



# Lighthouse Run Festival Athletes Guide

4 JUNE 2023

FOOTMOTION



## Mayor's Message

Bundaberg Regional Council would like to welcome all competitors from near and far to the Club Bargara Lighthouse Run Festival, by the Bargara Triathlon Club.

This seaside run is the perfect opportunity to take in the beauty of what our wonderful region has to offer with routes stretching along footpaths beside the esplanade, including passing through Mon Repos Reserve, through the local bushland and to the stunning coastline.

Open to all ages and abilities, the festival is a fantastic promotion of family-friendly fitness within our wonderful region, with Distances including (with some age limitations): Marathon (42.2km), Half Marathon (21.1km), 15km, 8km, 2Km fun run/walk for Kids.

It's these types of events that provide so many benefits to health and fitness while also giving many an opportunity to be part of a great community.

The Bargara Triathlon Club is a vibrant and very active club which conducts training programs and events throughout the year and this Festival comes just five weeks after their very successful Auswide Bank Sprint Triathlon, which was the last event of the 2022-23 Queensland Triathlon Series, and Best Practice Software Pub to Club Ocean Swim, and three weeks before their Olympic Distance Triathlon, and seven weeks before the Activate! Cane2Coral Run/Walk makes a welcome return to our Region for the first time since 2019.

Good luck to all of those competing in the Club Bargara Lighthouse Run Festival, after former Bundaberg athlete Billy Curtis, now of Sunshine Coast, took out the Marathon last year.

Bundaberg Region Mayor Jack Dempsey  
Sport and Recreation Portfolio Spokesperson Cr Vince Habermann

# **CLUB BARGARA LIGHTHOUSE RUN FESTIVAL**

## **TIMETABLE:**

(Event registration closes: Wednesday 31 MAY 2023)

<b>Date</b>	<b>Time</b>	<b>Location</b>
2 June (Fri)	9am to 6pm	Pack Pick Up for Club Bargara Lighthouse Run Festival from FootMotion, 6/1 Heidke St Avoca Qld 4670
3 June (Sat)	9am to Noon	Pack Pick Up for Club Bargara Lighthouse Run Festival from FootMotion, 6/1 Heidke St Avoca Qld 4670
	2pm to 5:30pm	Pack Pick Up for Club Bargara Lighthouse Run Festival from Club Bargara, 120 Miller St Bargara 4670 Qld
<b>Social Dinner at Club Bargara, 120 Miller St Bargara 4670 Qld</b>		
	5:30pm to 7:00pm	Come get to know your rivals
<b>Club Bargara Lighthouse Run Festival Bargara starting in Christsen Park</b>		
4 June (Sun)	6:40am	Race Briefing for 42.2km & 21.1km
	6:45am	42.2 km & 21.1 km distance start
	6:50am	Race Briefing for 15km
	6:55am	15 km distance start
	7:00am	Race Briefing for 8km
	7:05am	8 km distance start
	9:00am	Race Briefing Junior 2km
	9:05am	2km Junior start
	11:00am	Awards Club Bargara front Deck

## **DISTANCES & LAPS**

	<b>RUN</b>
Marathon	42.2km 2 Lap
Half Mara	21.1km 1 Lap
15km	15km 1 Lap
8km	8km 1 Lap
Juniors	2km 1 Lap



## **EVENT INFORMATION**

### **Event Shirt**

Be in the first 100 Adults to register receive the free Event Running Singlet

### **Saturday Evening Meal**

As a Sponsor of Bargara Triathlon Club, Club Bargara will be open for an evening meal, there are limited restaurants open in Bargara in the evenings.

### **Juniors Events (Hatchlings, Milbis, Turtles, All Abilities)**

Juniors Events are non-competitive - all finishing participants will receive a finisher's medal. No prizes or placement awards

### **Drink Stations (Adults)**

There are three drink stations on course, One at Mon Repos Road, the next at 15 km Turn around and the third at the 21.1km course turn around. Refer course maps. Drinks available will be Inifit Speed mix and water (ice if it is excessively hot weather)

### **Registration/Pack pickup- No pack collection on race day.**

Friday 2/06/2023 - 9am to 6pm, FootMotion, 6/1 Heidke St Avoca, 4670

Saturday 3/06/2023 - 9am to 12pm, FootMotion, 6/1 Heidke St Avoca, 4670

Saturday 3/06/2023 - 2pm to 5:30pm, Club Bargara, 120 Miller St, Bargara.

### **Road Closures**

**The route for this event follows a pedestrian pathway, be aware that the path is open to the public, please be respectful of locals on the path.**

The route crosses roads, at which we ask runners to follow instructions of the traffic control and/or be careful of traffic.

### **Event Photography**

Photographers will be on course and photos will be available via social media

### **Bag Storage**

Will be available near start and finish. Please ensure your bag is clearly marked with your race number. We also advise that though we provide this service for your convenience and take all care, you leave your belongings at your own risk. The event volunteers take no responsibility for any lost or stolen items.



## **WHAT TO BRING**

Run	Running shorts, suitable top, shoes, Race bib (provided in race pack), race belt or pins to attach race bib. Optional: socks, Cap /visor/sunglasses
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## **RACE RULES**

Some rules to be aware of are:

- Keep to the left, beware of runners coming toward you when passing on the right
- No blocking of other race competitors
- No outside/spectator assistance
- No headphones /ipods
- No communication devices while competing
- Dispose of rubbish only in waste bins
- Runners are not to leave the path or litter through Mon Repos (either of these could jeopardise future races)
- No Spitting or urinating on course. There are toilets at Oaks beach (past the 15km turnaround) and at the Start/Finish line
- Be familiar with race distances, maps and laps, athletes are responsible to count their own laps

## **OTHER RACE NOTES**

Run	There are drink stations along the run course, please ensure you use these to remain appropriately hydrated It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full Keep left on the run course at all times unless overtaking Upper torso must be covered at all times during the run.
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## **GENERAL CONDUCT**

These rules of General Conduct apply across the entire course.

1.1. Competitors must:

- a. practise good sports conduct at all times;
- b. be responsible for their own safety and considerate of the safety of others;
- c. obey instructions from event officials;
- d. obey traffic regulations unless otherwise instructed by an event official;
- e. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- f. avoid the use of abusive language;
- g. be responsible for keeping to the designated course;
- h. not wear, use, or carry items deemed to be a hazard to self or others, e.g. a hard cast, jewellery;
- i. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition may result in disqualification;
- j. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public;
- k. not accept assistance from anyone, not in the race
- l. not discard any equipment or rubbish on the course, except at the approved locations;
- m. not cause offence to others through deliberate acts of nudity, or personal toileting which might be seen in public;

# Lighthouse Run notes

Race start Christens Park Bargara at 6.45am

Run north along the path, over the board walk

Continue following the path north, past the Turtle playground to the carpark at the point before Neilson's beach.

Turn left following the path beside the carpark/road, don't go the down board walk (**volunteer to direct**)

Continue along the path past the surf club and along the path toward Mon Repos (**volunteers to direct at carpark crossings**)

Follow the path to Mon Repos road (**person directing traffic at Mon Repos Road crossing**)

Mara, Half & 15km Runners to follow the path across Mon Repos Rd, then follow the path beside the road within Mon Repos Conservation Park (please note this is a National Park), continue to the left past the Turtle information centre and parking toward the north

Volunteer will direct Runners through the narrow gate onto the turtle trail. (Runners must stay on the path)

The path turns sharp left (**volunteer to direct runners**). Continue on the path, through the "spooky forest", over the twists and turns, rises and falls. Do not litter on the run, especially within the Mon Repos Conservation area (National Park), litter will be quickly sited by the Areas Rangers and would reflect badly on our event immediately and in the future.

Runners continue through to the gates at the north end of the Mon Repos Conservation Area (National Park) along the path north with the ocean to the right.

8km runners will be directed to the right at Mon Repos Road and head up to the Blue Turtle stencil at the top of the roundabout as the turning point before they retrace their steps to the Start/Finish line.

**15km+ runners** A drinks station will be located at the South end of Oaks Beach area as the runners reach the end of the asphalt path (**drink station with water and infinite**)

**15km turn point is 20m past the drinks station.**

21.1km+ Runners continue north past the toilet block at Oaks Beach then continue over the board walk past Oaks Beach

Follow the concrete path north (past a Kindergarten on the left), you'll see a shed ahead, you will come back onto the path here on the return, follow the path to the left and head toward the old Lighthouse (**volunteer to direct runners**) and run along the path around the outside of the playing field toward the old lighthouse and a drinks station.

At the old lighthouse, do a U-turn, follow the path along side the park, at the first road stay left, Run on the road on the left-hand side of the cones; follow directions of Marshall's for runner safety (**volunteer to direct runners**)

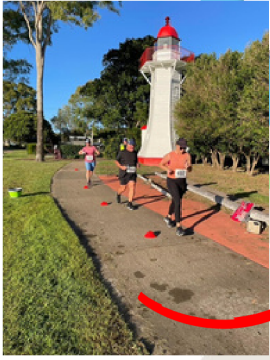
Join the path and run toward the New Lighthouse (**volunteer to direct runners**)

Run along the cracker dust path to toward the Shed and rejoin the path heading toward Mon Repos keep left to return back to Bargara (Christsen Park) on the same route through Mon Repos Conservation Area (National Park) then along the turtle trail to Christsen Park.

For those doing 42.2km do a U turn, at the designated turn point in Christsen Park and repeat the journey to the Old Lighthouse Turnaround, following the same route back to the finish line in Christsen Park

Please notify Volunteers if you are having any issues with continuing the run at any point.







21.2 km



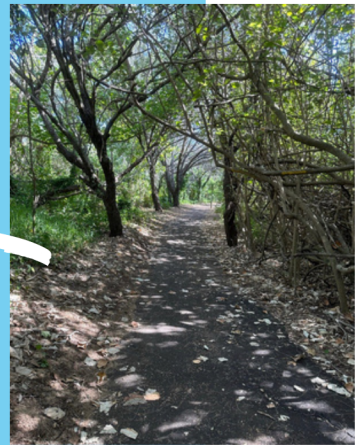


Public Toilets

Insert 3

The scenery changes from ocean views to the "spooky" or "dark forest" through Mon Repos Conservation area (National Park), follow the path and do not litter

15km Turnaround



There are many points of interest along the way

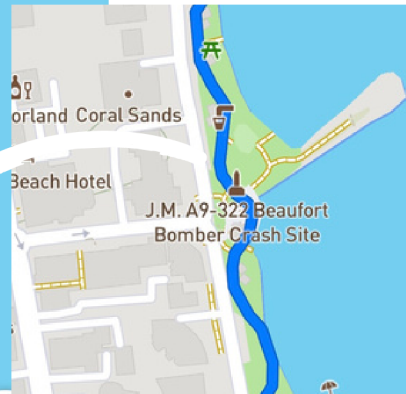


Public Toilets

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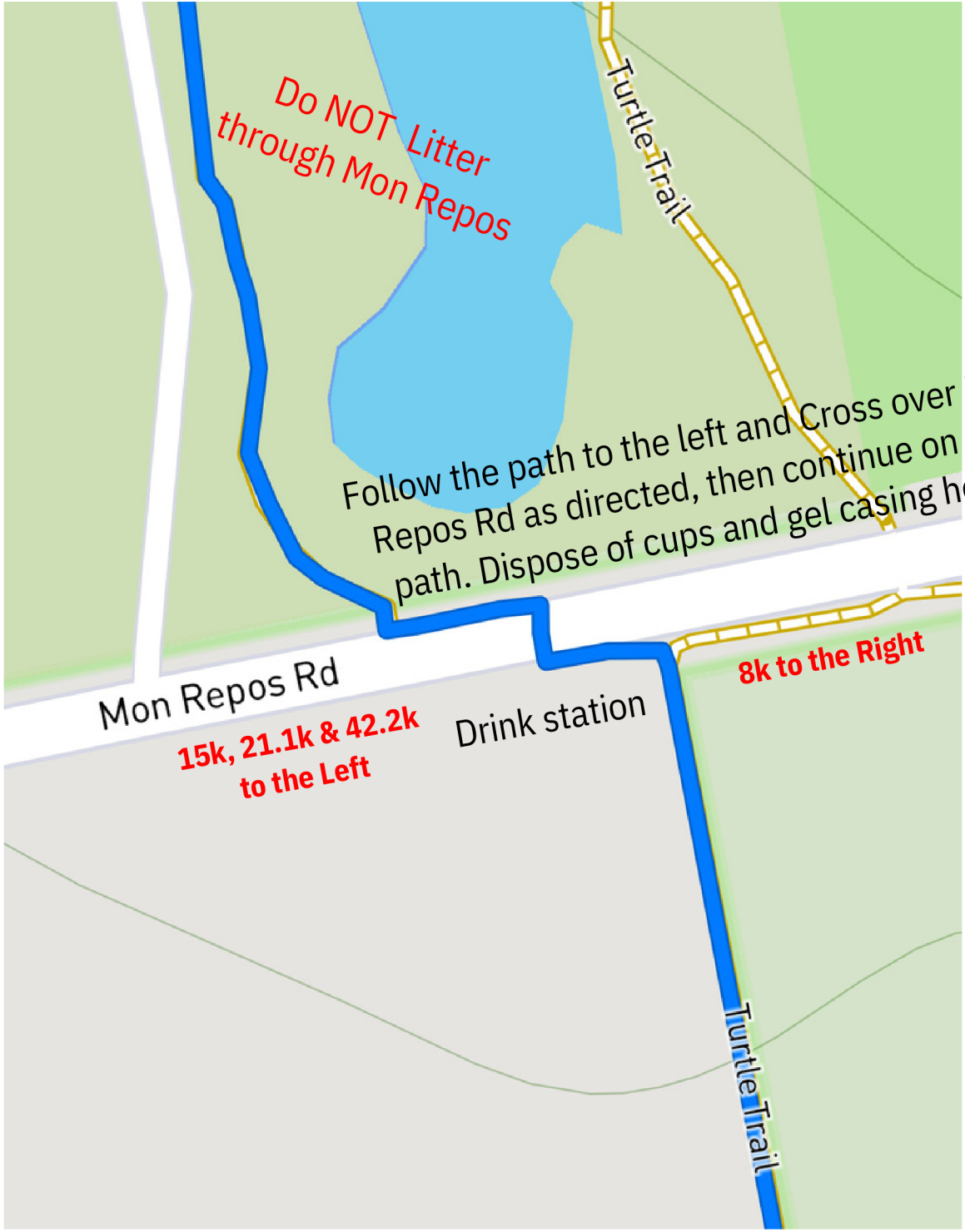
Bargara



# Insert 1

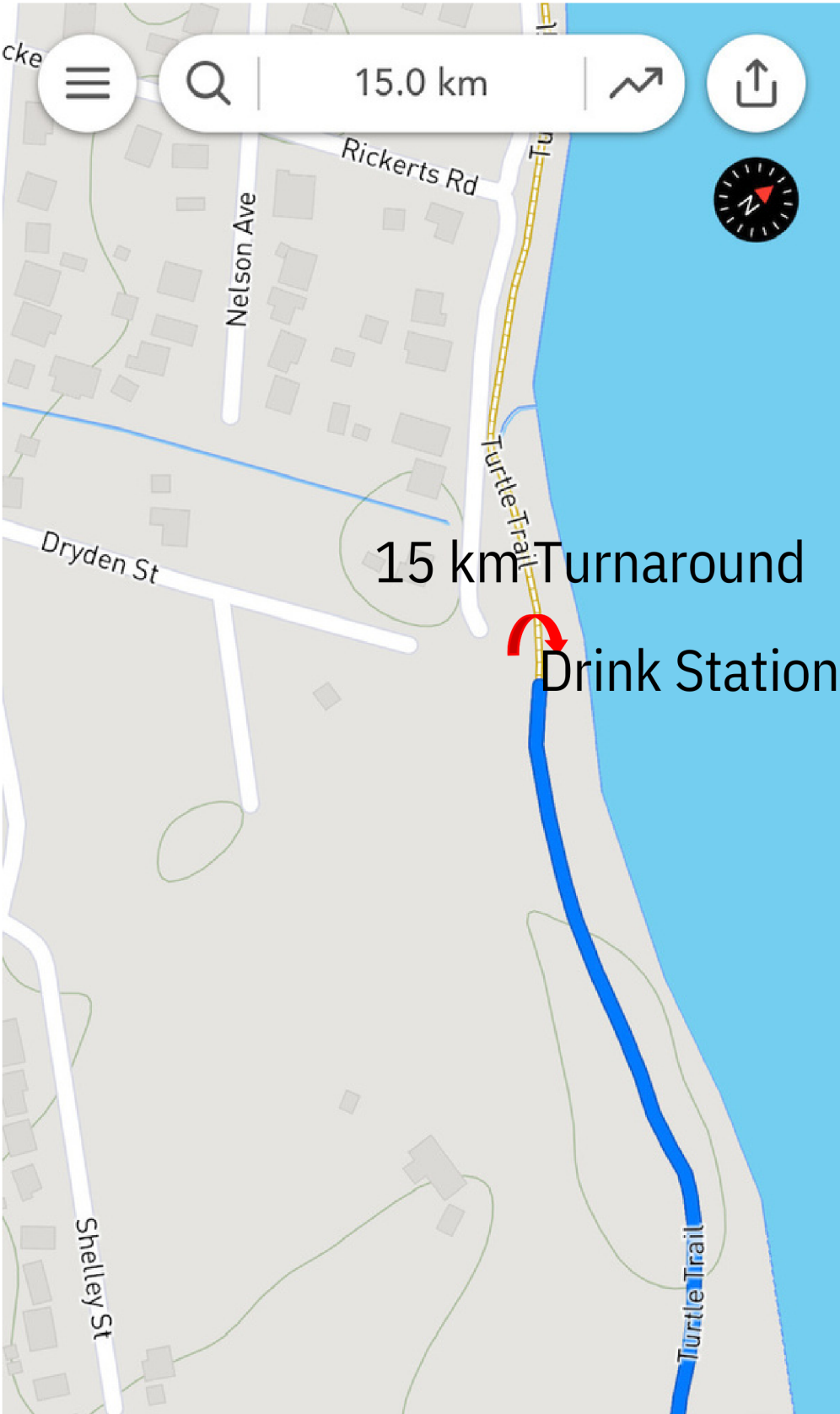


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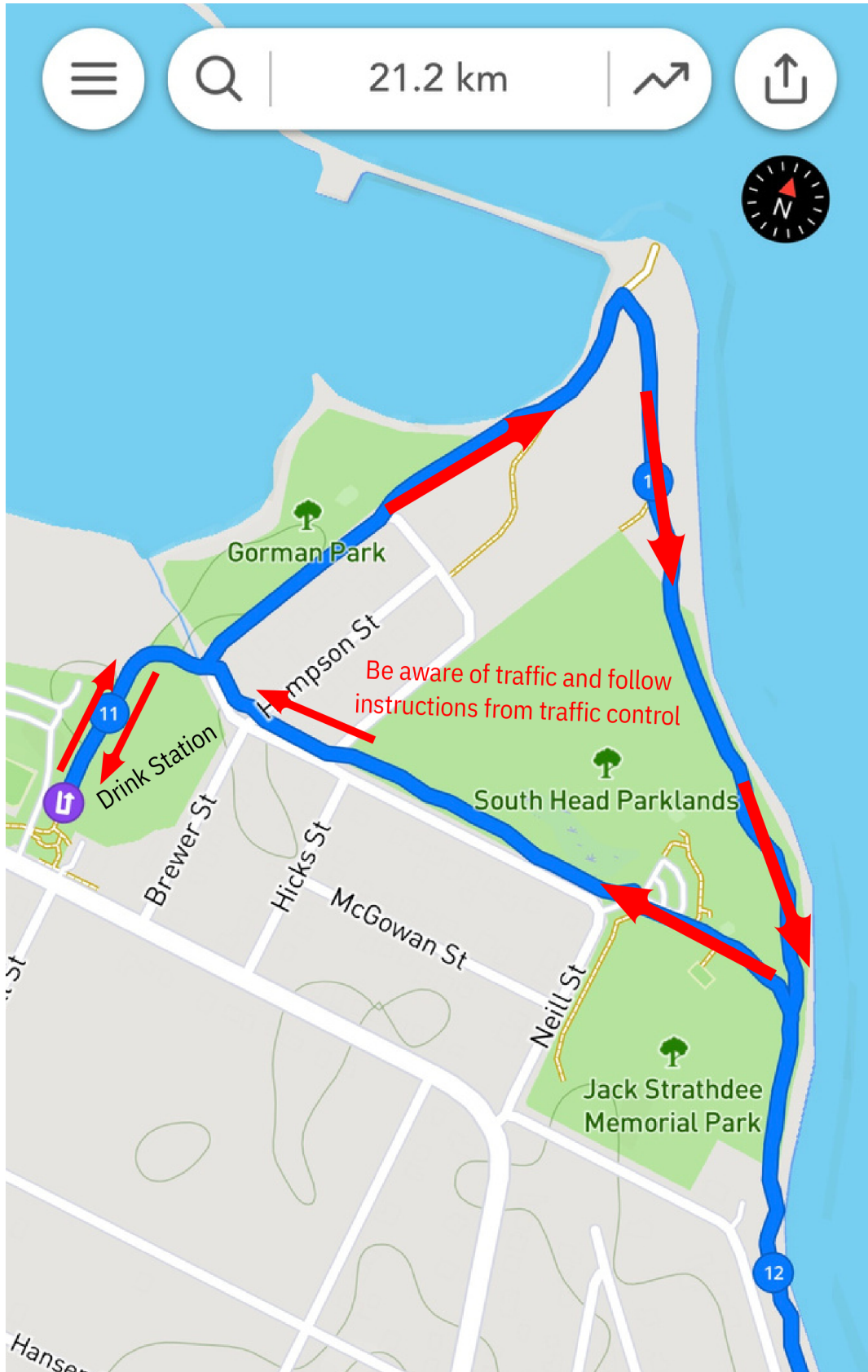




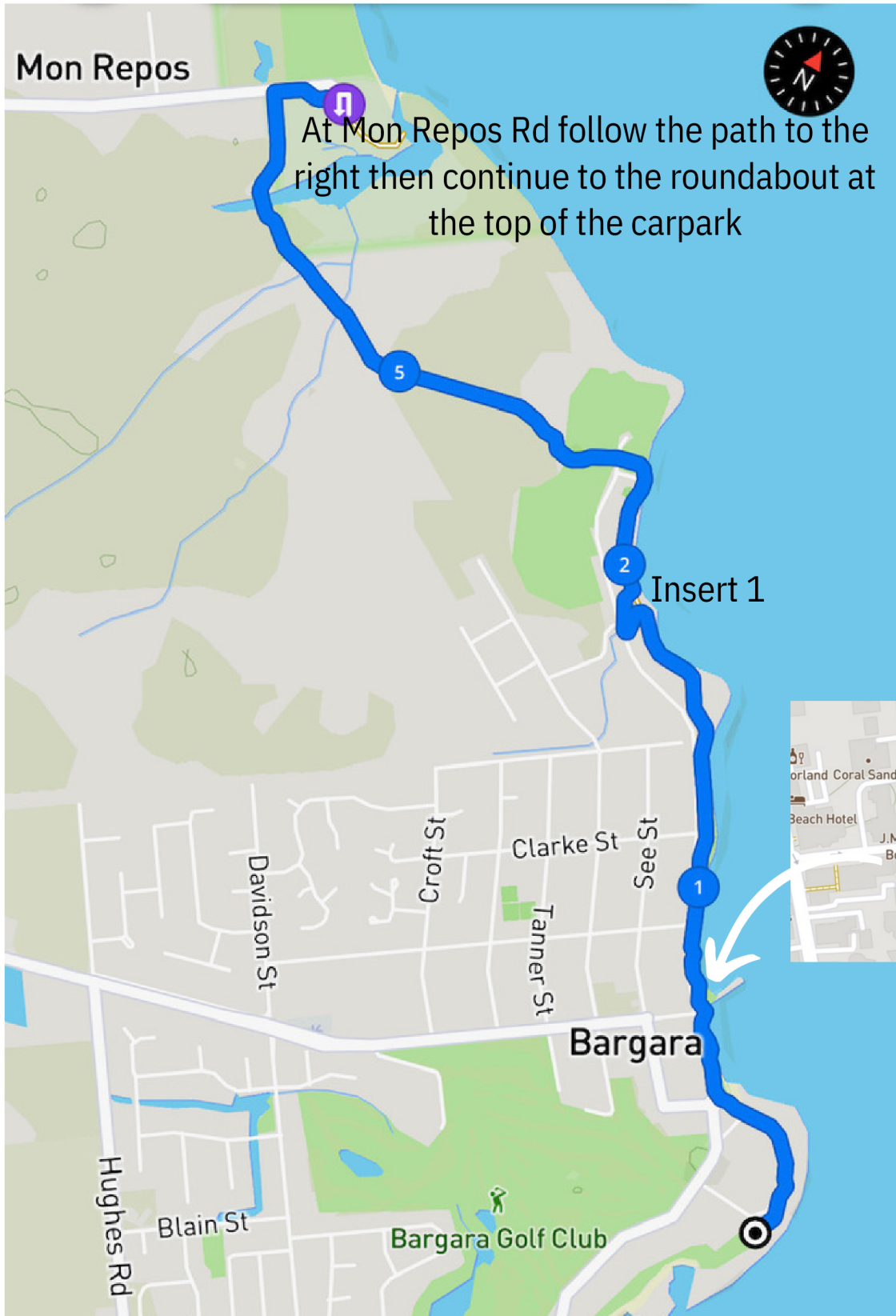
# 15 km Turnaround



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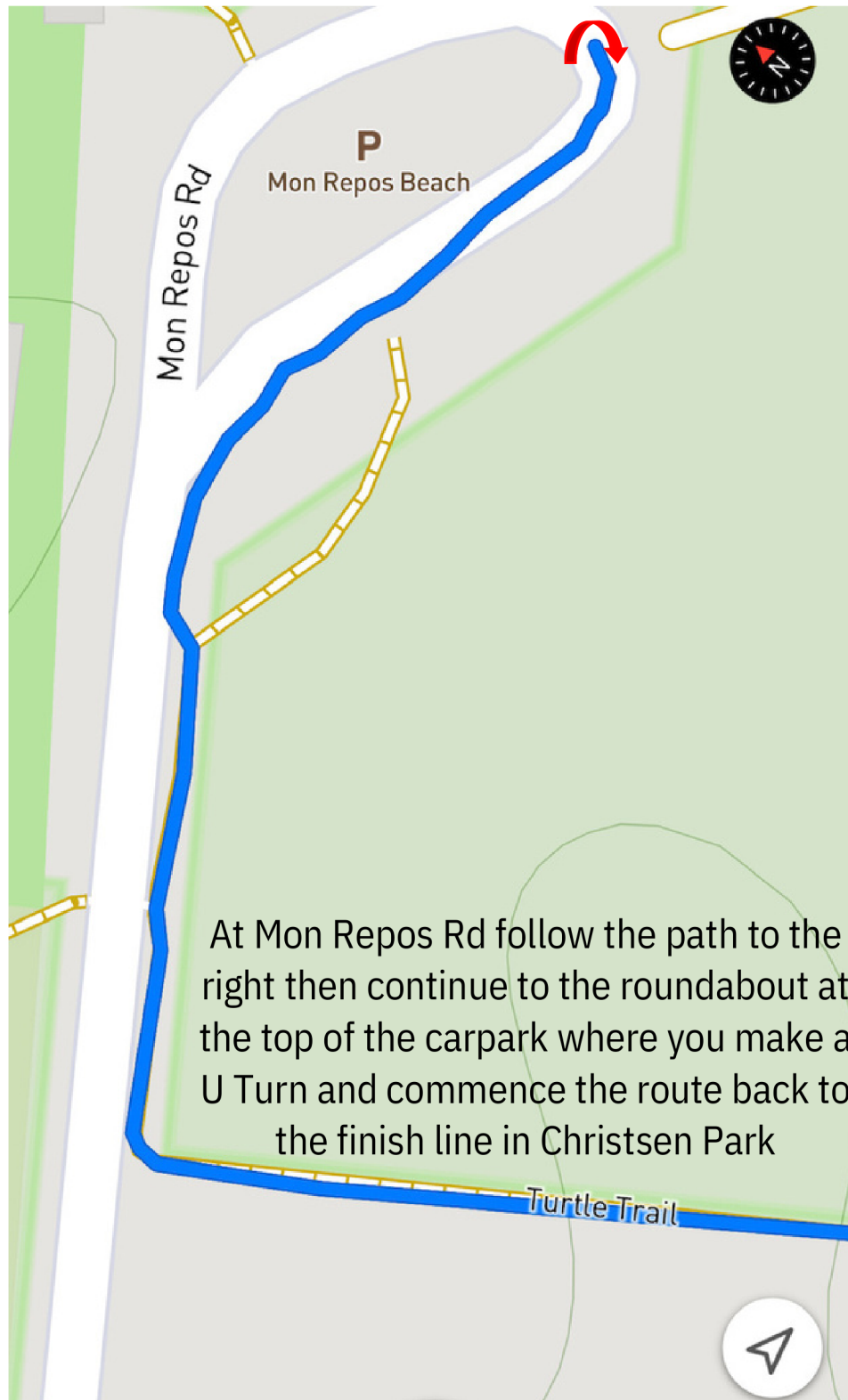


# 8km Course





# 8km Turnaround



# Great BIG thanks to our Event Sponsors



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**Bargara Headlands**

Community - Connection - Environment

[bargaraheadlands.com.au](http://bargaraheadlands.com.au)