[DOWNLOAD HERE ►](#)



# VILLAGE MAIN STAGE & ACTIVITY

SATURDAY 11TH OCTOBER 2025

TIME	WHATS ON
9.30AM	DJ MOWGLI MAY
10.00AM	EVENT START // MINI MARATHON - WAVE A (10-12)
10.30AM	EVENT START // MINI MARATHON - WAVE B (7-9)
11.00AM	EVENT START // MINI MARATHON - WAVE C (6 AND UNDER)
11.30AM	OFFICIAL WELCOME TO COUNTRY / SMOKING CEREMONY
11.35AM	ELITE PANEL INTERVIEW
11.55AM	RACE DAY PREVIEW PANEL WHAT TO EXPECT ON SUNDAY, REFUELLING (JESS ROWTHWELL –NUTRITIONIST), MARCUS GALE (EVENT DIRECTOR), RENEE BUCKINGHAM (RUNNER)
12.40PM	NIKE PACER PROGRAM
12.50PM	MEET YOUR PACER
1.00PM	STRETCH & PILATES SESSION ALICE BACQUIE
1.20PM	LIVE PODCAST - FOR THE KUDOS



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STYLE



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13  
FOR OVER 13 YEARS

FUNDAY<sup>®</sup>  
NATURAL SWEETS

NO SUGAR ADDED,  
SWEETER THAN A PB





snap fitness 24/7

5 day **FREE** membership

\*T&Cs Apply

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COFFEE

FUELLING  
THE PEOPLE

STALI.COM.AU

# RUNNERS EXPO

The Runners Expo is back again in 2025 and will be held on the lawn area in front of the Race Week Office location on the concourse of the MCG between gates 2 and 3.

Take advantage of exclusive Race Week specials!

OPENING DAYS	OPENING HOURS
THURSDAY 9TH OCTOBER	8:00AM – 6:00PM
FRIDAY 10TH OCTOBER	8:00AM – 6:00PM
SATURDAY 11TH OCTOBER	8:00AM – 4:00PM
SUNDAY 12TH OCTOBER	7:30AM – 2:00PM





# RUNNERS EXPO

## WHAT'S ON



### Chobani fit

**Chobani Fit:** Whether you're chasing a personal best or cheering from the sidelines, Chobani Fit is here to fuel your day. Catch us opposite the expo in Yarra Park for your FREE sample! We can't wait to see you there.

### Srilankan Airlines

**SriLankan Airlines:** Visit SriLankan Airlines at the Nike Melbourne Marathon Festival Expo, your very own prelude to destination Sri Lanka, our island home. Learn more about our daily direct services to Colombo, and take part in the competition to win two air tickets to Sri Lanka. Your own island adventure awaits!

### GARMIN

**Garmin:** Come and experience the all-new Forerunner 970! Swing by the Garmin stand to see it up close and try it on for yourself

### Bupa

**Bupa:** Visit Bupa at the Runner's Expo to chat with our retail consultants about our latest offers and try your luck in the Lucky Dip competition.

Relax and recharge at the Bupa Stretching Station with guided physio-led sessions – and don't forget to capture the race day buzz in our 360° photobooth!

## WHAT'S ON...



### MAURTEN

**Maurten:** Visit Maurten at this year's Nike Melbourne Marathon Festival expo to collect any last-minute fueling supplies, sample the on-course drink Maurten Drink Mix 160 or just to chat to our team about your fueling strategy for race day.



**Chemist Warehouse:** Visit Chemist Warehouse at the Nike Melbourne Marathon Festival! Take a photo in our booth and share for your chance to WIN a \$500 Chemist Warehouse Gift Card. Enjoy free giveaways including INC Protein Bars and Cancer Council Sunscreen.

### FUNDAY<sup>®</sup> NATURAL SWEETS

**FUNDAY Natural Sweets:** Don't walk, run to the finish line for first dibs on an exciting new sweet treat! Then bounce into our FUNDAY Recovery Zone to chews your recovery. Will you go luxe and decadent... or fruity and fun?



**Urbane Mess:** Come and visit Urbane Mess at the Nike Melbourne Marathon Festival expo! Enjoy free samples and take home a personalised caricature keepsake – look and feel like a winner, run with style.

### soundcore

**Soundcore:** Run with soundcore! Try interactive games to win earbud prizes. Snap up marathon discounts to get your audio ready for race day, explore our latest gear, enjoy great tunes, and share fun moments with mascot Corey. Sound on, Run on!

### snap 24/7 fitness

**Snap Fitness:** For the Feeling – Snap Fitness is bringing the energy to the Runners Expo! Take on the 'Race to Win' challenge, spin the wheel for Snap prizes, and come hang out with the Snap Fitness team. Soak up the atmosphere, embrace the excitement, and be part of the buzz with Snap Fitness!

### Forty Winks

**Forty Winks:** Want to WIN a brand new bed from Forty Winks? Swing by our tent and take on the 40 Second Challenge, and you'll go in the running (pun intended). While you're there, test-drive our adjustable bases for the ultimate pre and post-race recovery. Serious about recovery. Serious about sleep.

### ST. ALi COFFEE

**ST ALi Coffee:** Swing by ST. ALi pre or post-race for coffee, matcha, pastries, and more. Don't miss Runner's High - our marathon-exclusive iced drink with cold brew, coconut water, and coconut cream. Hydrating, energising, and the perfect recovery sip to keep you moving long after the finish line.





Scholl

WHAT'S ON...



Scholl

**Scholl:** Kick back and treat your feet at the Scholl Recovery Station! We've got you covered to handle those pesky blisters — swing by for a Scholl Blister Plaster to get you back on your feet and take home a Scholl Pedimask and give your feet the post-race pampering they deserve.



**Dairy Farmers:** Run, recover and replenish with Dairy Farmers Protein! Recover with a guided stretch session by Alice Baquie, - pilates for Runners & life in between, then, replenish with a FREE Dairy Farmers Protein Smoothie - your choice of Chocolate, Strawberry or Banana and Honey.

Better Beer.

**Better Beer:** Whether you're competing or cheering on a loved one, the Better Beer Bar will be serving up refreshing frothies all weekend. Located in the Event Village in Yarra Park, the Better Beer Bar will be open from 9am Saturday and 8am Sunday. Day For It!

Grill'd

**Grill'd:** Finish run. Tick. Burger time at Grill'd. Tick. Find the Grill'd crew bringing the vibes at the finish line and walk away with a special offer.



# AUSTRALIA'S #1 FOOTCARE BRAND FOR YOUR RUNNING SOLUTION

\* IQVIA™ & NIQ© Scan, Foot Care for MAT to 10/12/24.

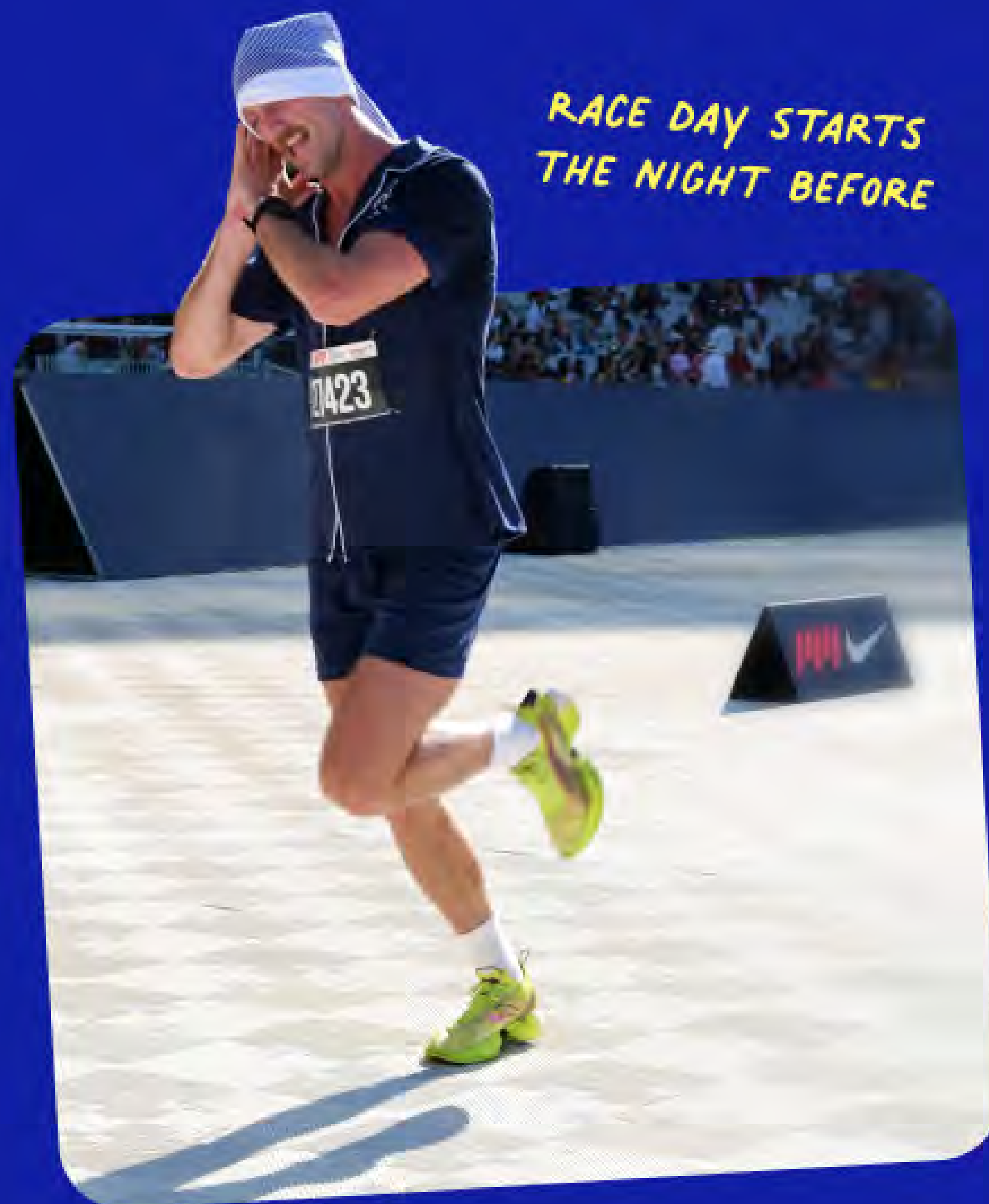




## Unlock your PB by unlocking your best sleep.

Think you know what powers peak performance? Click here to discover how sleep gives you the edge in marathon prep.

Serious about sleep.



RACE DAY STARTS THE NIGHT BEFORE

# ONLY IN THIS CITY OF OURS



Queen Victoria Market



Fed Square



Metropolis



Shrine of Remembrance



Yakimono



NGV International

ONLY IN THE CITY

M CITY OF MELBOURNE

SEE WHAT'S ON >

## WHAT'S ON...

### FLIPBELT

**FlipBelt:** Offers a sleek, bounce-free running belt that keeps essentials secure and out of the way while you run. Their range also includes Skirt Sports apparel, blending functionality with style for active women.

### PILLAR PERFORMANCE

**PILLAR Performance** Offers a cutting-edge range of health supplements designed to optimise immunity, sleep, recovery, and overall performance. From magnesium and collagen to fish oil and creatine, their products support athletes in training, racing, and beyond.

### rnnr

**RNNR** delivers lightweight, breathable running hats, socks and clothes built for performance and comfort on every run. **Runderwear** provides premium running underwear designed to eliminate chafing and support runners from start to finish.

### RUNLY

**Runly** is Melbourne's own independent running vest brand, creating high-quality hydration vests designed specifically for local runners. With a growing range of accessories, Runly focuses on comfort, innovation, and supporting the running community.

### STEIGEN

**Steigen** produces high-performance running socks engineered for comfort, breathability, and blister prevention. Their bold designs and premium fit make them a favourite among runners of all levels.



**Injinji Performance Products** specialises in innovative running socks that prevent blisters and enhance comfort through their unique five-toe design. Their product range also includes running belts and essential accessories for athletes of all levels.

### goodr

**Goodr sunglasses** combine performance and personality with lightweight, no-slip, no-bounce frames. Designed for runners and outdoor enthusiasts, they deliver maximum comfort and style without breaking the bank

### ROCKTAPE

**Rocktape** helps athletes perform and recover with premium sports tape, massage tools, and mobility products. Freeze Sleeve complements recovery with hot and cold compression sleeves designed to reduce pain, inflammation, and muscle fatigue.

### KT TAPE

### chirp

**KT Tape** provides kinesiology tape and blister care products that help athletes move freely and recover faster. Nathan enhances every run with smart hydration solutions and accessories, while **Chirp** delivers simple yet effective tools for recovery and muscle relief.







## A Blissful experience on every journey

Get aboard SriLankan Airlines to discover the timeless beauty of Sri Lanka, now flying daily nonstop from Melbourne and four times a week from Sydney.

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🌐 srilankan.com

 SriLankan Airlines



# BUPA HEALTHY CITIES MINI MARATHON

*SATURDAY 11TH OCTOBER 2025*

Get your young runners ready for the Bupa Healthy Cities Mini Marathon. Open to children aged 12 and under, this 1km race offers the perfect chance for the next generation of marathoners to experience the thrill of the event in their own way.

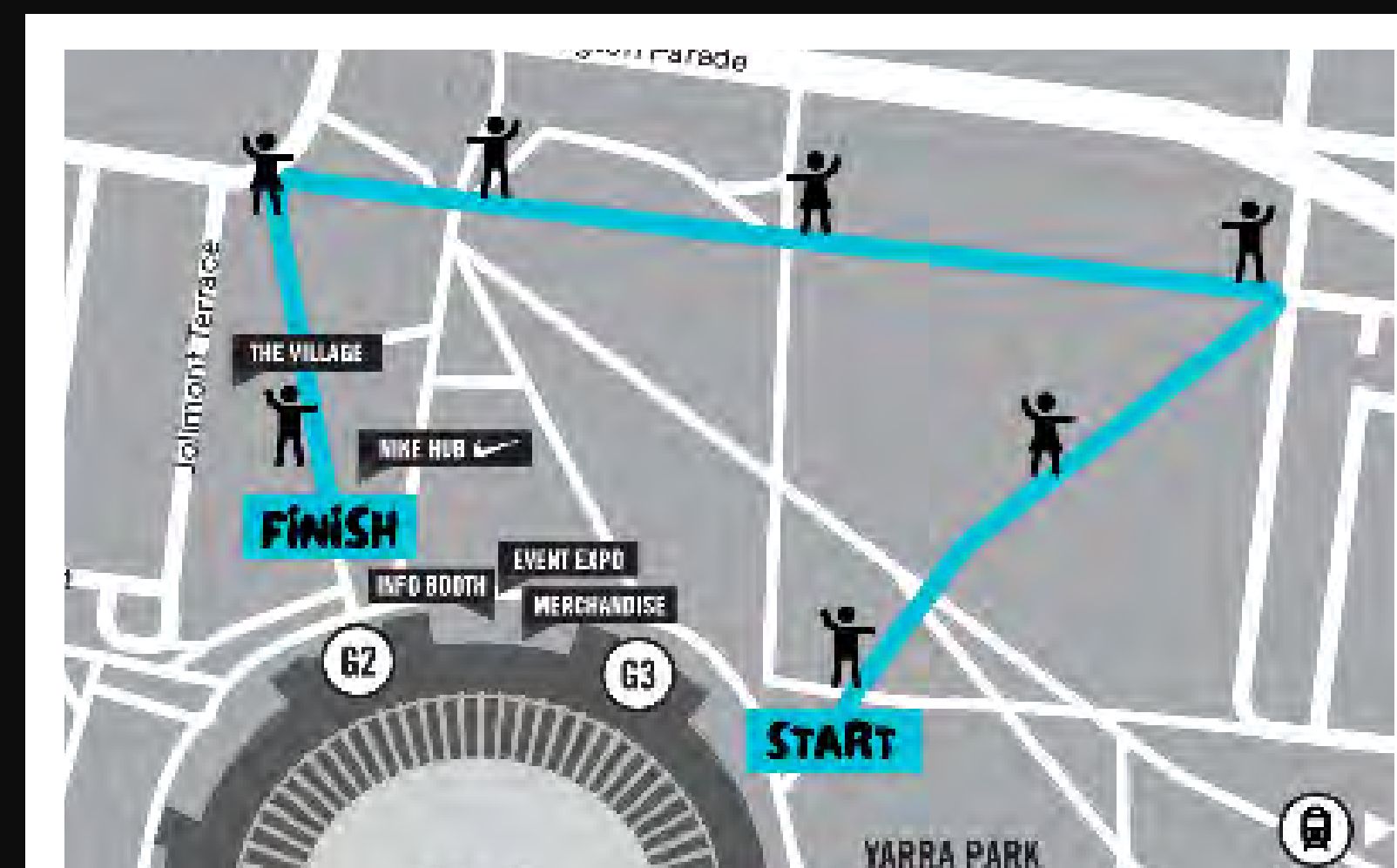


**WAVE A**  
10 TO 12 YR OLD  
**10.00AM**

**WAVE B**  
7 TO 9 YR OLD  
**10.30AM**

**WAVE C**  
6 AND UNDER  
**11.00AM**

[REGISTER HERE ►](#)







# #MELBMARA

# SUSTAINABILITY

The Nike Melbourne Marathon Festival is committed to developing and improving practices and considerations toward a more sustainable festival.

As Australia's premier marathon, our goal is to inspire people to keep moving, to promote health and wellbeing and contribute to the sustainable future of our planet, to therefore ensure we will have a platform for our event for future generations to enjoy.

We must continue to consider our small role to ensure that future generations have access to clean fresh air, an abundance of open green spaces and a thriving world to run in.

## WHAT WE'RE DOING:



LIMITED PROMOTIONAL MATERIAL & REMOVAL OF UNNECESSARY PACKAGING



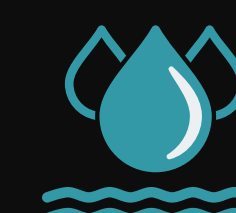
CERTIFIED COMPOSTABLE CUPS BY ECO-PRODUCTS FROM DETPAK, COMPOSTED AT BIO GRO



WASTE STREAMS IDENTIFIED, REVIEWED, PLANNED FOR AND MANAGED



STRATEGICALLY POSITIONED 'GEL LITTER ZONES' ON COURSE



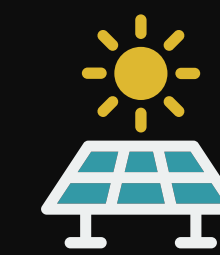
SELF-SERVE WATER BUBBLER AT THE START LINE & WITHIN YARRA PARK



DIGITAL EVENT GUIDE



DISCARDED CLOTHING TAKEN TO UPPAREL FOR DISTRIBUTION TO CHARITY ORGANISATIONS OR RECYCLED AND REPURPOSED



MCG VENUE POWERED BY RENEWABLE SOLAR PANELS



DUPONT TYVEK 100% RECYCLABLE RACE BIBS. DISPOSAL COLLECTION BINS POSITIONED WITHIN VENUE



LEAD CAR POWERED BY THE BMW X3 PLUG-IN HYBRID



CARBON OFFSET & SELF-SUSTAINING BIODIVERSE ECOSYSTEM PROGRAM INITIATED IN 2022. IN PARTNERSHIP WITH 15TREES, 5000 TREES HAVE BEEN PLANTED WITHIN MELBOURNE AND REGIONAL VICTORIA.



PARTNERSHIP WITH PLASTICBANK. PREVENTING TWO PLASTIC BOTTLES FROM ENTERING THE OCEAN PER PARTICIPANT MEDAL

## WHAT YOU CAN DO:



TRAIN, TRAM, BUS OR CARPOOL TO THE EVENT



OPT TO USE REUSABLE PRODUCTS I.E. KEEP CUPS



BYO BAG FOR WARM CLOTHING SERVICE



DISPOSE GELS AT DEDICATED 'GEL LITTER ZONES' ONLY



DISCARD CLOTHING AT START LINE ONLY. ALL ITEMS TAKEN TO UPPAREL FOR DISTRIBUTION TO CHARITY ORGANISATIONS OR RECYCLED AND REPURPOSED



DISPOSE OF WASTE IN CORRECT STREAMS



NO ON COURSE LITTERING PENALTIES APPLY



PLEASE DISPOSE WITHIN SIGNED DISPOSAL BINS WITHIN VENUE



# GET G'D UP!



## TASTY BURGERS, POWERED BY NUTRITION

Meet us at the finish line for your shot at a free burger. Then refuel at Grill'd post-race.

All our burgers are high in protein, contain fibre, are low in sugar and provide at least seven essential vitamins and minerals.

Whether you're looking for a protein boost, powering down with some balanced carbs, or simply craving a tasty burger that does you good, then we've got you.

*Grill'd*



## ***SPECTATOR GUIDE***



# WHERE TO WATCH

## SPECTATOR HUBS

### NIKE SPECTATOR HUB



EVENT LIVE STREAM  
ENTERTAINMENT  
ST. ALI COFFEE

### ST KILDA CHEER ZONE



EVENT LIVE STREAM  
GRANDSTAND SEATING  
FOOD TRUCKS + COFFEE

### FEDERATION SQUARE

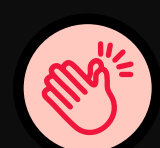


EVENT LIVE STREAM  
SEATING AREA

## HYPE ZONES

- |  |  |
|--|--|
| <b>1</b> WADAIKORINDO DRUMMERS                         | <b>7</b> BARRACK ON YOUR BALCONY<br>LGBTQIA+ COMMUNITY CHEER SQUAD |
| <b>2</b> FORTY WINKS CHEER ZONE                        | <b>8</b> ST KILDA SPORTS CLUB CHEER SQUAD                          |
| <b>3</b> NOVA CHEER ZONE                               | <b>9</b> POP CHOIR   |
| <b>4</b> HOO DOO MAYHEM                                | <b>10</b> SIMON PHILLIPS & FREINDS                                 |
| <b>5</b> AFRICAN SESSI DRUMMING ENSEMBLE               | <b>11</b> MARIACHI LOS ROMANTICOS                                  |
| <b>6</b> MILE OF MUSIC<br>FT MELBOURNES FINEST BUSKERS | <b>12</b> SNAP FITNESS CHEER ZONE                                  |

## GOOD VIEWING



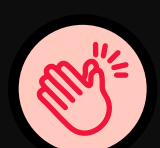
FLINDERS STREET+  
FEDERATION SQUARE



ALBERT PARK LAKE  
ALBERT ROAD & CANTERBURY ROAD



ST KILDA ROAD



BEACONSFIELD PARADE



MARINE PARADE  
AND ALONG JACKA BLVD



ROYAL BOTANICAL GARDENS  
DOMAIN ROAD AND ALONG THE ICONIC TAN





# SHOW RUNNERS YOUR SUPPORT

#MELBMARA WITH YOUR BEST SIGN



**Official Beer**  
of the  
**Nike Melbourne  
Marathon Festival.**

**Day For It**

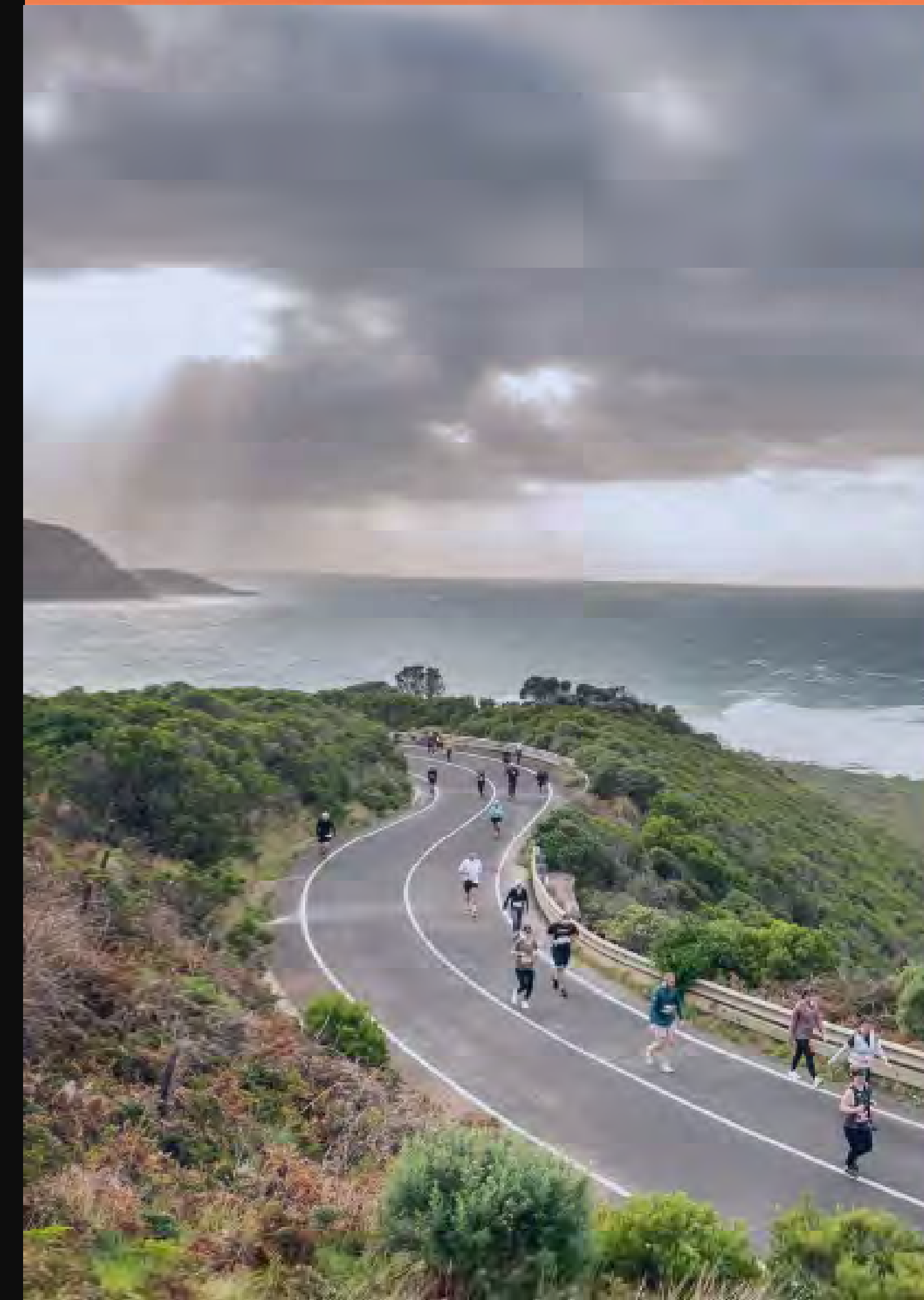


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RUNNING FESTIVAL  
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**MAY 16 & 17 2026**







***THANK YOU  
#MELBMARA***





# PLATINUM CHARITIES



Running for  
**Premature Babies**

## ***RUNNING FOR PREMATURE BABIES***

26,000 babies are born prematurely each year, with many relying on cutting edge neonatal equipment to survive.

**Running for Premature Babies provides life-saving neonatal equipment to hospitals around Australia, giving critically ill and premature babies a better chance of survival.**

The charity was founded in memory of baby triplets Henry, Jasper and Evan Smith who were born in 2006 and were cared for in Neonatal Intensive Care (NICU) but tragically did not survive their premature birth. To date almost \$7 million has been raised, funding neonatal equipment such as humidicribs and ventilators to hospitals Australia wide, including the Monash Children's Hospital NICU which cares for the sickest babies from all over Victoria.

Join us to celebrate a survivor of prematurity, to honour a baby who has died, or simply to support a cause that will make a tangible difference to hundreds of families in Victoria and a round Australia.

To find out more about the charity and how it all began go to: [www.runningforprematurebabies.com](http://www.runningforprematurebabies.com)

# PLATINUM CHARITIES



## ***BEYOND BLUE***

Over three million people in Australia are living with depression or anxiety and an average of nine people take their own lives each day.

Beyond Blue's vision is for all people in Australia to achieve their best possible mental health. It's thanks to the generosity of people like you that we can keep our Support Service running 24 hours a day, 7 days a week. This phone and online service is staffed by mental health professionals and provides life-saving support to hundreds of people every day. With your support, we will also continue to innovate and deliver new services and programs that reduce stigma and encourage people to speak up in times of need.

The funds and awareness you will raise will help us enormously to support people to protect their mental health and reduce people's experience of stigma and discrimination and improve people's opportunities to get effective support and services at the right time.

**Together we can make a real difference to the lives of people affected by anxiety, depression and suicide.**

For more information about anxiety, depression and suicide prevention please visit [www.beyondblue.org.au](http://www.beyondblue.org.au)

For advice and support, contact Beyond Blue Support Service on [1300 22 4636](tel:1300224636) or online at [www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support)



# PLATINUM CHARITIES

AUSTRALIAN  
CANCER  
RESEARCH  
FOUNDATION 

## AUSTRALIAN CANCER RESEARCH FOUNDATION

Join Team ACRF and dedicate your run to vital cancer research!

Cancer is Australia's largest disease burden, and it's not going away. An average of 444 Australians is diagnosed with cancer every day.

The Australian Cancer Research Foundation (ACRF) have been making strides towards a cancer-free future by supporting BOLD, BRAVE and BRILLIANT research. Over the last 40 years, ACRF have awarded \$204 million to 90 ground-breaking research projects at 44 medical research institutes across Australia, to support some of the most innovative projects in Australia.

Our mission is to back brilliant research by giving scientists the technology and equipment they need to find new and improved ways to prevent, detect and treat ALL types of cancer. We know that only brilliant ideas can tackle something as big as cancer. By supporting ACRF you will be backing projects that push boundaries and blaze new trails. By backing brilliant we are committed to our vision of one day reaching a world without cancer.

In 2025 ACRF is proud to be a platinum charity partner of the 2025 Nike Melbourne Marathon. Give your run meaning in 2025. Only together can we continue to fund groundbreaking cancer research that helps to save lives.

Run with #TeamACRF and together, we can make strides towards a world without cancer.

To find out more about how you can back brilliant cancer research with ACRF, visit our website: <https://www.acrf.com.au/>

Together, let's back brilliant cancer research and stride toward a cancer-free future.

Run. Fundraise. Make a Difference.

Make your run a lifesaving one in 2025 with #TeamACRF.

# PLATINUM CHARITIES



## DYLAN ALCOTT FOUNDATION

Nearly 20% of Australians have some form of visible or invisible disability with 7.4% under 17. One in five experience some form of discrimination each year with many facing barriers that hinder their full inclusion and participation in life.

The Dylan Alcott Foundation (DAF) is dedicated to empowering young Australians with disability to achieve their dreams and live the lives they deserve. Through its programs and initiatives, the Foundation helps break down barriers, provide vital resources and create equal opportunities for people to thrive.

Founded by Paralympian and disability advocate Dylan Alcott AO, the Foundation aims to challenge unconscious bias and promote inclusion across all areas of society. To date, DAF has supported hundreds of young individuals with disability, providing grants for sporting equipment, university scholarships, mentoring, supporting start-up businesses and pioneering skill-building initiatives that enhance personal and professional growth.

By fundraising for DAF this Nike Melbourne Marathon, you're not just participating in a race or achieving your own personal goals—you're making a tangible impact on the lives of young Australians with disability. Whether you're running in honour of a loved one or simply supporting a cause close to your heart, your efforts will help fund life-changing opportunities and empower people with disability to achieve their dreams.

Getting started is simple! Sign up for the event and set up your online fundraising page. We're here to guide and support you throughout your entire fundraising journey, so you can focus on your training.

Join our movement and discover how we're creating a more inclusive world, one life-changing opportunity at a time.

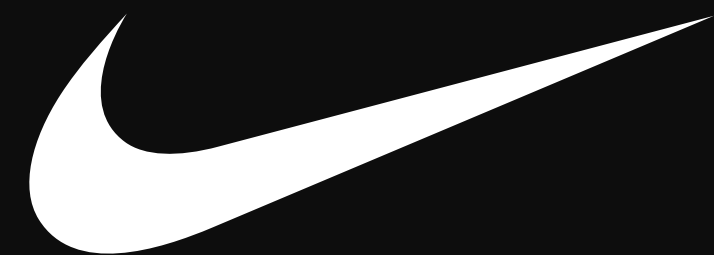
For more information, visit: [www.dylanalcottfoundation.com.au](http://www.dylanalcottfoundation.com.au)



# OFFICIAL PARTNERS

We would like to thank each of our partners for their help in making the 47th edition of the Nike Melbourne Marathon Festival happen.

## TITLE PARTNER



## PREMIUM PARTNERS



## ASSOCIATE PARTNERS



## SUPPORT PARTNERS



# OFFICIAL CHARITIES

## PLATINUM



Running for  
**Premature Babies**

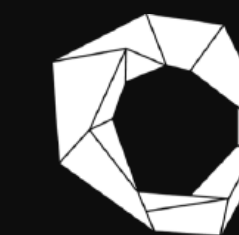


**Dylan Alcott  
Foundation.**

## GOLD



PETS OF THE HOMELESS  
Keeping best friends together



**Peter Mac**  
Peter MacCallum Cancer Foundation



The Victorian  
Homeless Fund



Brotherhood of St Laurence  
Working for an Australia free of poverty



**Dementia  
Australia**







  #MELBMARA