

# SEQ TRAIL SERIES

RUNNER'S GUIDE

SEASON 11, ROUND 8

@ DAISY HILL

SUNDAY 17TH MAR 2024



VERSION 1

Updated 12/03/2024



SEASON 11, RD 8  
DAISY HILL

Presented by



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## WELCOME

Thanks for signing up to join us at the South East Queensland Trail Running Series presented by The Trail Co. We can't wait to share the beautiful trails of the Gold Coast, Sunshine Coast and Brisbane with you again in Season 11.

We would like to acknowledge the traditional custodians of the lands upon which each of our events take place and pay our respects to their Elders past and present. We also thank the current owners, land managers and local residents for allowing us to visit each year. Please remember that we are guests of the land areas on which the events are held and we ask particularly for your responsible actions regarding parking, use of facilities and rubbish removal from the event area.

Please make sure that you thoroughly read through the following, even if you have participated in the SEQ Trail Series before, as it contains all the information you'll need to ensure the day runs smoothly.

See you all out there soon!

*Tim, Laura and The Trail Co. team*



## EVENT LOCATION AND PARKING

The event will be staged out of [Underwood Park](#) (accessed from Underwood Road, Priestdale).

All participant parking is to be within marked parking bays only – **do not park illegally elsewhere, including on the road verge accessing the event area**. Note that there is no participant parking directly adjacent to the event precinct. See the [location map](#) for notes on where you can and can't park.

As usual, parking is at a premium so if you've got empty seats, please make every effort to carpool or travel to the event precinct by other methods (eg ride, walk, uber).





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## PARTICIPANT SAFETY

We have taken considerable care in event planning to ensure that the events are safe and enjoyable. There are a few key points that you need to be aware of:

- The Daisy Hill event is run almost entirely off road, with a single road crossing towards the start and finish of the events. There will be a marshal in place at this location so please listen to any instructions that they may give you however it is your responsibility to cross safely. Runners must give way to cars at this crossing in all circumstances.
- Daisy Hill is popular with walkers and MTB riders so please share the paths, listen for anyone trying to pass and give way to the general public at all times.
- There will be First Aid located in the event precinct if you feel unwell or sustain an injury at any time.
- All runners under 12 years of age must be directly supervised for the duration of the run – that is, a parent or guardian must run with the child for the entire distance, and they too must be entered in the same event.
- If, after starting the event, you withdraw for any reason, notify us immediately so that we don't launch a search for you.
- Do not run under another runner's bib in any circumstances. This is especially irresponsible for trail running where any rescue efforts would be greatly hindered if you were to become lost or ill while alone in the bush.



OFFICIAL EVENT SPONSOR

**FIXX**  
NUTRITION

## MANDATORY REQUIREMENT:

**Both short and long course participants must carry a bottle or hydration pack capable of holding a minimum of 500mL fluids. Event organisers reserve the right to prevent your participation if you do not meet this requirement.**

## ALL SEQ EVENTS ARE CUP-FREE

There is one on course water table at roughly 10km into the Long Course and 6.7km into the Short Course.


There will be a water refill station available at the start/finish area for filling up your own bottles prior to the events. FIXX Nutrition will also be available for runners at the completion of the events.

\*\*\* Some events in the Series will be run on more challenging courses and in warmer weather, and these events will have different rules regarding carrying supplies. Please ensure you read this section in the Participant Information Guide carefully FOR EACH INDIVIDUAL EVENT \*\*\*





## EVENT DAY PROGRAM

Time	What	Location
5:20am – 6:10am	Bib collection	
6:20am	Compulsory event briefing	Event Precinct ( <a href="#">map</a>  )
6:30am	Long Course starts	
6:35am	Short Course starts	

All participants from both events are encouraged to stay in the event precinct and cheer until all runners have crossed the line.

Bring a chair or picnic blanket, as well as pop-up shade if you have it and make a morning of it with us! Shailer Park Scouts are hosting charity BBQ, and there will be coffee and live entertainment in the form of sweaty runners crossing the line all morning.

Our Daisy Hill event presentations will be followed by the End of Season presentations and a random prize draw, including two full Series Entries for next Season!

## COURSE MAPS AND PROFILES

Course maps for each run can be viewed from the event website at the links below.

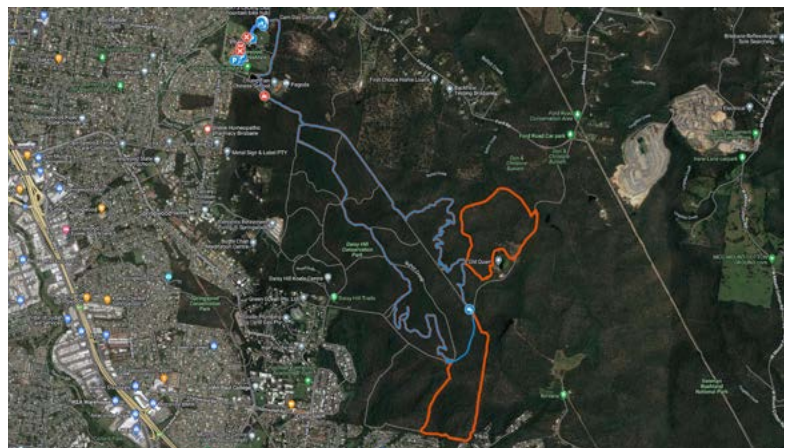
[RD8: EVENT PAGE](#)



[RD8: LONG COURSE](#)



[RD8: SHORT COURSE](#)



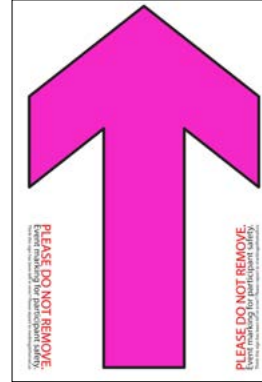


## COURSE MARKING

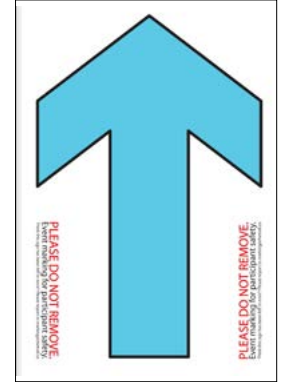
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- The course will be marked with yellow and pink reflective tape, pegged to trees and bushes.
- Arrows and crosses will complement the flagging tape at junctions.
- The Long Course will be marked with pink arrows, the Short Course with blue arrows and any shared sections will be marked with both pink and blue arrows.
- Track markings on sections where there are no route options or intersections may be spread out and irregular.
- Unless otherwise marked or directed, participants should follow the most major track at all intersections. If there is no marking at a minor track junction then continue along the major track.
- Runners should keep to the left-most-side of all trails. The etiquette is the same as that when driving on the road.

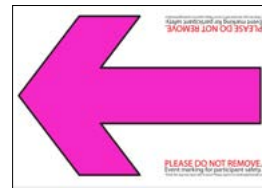
## COMMON DIRECTION SIGNS



**Straight  
(Long Course)**



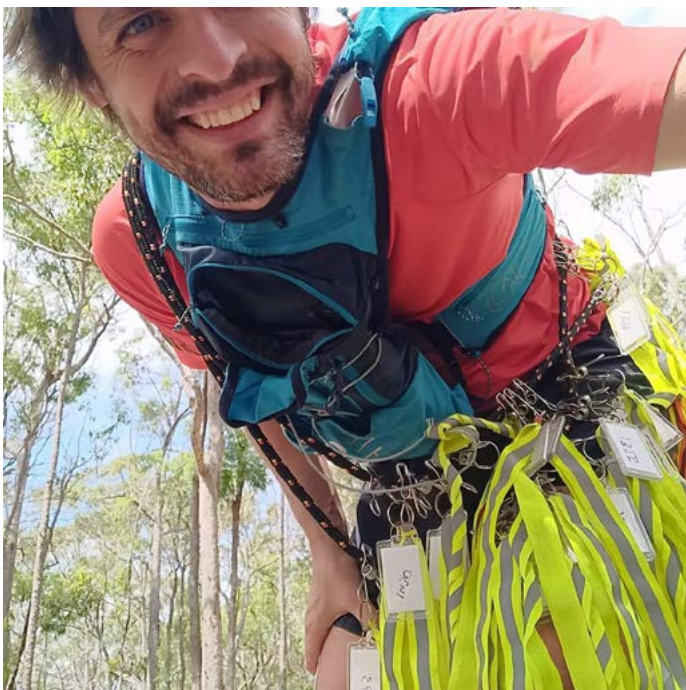
**Straight  
(Short Course)**



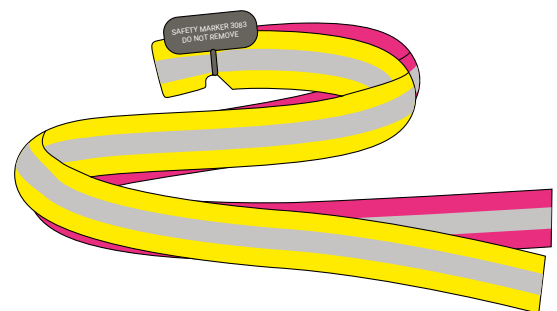
**Left**



**Do NOT Follow**



## THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective **YELLOW + PINK** webbing



## PARTICIPANT EXPECTATIONS

We expect that participants in the South East Queensland Trail Running Series presented by The Trail Co. will be mindful of the fact that we are guests of the land area on which the events are run, and we particularly note the following:

- Participants found littering or vandalising any section of the course will be disqualified from the event.
- Participants are to remain on the marked course at all times. Do not trespass on neighbouring properties or bushland.
- Participants and spectators must drive to and from the event safely and be considerate of where they park. Do not park or drive on private premises.
- Please be considerate of residents in surrounding areas and keep noise at a minimum when arriving at and leaving the event.
- Do not wear headphones during the event. With hundreds of runners converging on the trail network, we need you to be able to hear each other, instructions from marshals and vehicles, bikes or members of the public.
- All tracks remain open to the public so please be considerate of all other park users that you encounter.
- Dogs are not permitted to run in any of the SEQ Trail Series events.

Hang out with us at the end of your race! Shailer Park Scouts will be hosting a BBQ, so grab a sausage and hang out with us at the event precinct after your run to cheer at the end of season presentations for clubs, individuals and age group athletes.







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## BIBS & MERCHANDISE

Event day and series bibs will be available for collection at the event precinct from 5:20am – 6:10am.

Bibs must be worn on your front and be visible to get a time.

Any event singlets that have been pre-ordered can be collected from The Trail Co. tent. Any extra available singlets will be available for purchase from there too, while stocks last.



### DON'T FORGET YOUR PERSONALISED BIB!

In an effort to reduce our environmental impact, we try to re-use as many bibs as possible. If you are a Series Runner and have a personalised bib, please keep it safe and bring it back to each event you attend.

SEQ RUNNERS  
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AT THE TRAIL CO.

## TIMING & PHOTOS

The event will be timed and official results will be published at [www.seqtrailrunningseries.com.au](http://www.seqtrailrunningseries.com.au) as soon as possible on the Sunday afternoon.

Photos from the event will also be made available and links will be on the results page of the website, and via your personal race result, when they are ready for viewing and purchase.





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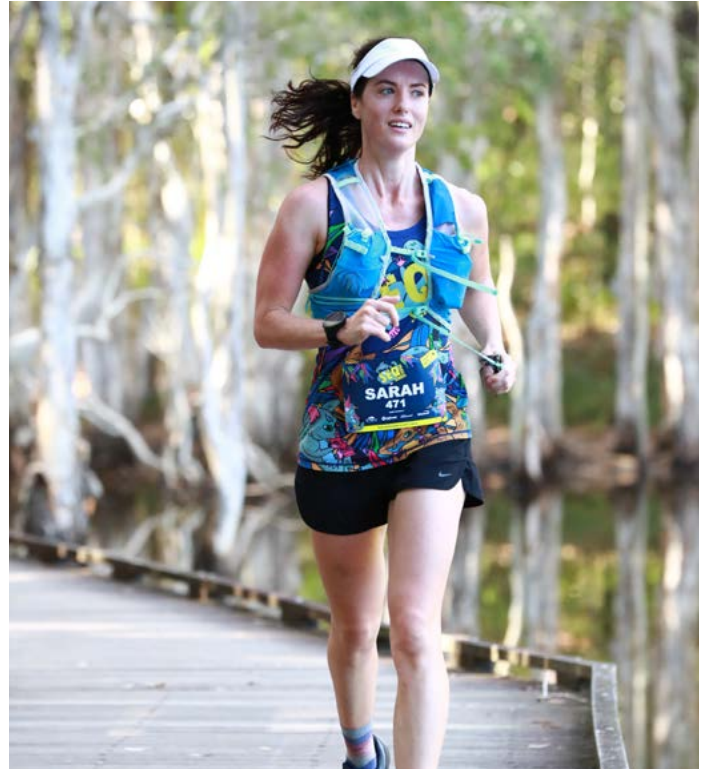
## EVENT PRECINCT

Toilets and refreshments will be available in the event precinct. Participants are encouraged to use these toilets before the event, as there will be **no toilets on the course**. Please leave plenty of time for this.

All participants and spectators are encouraged to pull up a seat, warm up your voices and cheer loudly until every runner has made it home across the line. The start/finish area is suitable to bring the family along and make the most of your Sunday morning. Fisiocrem will be offering free massages and Minnie's Espresso will be brewing coffee to help keep us all lively.

So **stick around for a bite to eat and the End of Season presentations** where we'll recognise Overall, Age and Club champs for Season 11.

We'll also have loads of random prizes and will be giving away two full Series Entries for Season 11! To be in the 'running' (see what we did there!) for the Series Entries, you'll need to have run 5 or more events this season and be present when we call your name.



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## STILL GOT QUESTIONS?

## CONTACT US!

If we haven't answered your pressing question in this guide in our [FAQs](#) or elsewhere on [our website](#), shoot us a [message here](#).

Please note: the last couple of days before each event are very busy with course marking and other preparations and we may not be able to reply to you before Sunday. Rest assured, most important answers can be found in this guide or [online](#).





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