

Club Bargarra Lighthouse Running Festival 2026

Athletes Guide 31st May 2026





CLUB BARGARA LIGHTHOUSE RUN FESTIVAL

TIMETABLE:

(Event registration closes: Wednesday 28 MAY 2026)

Date	Time	Location
30 May (Sat)	2pm to 5:00pm	Pack Pick Up from Club Bargara, 120 Miller St Bargara 4670 Qld
Social		Club Bargara, 120 Miller St Bargara 4670 Qld
Dinner	5:30pm to 7:00pm	Come and get to know your rivals
Club Bargara Lighthouse Run Festival Bargara starting at Christsen Park		
31 May 2026 (Sun)	6:25am	Race Briefing for 42.2 km & 21.1km
	6:30am	42.2 km
	6:45am	21.1 km distance start
	6:55am	Race Briefing for 16km
	7:00am	16 km distance start
	7:10am	Race Briefing for 8km
	7:15am	8 km distance start
	8:55am	Race Briefing Junior 4km
	9:00am	4 km start
	9:05am	Race Briefing Junior 2km
	9:10am	2 km start
	From 9.30am	As finished Awards

Laps (refer course maps)

Marathon	42.2km 2 Laps
Half Mara	21.1km 1 Lap
16km Trail Run	16 km 1 Lap
8km	8 km 1 Lap
4km Juniors	4 km 2 Laps of 2k course
2km Juniors	2 km 1 Lap

EVENT INFORMATION

Registration/Pack pickup - No pack collection on race day.

Saturday 30/05/2026 - 2pm to 5:00pm, Club Bargara, 120 Miller St, Bargara.

Saturday Evening Meal

As a Sponsor of Bargara Triathlon Club, Club Bargara will be open for an evening meal, there are limited restaurants open in Bargara in the evenings.

Juniors Events (2k & 4k)

Junior Events are non-competitive - all finishing participants will receive a finisher's medal. However there won't be placement awards for Juniors

Drink Stations (Adults run courses)

There are three drink stations on Course, the first is at the 16 km turn into Barolin Reserve, the next is on the trail at Dryden St and the third at the 21.1km course turn around at the old Lighthouse. Refer course maps.

Drink options will be (ice may be included if it is hot weather),

1) Electrolyte drink

2) in white or clear cups: plain water and

3) in white or clear cups: Coke (21.1km turn, for Mara & Half mara only)

The route for this event follows a pedestrian pathway, be aware that the path is open to the public, please be respectful of locals on the path.

The route crosses roads, at which we ask runners to follow instructions of the traffic control and/or be careful of traffic.

Event Photography

Photographers will be on course and photos will be available via social media

If you do not want your photo taken or on social media, cross your arms in front of your face.

Bag Storage

Will be available near start and finish. Please ensure your bag is clearly marked with your race number or name. We also advise that though we provide this service for your convenience and take all care, you leave your belongings at your own risk. The event volunteers take no responsibility for any lost or stolen items.

WHAT TO BRING

Run	Running shorts, suitable top, shoes, Race bib (provided in race pack), race belt or pins to attach race bib. Optional: socks, Cap /visor/sunglasses
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RACE RULES

Some rules to be aware of are:

- Keep to the left, be aware of runners coming toward you when passing on the right
- No blocking of other race competitors
- No outside/spectator assistance
- No headphones /iPods
- No communication devices while competing
- Dispose of rubbish only in waste bins
- Runners are not to leave the path or litter through Mon Repos (either of these could jeopardize future races)
- No Spitting or urinating on course. There **are** toilets **at** Oaks beach (past ie 15km turnaround) and **at** the Star/Finish line
- Be familiar with race distances, **maps** and laps, athletes **are** responsible to count their own laps

OTHER RACE NOTES

Run	There are drink stations along the run course, please ensure you use these to remain appropriately hydrated It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full Keep left on the run course at all times unless overtaking Upper torso must be covered at all times during the run.
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GENERAL CONDUCT

These rules of General Conduct apply across the entire course.

1.1. Competitors must:

- a. practice good sports conduct at all times;
- b. be responsible for their own safety and considerate of the safety of others;
- c. obey instructions from event officials;
- d. obey traffic regulations unless otherwise instructed by an event official;
- e. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- f. avoid the use of abusive language;
- g. be responsible for keeping to the designated course;
- h. not wear, use, or carry items deemed to be a hazard to self or others, e.g. a hard cast, jewellery;
- i. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distracting manner during the competition. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition may result in disqualification;
- j. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public;
- k. not accept assistance from anyone, not in the race (for podium finishers)
- l. not discard any equipment or rubbish on the course, except at the approved locations;
- m. not cause offence to others through deliberate acts of nudity, or personal toileting which might be seen in public;

Lighthouse Run notes (Mara, Half & 8km)

Race start Christens Park Bargara and Run north along the path, over the board walk.

Continue following the path north, past the Turtle playground to the carpark at the point before Neilson's beach.

Turn left following the path beside the carpark/road, don't go the down board walk (volunteer to direct)

Continue along the path past the surf club and along the path toward Mon Repos (volunteers to direct runners)

8km runners will be directed to the right at Mon Repos Road and head up to the Blue Turtle stencil at the top of the roundabout as the turning point before they retrace their steps to the Start/Finish line.

16km Trail Run follows the path past the SLSC, past the tennis court then turns right. Route can be seen on the 16km route map.

For the 21.1 & 42.2km races follow the path to Mon Repos road (person directing traffic at Mon Repos Road crossing) Mara, Half Marathon Runners to follow the path across Mon Repos Rd, then follow the path beside the road within Mon Repos Conservation Park (please note this is a National Park), continue on the path to the left Car park and the Turtle information centre

Runners must stay on the formed path through Mon Repos
The path turns sharp left (volunteer to direct runners). Continue on the path, through the "spooky forest", over the twists and turns, rises and falls. Do not litter on the run, especially within the Mon Repos Conservation area (National Park), litter will be quickly sighted by the area Rangers and would reflect badly on our event immediately and in the future.

Runners continue through to the gates at the north end of the Mon Repos Conservation Area (National Park) along the path north with the ocean to the right.

21.1 & 42.2km Runners continue north past the toilet block at Oaks Beach then continue over the board walk past Oaks Beach Follow the concrete path north (past a Kindergarten on the left), you'll see a shed ahead, you will come back onto the path here on the return, follow the path to the left and head toward the old Lighthouse (volunteer to direct runners) and run along the path around the outside of the playing field toward the old lighthouse and a drinks station.

At the old lighthouse, do a U-turn, follow the path along side the park, at the first road stay left, Run on the road on the left-hand side of the cones; follow directions of Marshall's for runner safety (volunteer to direct runners)
Join the path and run toward the New Lighthouse (volunteer to direct runners)

Run along the cracker dust path to toward the Shed and rejoin the path heading toward Mon Repos keep left to return back to Bargara (Christsen Park) on the same route through Mon Repos Conservation Area (National Park) then along the turtle trail to Christsen Park.

For those doing 42.2km follow the path past the start until the path ends at a tall palm tree. Do a U turn around the palm tree and repeat the trail first to the old and new light houses then back to the finish line in Christsen Park.

Please notify Volunteers if you are having any issues with continuing the race at any point.

16km trail run notes

Points to note/safety notes:

Runners should be aware;

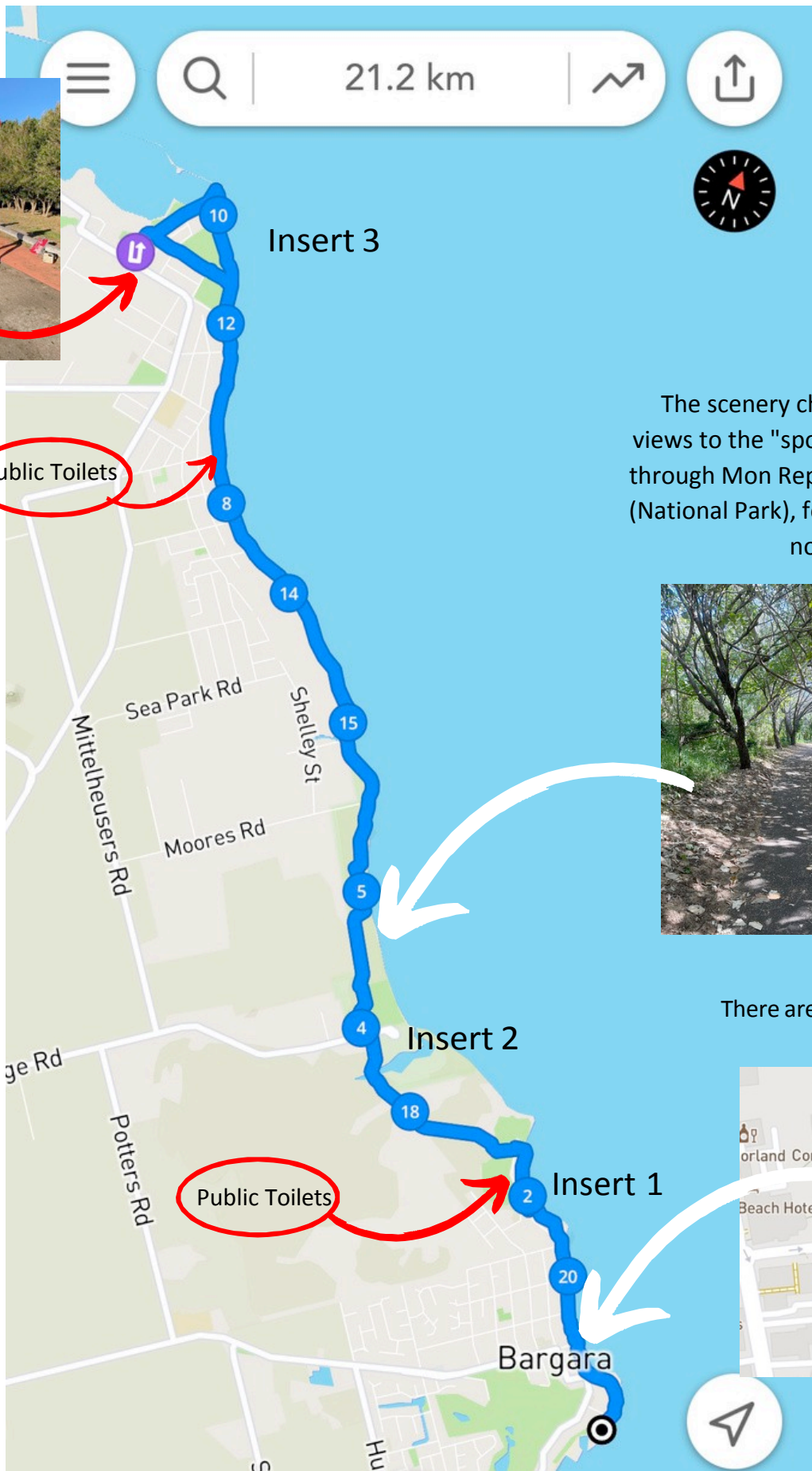
- Kangaroos are present in the reserve & on the oval in great numbers. It is possible they may not move off, clapping your hands loudly and/or yell loudly. Do not approach kangaroos they can be aggressive. If they come toward you and clapping does not drive them/it away, drop to the ground and protect your head and body until it moves off.
- It could be possible (not likely as the temperature is dropping and snakes go into hibernation over winter) that snakes are found on or crossing the trail. Please stay away from snakes. If bitten do not move, apply a tourniquet. Bandage the limb/leg tightly above and below the bite. Send another runner to go and get assistance for the bitten runner.
- Spiders and biting insects are possible. Do not stand or sit on ant mounds for any reason, avoid spiders if bitten stay still and get someone else to get help at the drink station.
- Fallen branches, divets/holes in the trail can result in twists or sprains, watch where you place your feet.
- The trail could be wet from dew or rain, runners should expect to get wet shoes/socks/feet.
- To avoid getting lost or going off the trail, review the trail notes below and follow the trail.
- We will endeavour to place arrows at turn points and a bright coloured ribbon tied in the trees to show the trail to follow

16km Trail run notes

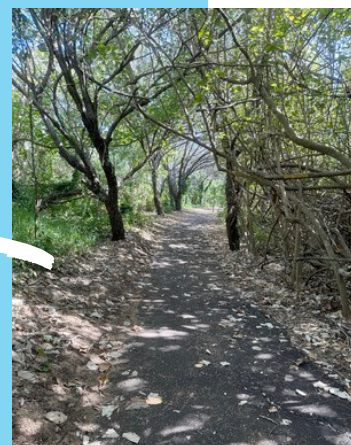
Run north along the path, over the board walk Continue following the path north, past the Turtle playground to the carpark at the point before Neilson's beach. Turn left following the path beside the carpark/road, don't go the down board walk (volunteer to direct) Continue along the path past the surf club and along the path toward Mon Repo (volunteers to direct at carpark crossings). Run past the tennis courts and turn right to follow the road toward the water treatment plant (& that nasty smell), run through the gap in low fencing and follow the chainmail fence line toward

the green shed and soccer nets. Past the shed and at the soccer nets a gravel trail will become evident, turn left and follow the gravel trail. After about 800m you will reach a gate. At the gate turn left through the gate, then follow the trail around to the right continue until you get to the asphalt path, turn right onto the asphalt path. Run over the bridge and turn left through the gate into Barolin Reserve. Take the immediate first left through another gate and follow the gravel trail beside the barbed wire fence after some distance you will reach a gate, continue through the gate and continue on the gravel trail. Follow along the long straight gravel trail until the gravel ends. You will see another gate with a house beyond, turn sharp right onto the grass trail. Follow the grass trail as it meanders, until you reach the next gate. Turn sharp left back onto a gravel trail. Follow the gravel trail beside the fence then through the open, until you reach an inverted Y junction, turn sharp right to continue on the gravel trail. At the next Y junction (note do NOT cross the creek or continue here) turn right to follow the trail along side the creek (creek should be on your left). Following the gravel trail with creek on your left for over 1km, until you reach the T intersection, go to the left (toward Mon Repos). From this point, the trail separates from the creek, continue to the next T and turn left over the bridge (crossing over the creek). About 30m after crossing the bridge take the grass track to the left. Follow the grass trail, soon the creek will be on your left. When you reach the next Intersection continue straight on the maintenance track, with the creek on your left. (Wave to your friends on the other side of the creek) Continue on the grass trail with the creek on your left, ignoring any side trails, until you reach the gravel trail again, follow it to the right (do not cross the creek). Stay on the gravel as it turns to the right, follow along through the grassy plain, straight ahead at the T to the left and continue straight at the next T to the right, continue on the gravel until it becomes a grass trail again. Continue on the grass trail to the Y near the gate, veer right follow the trail keeping right, ignore the gates on your left. Turn right onto the long straight grassy trail. After about 800m on the long straight grassy trail, turn left onto another grass trail, follow this until you reach a gate and Mon Repos Rd, turn right, stay on the grass to the right of the road (Note the road is still open to traffic), go past the Girl Guide Campsite (on your right) and past Mon Repos turtle centre entry (on your left). Turn right on onto the turtle trail path, cross over 3

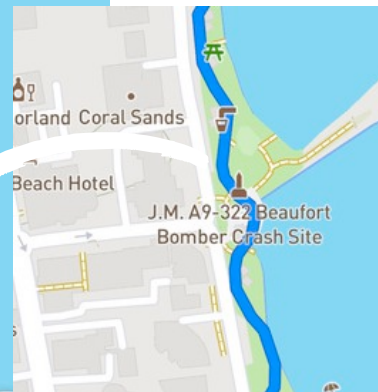
bridges past the entry to Barolin Reserve, then turn left back onto the grass trail (you will recognise as you came along it in the opposite direction previously). Follow the grass trail continue for 1km then go through the gate and turn right onto the gravel trail (ignore grass trail on right before the gate). Follow the gravel trail back to the athletics field, green shed and soccer nets. Follow along close to the fence line on your right, rejoining the path at the tennis courts, from there continue on the path back to the start/finish. If you got back to the start at 16.2km well done you for following directions and well done me for such clear directions.



The scenery changes from ocean views to the "spooky" or "dark forest" through Mon Repos Conservation area (National Park), follow the path and do not litter



There are many points of interest along the way



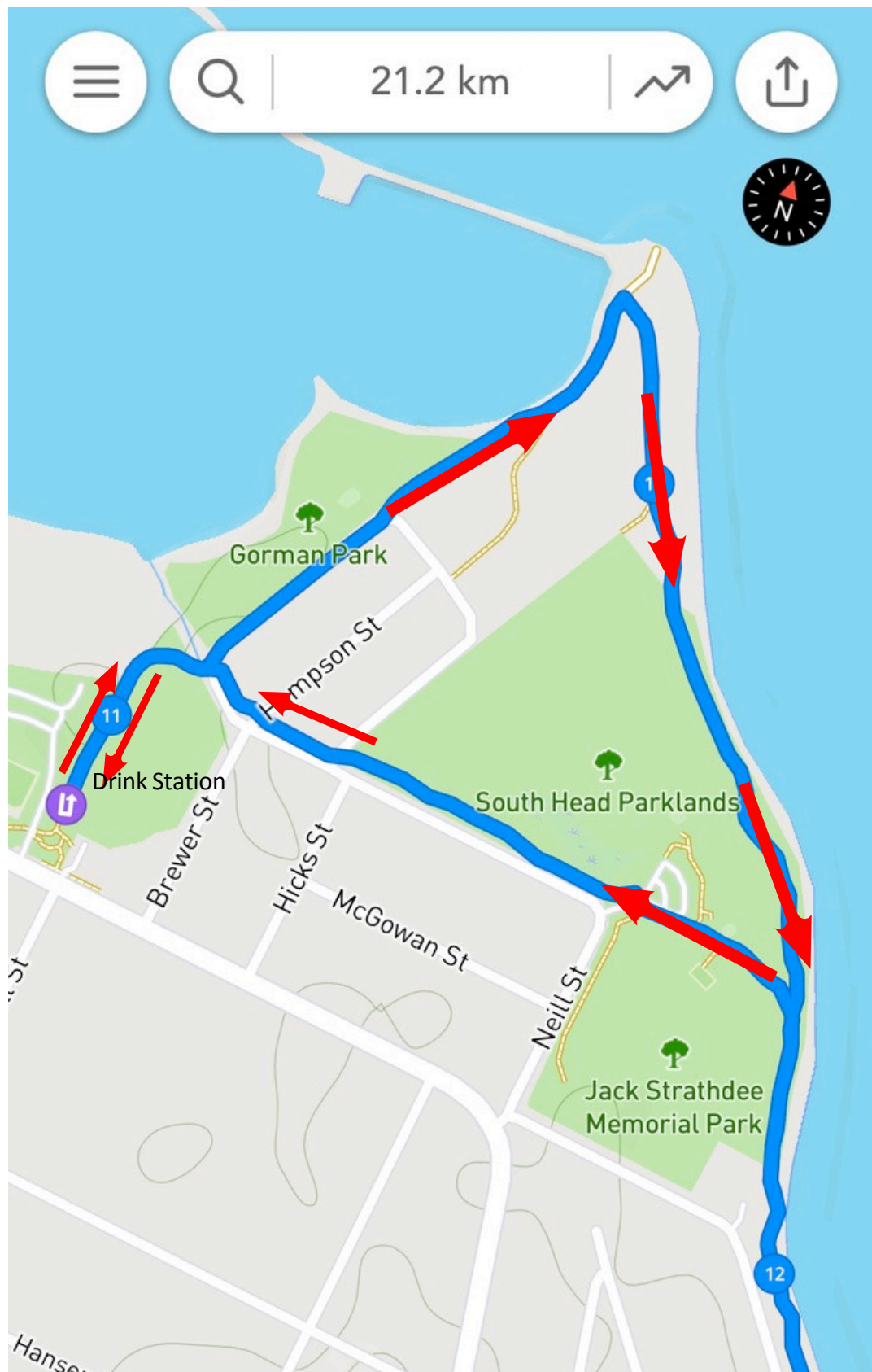
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Insert 2

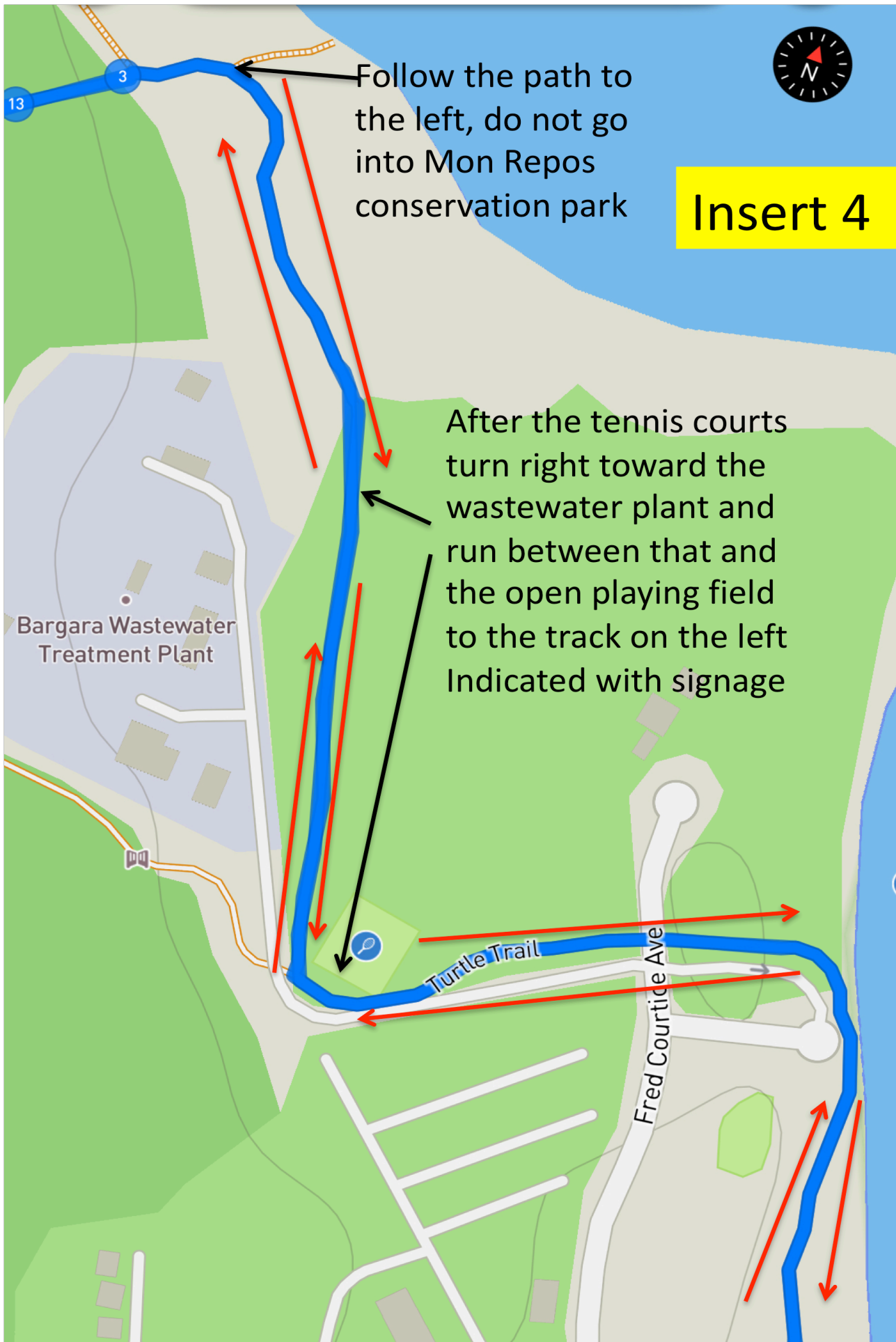


Insert 3



16 km Trail Run





Follow the path to the left, do not go into Mon Repos conservation park

Insert 4

After the tennis courts turn right toward the wastewater plant and run between that and the open playing field to the track on the left Indicated with signage

Bargara Wastewater Treatment Plant

Turtle Trail

Fred Courtice Ave



Insert 5

Follow the trail (this leaves crushed rock trail and becomes a grass trail) follow it until you reach the path, turn right. Cross the bridge and turn left into Barolin Reserve through the gate

Drink Station

This part of the trail
← is exposed with no shade

Follow the trail almost to the gate, turn right to follow the next path

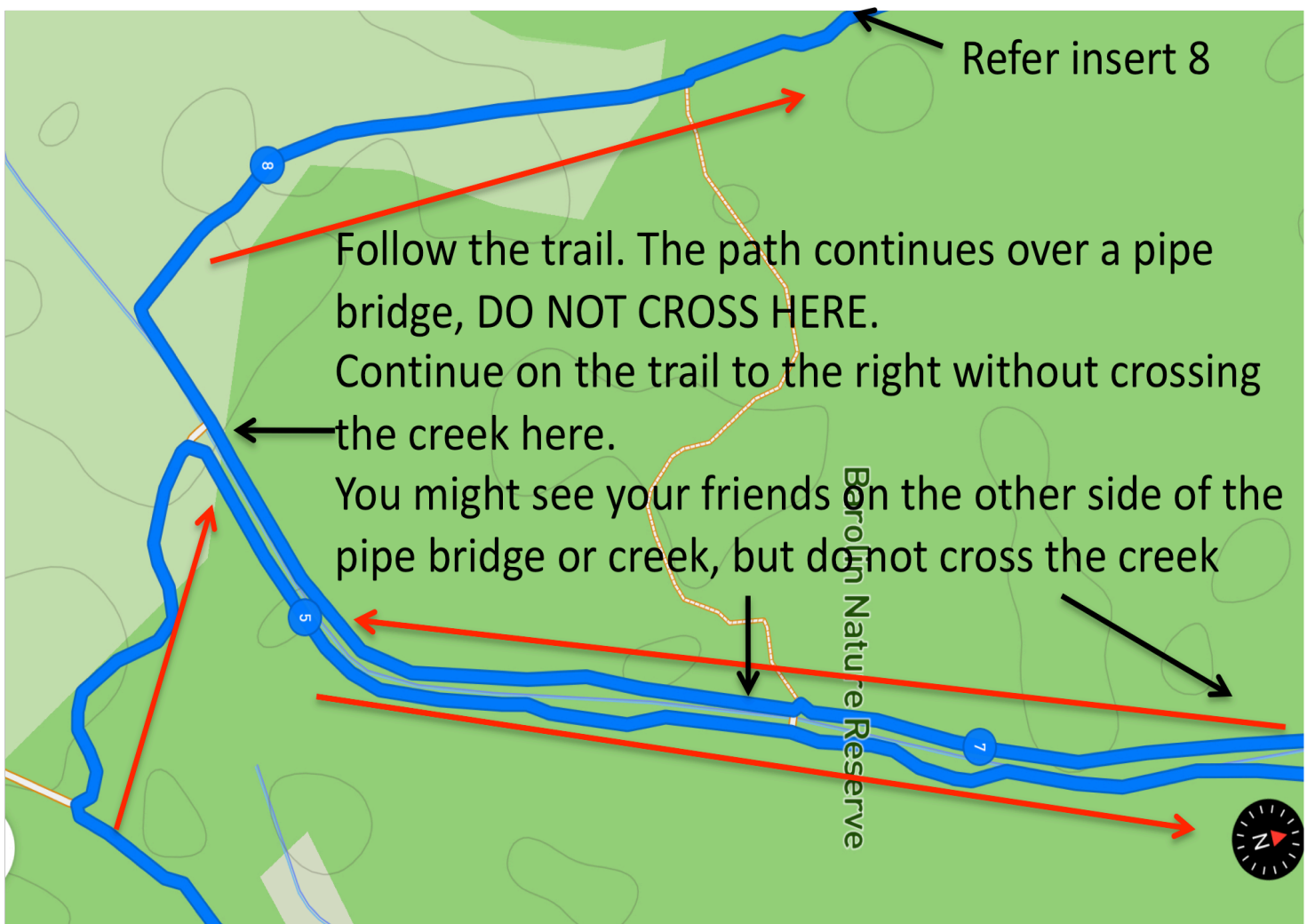
NIELSON PARK

Holland St

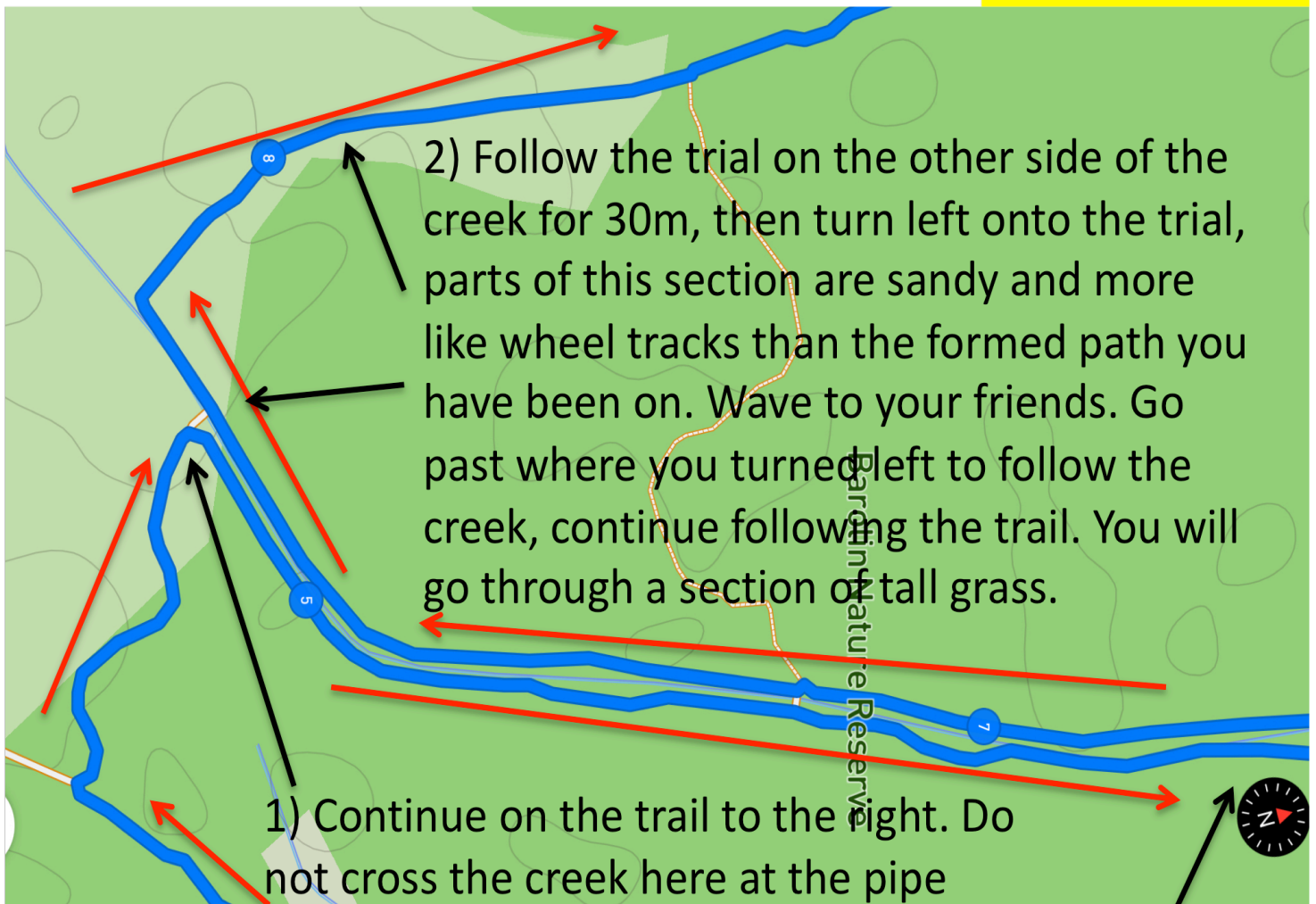
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Insert 7

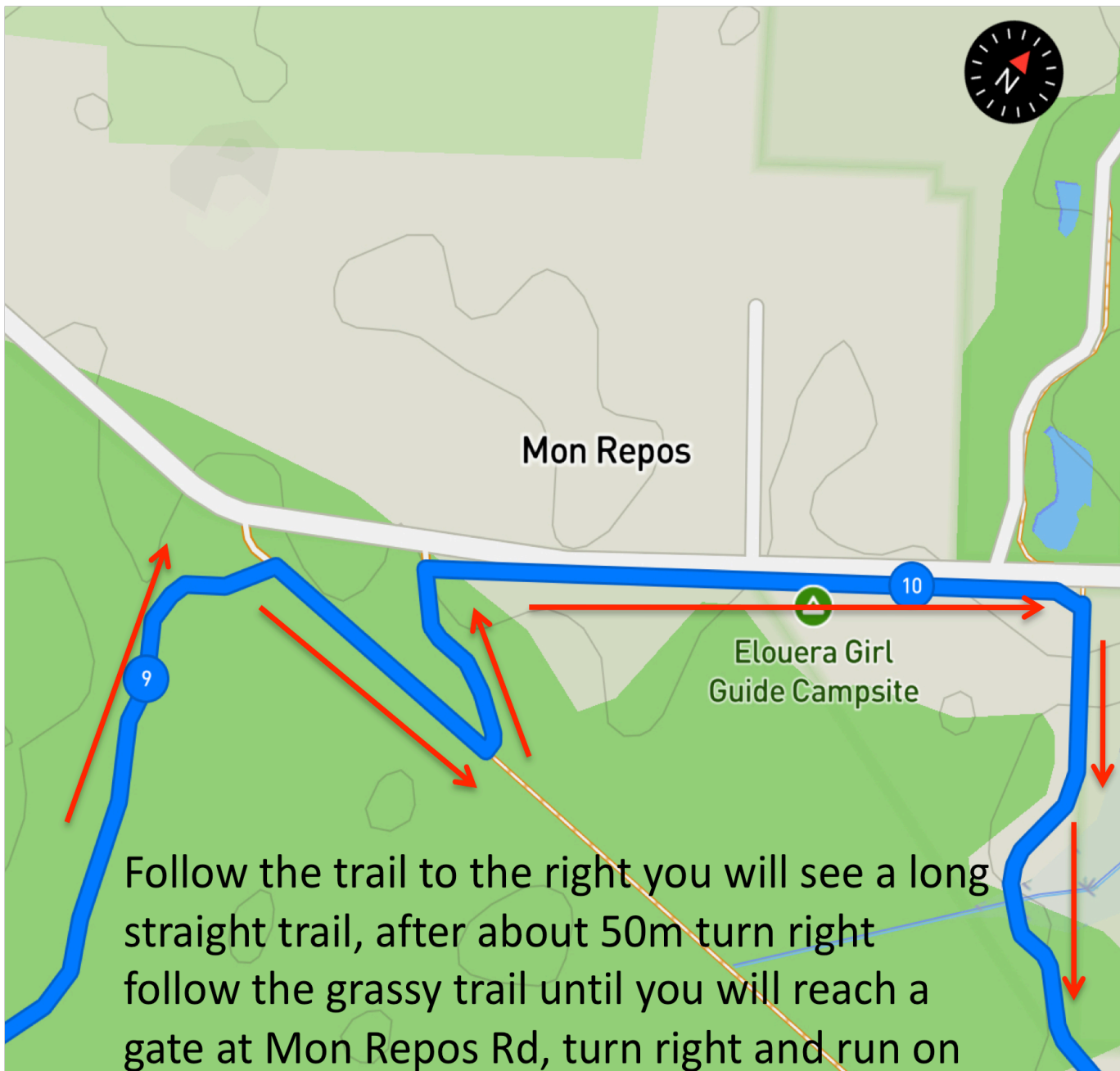


1) Continue on the trail to the right. Do not cross the creek here at the pipe bridge, cross at the steel bridge 1km further on.

You might see your friends on the other side of the creek, wave or shout to them.

Only cross the creek via the steel bridge. Follow the trail until you see the steel bridge on the trail to your left. Turn left and cross the creek via the steel bridge.

Insert 8



Follow the trail to the right you will see a long straight trail, after about 50m turn right follow the grassy trail until you will reach a gate at Mon Repos Rd, turn right and run on the grass beside the road. Mon Repos road is open to traffic, run only on the grass. Reach the formed path and follow it in a south westerly direction



Turtle Sands
Caravan Park

The map shows a coastal area with a green field, a blue body of water, and a grey road. A parking area 'P' is marked near Mon Repos Beach. A blue trail route is shown, starting from the top left, passing through a grassy field, and ending near the bottom right. A red line follows the blue trail. An orange dashed line is also visible. A compass rose is in the top right corner.

Insert 9

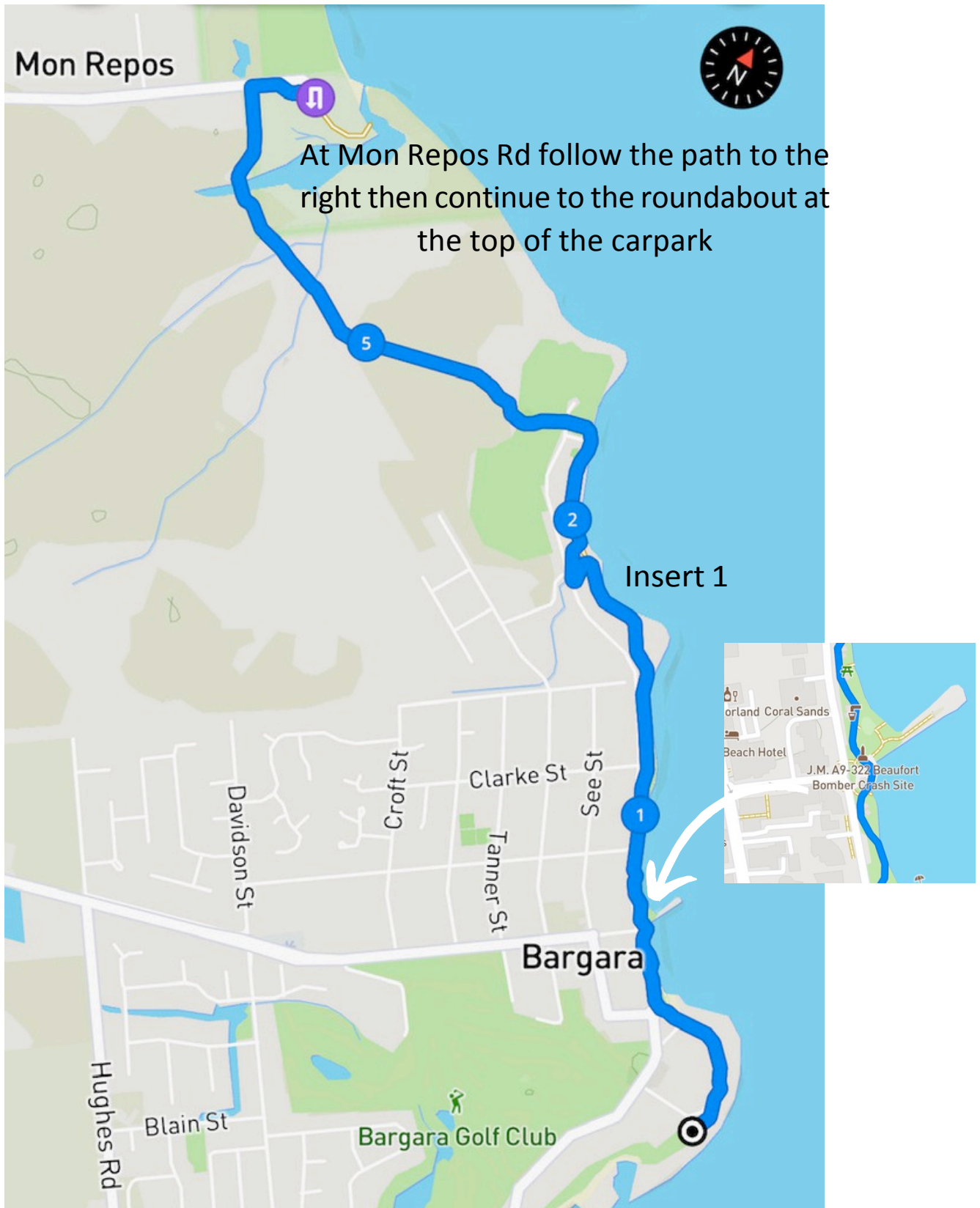
Follow the formed trail, you may share this with other competitors of the Lighthouse run. Run past where you entered Barolin Reserve, cross the bridge and turn left onto the same grass trail you started on, running toward the playing fields (refer Insert 4).

Drink Station

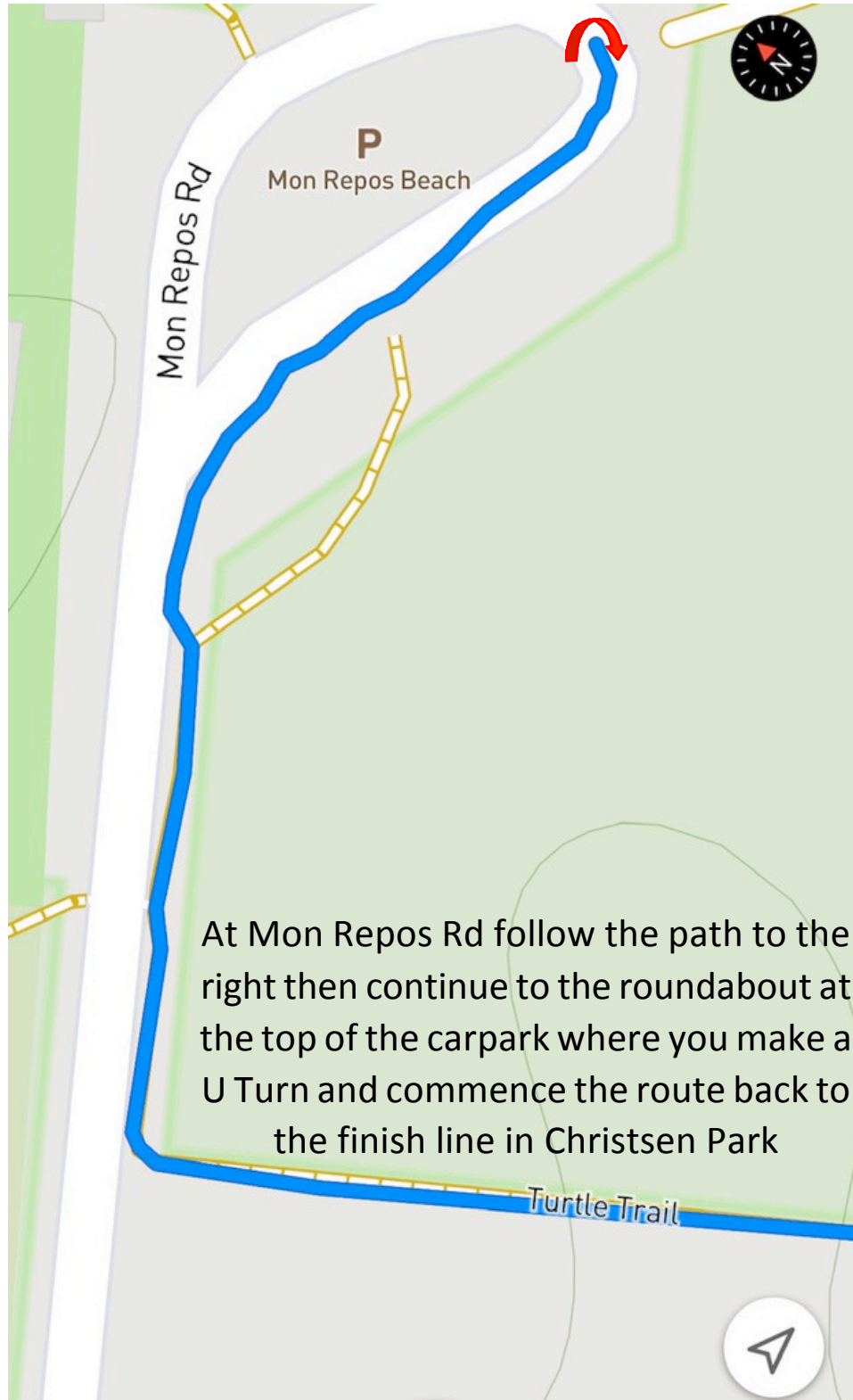
(Note all runners of the other distances will follow the formed path, avoid the temptation to follow them.)

Turtle Trail

8km Course

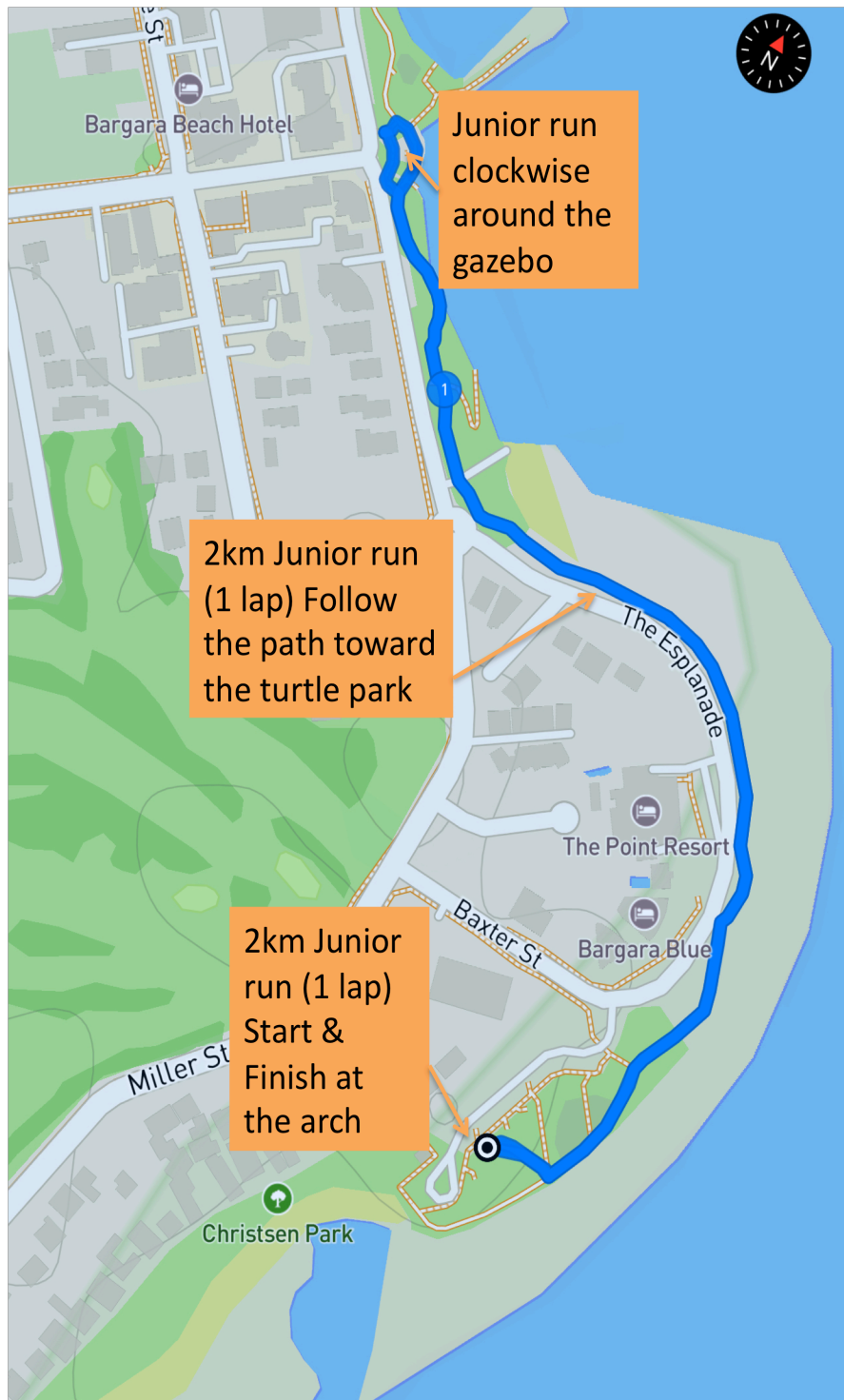


8km Turnaround



Juniors Race Maps

2km



4km



Great BIG thanks to our Event Sponsors



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