



# *Women only Adventure Race*

## FINAL RACE INFORMATION

19 APRIL 2026



ADVENTURE  
JUNKIE



WELCOME





# WELCOME

Just a heartbeat away from race day, and the excitement is in the air!

Set against the stunning backdrop of Patonga and the Brisbane Water National Park, this location is a dream come true for adventure lovers. It's your moment to step away from the everyday, soak up the natural beauty, and dive into a day filled with movement, connection, and pure joy.

We're ready and thrilled to welcome all our amazing participants, loyal spectators, and dedicated volunteers to the Women Only Adventure Race 2026. Here's to an unforgettable day of pushing limits, making memories, and cheering each other on!

For any questions, feel free to reach out at [info@adventurejunkie.com.au](mailto:info@adventurejunkie.com.au). Let's make this an adventure to remember!

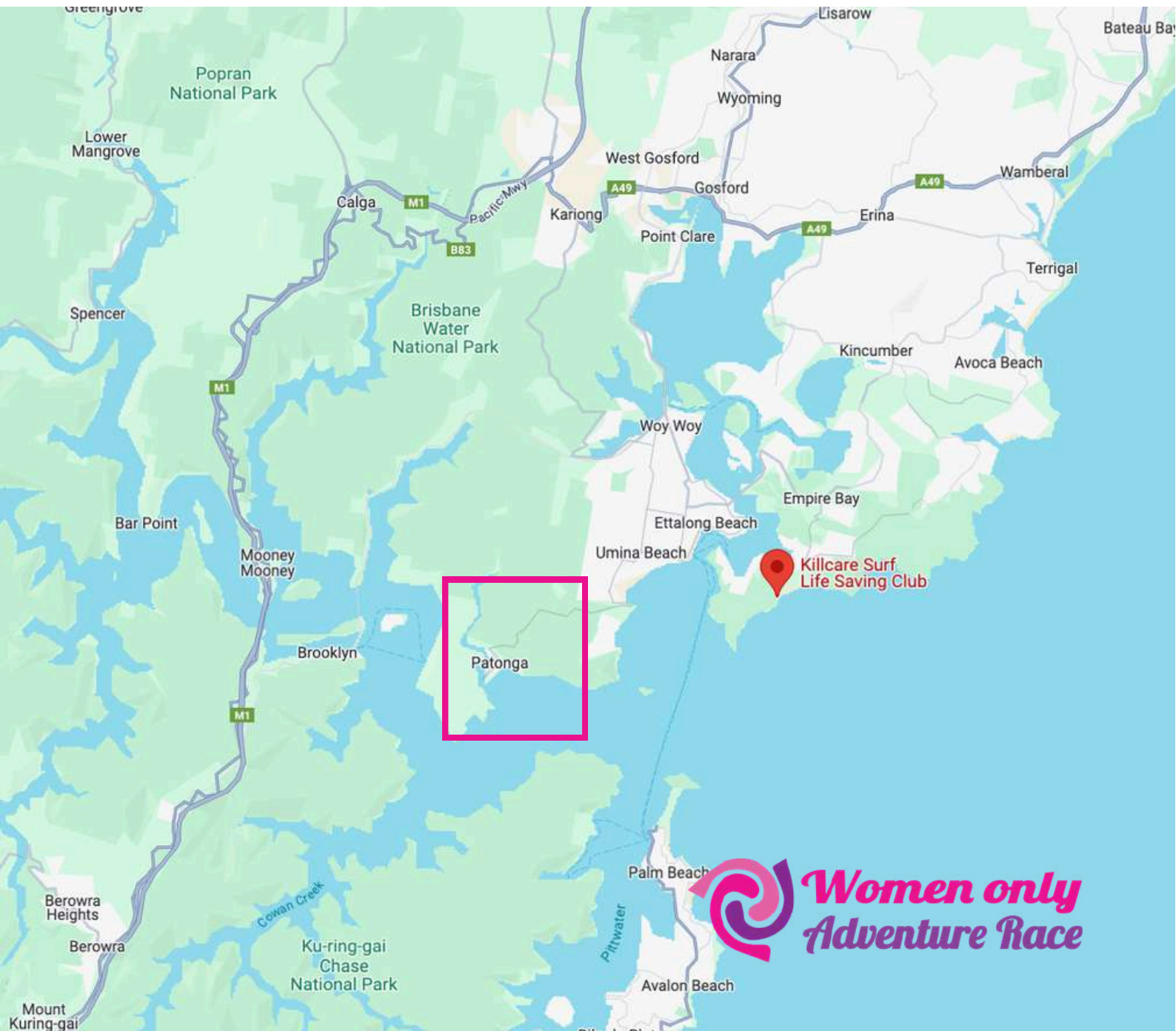


# WHERE IS THE RACE

The race HQ is Patonga Beach:

<https://maps.app.goo.gl/UEgA6may8pWn6cdL7>

The nearest address is [Hawkesbury Track, Patonga NSW 2256](#)



# WHERE IS THE RACE

The HQ is located near Patonga boat ramp

We encourage carpooling to help reduce environmental impact and ease parking congestion. Street parking is available on Patonga Drive and most of the streets.



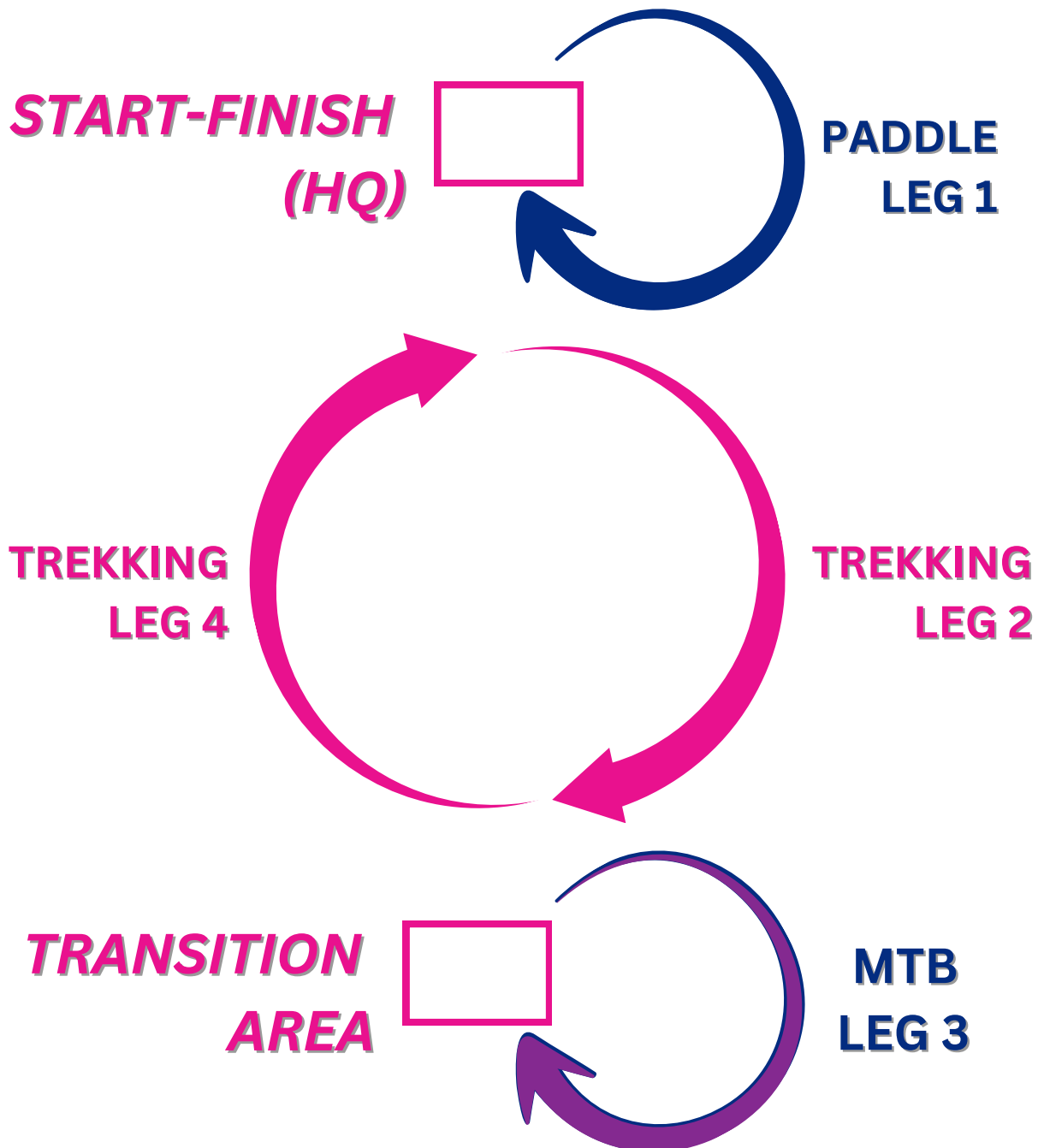
# WHERE IS THE TRANSITION AREA

The MTB Transition is located above Patonga on Patonga Drive. Please drop your bike and all cycling gear, such as a helmet, an extra water bottle, bike shoes, etc., before coming to HQ.

Google Maps link: <https://maps.app.goo.gl/vwVfS3fYo7hHhR2U6>



# COURSE



# COURSE

START / FINISH

**Race HQ**

LEG 1 – PADDLE

**Kayak**

Loop from Race HQ

LEG 2 – TREKKING

**Trail run**

From Race HQ

TRANSITION

**Change to bike gear**

LEG 3 – MTB

**Mountain bike**

Loop from Transition Area

TRANSITION

**Change to run gear**

LEG 4 – TREKKING

**Trail run**

Back to Race HQ

FINISH LINE

**Race HQ**

FINISH

# EVENT TIMING



## 6:30 TRANSITION AREA IS OPEN

Please follow the directions above to get to the TA and drop your bike gear. Receive your race pack in TA. Proceed to HQ



## 7:00 HQ IS OPEN

Get ready for the race and leave any other gear at the HQ. Feel free to ask any questions.



## RACE STARTS:

**8:00- wave 1**

**8:45- wave 2**

**9:30- wave 3**

Please check in 10 minutes before your start for the last minute briefing



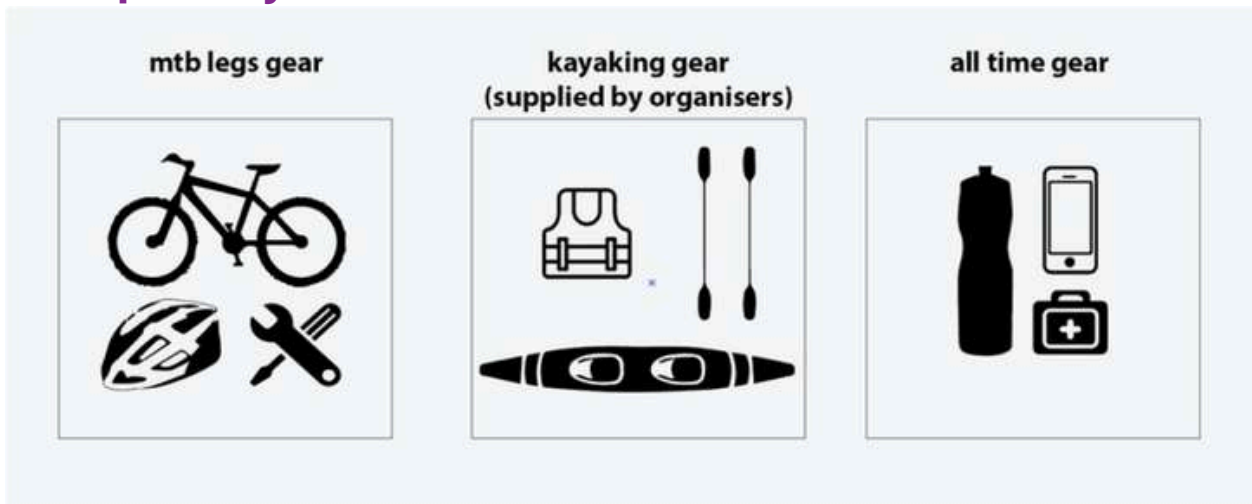
**12:00**

## PRESENTATION

The race winners and podium finishers in three categories will receive flowers and certificates. *The Family category: one racer is under 12 year old; Masters category - both team members are older than 45. All other teams- Open. Presentation time could be slightly moved, we will need to wait for the fastest teams of wave 3 to finish to determine the leaders*

# WHAT TO BRING

## compulsory items:



### First aid kit:

- 2 crepe (snake) bandages- min 5 cm width, 6 wound closure strips, 1 triangular bandage, 2 non-stick wound dressing pads – per team.

### All-time compulsory gear:

- Mobile phone in waterproof case/bag - per team.
- Water - minimum 0.5 litres at the start of each leg - per person. More if the weather is hot, especially for the bike leg.

### MTB sections:

- Mountain bike or commuter bike with race bib attached - per person (if you arranged a hire with us, the bike will be at the transition area).
- Helmet - per person (if you arranged a hire with us, the helmet will be at the transition area).

# WHAT TO WEAR



If you're a seasoned triathlete, your usual race gear (bike shorts and cycle tops) will serve you well. But if you're more comfortable in running shorts and a favourite tee, that's absolutely fine too — comfort is key!

While off-road shoes are ideal for the terrain, regular running shoes will be perfectly suitable. Remember, the goal is to enjoy yourself and embrace the adventure.

You'll be provided with a race top to wear over your clothes, so there's no need to bring extra layers unless it is windy and cold. A lightweight windproof or waterproof jacket in your backpack can be handy for cooler moments on the bike, especially if there's a chance of light rain.

We also recommend bringing a cap or visor for the run, as well as sunscreen and sunglasses to stay protected from the elements.

And finally, don't forget a change of clothes for after the race. You'll likely get a little muddy or wet along the way, so being prepared will help you stay comfortable and make the most of the experience!

We can't wait to see you out there!

# WHAT TO DO ON A DAY

**we recommend to  
arrive 1h before your  
race start**



## **PLACE YOUR MTB IN TRANSITION AREA ON YOUR WAY TO HQ**

The transition area is located up the road above Patonga on the way to HQ. Please be careful when parking and crossing the road. Park across the road and walk to the TA to receive your race bag, drop your bike and all the gear you need for the MTB leg.



## **DRIVE TO HQ**

The Start-Finish area (HQ) is located at the Patonga boat ramp. This is the start and finish line- under the arch. Any gear you want to use after the paddle can be placed in a designated area.



## **CHECK IN 10 MIN BEFORE YOUR START**

There will be a check-in just before the start.



## **ENJOY YOUR RACE AND HAVE A LOT OF FUN**

Ensure you have tapped the finish station before the arch; this is when the timing stops. Please return your race top and timing tag. If we do not have your timing tag, we can not calculate your result. Enjoy the post-race fruit fest. Collect your gear from the transition area when you are ready.



## **PRESENTATION**

Winners in 3 categories will receive trophies, flowers and certificates for the discounted entries to the other events.

# WHAT THE HECK ARE THESE CPs ON THE MAP

## 01 THE COURSE IS NOT MARKED, YOU WILL GET A MAP

The course map and description are included in the race pack. These are essential pieces of information for the event. Take these papers with you on the course. The course map and race description are waterproof.

## 02 ORDER OF THE LEGS IS COMPULSORY

You will receive the race information with a detailed description of the course.

## 03 ORDER OF THE CHECKPOINTS CAN BE DIFFERENT

Please read the description carefully. It will tell you where precisely the checkpoint is (for example, 5 meters west from the intersection), and it will also tell you the order of the checkpoints within a leg. It could be any order or numerical order.

## 04 HELP IS THERE FOR YOU

Please feel free to ask for help after you read through the information. Our friendly volunteers will be happy to help and explain you all in detail.

# RACE TIMING

Every team receives one electronic timing tag; it should be secured on your wrist.

At every checkpoint and at the finish line, you need to touch the red button on the timing station with your timing tag. The tag records data from the station. After the finish, we read this data from your timing tags and calculate the results.

## the timing tag



Touch timing station with your timing tag to register at the checkpoint. The timing station will beep and flash to indicate successful CP check in. Just like in metro: slide the tag over the red button on the station.

## checkpoint flag



## timing station



The station flashes and beeps when you register successfully.

**MAKE SURE YOU CHECK IN  
AT THE FINISH.**

**ENSURE THE TAG IS  
COLLECTED BY OUR  
STAFF AFTER THE FINISH**

# FAQ



## MY TEAMMATE CAN NO LONGER MAKE IT TO THE EVENT

Team changes are possible till the start of the race. Please email us as soon as you can. We need information about who is not racing a new person full name, date of birth, email and phone number. You can email us up to the morning of the event and confirm on the day once again.



## I'VE HIRED A COMPASS OR/AND MAPBOARD

This is a great idea! Please collect them at the registration and return them after the event.



## I'VE HIRED A BIKE

Bikes will be delivered to the Transition Area and placed in the designated bike zone. After the race, they can be collected from the same location. A helmet will also be provided.

Please visit the Transition Area to adjust your saddle height and attach your MTB number plate.

Note: We have a limited number of bikes available, and they must be pre-ordered.



## WHERE THE RESULTS WILL BE

The fastest way to access results is to follow our Facebook page <https://www.facebook.com/womenonlyAR>

Preliminary results will be up on a day. The final results will be on the event website in a day or two after the race.



## EVENT PHOTOS

The photos will be posted on the Facebook page within a week after the event. While we endeavour to capture an image of everyone participating, this is not always possible.

# LAST MINUTE TRAINING



Saturday night, we're running a 60-minute beginner training session at 5 PM Saturday, 18 April.

If you're new to adventure racing or want additional information about the event, please attend our Crash course at **Patonga Boat Ramp -race HQ**

Location: <https://maps.app.goo.gl/sdh2nDV1z9YeemkaA>

There will be a focus on orienteering, kayaking and general event flow.

If you still need to book it, please email us as soon as possible. The cost is \$69 per team. We will add the training registration to your team booking.



# *Women only Adventure Race*

## Contact Us:

Please email or text us if you have any questions.



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