



Speech By  
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**MEMBER FOR KEPPEL**

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## **ADJOURNMENT**

### **Capricorn Coast Running Festival**

 **Mrs LAUGA** (Keppel—ALP) (10.02 pm): The sun was shining, there was a cool south-easterly breeze across Keppel Bay, hundreds of excited people and the DJ had the bass pumping at the 5th annual Capricorn Coast Running Festival at the Yeppoon foreshore on Sunday, 4 October. The CQPhysio Group Capricorn Coast Running Festival is one of Central Queensland's most professional and exciting road-running events, with over 940 entrants, including me, taking up the challenge.

Featuring a spectacular beachside location, a flat, fast and scenic course, five great events and all the trimmings of a big-city event, the annual Capricorn Coast Running Festival is a must for all runners and walkers. DJ Blake Hamlyn hit the decks and created an electric running festival atmosphere right on the doorstep of the southern Great Barrier Reef.

The course record in the Rees R & Sydney Jones Half Marathon was smashed by Rio Olympic hopeful Clare Geraghty. Clare raced as part of her preparation for the Melbourne Half Marathon in October, the New York Marathon in November and aims to qualify for the Olympics in Rio next year. Geraghty smashed the female course record by over 10 minutes, while Blair Drabble took out the men's half marathon. It was definitely a treat for all of the local aspiring young runners to see Clare in action.

The Hillcrest Rockhampton 10-kilometre event was dominated by local high school students Kevin Toman and Kirsten Humphreys, with Humphreys shaving just over 15 seconds off the women's course record. As expected, CCRF golden girl Victoria Gillies took out back-to-back five-kilometre titles, and 2014 10-kilometre podium finisher Graham Leeson went one better over the shorter distance, taking out the men's five-kilometre title.

The Stockland Rockhampton Mile Bolt course record was also smashed by Brisbane runner Dan Symonds and, as if she could get any better, Clare Geraghty backed up her half marathon win with a women's Mile Bolt course record.

I had the honour of sounding the starting air horn using DJ Blake's iPhone for the Stockland Rockhampton Kids Dash, and I participated in the Highpoint Access & Rescue five-kilometre run with a close-to-personal-best time. It was great to see so many people of all ages and abilities as well as mums and dads with prams, all running or walking on a Sunday morning in a bid to challenge themselves and their fitness. The festival is also a great contributor to local tourism. The strong local participation in the festival is exemplary of the commitment to health and wellbeing made by many locals on the Capricorn Coast.

Many thanks go to major sponsors CQPhysio and Tourism and Events Queensland for making the fifth anniversary year of the Capricorn Coast Running Festival the biggest and best yet. I congratulate organisers Jason Paull, Sean Peckover and all of their support team. Their tireless work ensures the festival runs smoothly ever year and is an experience to rival any sporting event run out of Brisbane, Sydney or Melbourne.