



Fraser Coast
REGIONAL COUNCIL



HUNDY FESTIVAL ATHLETE GUIDE 2025



WELCOME

Welcome to the Fraser Coast and the Hervey Bay Hundy. We hope you have a very memorable and enjoyable time here – both competing and relaxing after the race.

This festival of different events, run by the amazing volunteers of the Hervey Bay Triathlon Club, is a very important one for our community. We look forward to seeing all athletes competing on the picturesque courses. The determination you show in competing is inspiring for us all.

Thank you again for visiting our region and we look forward to seeing you again soon.

George Seymour - **Fraser Coast Mayor**



Message from Paul Smith - Hervey Bay Triathlon Club President

As president of the Hervey Bay Triathlon Club, I would like to welcome you all to another Hundy weekend. Again I am proud to lead the club that puts on this cool race in our amazing community. This race is something special to all of us here at HBTC and we know it is special to many of you that return each year to race and party with us.

This year we have again listened to the feedback and are offering both Short (Aqua50) and Long course (Aqua100) Aquabike events for those that want their beer before having to run. This allows many more people to sample the famous Hundy atmosphere. Thanks to our team and our community that allow the race weekend continue to grow and evolve.

Thank you for supporting our race, our club and our region. We hope you have a great stay on the Fraser Coast.



BEACHHOUSE

HOTEL



WELCOME FROM OUR MAJOR SPONSOR

For the 15th year of the event, and the 7th year that the Beach House Hotel has been involved as major sponsor, we would like to welcome you all to the 2025 Hundy Festival. Myself and all the staff look

forward to the Hervey Bay Triathlon Club staging another successful and safe event. We look forward to meeting your needs across the road from the new look race precinct and experiencing the new

vibe of being able to celebrate right on the beachfront.

Have fun and stay safe.

Janet Persal
General Manager
Beach House Hotel

PRESENTING 2025

PROGRAM OF EVENTS

Friday 14 November	
4:00pm-8:00pm	Registration for Beach House Hotel HB100, HitFM HB50 & Giant Hervey Bay Aqua50 & Aqua100 - Scarness Foreshore
4:00pm-8:00pm	Hundy Festival Expo - Scarness Foreshore
Saturday 15 November	
4:15am-5:15am	Transition open for HB50 & Aqua50 racking
5:15am	Transition closed – Walk to race start (Maryborough Sailing Club)
5:30am	HitFM HB50 starts followed by Giant Hervey Bay Aqua50
4:30-5:30 am	Barge2Beach registration - Whale Bay Marina
5:45-6:15 am	Spirit of Hervey Bay transit to 2 km offshore
6:30am	Barge2Beach swim start
7:00am	First Barge2Beach finisher(approx)
7:30am	First 50 finisher (approx)
10:00am - 4:00pm	Hundy Expo - Scarness Foreshore
10:45am	Last HitFM HB50 finisher (approx)
11:00am	Presentation for Hundy Festival Saturday events Scarness Foreshore
2:00 - 4:00pm	Registration for Hervey Bay 100 - Scarness Foreshore
Sunday 16 November	
5:15-6:15 am	Transition open - Racking for Hervey Bay 100
6:15am	Walk to race start - Opposite Maddigans/Tavistock Street
6:30am	Hervey Bay 100 and Aqua 100 race start
10:00am	First finishers for Hervey Bay 100 (approx.)
2:30pm	Last finishers for Hervey Bay 100 (approx.)
3:00-4:00pm	Presentations - Scarness Foreshore

#visitfrasercoast

HERVEY BAY

Make the most of your stay

Today you will be racing in one of Queensland's best natural holiday destinations offering the world's closest whale watching encounters with humpback whales as well as easy access to World Heritage Listed Fraser Island; the world's largest sand island and Lady Elliot Island; the first coral cay on World Heritage Listed Great Barrier Reef.

Dotted along the Hervey Bay 100 Bike leg are cosmopolitan and alfresco cafes, shops,

parklands, picnic areas, playgrounds and jetties.

Beyond triathlon racing and training, Hervey Bay waters are stinger-free and perfect to enjoy kayaking, yachting, diving, water and jet skiing, wind surfing and snorkeling. Boating and fishing enthusiasts enjoy estuary, beach, jetty, reef and game fishing.

Enjoy a bicycle ride along the picturesque foreshore, visit places such as the Orchid House within the beautiful Botanical Gardens, the Marina area or one of the many restaurants and cafes situated along the Esplanade.

Be sure to checkout **visitfrasercoast.com** to make the most of your stay.

join the conversation

The [Hervey Bay 100 FaceBook](#) page will be the primary communication method leading up to and over the weekend. Join in the conversations online and share your experiences with us by following both our social channels (FaceBook and Instagram) and using our [hashtags](#).



#hb100
#hundy
#sufferinparadise



PRE-RACE INFORMATION

medical warning

Please remember our race slogan 'Suffer in Paradise'. This is a tough event so we have plenty of on-course support there for you. Pick up water on the bike leg (100) and use the aid stations on the run. There are many volunteers out on the course and trained medical professionals also. If you are feeling unwell, please let someone know as soon as possible.

timing chips

Your timing chip will be given to you at registration. Secure the chip to your left ankle using the velcro strap supplied. If you intend using your own strap, please ensure you return the supplied strap. If you DNF or withdraw before the start of the race, please return your timing chip to a race or timing official at the finishing area.

race numbers

Place your bike race number around your seat post so the number is visible from the side. DO NOT cut or modify the race number as this has a timing chip in it also. Helmet race numbers go on the front of the helmet. Please apply the temporary tattoo as high on your right arm as possible (teams – the swimmer wears this). Race bib must be worn on the run. Put your race number sticker on any bag you want to leave at bag drop.

parking

Please ensure you are mindful of local residents when parking near the race precinct. Do not use the Beach House Hotel car park. If you arrive before road closures either day, please do not park on the esplanade as this only increases risk to athletes.

bag drop

Bag drop will be near the race control caravan, between transition and recovery. This area will be monitored, but please do not leave valuables in your bag.

ON-COURSE NUTRITION

There is a water aid station on the bike leg for the 100/Aqua100 (**no bike aid for the 50/Aqua50**) just after the eastern bike turn which will open after the first lap. Discard zone will be before the turn, collection just after, and another litter zone after the aid station to allow for integrated hydration. Please ensure you have enough water to get through your first 25km. There are 3 aid stations on the run. They will be stocked with water, ice, coke and Infinit Speed mix.



RACE INFORMATION

HitFM HB50/Giant Aqua50

You'll race on the fabled Hundy course, just half of everything. Check out the maps, just don't forget to follow the signs and turn left out of transition for your run (the only real change to the Hundy course). No aid station on the bike for you, so pack enough nutrition to get you onto the run, where the well stocked aid stations & volunteers will sort you out.

Giant HB Aqua50/100

The maps are your friend too. Your time will stop when you cross the timing mat entering 'T2'. Take your breath, rack your bike, then wander over to the finish line for a photo op and some love from our recovery volunteers.

Beach House Hotel HB100/Giant Aqua50

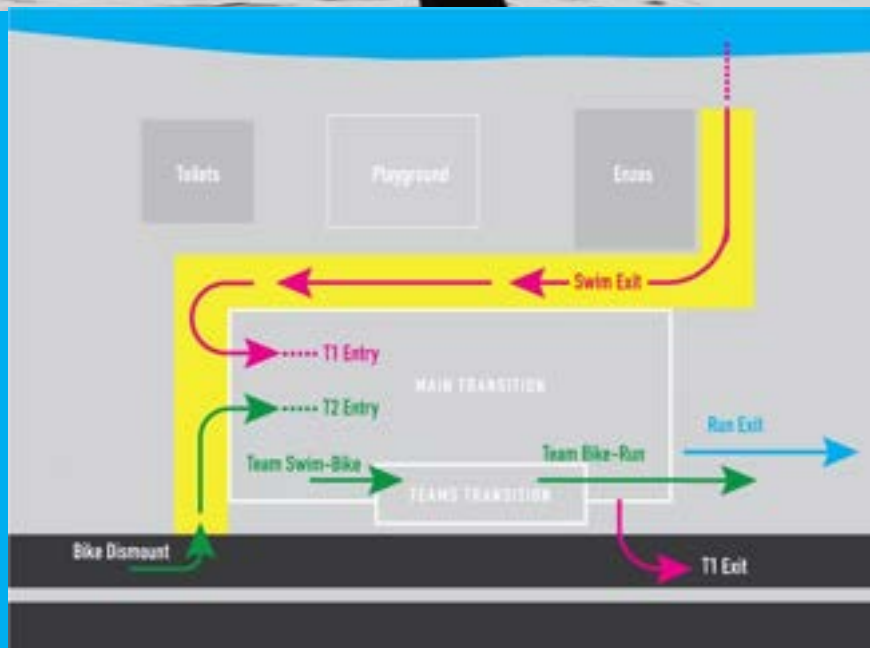
If you've done it before, nothing has changed. If you haven't done it before, check out the maps!

Teams

Your racking area will be clear inside transition. Swimmer swaps chip to cyclist at the swap spot at the start of the teams bike racking, cyclist swaps chip to runner at the run-exit end of the teams racking after they've racked their bike.

Barge2Beach

Any gear you leave on the Spirit of Hervey Bay will come back to race precinct and be available for collection from beside the race control caravan behind main race recovery area. Your recovery area and coffee cup collection will be on the grassed area beside the playground, just up the stairs from the finish line.





Explore here!

Explore Fraser Coast

Make the most of your time here and check out Council's fantastic parks & facilities!



**Hervey Bay
Regional Gallery**



**WetSide Water Park
& Aqua Ninja Course**



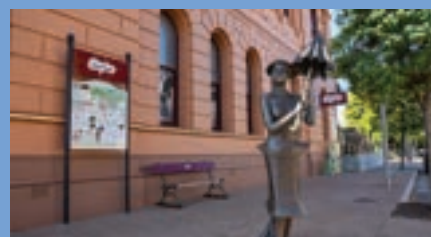
**AdventureSide
Playground & Skate Park**



**Hervey Bay
Botanic Gardens**



**Maryborough
SplashSide**



**Maryborough
Story Bank**



**Hervey Bay
Pump Track**



**Maryborough Pump Track
& Skate Park**



**Gatakers Artspace
Maryborough**



POST-RACE INFORMATION

recovery

Take your time at race central to recover after your race. There will be ice, water, Infinit and Coke as well as plentiful fresh fruit. If you are feeling unwell, please let someone know as we have paramedics, first aid and nurses present to look after you.

bike collection

Bikes will not be able to be removed from transition until after approx 9:00am (50) and 11:00am (100) .

results

The podium presentations for Age Groups and Teams will be held at Scarness Foreshore park from 3:00pm. There may also be some random prize draws during the presentation. Full results will be available through the SES site(scan the QR code on your wrist band and Race Roster.

prizes

HB100 - Age group and team prizes are \$100 for the winner. Premiums paid for fastest swim, bike & run legs for male and female athletes (must complete all 3 legs) \$300 each (for AG athletes only). Thanks to support from Infinit for the swim, Giant Hervey Bay for the bike and ASICS for the run. Trophies for all AG podium places.

HB50 - Trophies for all age group podium places

Aqua50/100 - Overall podium trophies

Barge2Beach - Overall podium trophies

RACE RULES

As the races are sanctioned, all Triathlon Australia Race Competition Rules will be enforced. Some commonly misunderstood rules are below. For a full copy of the rules visit <https://www.triathlon.org.au/rules/>

DRAFTING

The draft zone is 10/12m (50/100). Competitors have 20/25 seconds (50/100) to move through the draft zone when passing.

LITTERING

We love keeping our esplanade tidy. Penalties apply for competitors who discard any litter or equipment anywhere on course outside the approved dedicated locations, both in transition and at aid stations.

PENALTY BOX

Located at the bike entry of transition, competitors issued with Yellow or Blue Card by a Technical Official must serve the stop start penalty of 3/5 minutes (50/100) on the same lap.

#HB100 PROUD SUPPORTERS NOVEMBER 15-16 2025



Which

is

your

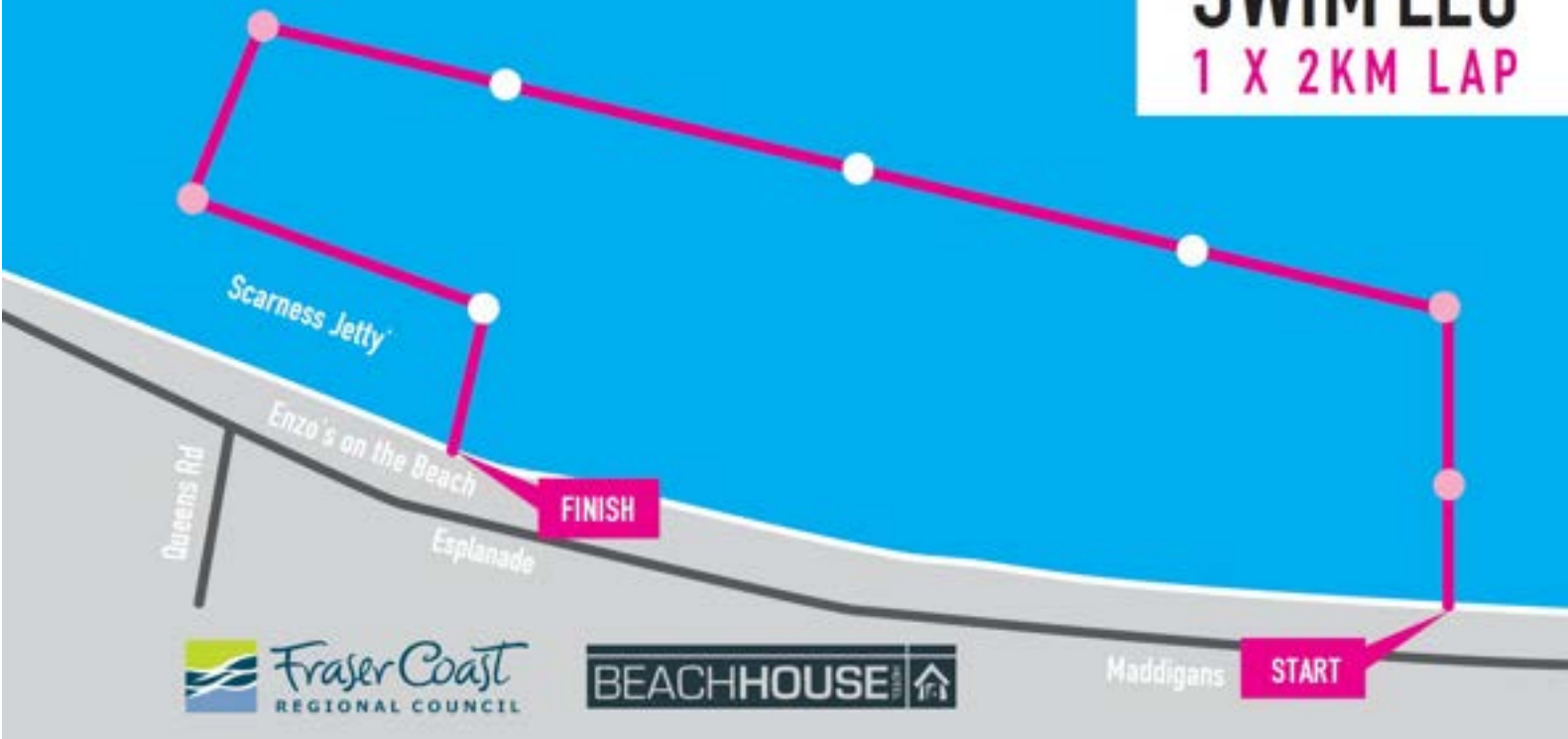
favourite?





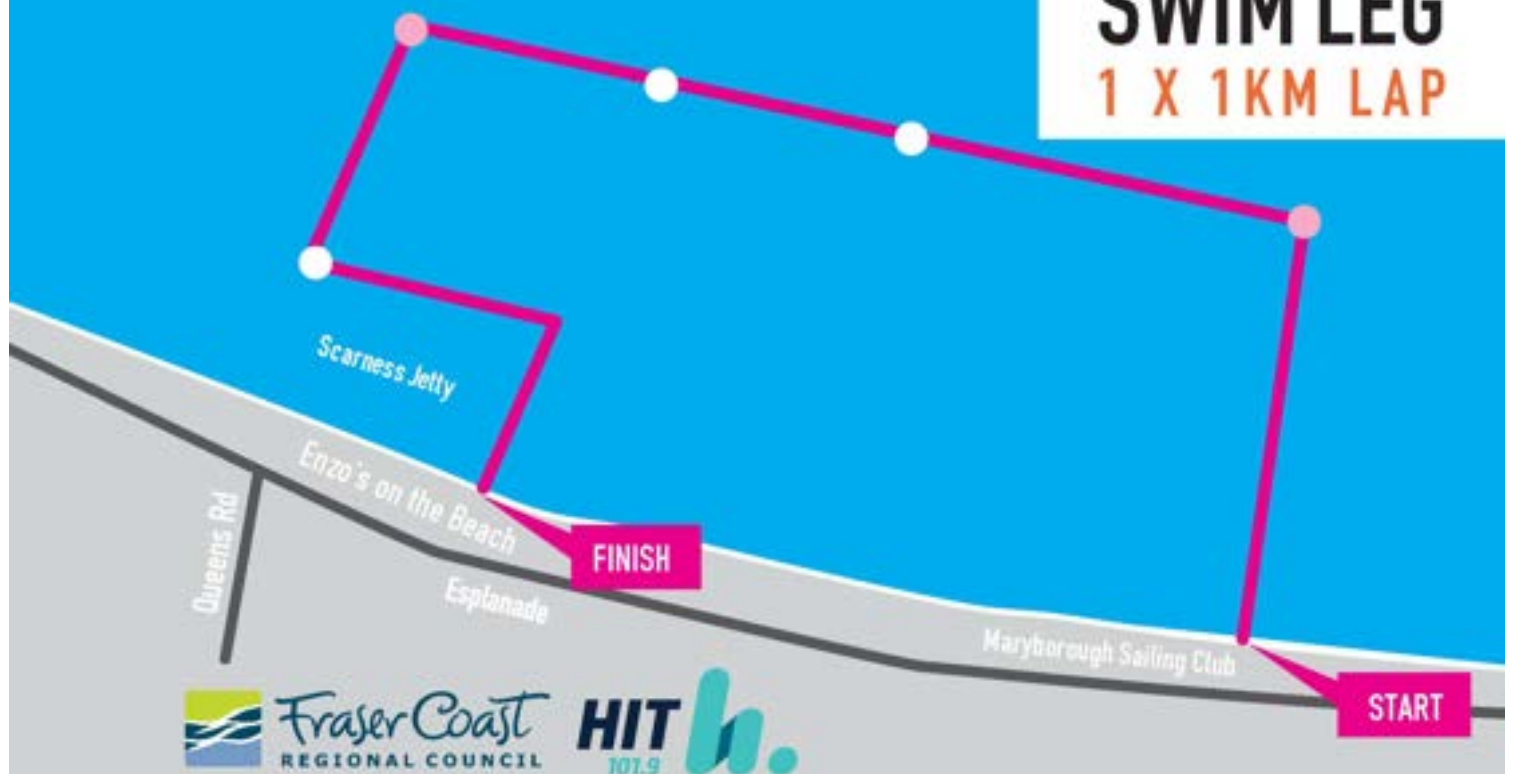
SWIM LEG

1 X 2KM LAP



SWIM LEG

1 X 1KM LAP



■ ■ The Hundy team continues to deliver one of the most well-organised and value for money events on the calendar. ■ ■





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20%**



20% OFF HIGH PERFORMANCE ROAD BIKES!

Show your Fifty/Hundy entry to take advantage of this offer

Valid on new purchases from Giant Hervey Bay until 31 December 2025

GIANT

HERVEY BAY

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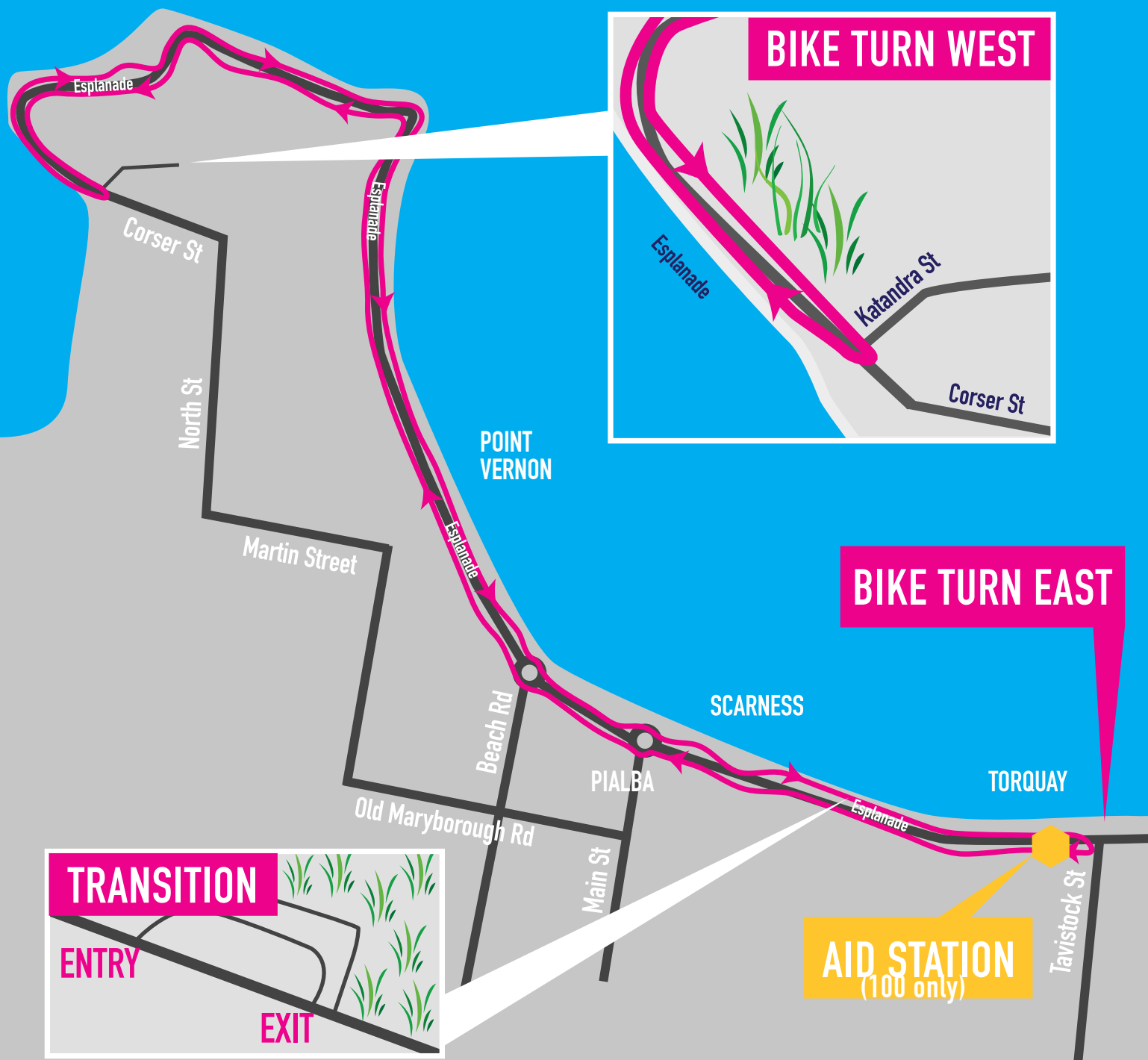
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Find your speed and move your mind with
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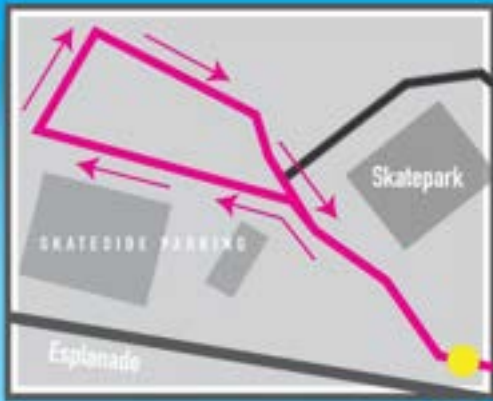
METASPEED™ PARIS SERIES

CELEBRATION OF SPORT COLLECTION



ASICS RUN LEG

3 X 6KM LAP



ASICS RUN LEG

1.5 X 6KM LAP





Barge2Beach

- **Registration** - Whale Bay Marina, Urangan. (Look for the big whale!)
- **Departure** - Keep an eye on emails and socials, but is scheduled for 5:45am - we won't be waiting for you
- **Race start** - Deep water marked with a rope between small buoys.
- **Finish** - Tide dependent, should be at the bottom of the stairs.
- **Recovery** - drinks and snacks will be on the grassed area at the top of the stairs next to the playground.
- **Prizes** - Your event coffee cup will be in the recovery area, podium presentation will start at 11:00am as part of the Saturday presentations. If you're speedy, please hang around for this!

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**BRONTE
& LAKEY**
FOR BREAKFAST

STREAM IT ON
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HIT

Hundy Beers



Your wristband is the key to claiming your commemorative Hundy beer glass and free drink on us. HB100 Individuals will receive a Schooner with 1 free fill of XXXX Ultra Zero Carb or Hyoketsu Lemon. HB50, all team members and Aquabikers will get a Pot glass. Glass collection will be at the bar of the all new Hundy Beach-side pub. One of the bar staff will swap your wrist band for your beverage of choice (softdrink also available).



Wonderful race in an amazing location
and exceptionally well-run.

BEACHHOUSE HOTEL



THE PLACE TO BE!



HERVEY BAY'S PREMIER ENTERTAINMENT VENUE!

**The Beach House, Queensland's hotel of the year,
is the most exciting new hotel complex in the region.**

**Overlooking the pristine Hervey Bay
waters to Fraser Island.**

Serving up a delicious menu and cold beverages.

Bistro Hours: Lunch 11:30am – 8:30pm

Cafe Trading Hours: 9am – 9pm

Bottle Shop open from: 10am – 10pm

344 THE ESPLANADE, SCARNESS

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WWW.BEACHHOUSEHOTEL.COM.AU

BEACHHOUSE HOTEL





www.hb100.com.au



THANK YOU FOR COMING!

Please join us again

21-22 Nov 2026