

MEDIA RELEASE

23 JULY 2023

[Images](#)

THE REAL INSURANCE SYDNEY HARBOUR 10K WINNERS HAVE CROSSED THE FINISH LINE AND A WILD CARD 18-YEAR OLD TOOK OUT THE 5KM

Marathon star Ed Goddard and 3 x Olympic Finalist Genevieve Gregson took out the title in Sydney's most scenic 10k fun run. Wild card, 18-year-old Oliver Ham surprised everyone when he was 10 seconds off beating the 5km record.

Today 5,600 runners came out in force to take part in the biggest Real Insurance Sydney Harbour 10k and 5k since the lockdowns lifted. The new-look event put on a show, with more entertainment than ever before, and a larger focus on the family friendly 5k event. Runners also had the option of raising funds for Australian Cancer Research Foundation (ACRF), who have been the events charity partner for the past two years.

Taking out the title in the strong elite male field for the Real Insurance Sydney Harbour 10k was up-and-coming Marathon star **Ed Goddard** from Sydney who won in 29:37 ahead of Olympian **Ryan Gregson** who finished in second place in 29:49. Third place was taken out by **Arron Spiessberger-Parker** in 29:56.

3 x Olympic finalist **Genevieve Gregson** led the women's field in 32:19, closely followed by **Leanne Pompeani** in 32:22 and third place went to **Eloise Wellings** in a time of 32:58.

Wild card, Oliver Ham, an 18-year-old from the Central Coast, surprised everyone to take out the Real Insurance Sydney Harbour 5km, with a time that was just 10 seconds off the course record, which was set last year. He clocked **15:42**. Oliver is currently training for the National Cross-Country Championships.

Two time Olympian, Zoe Buckman took out the 5km for the women with a time of **16:38**. Zoe noted that *"the course was quite quick and flat, without too many sharp turns, so it's an enjoyable place to run"*. Zoe trains with Australian long-distance runner, Leanne Pompeani in Des Proctor's Group. She's currently training whilst working and is also striding towards the Australian Cross Country Championships.

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.

2023 Real Insurance Sydney Harbour 10k Men's winner **Ed Goddard** said that the course felt good today.

*“There were not too many hills, but there were a few pinches to keep you honest,” said **Goddard**. “It was a good all-round course.”*

The Sydney Harbour 10k was Goddard’s first race back since the Gold Coast Marathon three weeks ago.

“It was a quick bounce back, but I run this loop basically every day, so I know it like the back of my hand.”

“I usually run half marathons and marathons; however, I love the 10k. You can feel so good after racing a 10k, whereas after a marathon you feel pretty beat up.”

“Next up I am training to hopefully attend the Road Running Championships in Latvia, which will be exotic, and I have a marathon later in the year. My big goal though, is that I have my eye on the Olympics next year, but I need to put the work in for that.”

2023 Real Insurance Sydney Harbour 10k Women’s winner was 33-year-old, Genevieve Gregson.

Genevieve notes that she loved the track, *“despite feeling unwell early on and suffering the effects of the cold weather, I took a positive turn around the 6-7K mark where my breathing began to relax and I started feeling myself again, after that, I could really enjoy the final 3-4K of the scenic views.*

I was in a great headspace and loving the scenery, I was feeling very strong like I could potentially win.

I’ve recently been in a marathon block, I did the Gold Coast Marathon three weeks ago, but I had no plans on racing after that, so I took a week of rest afterwards. After some training I had one really good session which made me think, why not take part, lets jump in the race. I thought I’d be 3rd at best.

Next up, I’ve got the Sunshine Coast Australian Half Marathon Championships on August 13th, so I’ve got about 2 weeks to freshen up for that, but it looks like things are going well for it”.

Real Insurance Sydney Harbour 10k and 5k Event Director Wayne Larden said the event has gained even more attention this year, and he hopes to get up to those pre-covid numbers by 2024.

“It was a great event this year, with more families than ever before signing up to run together in one of Australia’s fastest and most beautiful 10k & 5k running events. And the star-studded field certainly put on a show with some great racing.” It 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. It's also a brilliant warm up before the Sydney Marathon which takes place in September."

Australian Cancer Research Foundation

For the second year in a row, Australian Cancer Research Foundation (ACRF) was the official charity partner of the Real Insurance Sydney Harbour 10k & 5k, creating a platform for runners of all fitness levels to raise vital funds for cancer research.

This year's ACRF event ambassadors, former Olympic pole vaulter and Survivor champion Liz Parnov, and best-selling author and 'The Resilience Project' Founder Hugh van Cuylenburg, helped ACRF to raise awareness and funds for more brilliant cancer research across Australia.

Parnov and van Cuylenburg both took part in the picturesque 5km course.

"I've been honoured to help raise money for ACRF through such a wonderful event," said Parnov, who competed at the 2020 Olympic Games and won Australian Survivor: Heroes V Villains earlier this year.

"Almost everyone has been impacted by cancer in some way. By supporting ACRF, we can all contribute to cutting-edge research and help to give the people who need it most Australia's best cancer research."

Best-selling author van Cuylenburg, who presents The Resilience Project seminars on gratitude, empathy and mindfulness to schools, businesses, and sports clubs around the country, echoed Parnov's message.

"It's a privilege to be an ACRF ambassador" said van Cuylenburg, who also co-hosts The Imperfects podcast.

"While I am more of a sprinter, it was a pleasure to clock up some kms in the 5km event this morning to help raise vital funds for brilliant cancer research."

ACRF CEO Kerry Strydom expressed her excitement at having Parnov and van Cuylenburg on board.

"We can't thank Liz and Hugh enough for their commitment," Ms Strydom said. *"They're both extremely talented and caring people who will make a big difference with their influence and voice in the community. A sincere thanks must also go to the Real Insurance Sydney Harbour 10k & 5k organisers. This is the second year that ACRF has been the sole charity partner of the event and we are so grateful."*

Since 1984, ACRF has invested more than \$174 million across 82 research projects supercharging scientific research with the technology and equipment needed to find new ways to prevent, detect and treat all types of cancer.

More funding for cancer research is essential so our best and brightest minds can find new ways to prevent, detect and treat this devastating disease.

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

- 2 in 5 Australians will be diagnosed with cancer by the age of 85. The remaining 3 will be closely affected by a diagnosis.
- It's a deadly problem that needs disruptive solutions, starting with pioneering programs and revolutionary research.
- ACRF's 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.

All participants can check their results at www.sydneyharbour10k.com.

Real Insurance Sydney Harbour 10k Top Five Results

Men				Women			
1	29:37	Ed Goddard	Mosman, NSW	1	32:19	Genevieve Gregson	Morningside, QLD
2	29:49	Ryan Gregson	Morningside, QLD	2	32:22	Leanne Pompeani	Canberra, ACT
3	29:56	Arron Spiessberger-Parker	Watson, ACT	3	32:58	Eloise Wellings	Cronulla, NSW
4	30:36	Joe Burgess	Meadowbank, NSW	4	33:20	Aynslee Van Graan	Manly Vale, NSW
5	30:38	Cameron Gorman	Frenches Forest, NSW	5	34:37	Gemma Maini	Somers, VIC

ENDS.

The 2024 event will take place on **21 July 2024** www.sydneyharbour10k.com.au

For more information, please head to:

Official site: sydneyharbour10k.com.au

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

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

Naming Rights Partner: [Real Insurance](http://RealInsurance)

Images:

<https://drive.google.com/drive/folders/1rFxz76H1tjAy4D6alusWUnGrwDvHFGWH?usp=sharing>

[Ends]

MEDIA REQUESTS

For further information, interview requests or high-res imagery, please contact Brittany Bennett |
Bennett PR
brittany@bennettpr.com.au
0423 893 531

