



# SEQ TRAIL SERIES

**RUNNER'S GUIDE**  
SEASON 13, ROUND 1  
@ ENOGGERA RESERVOIR  
SUNDAY 5TH OCT 2025



**VERSION 1**

Updated 26/09/2025



SEASON 13, RD 1  
ENOGGERA RESERVOIR

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## WELCOME

Thanks for signing up to join us at the South East Queensland Trail Running Series.

We can't wait to share the beautiful trails of the Gold Coast, Sunshine Coast and Brisbane with you again in Season 13.

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!

*Andreas and the Those Guys Events team*



## EVENT LOCATION AND PARKING

This event will be staged at **Enoggera Reservoir**, accessed off Waterworks Road, The Gap. Parking will be in various locations, depending on availability when you arrive at the event:

1. Within the SEQ Water staging area until full; then
2. Within the adjacent Park-and-Ride facility on Waterworks Road; finally
3. **Legally parked** on any of the surrounding streets.

**Do not** drive to the end of Payne Rd and park. There is absolutely no public parking in the streets up there as it is a private residential community and we have received complaints from those homeowners in the past.



## 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:

### 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 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.
- Long and short course events will start in separate waves. Please start in the wave in which you are directed to do so. Failure to meet this condition may see you disqualified from the 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 search efforts would be greatly hindered if you were to become lost or ill while alone in the bush.



**ALL SEQTRS EVENTS  
 ARE CUP-FREE**



**KINDLY NOTE THERE ARE  
 NO ON-COURSE  
 WATER STATIONS  
 AT THIS EVENT.**

FIXX Nutrition will be available for runners at the event precinct before and after the event.



## EVENT DAY PROGRAM

Time	What	Location
5:20am – 6:10am	Bib collection	
6:20am	Compulsory event briefing	
6:30am	Long Course event start	Event Precinct ( <a href="#">map</a> <a href="#">🗉</a> )
Following shortly after long course start	Short Course event start	
From 8:00am	Presentations and prizes.	

There are no cut-off times, and all runners are encouraged to complete the course at their own pace.

Presentations will commence once the majority of runners have finished. Event winners will be awarded medals, followed by a random prize draw with giveaways from our sponsors (participants must be present to claim prizes).

There will also be a mobile coffee van and charity BBQ at the start/finish area for those needing a pre- or post-run caffeine hit or food. EFTPOS should be available but please bring cash as a backup.

## COURSE MAPS AND PROFILES

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

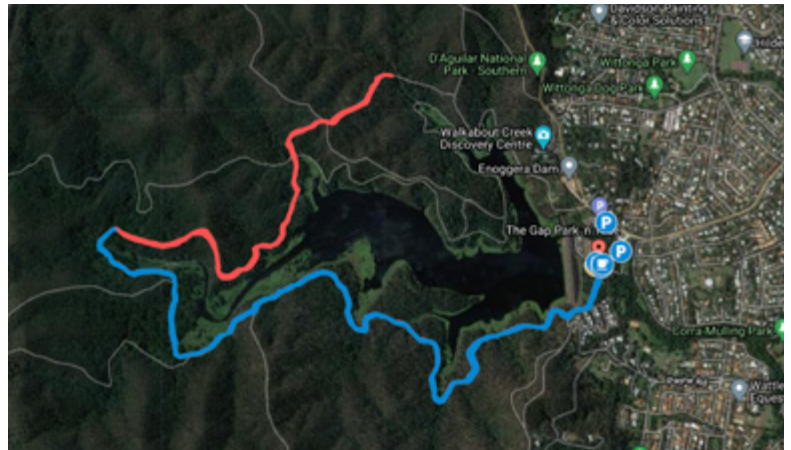
**RD1: EVENT PAGE**



**RD1: LONG COURSE 12.9KM**



**RD1: SHORT COURSE 8.4KM**



## COURSE MARKING

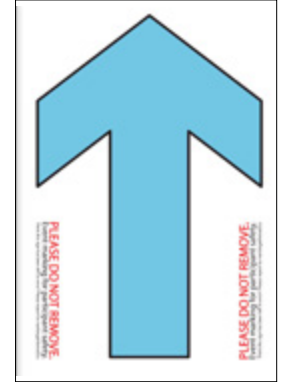
The South East Queensland Trail Running Series will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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. Long Course runners follow pink arrows, Short Course follow blue.
- 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)**

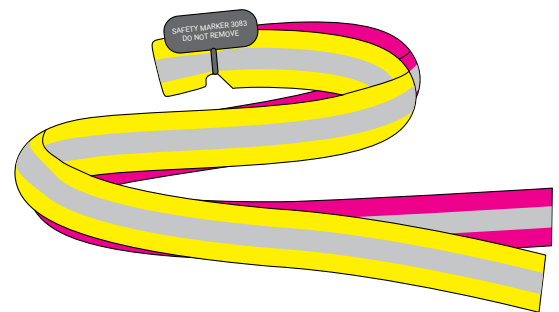


**Left**



**Do NOT Follow**

## OUR REUSABLE TRAIL MARKING



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

## PARTICIPANT EXPECTATIONS

**We expect that participants in the South East Queensland Trail Running Series 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 at any of the SEQ Trail Series events.



## 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 for event day pick-up will be at bib collection. Any extra available singlets will be available for purchase on the day too.



### RE-USE YOUR BIB!

In an effort to reduce our environmental impact, many runners have been issued with a personalised bib. If you have one, please keep it safe and bring it back to each event you attend.

### RETURN YOUR SINGLE EVENT BIB

If your bib is not personalised, you can return it to race HQ after the event so that we can re-use it. You will need to collect a new one at each event you attend.

We'll save well over 3000 bibs from landfill this way!

## 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.



## CHARITY BBQ

The BBQ for Round 1 will be hosted by the team from Run with Rob to raise funds for the Small Steps 4 Hannah Foundation. We suggest you bring cash in case card payment is unavailable.

## 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.

Note that there will be no left luggage facilities at the event precinct and you will need to make your own arrangements for storing bags and other items.

Minnie's Espresso will be on site serving up fresh coffee and Run with Rob will have a BBQ firing at the finish. **BRING CASH AS A BACKUP PAYMENT.**

Plus, remember to hang around, not just to **cheer all the runners home REALLY loudly**, but to make sure you are in the running for our random prize draw.

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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](#) or email us at [hello@thoseguyssevents.com.au](mailto:hello@thoseguyssevents.com.au)

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](#).



**PLEASE BRING CASH,  
A BIG APPETITE AND YOUR  
STRETCHIEST WAISTBAND  
TO SUPPORT THESE GUYS!**

