



# **South Burnett Express Rail Trail Relay**

## **Participant Race Brief 2025**

**Document metadata**

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# Overview

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## Summary

1. The South Burnett Express Rail Trail Relay is an endurance relay running race to be held on **27 July 25**. It is coordinated by the Ashgrove Rangers Athletic Club and is sanctioned by Queensland Athletics (QA). The event will be conducted over part of the decommissioned rail line (South Burnett Rail Trail) that runs from Kingaroy to Wondai. A 1km children's race will also be held at lunch time.
2. The event will also host the "2024 Queensland Road Relay Championships". All teams, regardless of QA or QRUN association, are eligible.
3. The purpose of this Race Brief is to provide participants and volunteers an overview of the Event, risks and other administrative matters to assist them in preparation, planning and its conduct.
4. If there any questions or you would like more detail please email [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run)

## Reference Documents

5. The following documents have been used or are referred to within this document.

**Table 1: Reference Documents**

Reference	Document
A	South Burnett Express Rail Trail Relay Event Plan
B	South Burnett Express Rail Trail Relay Risk Management Plan

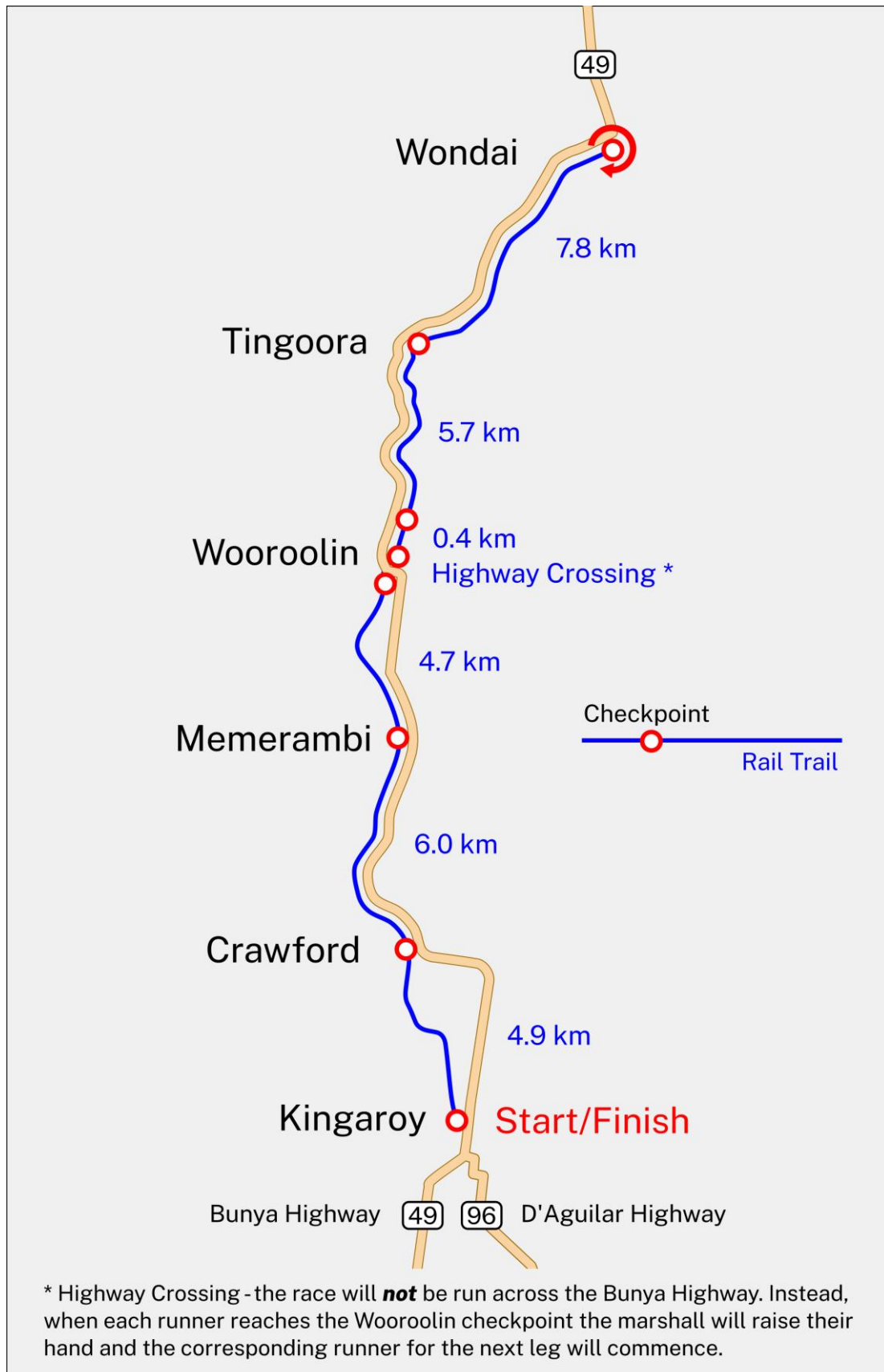
# Race Concept

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## Key features of the event

6. The South Burnett Express Rail Trail Relay is approximately a half day running event. Key features include:
  - a. Relay legs up to ~8km in length with a total course length of ~60km;
  - b. Each runner will run a designated leg and tag the next person in their team who will run the next leg (and so on);
  - c. the event will start in waves (6:00am, 6:40am and 8:00am – runners will be emailed their team's start time before the event)
  - d. Runners will have a Support Rider per team in attendance. The Support Rider will be provided by each team and will ride with each runner;
  - e. the race will be held on a sealed trail with participants crossing a small number of country roads, however high volumes of local traffic is not expected;
  - f. the Event will be held during daylight hours;
  - g. the Event route will have established checkpoints where volunteers will be located;
  - h. the route has a combination of uphill, downhill and flat terrain;
  - i. Teams will move between checkpoints in their own vehicles (it is recommended Teams car pool as much as possible to reduce the number of vehicles parked at each checkpoint);
  - j. a children's race will be conducted at lunch time; and
  - k. the event will have professional medical support.
  - l. Teams will turn around at Wondai (there will be no restart like previous years)
7. Figure 1 provides an overview of the race route. Annex A provides details for each Check Point.

Figure 1 : Race Course (~60km)



## Key Timings

8. Below are key timings for the event day (see email with what Wave you are in):
- a. **5:50am** (Sharp) – Wave 1 Race and Safety Briefing at the Start Line (Liberty Oil, Kingaroy)
  - b. **6:00am** – Wave 1 Start
  - c. **6:30am** (Sharp) – Wave 2 Race and Safety Briefing at the Start Line (Liberty Oil, Kingaroy)
  - d. **6:40am** – Wave 2 Start
  - e. **7:50am** (Sharp) – Wave 3 Race and Safety Briefing at the Start Line (Liberty Oil, Kingaroy)
  - f. **8:00am** – Wave 3 Start
  - g. **11.30am – 12.30pm** – Teams finish
  - h. **12:30pm** (approx.) – BBQ Lunch at O'Neill Square (approx. 300m from Liberty Oil)
  - i. **1:30pm** (approx.) – Presentations

## What to bring

9. Below is a list of items each runner **must** have:
- a. Appropriate running gear (Note - teams are encouraged to have a common team shirt/colour, but it is not necessary. Each runner will be issued a race bib on the day which will have a team and runner identifier number on it);
  - b. Water Bottle (can be carried by the Support Rider);
10. Below is a list of items each Person is **recommended** to have:
- a. Snacks / money to buy food at shops;
  - b. Hat;
  - c. Sun glasses;
  - d. Sunscreen applied;
  - e. Wet weather gear / spare set of clothes (in the case of rain); and
  - f. Towel (protect car seats from sweat after you complete your run).
11. Below is a list of items each Support Rider **must** have:
- a. A serviceable bike or electric scooter (that is suitable for a 60km ride on a single charge);
  - b. A helmet that meets Australian Standards;
  - c. Mobile phone with sufficient charge (Telstra is highly recommended, followed by Optus. Vodafone has limited coverage in the area);



- d. Key Phone Numbers Card (each Team Captain will be issued this card prior to the commencement of the race);
  - e. A copy of this Race Brief for reference (either electronic or print out);
  - f. Sunscreen applied;
  - g. Pump, tyre changing equipment and spare tube for bike; and
  - h. First Aid Kit (with compression bandages in case of snake bite).
12. Below is a list of items each Team **must** have:
- a. Transport - enough vehicles to transport the team between checkpoints. It is requested (if possible) that there is a maximum of 2 vehicles per team to reduce the number moving between checkpoints and parking congestion; and
  - b. Team mobile phone numbers shared between team members – so everyone can communicate with each other as you will get split up across the course as well for emergency situations (if they arise).
13. Event organisers may conduct spot checks for mandatory (must) items. Failure to comply may result in runner or team disqualification.
14. It is recommended all Participants have a copy of this Race Brief accessible for reference during the Event.

## Race Rules

15. The following Race Rules apply:
- a. There is a minimum of 5 and maximum of 8 runners per Team;
  - b. Only entrants registered can run in the race;
  - c. Runners can only run for one Team during the race;
  - d. Race Bibs (which will be provided on the day) must be clearly displayed on the runner at all times and visible from the front;
  - e. Teams can swap out runners in their team up until the start of the race on race day but must inform the Race Director of runner's details either by the registration portal (or if closed via contacting race organisers via the contact form on the website [www.southburnettexpress.run](http://www.southburnettexpress.run) or via [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run))
  - f. Only one runner per team is to run a leg at any time;
  - g. Each runner can only run one leg at a time (ie a runner cannot run two or more legs in a row);
  - h. Runners are to run on the Rail Trail at all times and only move off the trail if there is an obstacle;
  - i. Only in the situation where a runner is injured (or cannot compete the leg for any reason) can another team member take over part way through a leg. This can be another runner from their team or the Support Rider (if they are eligible to run for the

team type) where they swap roles. In this case the new runner is to commence from the position where the previous runner has stopped;

- j. Change over between runners can only occur at designated checkpoints and between cones by runners tagging the hand of the next runner. The exceptions are if there is a medical issue and runners must change during a leg and at the Bunya Hwy crossing

where the marshal will raise their hand and the runner for the next leg (on other side of the highway) will commence running);

- k. Unless injured, team members are to run at least one leg of the race each;
- l. Runners cannot run more than four (4) single legs each. These legs cannot be consecutive;
- m. Runners or Support Riders are not to interfere with other runners at any time;
- n. Runners are to follow the direction of race officials at all times;
- o. Runners, Support Riders and accompanied persons are to be courteous to one another and always display sportsmanship. Abuse of any kind to each other, organisers or the general public will not be tolerated;
- p. Runners and Support Riders are to carry all mandatory items as outlined in this brief;
- q. All teams are to have a Support Rider who rides with their runner at all times. Other key attributes include:
  - i. All Support Rider mandatory (must) items are complied with (as listed above);
  - ii. For hygiene reasons, the Support Rider ensures runners do not drink water from a bottle other than their own;
  - iii. Support Riders must slow down at chicanes / road crossings and give way to all vehicles;
  - iv. Support Riders are to warn runners of any vehicles that may cross the trail (at designated points along the trail);
  - v. Support riders are to stay out of interchange areas at checkpoints when runners (from their team or others) are changing over, this includes if they themselves are swapping over with other riders;
  - vi. Support Riders of the opposite sex can support all Male or all Female teams;
  - vii. Support Riders are to continually monitor their runners for signs of injury, heat distress or other complications and are to stop them running if it is in the best interest of their health or safety;
  - viii. Support Riders are to be at a reasonable distance ahead the runner at all times (this is to warn off snakes that may be in the area as well as to provide any necessary support); and
  - ix. Support Riders must not 'transport' runners unless due to a medical incident.
- r. Teams can swap Support Riders between legs;
- s. Support Riders can be dedicated riders or also be runners of a Team;
- t. Support Riders can use an electric scooter however must ensure there is sufficient battery capacity and charge (experience has shown that most commercial scooters do not have sufficient battery life to last the full 60km on a single charge);
- u. If a Support Rider's bike breaks down and cannot be fixed in a suitable timeframe the runner can continue without support. At the first opportunity the Team Captain is to

liaise with the Race Director to make a decision if the team is to continue with a Support Rider or not;

- v. Spectators (and children) are to stay off all roads;
- w. Teams are to drive between checkpoints in a safe manner and be courteous to other teams and the public;
- x. Runners, Spectators and Support Riders are to give way to other users of the Rail Trail;
- y. Team vehicles are to be parked in designated areas (as per Annex A);
- z. Competitors are to use Public toilets that are located at all Checkpoints (note – there is no public toilet available at the Crawford checkpoint);
- aa. Rubbish is to be disposed of in either bins provided or through public bins and not left on the Rail Trail or at congregation points;
- bb. Where a runner is injured and support is provided by another competitor, that competitor who is assisting may receive a time bonus for the period taken to provide assistance. The amount of time rewarded is at the discretion of the Race Director (upon request from the impacted Team Captain);
- cc. The Race Director reserves the right to disqualify a team or apply a time penalty to any team for breaching of the above rules or for any conduct they deem not in the spirit of the event;
- dd. Time penalties of any duration including full disqualification of a team may be imposed by the Race Director for conduct of a Team and/or one or more of its runners for conduct in breach of these rules or for conduct that does not align with the values of good sportsmanship and respect for one another. Decisions and associated penalties will be based on the severity of the matter;
- ee. Teams must have a minimum of 5 runners and maximum of 8 runners to be eligible to compete. Teams that do not comply can still race but they will not be eligible for a placing or to compete in the Queensland Championships. They will still be listed in the rankings at the time they completed the race but text added next to their name to highlight they are ineligible;
- ff. Dogs are permitted to run with teams but must be on a leash at all times. Runners with dogs are to avoid getting in the way of other runners;
- gg. Protests on the conduct of other Teams or individuals can only be made by Team Captains to the Race Director and before Presentations are made; and
- hh. The Race Director's decision on all matters is final and all runners accept this as a condition of entering the race. This includes decisions to disqualify a team, allocate a time penalty or to introduce, interpret, and/or amend a rule on the day that the Race

Director believes is in the best interest of individuals, teams, the public, the spirit of competition and/or the Event itself.

## Safety and Medical

16. The health and safety for everyone is our number one priority. A significant amount of planning has gone into assessing risk and ensuring there are practical measures in place. As per Ref B, a detailed Risk Management Plan has been developed. While every effort has been made, given the location, terrain, variables at play and type of event we cannot eliminate all risks as a number of things that can still go wrong including things that are unforeseen and the extended timeframe emergency services can respond to incidents due to the remote locality. Participants and Spectators are required to make their own judgement call on these matters and decide upon themselves if they want to be part of the Event.
17. In summary, key risks (and associated mitigations) for Participants and Spectators include:
  - a. **Heat Illness** – The trail has limited shade and the sun can bring on sunburn, dehydration and heat stroke. While the event is run in Autumn, to reduce the risk it is recommended you wear sunscreen and a hat. It is also recommended you manage your water intake. Experience has shown that it can still be warm this time of year and without adequate water intake runners can become dehydrated quickly;
  - b. **Snakes** – The trail cuts through bush and farm land. While it is paved with bitumen there is grass and bush on either side – a perfect habitat for snakes. To reduce the risk you are to advised to watch where you are running at all times and to not venture off the trail. It is recommended Support Riders are to ride ahead of runners as the ground vibration will help warn off snakes. If in the rare chance you are bitten, you are to remain in location, stay still and apply a compression bandage to the effected limb. Emergency services are to be contacted immediately;
  - c. **Other animals** – Other animals may be on the Rail Trail including cattle (that have may escaped neighbouring farms) and native wildlife. You are to avoid them / leave animals alone. If safe to do so, Support Riders may assist with moving animals away from runners;
  - d. **Road Crossings** – The trail cuts across a number of country back/side roads that connect to the Bunya Highway. While the traffic volume is expected to be very low, runners and riders are to be aware that vehicles may be there and travelling at speed. To reduce the risk you are to remain vigilant and Team Support Rider is to warn drivers if possible. Do not cross a road if there is a risk that the vehicle is not going to stop;
  - e. **Bunya Highway** – The trail cuts across the single lane Bunya Highway at Wooroolin. As per Figure 1, when runners arrive at the checkpoint the marshall will raise their hand and the next runner will commence running from the other side of the highway. The same applies on the return. Anyone who crosses the highway for any reason is to take care as there can be a steady flow of traffic along it;
  - f. **Vehicles** – Teams will move between checkpoints via public roads in their own vehicles. Risks exists for car occupants, other vehicles, cyclists and runners. Drivers are to be vigilant at all times, give way to runners and cyclists and follow all road rules including speed limits. Drivers are to also take care when merging onto and off the Bunya Highway to reduce the impact to other drivers. Team vehicles are also to be parked in designated areas and off to the side of the road (if applicable). It is also

requested that teams have a maximum of two vehicles travelling between checkpoints to assist with traffic and parking congestion. Please see Annex A for more detail;

- g. **Children** – The event is family orientated and children are expected to be present. They can be unpredictable and thus as a parent/guardian you are responsible for children in your care at all times. This includes knowing where they are at all times and keeping them away from traffic and parked vehicles. Drivers are to be extra vigilant when parking and reversing at Check Points;
  - h. **Becoming Lost** – While this risk is extremely low as the Rail Trail is clearly evident and is bitumen all the way between Kingaroy and Wondai, there is both a runner and Support Rider together and there are position markers and bollards at each road crossing, this risk needs to be raised due to the remote nature of the race and in some situations may require participants to leave the trail (eg due to an emergency). It is advised if the surroundings are not familiar you are to remain in situ and await for assistance. If you are missing your Team will raise the alarm and the Race Director will coordinate next steps. In addition, if someone looks to be heading off in the wrong direction please redirect them. Further, if you have young children we ask that you maintain visibility of them at all times and instruct them not to wander off (especially when waiting around at Checkpoints or the BBQ area);
  - i. **Other members of the Public** – Both the roads and Rail Trail will be accessible by the public during the event. With the increased number of people running on the Trail, standing at checkpoints, crossing roads, walking along or across the rail trail and travelling between checkpoints there is increased risk to yourself and the public. Public support for our event is important and we ask that you remain cautious at all times and reduce the impact on others; and
  - j. **Travelling** – The event is 3 hours from Brisbane and commences at 7am. It is recommended to reduce the risks associated with driving in the early hours of the morning to stay the night before at Kingaroy or local area. The South Burnett Express website has information pertaining to accommodation options. It is also recommended teams car pool where practical.
18. As stated above in this document, Support Riders are to carry a small medical kit, spare tube, pump, phone (Telstra or Optus) and bottle of water with them at all times. The medical kit is to include a compression bandage. It is the responsibility of Team Captains to ensure their Support Riders are familiar with basic first aid principles.
19. Depending upon the situation, individuals are to render immediate first aid and make a judgement call to either:
- a. **Contact emergency services on 000** from the location on the trail or at a location where there is coverage. Mobile phone coverage along the trail can be patchy. Our experience is that Telstra has the best coverage however there are still black spots. The Bunya Hwy typically has the best coverage. If you can orientate yourself to the

Highway, and it is safe to do so, then move to a better location for coverage or flag someone down;

Contact the **Event Medical Provider** on 0411 382 866 Danielle Cameron or 0458 110 692 Christine Halter.

- b. Send someone to the nearest checkpoint (on a bike ideally) to let them know of the situation. Each Checkpoint Marshall will have a mobile phone and will either contact the event medical provider or emergency services;
  - c. Slowly move the injured individual to the nearest Checkpoint (if it is safe to do so) so first aid can be provided; or
  - d. If possible, wait in location with the injured individual and await support. If you do not arrive at the next checkpoint in a timely manner we will send someone to look for you along the trail.
20. We recommend everyone installs the “Emergency Plus” application on their phone. It is simple to use and provides a more accurate way of providing your location to Emergency Services.
21. The Rail Trail has markers at regular intervals (1km) providing details which can be relayed to emergency services to help narrow down your location.
22. Team Captains are to ensure their Support Riders read this document.
23. Event organisers are available to discuss any of the risks and mitigations with participants upon request. Please reach out to us at [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run)

## Mobile Phone Coverage

24. Event organisers have conducted a mobile phone coverage check and have confirmed coverage is patchy on the trail north of Crawford at about the 1km mark. Telstra provides the best coverage along the trail followed by Optus. Vodafone was not tested however it is understood there is very poor coverage in the area and teams are requested not to use this carrier's service. If you find

yourself in a no coverage zone and you need to make an emergency call please move locations (if you can) or send a nearby rider to raise the alarm at the nearest checkpoint.

## Event Waiver

25. Participants and volunteers participate in the event by accepting the terms in the Event Waiver.
26. A copy of the event's waiver is available via the registration system (link on South Burnett Express Website) or by emailing [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run)

## All Teams Dinner

27. For those who are travelling to Kingaroy the night before (Saturday 26th July) you are welcome to join other teams and event organisers for dinner at the **Commercial Hotel**.- 167 Haly Street, Kingaroy
28. The dinner starts at 5.30pm. There will be lucky door prizes and some short speeches.

## Event BBQ Lunch

29. A BBQ lunch will be supplied by a local community group. You can buy food on the day with either cash or card. Please support.
30. In case the card option is not working (ie a technical issue) we recommend you have cash as a backup.

## Website, Social Media, Email and Photos

31. The event's website is [www.southburnettexpress.run](http://www.southburnettexpress.run) . Information about the event and FAQs can be found there.
32. We have setup a social media pages which will provide updates [www.facebook.com/southburnettexpress](https://www.facebook.com/southburnettexpress) and [www.instagram.com/southburnettexpress](https://www.instagram.com/southburnettexpress) . We will also send out email updates to runners once they are registered
33. We will have a photographer on the day. A large number of photos taken will be uploaded to the facebook page. We will also investigate a file/photo sharing platform for you to obtain the hi res versions for free.
34. If you take photos on the day and would like to share them with everyone else, please email them (or link to a shared drive) to [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run)

## Merchandise

35. This year we had some event merchandise. You will be able to pick them up them up at the Event.
36. If you cannot make the event your merchandise will be provided to your Team Captain.

## Smoking

37. Smokers are requested to smoke 20metres away from the nearest non-smoker at all times



## Travelling to Kingaroy and Accommodation

38. It is recommended you travel to Kingaroy the day before the event as it is an approximate 3 hour drive from Brisbane and the race starts early (6am).
39. There are a number of affordable accommodation options at Kingaroy and it is recommended you book in advance to avoid missing out. The South Burnett Express event website ([www.southburnettexpress.run](http://www.southburnettexpress.run)) has further information.

## Key Contacts

40. For administrative matters associated with the event please email [contact@southburnettexpress.run](mailto:contact@southburnettexpress.run)
41. For urgent matters or for matters on the day of the event please contact any of the persons in Table 1.

**Table 2: Key Contacts**

Position	Name	Mobile
Race Director	John Purcell	0417 075 292
Medical Provider (Contractor)	Danielle Cameron	0411 382 866
	Christine Halter	0458 110 692
Safety Officer	Stavros Konstantinos	0422 602 797
Coord Team	Stavros Konstantinos	0422 602 797
Coord Team	Ken Stacey	0424 145 011

## **ANNEX A – Checkpoint Detail**

### **START/FINISH - Kingaroy**

Relay Start/Finish located on the Western side of Youngman Street at the Liberty Oil Service Station. Parking at Liberty Oil or along nearby roads. We also recommend you park towards or at O'Neill Square as there is ample parking spots and it is only a short walk to the Start / Finish line.

The children's race will start at the same location as the main race but will be a 1km circuit (500m out and back)

Public toilets are at O'Neill Square. Customer toilets are at Liberty Oil however please note that there is a single toilet and you will require a key from the service attendant.

### CHECKPOINT 1 & 13 – Crawford (Crawford St)

Parking on Champneys Road (see image below).

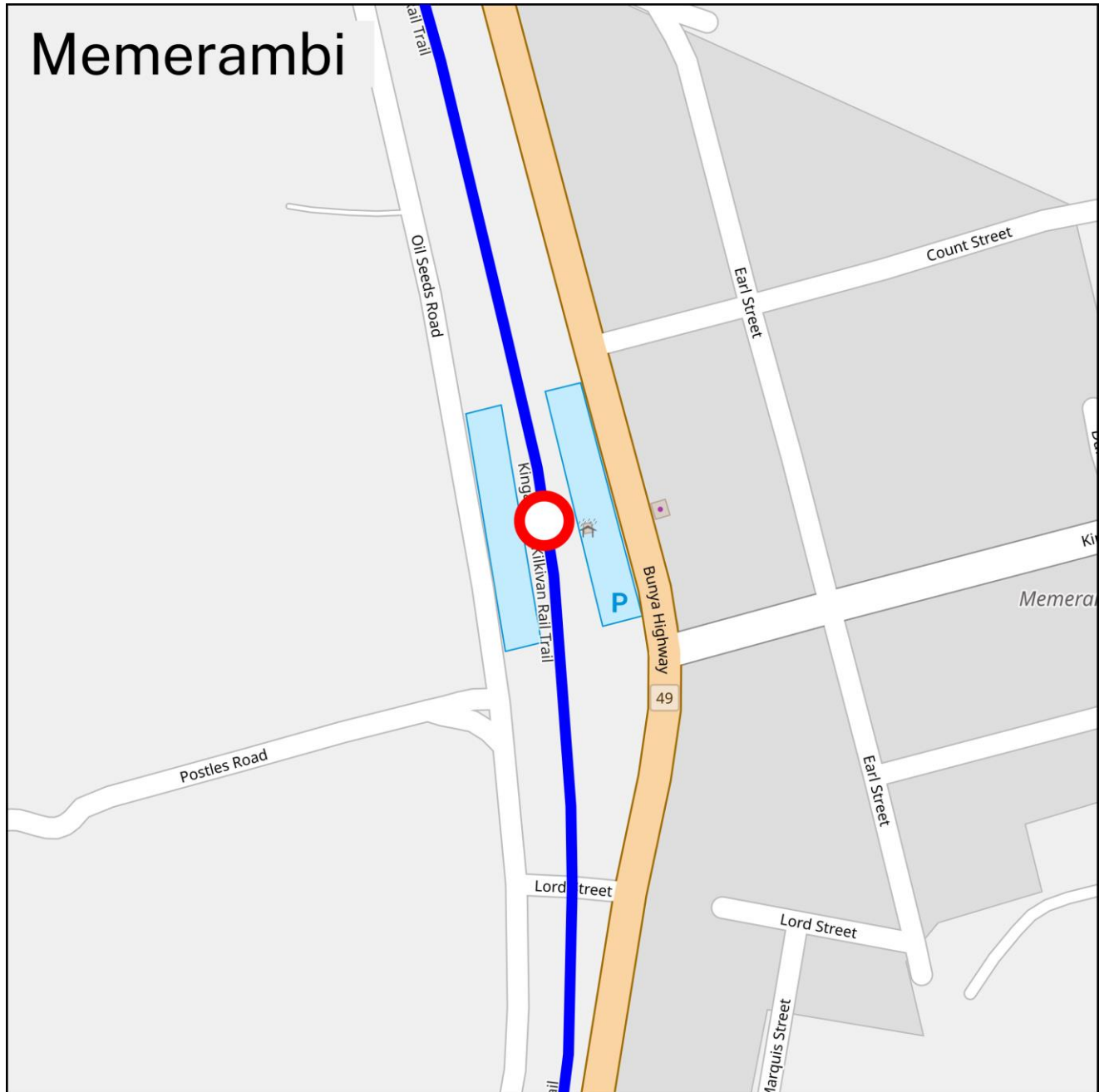
No toilets at this stop.



## CHECKPOINT 2 and 12 – Memerambi (Lord St)

Parking along Bunya Highway and side streets (as per below).

There is a single Public Toilet at this Checkpoint



### CHECKPOINTS 3/4/5 & 9/10/11 – Woollooin

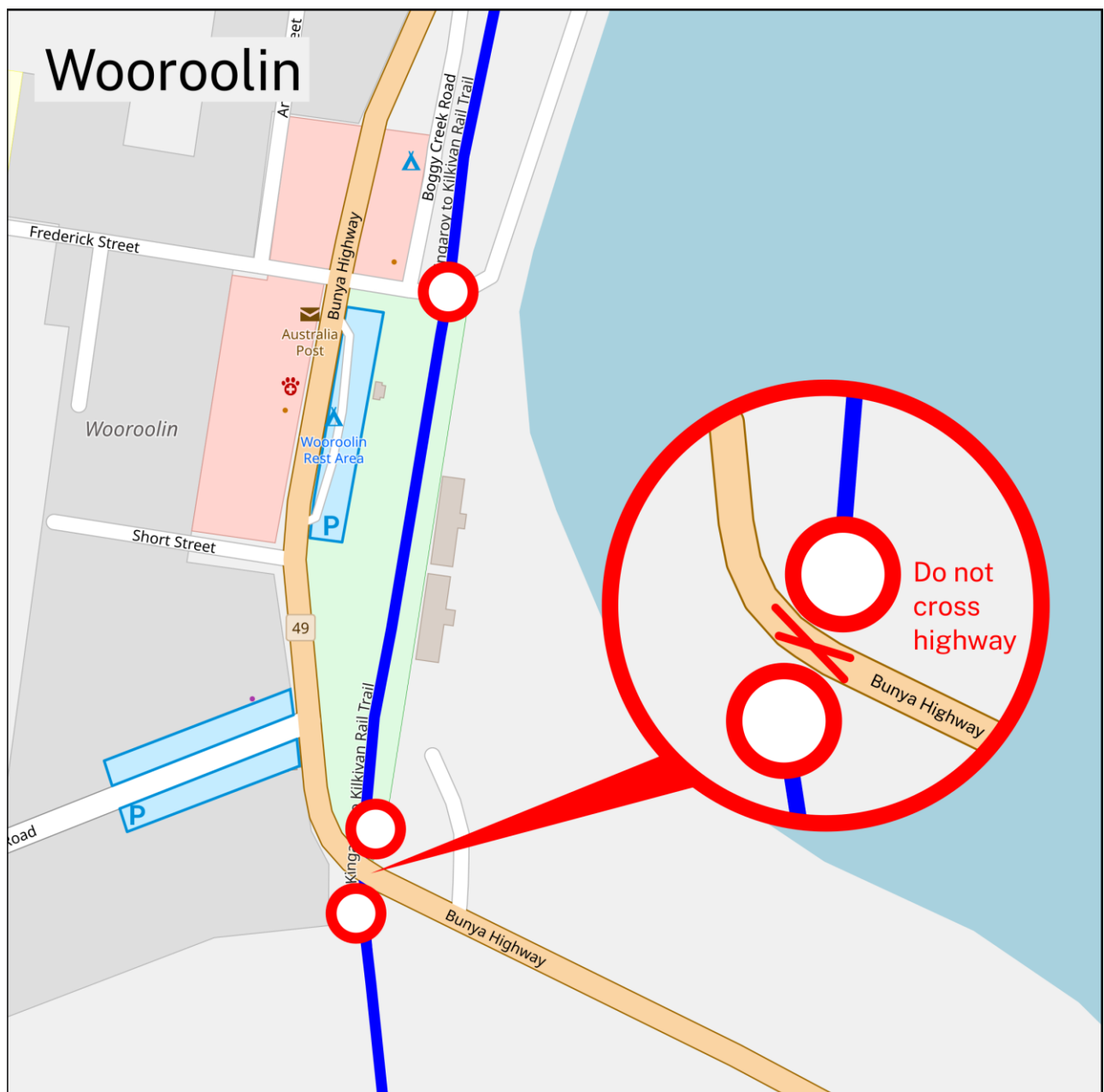
For safety reasons, runners will not be crossing Bunya Highway at the southern Woollooin changeover.

There will be a changeover zone on each side of the highway. Incoming runners will enter the changeover zone on their side of the highway and stop. Waiting runners will be inside the changeover zone on the other side of the highway. When the incoming runner enters their zone the marshal will raise their arm to signal the waiting runner to proceed. The same applies on the return.

Runners will then run 400m to the next Checkpoint.

Parking on Bunya Highway and Dalton Park. Please take care if you park along the highway.

Public Toilets are located near this Checkpoint



## CHECKPOINT 6 and 8 – Tingoora (Tingoora-Charlestown Rd)

Parking along Tingoora-Charleston Road (as per below)

Public Toilets are located near this Checkpoint (do not use or drink water at the toilets at the sports ground)



## CHECKPOINT 7 – Wondai (Scott St)

Parking will be as per below.

Public Toilets are located near this Checkpoint

