



SEQ TRAIL SERIES

RUNNER'S GUIDE
SEASON 13, ROUND 2
@ POMONA
SUNDAY 26TH OCT 2025



VERSION 1

Updated 22/10/2025

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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

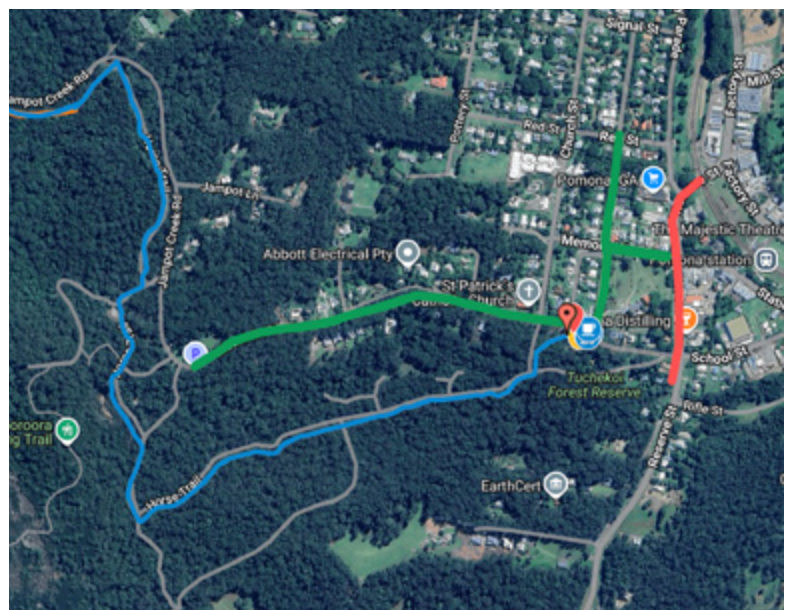
THOSE GUYS
EVENTS



EVENT LOCATION AND PARKING

The event will be staged out of the [Cooroy/Pomona Lions Club Hall](#) on Mountain Street, Pomona. You may park (legally) anywhere within the Pomona township, however we ask that you **DO NOT park on the main street near the shops** - please refer to the map link above for suggested parking locations.

Please make sure your car is **legally and respectfully parked**. To minimise disruptions to the local residents and reduce traffic, we request that participants carpool to the event site with other runners wherever possible. If you don't have anyone to travel with yet, throw out the question in our [Discussion Group on Facebook](#) – you may even make some new running buddies.



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 Pomona event is to be run mostly off-road, except for a road crossing and approximately 500m on gravel road. Please remain on the side of the road on which you are currently running unless directed to cross by an event marshal (ie. don't cross the road unless directed to do so).
- 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.
- There will be a single wave for each distance so please make an effort to arrange yourselves with those expecting to finish faster towards the front. If you hear another runner approaching from behind, especially on single track sections, step aside to allow them to pass as soon as it is safe to do so.
- 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.
- There will be first aid located in the event precinct.



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 ARE NO ON-COURSE
WATER STATIONS AT THIS EVENT.

**RUNNERS ARE REQUIRED
TO CARRY THEIR
OWN SUPPLIES.**

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	
6:30am	Long Course event start	Event Precinct (map)
6:45am	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.

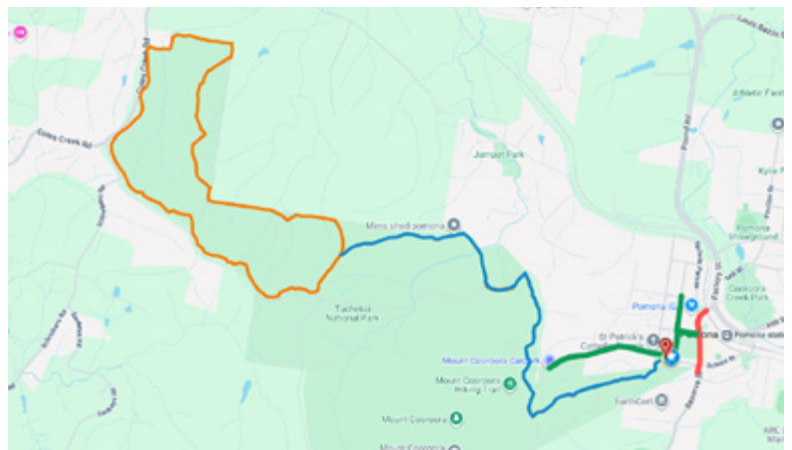
RD2: EVENT PAGE



RD2: LONG COURSE



RD2: SHORT COURSE



COURSE MARKING

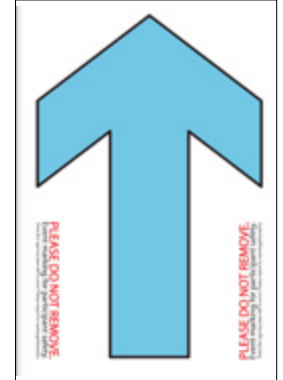
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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. Arrows will match the sponsors colours on your bib to help differentiate between Long and Short course routes.
- 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.

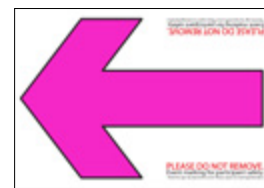
COMMON DIRECTION SIGNS



**Straight
(Long Course)**



**Straight
(Short Course)**

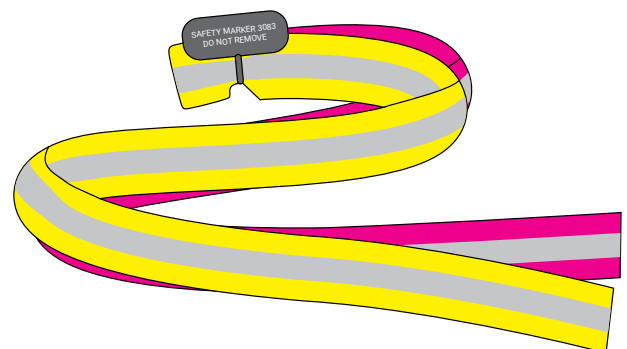


Left



Do NOT Follow

THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective YELLOW + PINK webbing

KEEPING THINGS QUIET

Our Start/Finish area at Pomona is very close to several houses. Out of respect to the local residents, please park legally and sensibly, keep your voices low while walking to the start precinct, and car pool to reduce the amount of traffic and parking congestion.

Our PA system will be a little quieter at this event too, particularly pre-race, so please make sure you've read this document closely as it contains most the info you should need.

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.



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.



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AT THE TRAIL CO.

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 have been issued a personalised Series Bib, 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/results-photos/
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.



Tag @thoseguysevents
and #SEQTRS in your race
photos on social!

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. Pomona is a beautiful town and well worth a visit.

CHARITY BBQ

The Cooroy/Pomona Lions Club will be firing up their BBQ once again this year to feed our hungry runners and spectators post-race. (This may be cash only). Support them by buying a snag, then hang around and enjoy the morning with us!

There will also be coffee available for purchase from Minnie's Espresso.



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@thoseguysevents.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](#).

