



**Gladstone Area
Water Board**

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P O Box 8316

South Gladstone Qld 4680

ABN:61 967 154 253

www.laar.com.au



Find us on:
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Event Details

Ride, kayak, run through the beautiful surrounds of Lake Awoonga.

Date of Event: Saturday 25th October 2025

Lake Awoonga Adventure Race is a unique family friendly event for our region. Participants experience the thrill of their very own adventure race set in the rugged and breathtaking surrounds of Lake Awoonga.

Never heard of an adventure race before? These adrenaline pumping, multi-disciplinary races are held outdoors on unstructured tracks through the wilderness. A classic adventure race involves participants changing between mountain biking, trail running and kayaking – kind of like a ‘bush triathlon’. The Lake Awoonga Adventure Race is exactly that with novice, competitive and endurance events being held on the day.

All races offer a great opportunity to compete with a teammate, battle it out against other teams or just challenge yourself in the great outdoors.

Our promotional draws and raffle prizes have given race participants a chance of winning from a prize pool of over \$4,000.

Event Cancellations

In the event that the Lake Awoonga Adventure Race is cancelled due to a force majeure, ticket purchases are not refunded. However, prizes will still be drawn, with entrants to be notified of the draw.

Conditions of Event Entry

The Lake Awoonga Adventure Race is held at the lower-grassed area of the Lake Awoonga Caravan park from 6am till 11am.

Upon entering Lake Awoonga Adventure Race venue, you understand and agree with the following:

- You authorize for the Lake Awoonga Adventure Race Management Committee to use any audio/visual imagery taken of yourself via photography, video content, drone footage and audio recordings for purposes of material produced for education, promotion, marketing or advertising for (including but not limited to) print, media releases, graphics, editorials, banners, stickers, shirts, corflute's and /or street signs. Also, unless otherwise stated, there will be no restrictions on the geographical distribution of the material produced.
- No glass bottles or dogs permitted in the event locations during the event.
- The Benaraby Progress Association Incorporated accepts no liability for any property left at the venue location. All property that remains in the park after the event closure will be disposed of or donated to charity.

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Registration Details

Tickets

Tickets are available for purchase from July 2025.

Tickets are available at <http://www.laar.com.au/adventurerace/>

Novice entries must include both team members details.

Entries Close

Ticket sales close at midnight 22nd October 2025. After this date no other entries will be accepted.

Entry Fees

Goshawk Gauntlet - Competitive \$70

Taipan Trail - Endurance \$70

Goanna Gallop \$50

Barramundi Bush Bash - Novice (Teams of 2) \$80

You may enter in both Competitive/Endurance and Novice categories, please contact us at benarabyprogress@yahoo.com to confirm.

Competitive—must be 16 years and over

Endurance—must be 18 or older

Run only—must be 13 years or older

Novice teams: 10 years to 13 years must be accompanied by an adult, 13 + can be in a team together

Registration

You must sign in at registration marquee on the day of the event to receive your race number and shirt.

Refunds and Transfers

No refunds will be provided.

Transfer to another participant is acceptable, contact benarabyprogress@yahoo.com to confirm details.

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Participant Agreement

By completing the Lake Awoonga Adventure Race website registration process:

- **You have read the Lake Awoonga Adventure Race Terms and Conditions of the Event presented; and**
- **You understand the terms described and are lawfully abiding by these terms and conditions granting the Benaraby Progress Association Incorporated rights given under this contract**

Under the condition that the Lake Awoonga Adventure Race is an amateur event, the race participants shall comply with:

- **The Benaraby Progress Association Incorporated accepts no liability for any injury, loss or damage to any person or property in the course of the competition when such injury or loss is due, or alleged to be due to any act, neglect or default on the part of the Benaraby Progress Association Incorporated or of any official or agency thereof, and all race participants fully understand that in so participating they do so entirely at their own risk and agree to abide by all rules and regulations.**
- **Syndications are not recognized in this amateur event.**
- **As a race participant, you authorize and give permission for the Lake Awoonga Adventure Race Management committee for use of any audio/visual imagery taken of yourself via photography, video content, drone footage and audio recordings, name, to be used for purposes of material produced for education, promotion, marketing or advertising for (included but not limited to) print, media releases, radio, TV, website, social media graphics, editorials, banners, stickers, shirts, corflutes, street signs. Also, unless otherwise stated there will be no restrictions on the geographical distribution of material produced.**
- **If you have a child/ren under the age of 18 years old, you give permission for the Lake Awoonga Adventure Race Management committee for use of any audio/visual imagery taken of your child/ren via photography, video content, drone footage and audio recordings, name, to be used for purposes of material produced for education, promotion, marketing or advertising for (included but not limited to) print, media releases, radio, TV, website, social media graphics, editorials, banners, stickers, shirts, corflute, street signs. Also, unless otherwise stated there will be no restrictions on the geographical distribution of material produced.**



Race

Rules and Conditions

Eligibility

The general public including LAAR contractors, stall holders, volunteers, sponsors, past committee members, and families of current committee members are eligible to participate.

Race Times

Unofficial race times taken and these will be posted to Facebook.

Endurance Rules

Ensure you are in good health, it is your responsibility to monitor your health and withdraw if you are no longer feeling able to complete the event.

Please check the course map located at registration and on www.laar.com.au web site (do not assume the person in front of you knows the way)

Run track marked with red arrows.

Swim is marked by buoys. Swim to right or anti clockwise around buoys.

Stay on marked tracks. Arrow signs are used on bike trail.

Please stay out of areas that state "Do Not Enter."

Use tracks as if road rules apply, stay to left.

Please allow faster competitors to pass you safely.

NO earphones allowed.

If at any time you need first aid, please attract attention of another competitor to get help from marshals or make your way to marshal point. All marshals have 2 way radios.

If you withdraw from the race, please report to registration tent. DO NOT leave without informing event management.

Must obey direction of event officials and marshals, use of profanity or aggression towards race officials or other participants will result in immediate disqualification. If you have a problem please come and speak to event management.

Please do not litter, rubbish bins are provided at transition areas.

Water available at transition areas.

You must swim, no kayaks.

Must wear swim caps provided before entering water.

Participants must enter and exit the water at marked points.



Race

Rules and Conditions

Equipment

Participants need to bring with them the following minimum equipment:

Running shoes, water bottle, sun protection, geared off road bike, bike helmet

Supplied Items

Swim caps

Taipan Trail



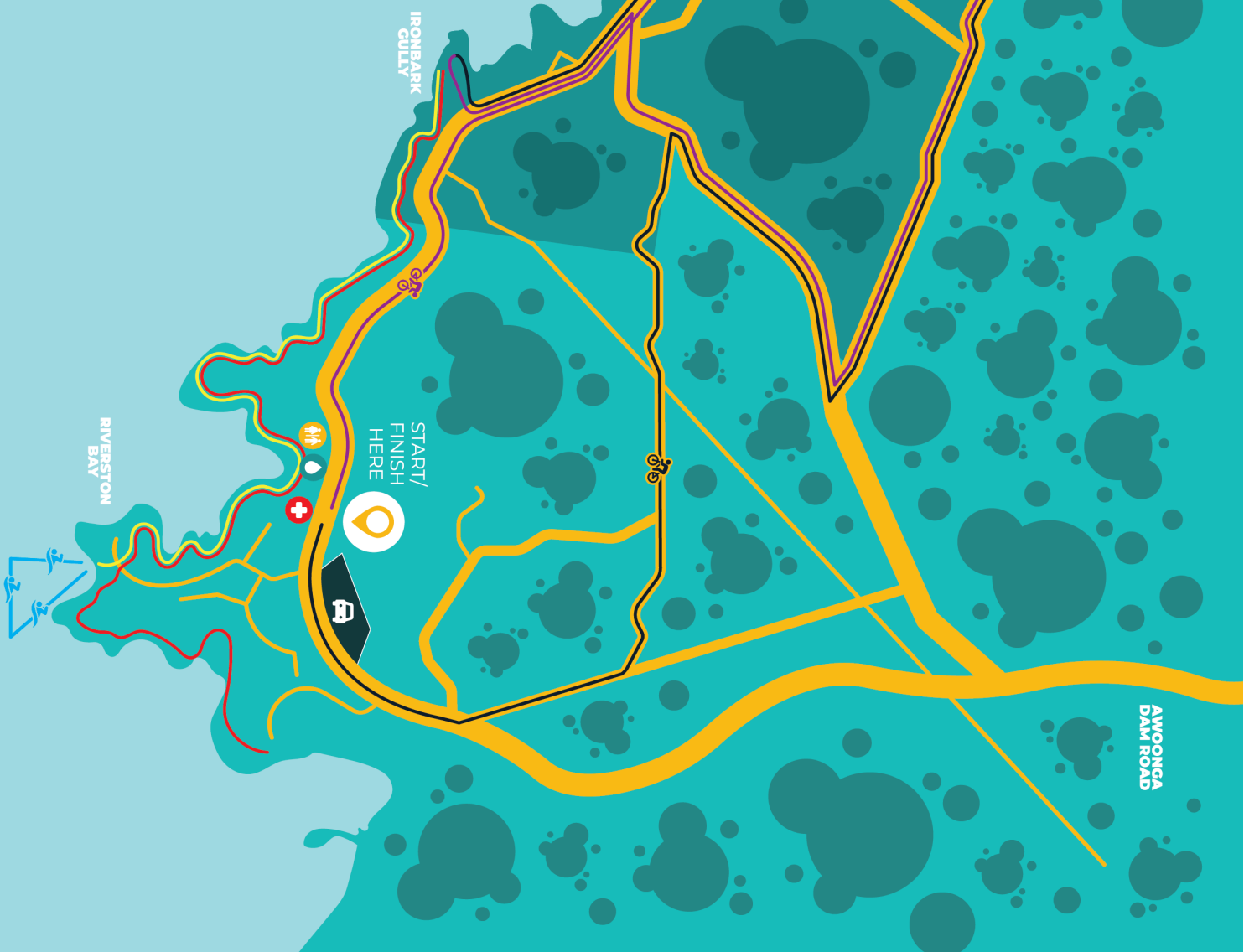
TAIPAN TRAIL MAP

RACE LEGS

- BIKE LEG (A) 7.4KM
- RUN LEG (A) 3.0KM
- SWIM LEG 0.5KM
- RUN LEG (B) 2.7KM
- BIKE LEG (B) 6.8KM

LEGEND

- HYDRATION STATION
- MEDICAL AMBULANCE
- START/FINISH
- TOILET
- COMBINED CARPARK





Race

Rules and Conditions

Competitive Rules

Ensure you are in good health, it is your responsibility to monitor your health and withdraw if you are no longer feeling able to complete the event.

Please check the course map located at registration and on www.laar.com.au web site (do not assume the person in front of you knows the way)

Run track marked with red arrows.

Swim and kayak are marked by buoys. Swim/paddle to right or anti clockwise around buoys.

Stay on marked tracks. Arrow signs are used on bike trail.

Please stay out of areas that state "Do Not Enter ."

Use tracks as if road rules apply, stay to left.

Please allow faster competitors to pass you safely.

NO earphones allowed.

If at any time you need first aid, please attract attention of another competitor to get help from marshals or make your way to marshal point. All marshals have 2 way radios.

If you withdraw from the race, please report to registration tent. DO NOT leave without informing event management.

Must obey direction of event officials and marshals, use of profanity or aggression towards race officials or other participants will result in immediate disqualification. If you have a problem please come and speak to event management.

Please do not litter, rubbish bins are provided at transition areas.

Water available at transition areas.

Kayaks are first in first paddle basis - you must wait for participants to fully exit the water before starting your kayak.

Swimmers must wear swim caps provided before entering water.

Participants must enter and exit the water at marked points.

Equipment

Participants need to bring with them the following minimum equipment:

Running shoes, water bottle, sun protection, geared off road bike, bike helmet

Supplied Items

Swim caps

Kayaks, paddles and lifejackets

Race Map—Goshawk Gauntlet (subject to change)



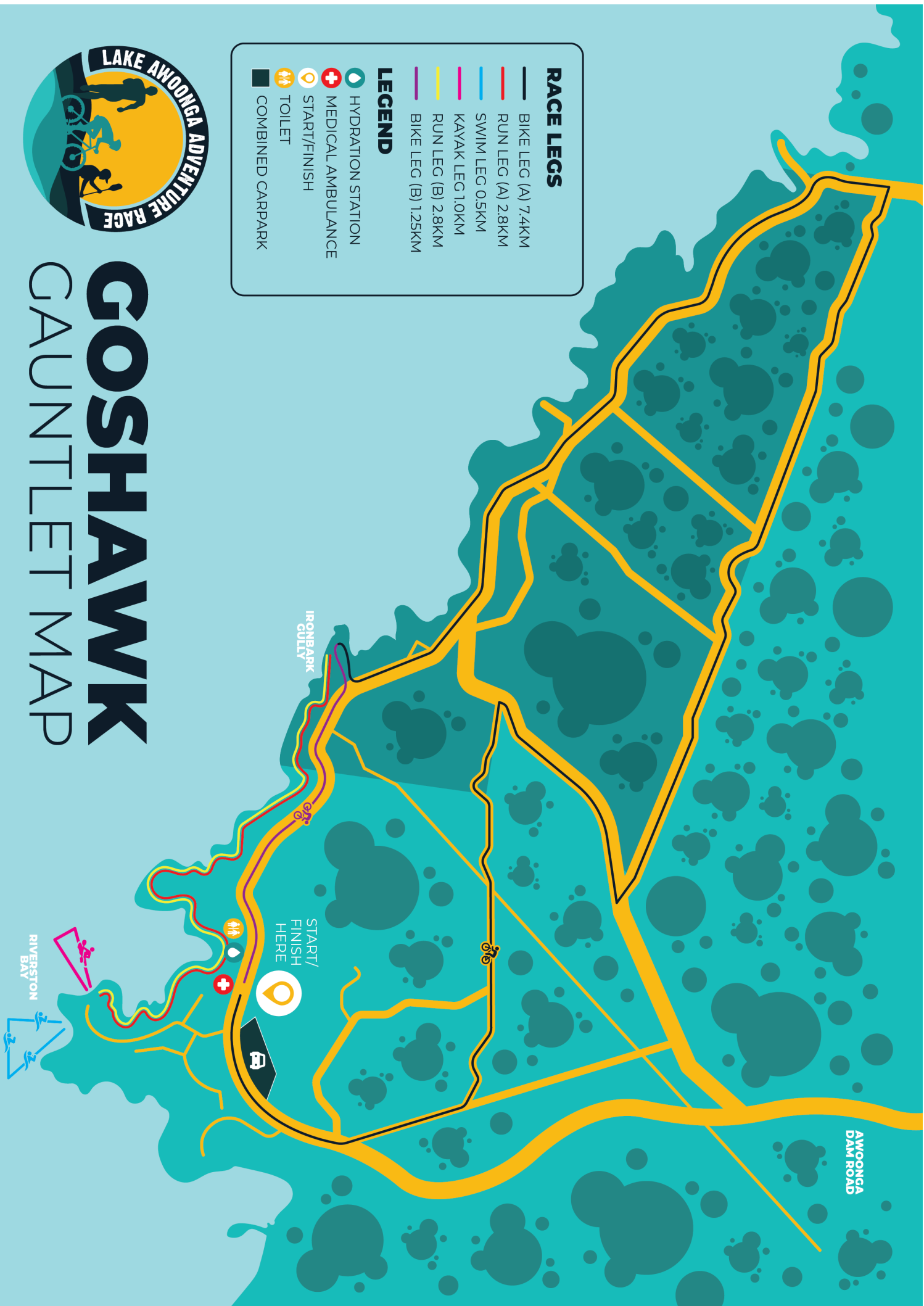
GOSHAWK GAUNTLET MAP

RACE LEGS

- BIKE LEG (A) 7.4KM
- RUN LEG (A) 2.8KM
- SWIM LEG 0.5KM
- KAYAK LEG 1.0KM
- RUN LEG (B) 2.8KM
- BIKE LEG (B) 1.25KM

LEGEND

- HYDRATION STATION
- MEDICAL AMBULANCE
- START/FINISH
- TOILET
- COMBINED CARPARK





Race

Rules and Conditions

Run Only Rules

Ensure you are in good health, it is your responsibility to monitor your health and withdraw if you are no longer feeling able to complete the event.

Please check the course map located at registration and on www.laar.com.au web site (do not assume the person in front of you knows the way)

Run track marked with red arrows.

Stay on marked tracks. Arrow signs are used on trail.

Please stay out of areas that state "Do Not Enter ."

Use tracks as if road rules apply, stay to left.

Please allow faster competitors to pass you safely.

NO earphones allowed.

If at any time you need first aid, please attract attention of another competitor to get help from marshals or make your way to marshal point. All marshals have 2 way radios.

If you withdraw from the race, please report to registration tent. DO NOT leave without informing event management.

Must obey direction of event officials and marshals, use of profanity or aggression towards race officials or other participants will result in immediate disqualification. If you have a problem please come and speak to event management.

Please do not litter, rubbish bins are provided at transition areas.

Water available at transition areas.

Kayaks are first in first paddle basis - you must wait for participants to fully exit the water before starting your kayak.

Swimmers must wear swim caps provided before entering water.

Participants must enter and exit the water at marked points.

Equipment

Participants need to bring with them the following minimum equipment:

Running shoes, water bottle, sun protection

Supplied Items

Nil

Race Map—Goanna Gallop (subject to change)

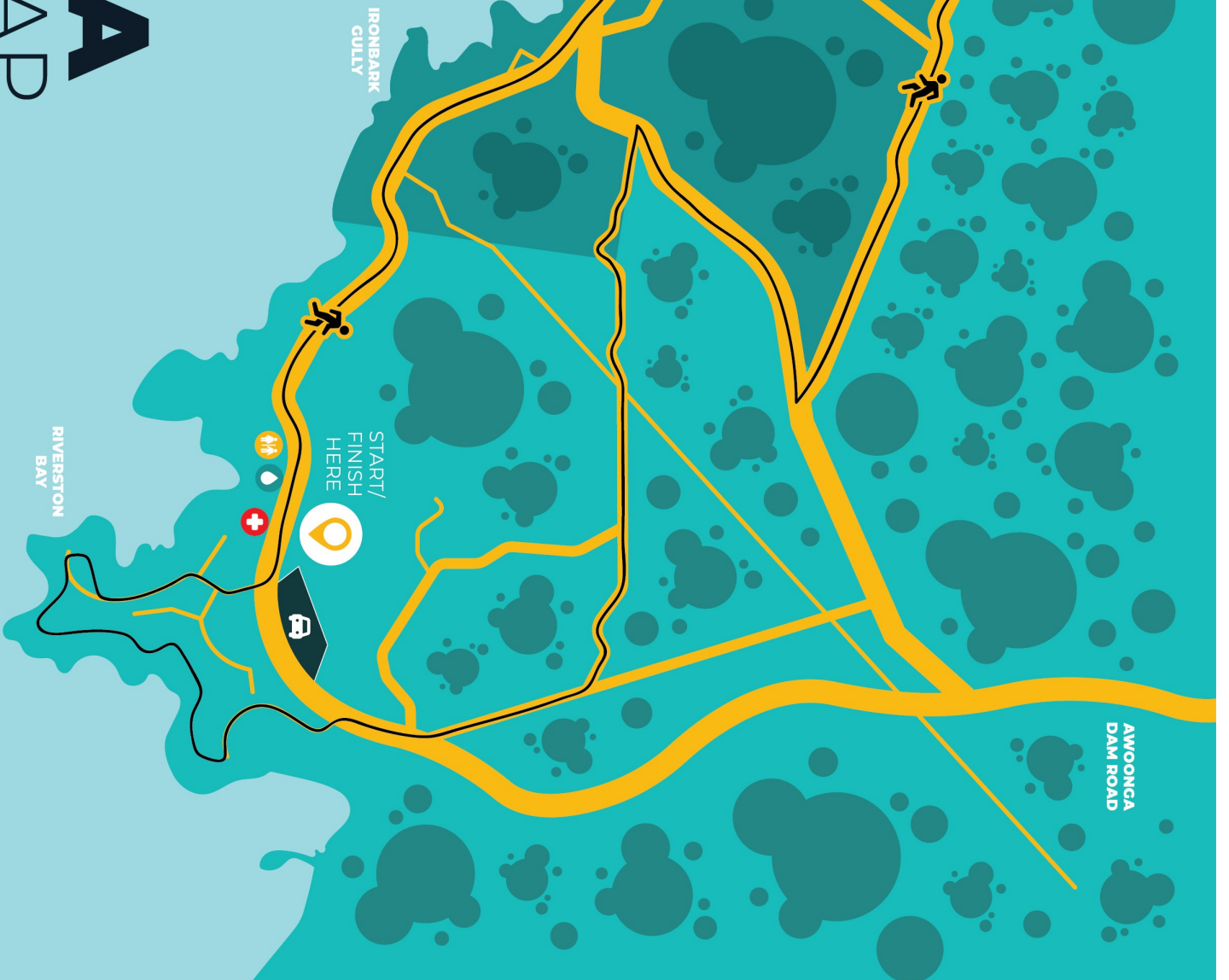


GOANNA GALLOP MAP

RACE LEGS
— RUN LEG 9.5KM

LEGEND

- HYDRATION STATION
- MEDICAL AMBULANCE
- START/FINISH
- TOILET
- COMBINED CARPARK





Race

Rules and Conditions

Novice Rules

Ensure you are in good health, it is your responsibility to monitor your health and withdraw if you are no longer feeling able to complete the event.

Please check the course map, located at registration and on www.laar.com.au web site (do not assume the person in front of you knows the way)

Teams must complete all legs and transition together.

Run track marked with red arrows.

Kayak is from Bay to Bay. Look out for Red Marquees. Please make sure safety vest is fitted correctly and done up. Enter and exit the water at marked area.

Use tracks as if road rules apply, stay to left. Please allow faster competitors to pass you safely.

If at any time you need first aid please attract attention of another participant to get help from marshals or make your way to marshal point. All marshals have 2 way radios.

If you withdraw from race, please report to registration tent .DO NOT leave without informing event management.

Must obey direction of event officials and marshals, use of profanity or aggression towards race officials or other participant will result in immediate disqualification. If you have a problem please come and speak to event management.

Please do not litter, rubbish bins are provided at transition areas.

Water available at transition areas.

Equipment

Participants need to bring with them the following minimum equipment:

Running shoes, water bottle, sun protection, bike, bike helmet

Supplied Items

Kayaks, paddles, lifejackets

Race Map—Barramundi Bush Bash (subject to change)



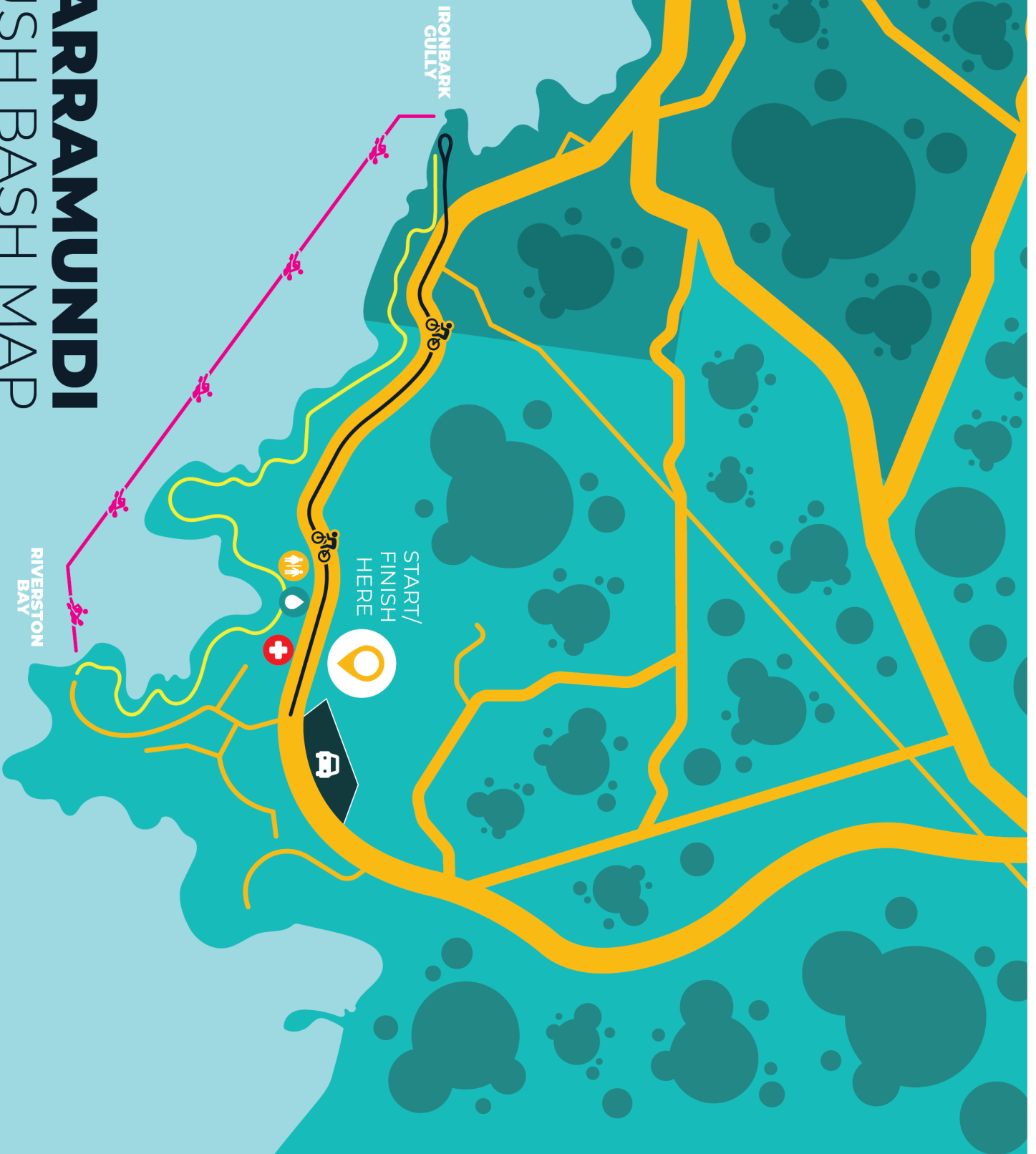
BARRAMUNDI BUSH BASH MAP

RACE LEGS

- BIKE LEG (A) 1.25KM
- KAYAK LEG 1.3KM
- RUN LEG 2.8KM
- BIKE LEG (B) 1.25KM

LEGEND

- HYDRATION STATION
- MEDICAL AMBULANCE
- START/FINISH
- TOILET
- COMBINED CARPARK





Promotional Draws and Prizes

Promotional Draws

At the conclusion of the event promotional prize draws will be conducted. To win a prize you MUST be present.

Disputes

In the event of any dispute or any differing interpretation of the rules and conditions of the Lake Awoonga Adventure Race, the participant may write to the Lake Awoonga Adventure Race committee stating their dispute. The Lake Awoonga Adventure Race committee will hear the dispute after the event is completed, providing the disputing participant a fair hearing. The disputing participant will be advised in writing of the outcome of the Management Committee regarding the dispute. The Management Committee's decision is final.



Event Program

Registration opens: 6:00am

6:20am Welcome to Country & Participant Briefing

6:30am Competitive/Endurance Race

6:35am Participant Briefing

6:40am Run Only Race

6:45am Participant Briefing

6:50am Novice Race 1

7:15am Participant Briefing

7:20am Novice Race 2

7:45am Participant Briefing

7:50am Novice Race 3

8:15 am Participant Briefing

8:20 am Novice Race 4

8:45 am Participant Briefing

8:50 am Novice Race 5

9:30-10:00am Multi Prize draws