

MEDIA RELEASE
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THE REAL INSURANCE SYDNEY HARBOUR 10K AND 5K IS BACK FOR 2022
The hottest event in winter is back! Support Australian Cancer Research Foundation (ACRF) by taking part in Australia's most scenic 10k and 5k.

1 in 3 Australians will be diagnosed with cancer in their lifetime and the remaining two will be closely affected by a diagnosis. This year, you are invited to help Australian Cancer Research Foundation (ACRF) back brilliant cancer research by participating in Sydney's hottest event in winter, the [Real Insurance Sydney Harbour 10K/5K](#) on **Sunday July 24, 2022**. Registrations are now open.

The fun run is an exciting morning out to fundraise for Australian Cancer Research Foundation as they continue to fund pioneering programs and revolutionary research into all cancer types.

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. It can be enjoyed by walkers and runners of all abilities with both 10km and 5km options available.

The 5K event is a flat course that's ideal for those trying out a fun run for the first time. It's a wonderful way to spend your Sunday morning with family and friends (get the whole crew together!) while getting some exercise to boost your mental and physical wellbeing.

For those training for a longer run, the 10K provides an excellent platform to test your endurance, now that running events are back on the calendar. If you are new to running, test out the flat and fast course to give you a runner's high!

Supporting ACRF at the Real Insurance Sydney Harbour 10k and 5k means you will be helping ACRF fund projects that push boundaries and blaze new trails. You'll be giving scientists access to cutting edge technology that drives innovation and saves lives.

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 advance 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 ground-breaking 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.

Key event information summary

- The Real Insurance Sydney Harbour 5K and 10K will take place on July 24, 2022
- Participants can fundraise for ACRF
- Registrations are open now www.sydneyharbour10k.com.au
- Competitors attending the event are advised to plan their trip by public transport by visiting 131500.com.au, downloading the Transport Info app or by calling 131 500

For more information, please head to:

Official site: sydneyharbour10k.com.au

Registration page: https://raceroster.com/events/2022/49789/2022-real-insurance-sydney-harbour-10k-and-5k?locale=en_US

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

Instagram: [@SH10KM](https://www.instagram.com/SH10KM)

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MEDIA REQUESTS

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