



Fraser Coast
REGIONAL COUNCIL



GIANT

HERVEY BAY



2025 Hundy Festival race briefing



Event Schedule



Friday 14 November

4:00-8:00pm	Registration open for HB100, Aqua100, HB50, Aqua50 Scarness Foreshore opposite Beach House Hotel
4:00-8:00pm	Hundy Festival Expo at Scarness Park

Saturday 15 November

4:30-5:30am	Barge2Beach registration at Whale Bay Marina, Urangan Boat Harbour
5:45-6:15am	Barge transit to GPS marker 2K offshore
4:15-5:15am	Transition open for HB50 / Aqua50 racking
5:15am	Transition closed - walk to race start
5:30am	HB50 / Aqua50 start
6:30am	Barge2Beach start
7:00am	First Barge2Beach finisher (approx)
7:30am	First HB50 / Aqua50 finisher (approx)
10:00am	Hundy Festival Expo opens
10:30am	Last HB50 finisher (approx)

11:00am	Presentation for Hundy Saturday events - Scarness Foreshore opposite Beach House Hotel
2:00pm	Registration open for HB100 / Aqua100 open
4:00pm	Registration close Hundy Festival Expo close

Sunday 16 November

5:15-6:15am	Transition open for HB100 / Aqua100 racking
6:15am	Transition close - walk to race start
6:30am	HB100 / Aqua100 start
10:00am	First HB100 finisher (approx)
2:30pm	Last HB100 finisher (approx)
3:00-4:00pm	Presentation for Hundy Sunday events - Scarness Foreshore opposite Beach House Hotel

Timeline at a glance – 50 Entrants



- Packet Pickup/regio – Friday night 4-8pm
- Racking – 4:15-5:15am Saturday
- Walk to race start – 400m
- Wave starts from 5:30am
- Drink collection from 10:00am
- Presentations from 11:00am

Timeline at a glance – 100 Entrants



- Packet Pickup/regio – Friday night 4-8pm or Saturday 2:00-4:00pm
- Racking – 5:15-6:15am Sunday
- Walk to race start – 1200m
- Wave starts from 6:30am
- Drink collection from 11:00am
- Presentations from 3:00pm

Race staff



- Host & organisers – Hervey Bay Triathlon Club
- Event Director – Jeff Morris
- Race Director – Phil Hungerford
- Aus Triathlon
 - Technical Delegate – Sue Boyd
 - Head referee – Scott Ovenden(Sat), Riaz Janif (Sun)
- Hundy Crew – Karly Goss, Tania Field, Karissa Kennedy, Kirsty Smith, Brian Harrington, Katie Hawkins – any many more

Race preparation



- Number tattoo – apply to your right upper arm
- Bike sticker around seat post so visible from side
- Helmet sticker to be applied to the front of your helmet
- Bib worn on the run, visible from the front at all times
- Timing chip on your left ankle (can't catch in chain)
- Ensure your wrist band stays on your wrist (you need that to collect your beer afterwards especially!)

Race preparation - Teams



- Teams
 - Swap timing chip at each end of the teams transition
i.e. only the cyclist will actually go to into the racking area
 - Members wait inside transition, Cyclist at Western end of teams racking area, Runner at Eastern end of racking
 - It is your job to monitor when your athlete will arrive
 - You can finish as a team – meet at the finish chute



Race rules



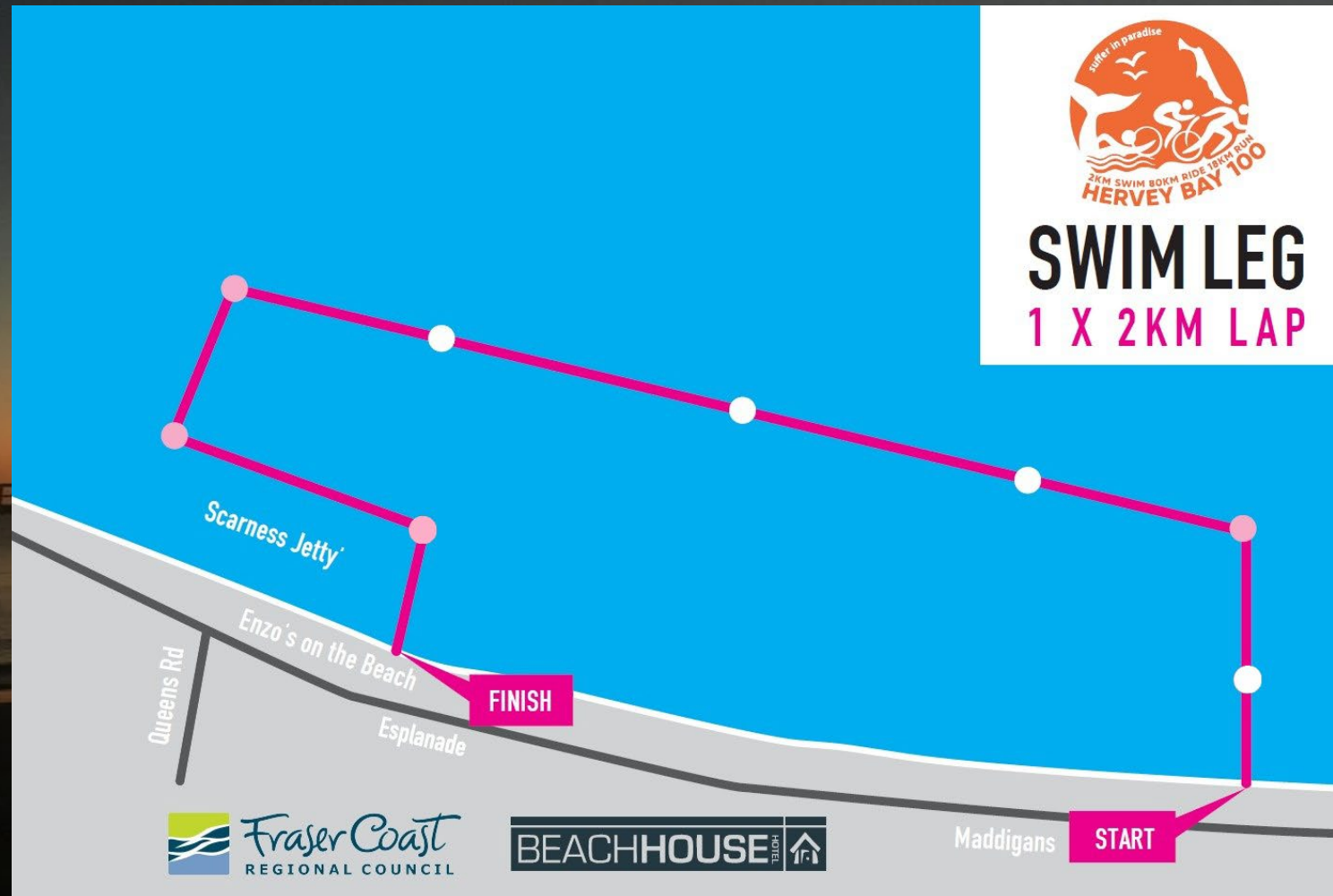
- The races are run according to Aus Tri Race Competition Rules
- It is your responsibility to read and understand these rules, as this briefing only covers some rules.
- Draft busters will be on course
- Littering on course will not be tolerated
- Know the course, including transitions.

Swim Course - Navigation

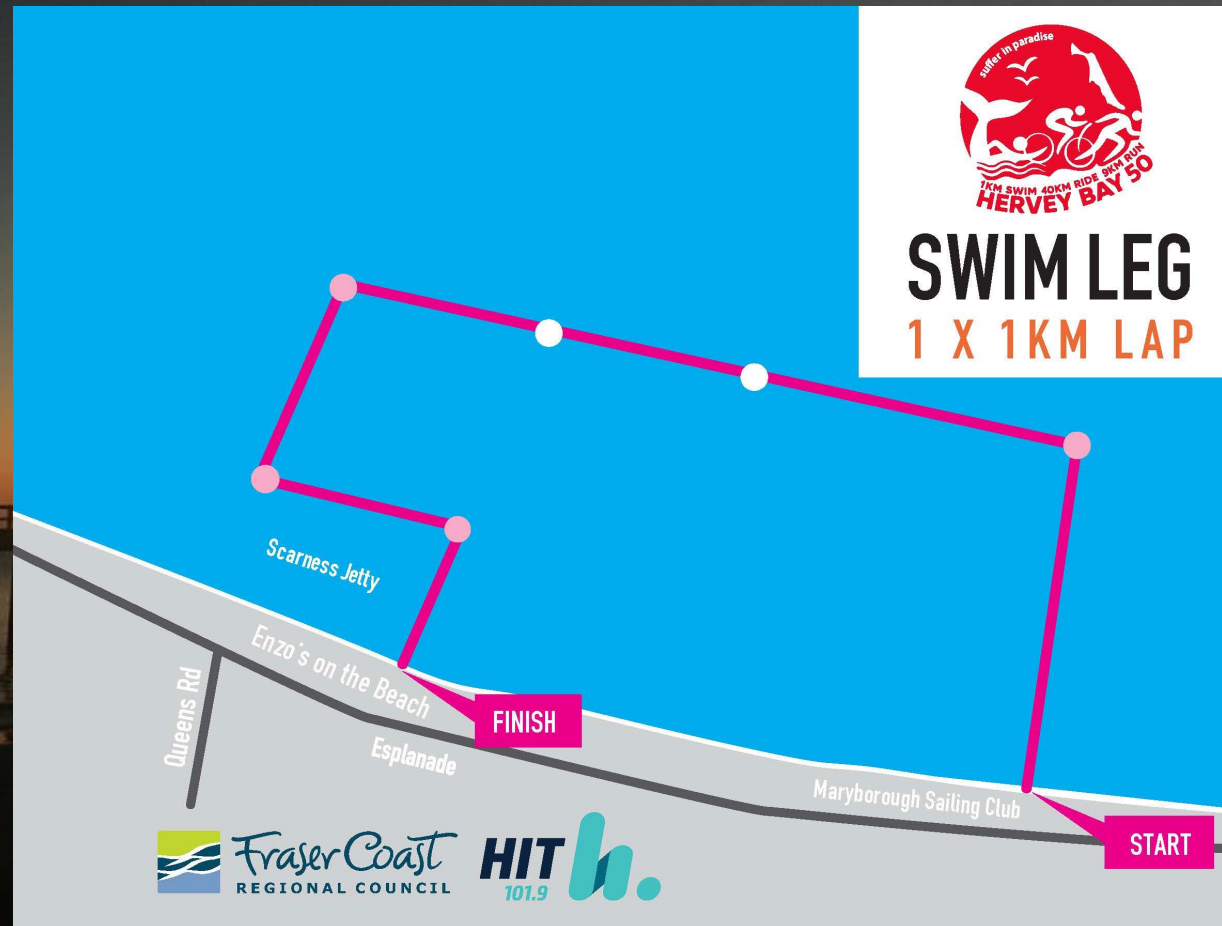


- Returning athletes be aware – Swim is **opposite** direction to most years, we are swimming East to West (Urangan to Pialba direction)
- 50 swim starts from near the Maryborough Sailing club, about 400m East of Transition
- 100 swim starts from near Maddigans/Ice Creamery, about 1.2km East of Transition
- Course turns will be marked with pink pyramid buoys.
- White buoys will be set out, these are sighting buoys only.

Swim Course - HB100 & Aqua100



Swim Course HB50 & Aquabike



Swim course - rules



- Aus Tri rule 2.5 applies re: wetsuits
- Historical water temperature indicates wetsuits will be forbidden
- Race number tattoo to be worn in the swim by the team swimmer
- It is compulsory to wear your swim cap

Wave starts

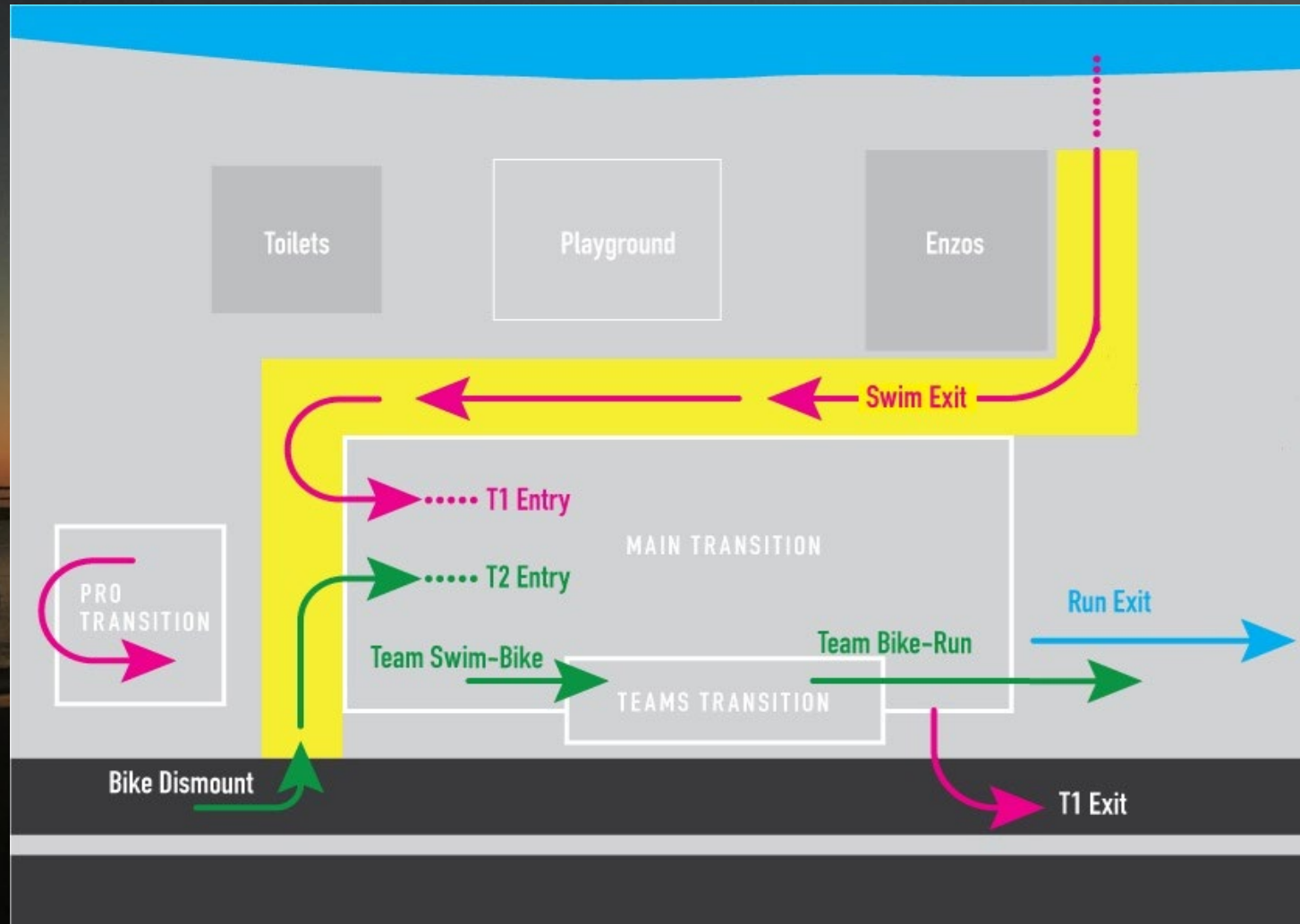


- Wave starts include all 5 year AG within that range
- Humpbacks/Minkes start as marked
- '150' athletes start in their AG each day
- Teams/Aquabike start together

   		
Saturday 15 November		
5:30	Female 45+ & Minkes	
5:33	Male 50+ & Humpbacks	
5:36	Female -29	
5:39	Male -34	
5:42	Female 30-44	
5:45	Male 35-49	
5:48	Team/Aqua50	

   		
Sunday 16 November		
6:30	Pro Male	
6:31	Pro Female	
6:35	Male 50+ & Humpbacks	
6:40	Female 45+ & Minkes	
6:45	Male 40-49	
6:50	Male -39	
6:55	Female -44	
7:00	Teams/Aqua100	

Transition flow



Cycle Course Navigation



- Leave transition and head left/east
- Move past mount line before mounting bike to keep area clear
- Eastern turn is approx. 1km from transition
- Bike Aid station(100 only) is just after this turn
- Rubbish zone(100 only) before and after Eastern ride turn
- Head west (ocean on your right) to the western turn point
- Take caution down Gatakers hill and along final km of cycle course before the turn point
- Return the way you came, passing transition 3 times in total (once for HitFM 50 & Giant Aqua50)
- Take care on last lap to slow well before dismount line



Cycle course - rules



- Triathlon Australia rules 3.7 – 3.13 apply re: non-drafting event
- Keep 12metres between your bike and the bike in front of you(distance is front wheel to front wheel)
- Complete your pass in 25 seconds
- Make continuous progress when passing another athlete
- DO NOT pass on the left

Cycle course - rules



- Only discard rubbish in the rubbish zone before and after eastern turn point
- If a Technical Official observes an infringement THE OFFICIAL will:
 - show you either a:
 - BLUE CARD (2(Saturday) or 3(Sunday) minute time Penalty),
 - YELLOW CARD (Stop Go Penalty in penalty box)
 - RED card (Invitation to hold a discussion with the Race Referee immediately post race)
 - tell you to stop at the next Penalty Box
 - note your athlete number and other information
- DO NOT ARGUE WITH THE OFFICIAL but DO acknowledge the card

Cycle course penalties



- You need to serve any penalty you receive on the lap it is issued.
- Failure to do so may result in a Red Card.
- If you receive 3 penalties you will receive a Red Card.
- The Penalty Box is located near the bike entry area at transition.



Cycle course – aid station

- Aid station is not part of the Hervey Bay 50 & Aqua50
- The aid station is just after the eastern turn point
- Please keep slow and stay left if you are picking up a bottle from one of our volunteers
- Rubbish/drop zone located before and after the turn point
- Take extra caution through this area please
- Aid station will only be open from when the leading athletes reach it at the start of their 3rd lap.
- All athletes are expected to carry enough water to last them 40km minimum
- Bottles at the aid station are filled with water only

Run Course - Navigation

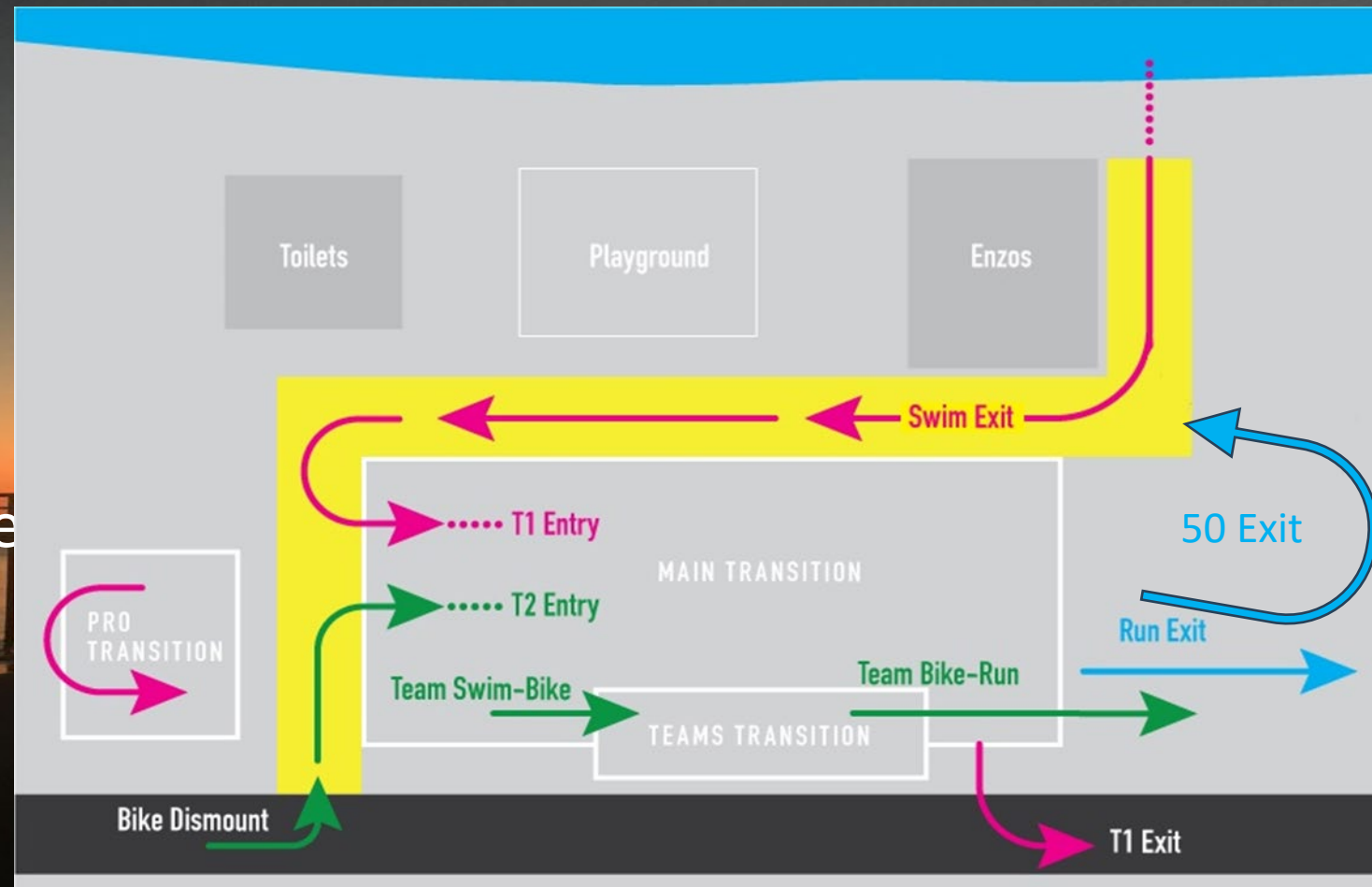


- Run course starts at the eastern end of transition near the road.
- HB100 athletes continue East after exiting transition
- HB50 **take a U-turn after leaving transition** area and head to the Western run turn
- Eastern run turn – 50 athletes turn at a point a short distance after passing the aid station near 'Maddigans', 100 athletes run a little further(the normal turn point)
- HB100 athletes do 3 full laps, HitFM50 athletes do 1 full lap, after their half lap
- On your last lap, you veer left after the club tents to head up the finish chute.

Run Course - 50



- Transition map showing 50 run exit direction – run chute will guide you
- 50 athletes lap the western half of the run course, then complete a full lap to make 9km total



Run Course - 50



- Note slightly different turn points and procedure for the 50 (for those that have done the 100 before!)
- You run further past the Western aid station along the path and turn earlier at the Eastern end.



Run Course - Navigation



Run course - rules



- Absolutely no outside assistance – this include coaches and supporters pacing or riding alongside athletes
- No headphones, mobile phones or cameras
- Race bib **COMPULSORY** on run leg

Run course – aid stations



- Aid stations are:
 - Western turn point
 - Sailing club carpark – 200m East of transition
 - 'Maddigans' eastern end of course near ride turn
- Water, coke, Infinit 'Speed mix' and ice at aid station
- Cups to be taken from the table by athletes
- Please try to make sure your cup makes it to the bin

INFINIT
NUTRITION AUSTRALIA



Swim & Bike Cut-offs – 100/Aqua 100



- **Swim cut-off**
 - 1 hour after the teams hit the water, which makes the cut-off 8:00am, giving AG athletes over 1 hour to finish the 2km swim.
- **Ride cut-off -**
 - You need to be heading out onto the last lap of your ride (18km left) by 10:45am. This is due to the road being re-opened at 11:30am.
 - Example - If you swim 1 hour for the 2km, you will be on the bike by around 8:00am, you must have ridden 62km in 2.75 hours (average 22.5kmh) giving you 45minutes to finish the last 18km(average 24kmh)
 - If you are removed from the bike course by officials you will be classed as DNF.

Run Cut-off HB100



- **Run cut-off**
 - **Run cut-off** - We allow 3.0 hours after bike cut-off for the run (2:30pm). To allow us time to pack up, you must have started your last 6km run lap by 1:30pm. Please be mindful that if you are a slow runner, some packing up of the race precinct may have started while you are still going.
- **We won't pull down the finish arch until everyone who wants to finish has finished.**

Cut-offs - 50 & Aqua50



- **Swim cut-off**
 - Swim cutoff of 6:50am – this gives everyone a minimum of 1 hour to complete the swim
- **Ride cut-off -**
 - You need to be heading out onto the last lap of your ride (18km left) by 8:45am. This is due to the road being re-opened at 9:30am.
 - If you are removed from the bike course by officials you will be classed as DNF.
- **Run cut-off**
 - The run course will be left active until 11am if required

Race finish procedures



- Move through recovery area as quickly as possible.
- Some seating will be provided for those that need it, and for removing chips.
- You will be served fruit by volunteers.
- Take drinks from tables yourself.
- Collect your finisher medal from the table before leaving recovery.
- Volunteer contact will be avoided unless you are in distress and need assistance.

Race finish procedure Aquabike



- Timing of your race will end when you cross the timing mat at the end of the cycle leg (approx. 100m before dismount)
- Please be cautious for the last few metres, your time and position is secured, no need for a flying dismount and ice skate impersonation running off the bike in cleats!
- Rack your bike and head to the finish line for a photo and recovery care from our team

Race Morning



- Racking is race morning only, from 4:15-5:15 am Saturday for the 50 events and 5:15-6:15 am for the 100 events
- Please do not park in the Beach House Hotel carpark, and be mindful of local resident's access when parking in side streets.
- As there may be limited room at the swim start, only athletes will be allowed onto the beach at the starting area, please listen to instructions.
- Bag drop – there will be a tent near the exit from recovery.
- Transition will open for bike collection once cycle course is clear each day (approx. 9am Sat and 11am Sun)

XXXXX
ULTRA
ZERO CARB*
*0.1g CARBOHYDRATES PER 100mL

Beer and Presentations



- The party is updated in 2025!!! Party right at race precinct under the tent!
- Claim your finisher's glass and free drink from 10am Sat and 11am Sun.
- Keep your wristband on, as that is your ticket to your glass and drink.
- Hundy crew/Bar staff will cut off your wrist band and supply your glass.
- Present your wrist band to redeem your XXXX Ultra or Hyoketsu Lemon 4%
- Presentations will start in the park from 3:00 pm Sunday.



XXXXX
ULTRA
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