

MEDIA RELEASE
APRIL 2023

THE REAL INSURANCE SYDNEY HARBOUR 10K AND 5K IS BACK AND IT IS BIGGER AND BETTER THAN EVER! JOIN US SUNDAY 23 JULY 2023

The hottest event in winter is back with more entertainment, activities for families and a renewed mission to help give the people you love Australia's best cancer research through our partnership with Australian Cancer Research Foundation (ACRF).

Whether you want to break a personal best on the 10k course or take your time to enjoy the entertainment on the 5k course, every stride is a step closer to our vision of a world without cancer. Show your support, join us in raising vital funds for ACRF to give the people you love Australia's best cancer research by running the Real Insurance Sydney Harbour 10k and 5k on **Sunday 23 July 2023**, this year!

Think you know the Real Insurance Sydney Harbour 10k and 5k? Think again! Not only will our event deliver the fastest and flattest 10k & 5k course along Sydney Harbour but this year we will be upping the game on the experience too. This means more music, more entertainment and more fun for the whole family. Whether you're looking to race a PB or just to have some fun out with family and friends, the Real Insurance Sydney Harbour 10k and 5k is not to be missed.

The 10k course has something for everyone, from those taking part in their first 10k, those training for longer distances, as well as elite contenders looking to take out the title! Olympians such as Eloise Wellings, Ryan Gregson and Ben St Lawrence have all participated previously.

The 5k course is great for those serious about running but is equally suited to those who enjoy running socially and families who want a morning out with their children.

For the second year in a row ACRF is the official charity partner of the Real Insurance Sydney Harbour 10k & 5k creating a platform for runners of all fitness levels to raise vital money for cancer research. Every step you take is helping give the people you love Australia's best cancer research. Show your support and make your run or walk a lifesaving one by signing up and raising funds for brilliant cancer research. Who will you run for?

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.

Key event information summary

- The Real Insurance Sydney Harbour 10k & 5k will take place on Sunday July 23, 2023.
- 5k kicks off at 7.30am and 10k kicks off at 8.30am
- 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 or downloading the Transport Info app.

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

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MEDIA REQUESTS

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

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