

MEDIA RELEASE  
JULY 24, 2022

***THE REAL INSURANCE SYDNEY HARBOUR 10K WINNERS HAVE CROSSED THE FINISH LINE AND A 5K RECORD WAS BROKEN!***

*Australia's fastest half marathon runner Brett Robinson and Chloe Tighe took out the 10k title in Sydney's most scenic 10k fun run. One record was broken and a second was matched in the 5k.*

Today 4500 runners came out in force to take part in the 10<sup>th</sup> Anniversary of the Real Insurance Sydney Harbour 10k and 5k in partnership with the Australian Cancer Research Foundation.

Taking out the title in the strong elite male field for the Real Insurance Sydney Harbour 10k was dual Olympian **Brett Robinson** who won in 28:42 ahead of **Matthew Clarke** who finished in second place in 29:00. Third place was taken out by **Ed Goddard** in 29:08.

**Chloe Tighe** led the women's field in 32:24, followed by **Leanne Pompeani** in 32:37 and third place went to **Aynslee Van Graan** in a time of 33:15.

The men's record was broken for the second year in a row in the Real Insurance Sydney Harbour 5k which was taken out by **James Starkey in 15:25**. James has been running since he was 6 years old, but only started taking running seriously two years ago during lockdowns. The female winner, Jasmine Long equalled the female record with a time of 17:01.

More than 4500 runners registered for the Real Insurance Sydney Harbour 10k and 5k today. It is the second time this event has been held in the last 12 months, with the event returning to its traditional wintertime slot after a one-off summer edition in December 2021.

Set against the backdrop of Sydney's breathtaking harbour, The Real Insurance Sydney Harbour 10k and 5k is a certified accurate flat course with incredible views and enjoyed by walkers and runners of all abilities.

The 10k is popular with elite and experienced runners as the course is known for delivering PB's and many use the race as a hit out for ahead of longer events later in the calendar. It was a nice sunny day in contrast to the torrential weather that we have seen in the past few weeks however the course was still a little wet.

2022 Real Insurance Sydney Harbour 10k Men's winner **Brett Robinson** said it was a tough course today.

*"There are a lot of boardwalks in the 10k track and they were really slippery as they were still wet from the rain yesterday" says Brett Robinson.*

*"The wetness makes it harder to get into a rhythm because you are constantly stopping and starting which makes your legs tired in the end."*

Brett is one of Australia's rising stars of the running world. He is the fastest in Australia for the half marathon and he is currently chasing the Australian marathon record.

Brett is off to the Sunshine Coast in two weeks' time to run the half marathon and then he is off to Europe to train ahead of the London Marathon.

2022 Real Insurance Sydney Harbour 10k Women's winner was Chloe Tighe.

*"It was a beautiful track and the conditions were good" says Chloe.*

*"There was some really good competition which pushes me further as well."*

*"I have been living in the UAE. It is pretty hot over there so my training is often done on the treadmill. It's much better conditions for running over here in Australia and more enjoyable.*

*"I am currently training for the City2Surf. I haven't done it since I was 13 so I am excited to do that again whilst I'm in Australia before I head back to the UAE."*

Real Insurance Sydney Harbour 10k and 5k Event Director Wayne Larden said the event has gone extremely given the recent rain.

*"We are thrilled to be able to celebrate the 10<sup>th</sup> Anniversary of the event this year", says Event Director **Wayne Larden.***

*"It's been a tough few years for events and for athletes in general. Pair that with the on-going bad weather and we were not sure what this year's event had in store for us, however there is nothing better than seeing thousands of smiling faces lining up at the start line, embarking on their journey with friends, family or colleagues around beautiful Sydney Harbour."*

*"The flat and fast course continues to deliver a terrific experience for both elite and everyday runners, providing a fantastic way to stay fit and enjoy what is undoubtedly one of the most spectacular 5k and 10k course in the country. It's a unique way to see beautiful Sydney Harbour, the CBD and surrounds."*

## **The Australian Cancer Research Foundation**

Legendary Australian Actress **Pia Miranda** and the founder of the Boost Juice Empire **Janine Allis** laced up for the event today in support of the Australian Cancer Research

Foundation (ACRF) who they are ambassadors for, with Pia participating in the 10K and Janine in the 5K.

Runners were encouraged to raise funds for the Foundation in the lead up to the event. \$59, 986.64 was raised for ACRF.

*"I had a great run this morning. It was great to be back in Sydney to participate alongside such a great community of runners, but it was wonderful to be able to support Australian Cancer Research Foundation" says Pia Miranda. "I have had family and friends over the years who have been diagnosed with various forms of cancer. ACRF is an organisation that is so important because they fund a range of cancer research projects and the development of new treatments."*

*"My mum was diagnosed with cancer, and she came through it and survived" adds Janine Allis.*

*"Being able to combine fitness and raise awareness for ACRF is a winning combination. Supporting an organisation like ACRF is very important to me and given the amount of people who will be affected by cancer in one way or another, I couldn't think of a better charity to align with."*

#### **Here are some key stats and points of interest around ACRF:**

- 1 in 3 Australians will be diagnosed with cancer in their lifetime. The remaining 2 will be closely affected by a diagnosis
- Since 1984, ACRF has enabled 81 research projects across 43 organisations - an investment of over \$171 Million into cancer research across Australia.
- ACRF provide grants of between \$1M and \$10M to support technology equipment and infrastructure vital to progress cancer research.
- The grants provide funding for all areas of cancer research from basic to translational across the areas of prevention, detection, treatment, and survivorship.
- ACRF's year-on-year investment into the cancer research sector equates to up to 30% of all non-government funding in cancer research infrastructure in Australia.
- ACRF has a long history of establishing groundbreaking research programs across Australia. From seed funding the development of the cervical cancer vaccine to backing Australia's first personalised medicine program for children with high-risk cancers - ACRF is all about backing bold, pioneering cancer research.

All participants can check their results at [www.sydneyharbour10k.com](http://www.sydneyharbour10k.com).

#### **Real Insurance Sydney Harbour 10k Top Five Results**

| Men | Women |
|-----|-------|
|-----|-------|

|   |       |                |                |   |       |                   |                               |
|---|-------|----------------|----------------|---|-------|-------------------|-------------------------------|
| 1 | 28:42 | Brett Robinson | Melbourne, VIC | 1 | 32:24 | Chloe Tighe       | Wollongong, NSW- lives in UAE |
| 2 | 29:00 | Matthew Clarke | Adelaide, SA   | 2 | 32:37 | Leanne Pompeani   | Canberra, ACT                 |
| 3 | 29:08 | Ed Goddard     | Mosman, NSW    | 3 | 33:15 | Aynslee Van Graan | Manly Vale, NSW               |
| 4 | 29:14 | Tim Vincent    | Kedron, QLD    | 4 | 33:22 | Niamh Allen       | Sydney, NSW                   |
| 5 | 29:22 | Liam Boudin    | Brisbane, QLD  | 5 | 34:16 | Casey Wood        | Royston Park, SA              |

## ENDS.

The 2023 event will take place on **23 July 2023** and is now open for super early bird entries [www.sydneyharbour10k.com.au](http://www.sydneyharbour10k.com.au)

### For more information, please head to:

Official site: [sydneyharbour10k.com.au](http://sydneyharbour10k.com.au)

Facebook: [@SH10KM](https://www.facebook.com/SH10KM)

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### Images:

<https://drive.google.com/drive/folders/1IZ6mof7esMiBzTKyyhZltzFARFWqVFoo?usp=sharing>

[Ends]

## MEDIA REQUESTS

For further information, interview requests or high-res imagery, please contact Brittany

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