

Participant Pack- 2025

Welcome to Wondai Country Running Festival

Wondai, a little town with a big heart is hosting its 8th annual Country Running Festival 28/29 June 2025. We are delighted you are coming to join us; we hope to make the weekend enjoyable and fun for the whole family.

www.wondaicountryfestival.com.au



Where's Wondai?

Wondai is a small and very friendly country town on the Bunya Highway in the South Burnett. About 2.5 hours west from the Sunshine Coast and 3 hours from Brisbane. Whilst you are here if you get the opportunity, do check out our Timber diorama at the timber museum, the Art Gallery, the local museum and many other attractions around the great South Burnett. For more local attractions see:

<https://www.discoversouthburnett.com.au/>

The Markets and Festival:

On Saturday 28th June, the Wondai Country Festival runs alongside the Wondai Country Running Festival and is a day of country fun with markets, music, kids' entertainment and more.

YES, the Helicopters are coming back too. Come early to enjoy as part of your running weekend.

Wondai Country Running Festival Office and Contacts:

The Wondai Art Gallery is our auspicing organisation and is just off the roundabout in Wondai. The Running Festival office located at the back of the Art Gallery in the studio. This will be the pick-up point for race bibs on Friday afternoon and one of the go-to point for any queries during the weekend. Alternatively, you can ask any of the volunteers in a high vis 'Event staff vest' in the race precinct.

Phone Contacts:

Ros: 0413 424 559

Claire: 0432 180 064

Matt: 0448 720 676

Michelle: 0400 011 990

Email admin@wondaicountryfestival.com.au

First Aid:

The first aid officers will be based at the race start/ finish precinct and available as a phone contact to all event staff. Each drinks station will have a first aid kit and contact details for first aiders.

First Aid Phone contacts:

Annette: 0418 739 385

Alan: 0408 062 077

Liz: 0439 615 742

Race Pack Collection:

Wondai Art Gallery will be open on Friday 27th June from 3pm to 6pm, and on Saturday 28th June from 7:30am to 4pm for race pack collection will be at the merchandise tent in the race precinct. We would prefer not to have pack collection early on Sunday morning as it is dark and just too hectic. If you are

driving up on Sunday, please try and find a friend to collect your race pack for you or let us know in advance and we can put them aside.

Doubler Gifts:

Runners have the choice of either the 11.1 km or 21.1 km forest trail run on Saturday afternoon and four choices on Sunday morning of 5 km, 10km, half or full marathon - you can make your own 'Double-up option.' For every runner who does a Saturday afternoon forest run, and a Sunday morning trail run, there will be a gift of a bottle of local produce! These doubler gifts will be at race pack pick up.

Lucky Bib:

Don't forget our popular 'Lucky Bib' prizes. We will have a list of lucky bib numbers in the merchandise tent at race precinct for each of the major events.

Finisher medals:

All finishers who complete the 5km, 10km, half-marathon, marathon, or forest trails receive a unique timber medal that has been individually stamped with the festival logo.

Podium finishers:

Our podium finishers in each of our 5km, 10km, half-marathon, marathon, and forest trails will receive a custom 'Run Wondai' towel featuring the iconic South Burnett trail from Murgon to Kingaroy.

Record Breakers:

Now we have been going for a few years, this year we have decided to introduce a 'Railway Spike' trophy for anyone who breaks the existing best time. Good luck!

Food:

Wondai and the surrounding towns have several great eating options, including fabulous wineries! However, especially for groups please book ahead.

Friday evening the local Wondai Junior Rugby League are hosting a casual BBQ at the Wondai Art Gallery –no prebooking needed.

Wondai Country Dinner:

Our Wondai Country Dinner is held on Saturday from 5.45 pm at Wondai Town Hall- *pre-booked tickets only*. A free bus is provided by the festival for the dinner. Meet at the show grounds office to catch the bus at 5.30 pm to be taken straight to the Hall. First come- first served. Returning after dinner. Other community options for dinner could include Wondai Country Motel, Wondai Diggers Club, and Soul Moon (Friday only). We do suggest booking.

Accommodation:

Within Wondai there are several accommodation facilities which are within walking distance to the festival, however they fill quickly. Murgon and Kingaroy offer further accommodation facilities. We are lucky to have free campsites with toilets and showers located in Wondai and nearby Murgon and Wooroolin for those who like to camp or caravan. Murgon is 10 mins drive north of Wondai, Wooroolin 15 mins south and Kingaroy 25 mins drive south.

Merchandise:

Pre-ordered merch will be available at bib collection. Our merchandise tent will be at the festival precinct over the weekend and will have **limited** sale of some items including, Hoodies, caps, gaiters, beanies, jackets and singlets. This year we have new bumper stickers and stubby coolers.

Parking is free throughout Wondai but please be considerate of residents and other road users.

Sponsors:

We love our generous sponsors who support us so please support them. Many of them will be at our Country Dinner so please thank them for their support.

Volunteers:

We are all volunteers -please be considerate to us overworked and underpaid staff 😊. We are amateurs and are doing our best to put on a great professional, yet friendly event. We do love constructive feedback though, as we want to continue to grow and improve our Wondai Country Running Festival and promote our great region.

Photos:

We have a wonderful photographer, and photos will be put up on Facebook; you can download for free. If there is a super picture that you would like in high resolution these will be available on Nadine's website at a super price -all part of the service 😊

Electronic Timing:

We use the wonderful Timing Wizards for electronic timing. The times are posted online very soon after you finish. Your time only starts when you cross the start/ finish so there is no rush to be the first over the line at the start. Please avoid the start/finish banner unless starting or finishing your event or your bib will trigger the electronic timing.

Jumper Bins:

It may be a bit chilly first thing on Sunday for the start of the races. You are welcome to peel off jackets and jumpers at the first bridge (1 km in) or the first drinks station (4km in) and we will collect and return to the start/finish precinct. All care taken but no responsibility!

Running Event Options:

Our running festival will have the following events (all of which start on the South Burnett Rail Trail behind the Wondai Town Hall – within walking distance from the town centre):

Saturday 28 June:

- **7am** is **Wondai parkrun** to shake out the wrinkles in the legs. A great warm up run or a parkwalk with friends.
- **8.15am** is a 1 km **CROW FM 90.7 DASH for CASH**. 1km only and numbers are strictly limited. Three age categories. 18 and under; 40 under and Masters. \$5 entry and prizes for dress ups. First prize \$10, then \$9, \$8, down to \$1.
- **8:45am** is the popular 1 km **Deb Frecklington MP All Abilities race**. Carers and wheelchairs welcome, but no motorised vehicles please. This is free entry but must be pre-registered. Email us for an entry form

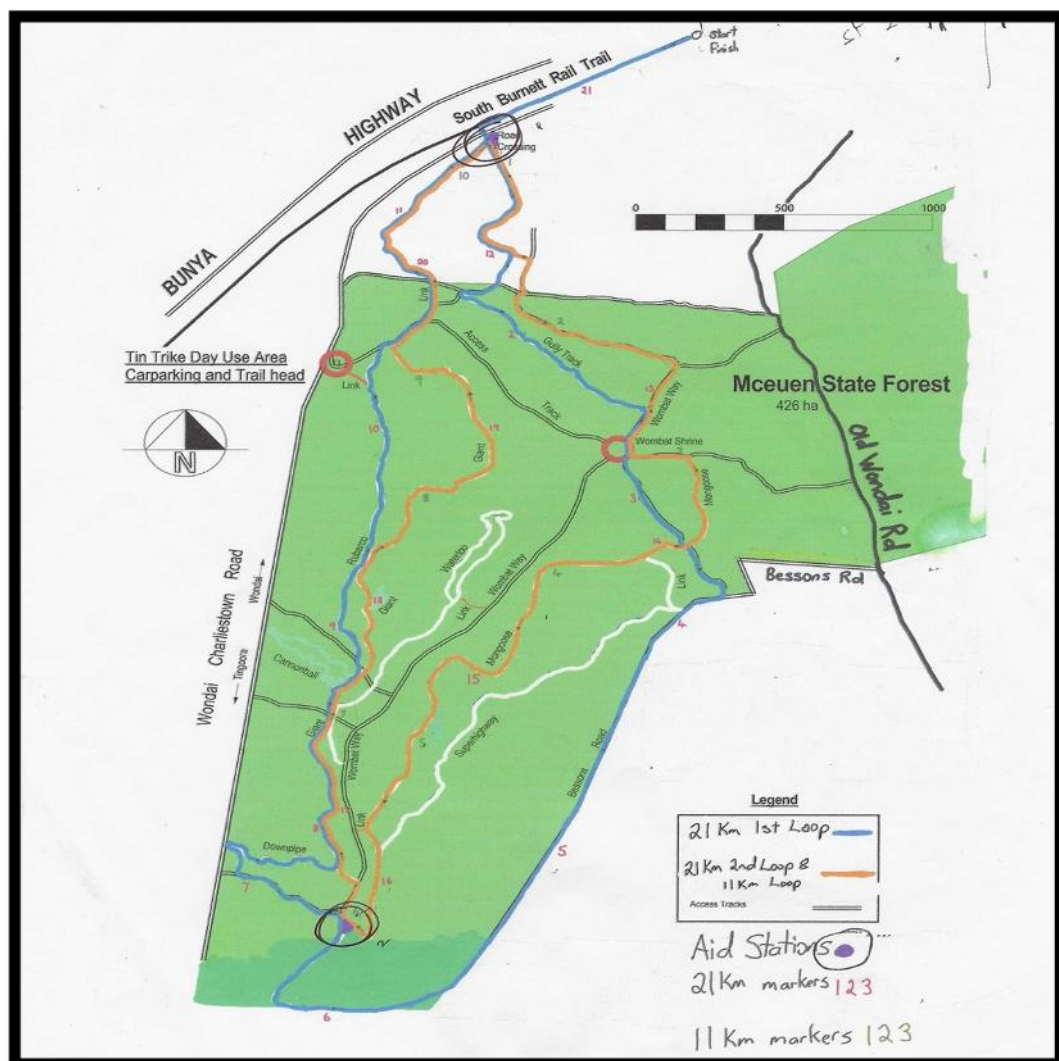
- **9am** is the **Hansen Kitchens Family 2 km Fun Run**. Untimed and social, this is for the whole family. Parents are welcome to accompany young children. Entries on the day only, with lots of random prizes and everyone is in with a chance for a win.
- **12.30pm** is the **21.1 km BEGA Peanuts Forest trail run**.
- **1.30pm** is the **11.1 km BEGA Peanuts Forest trail run**.

Two great choices but it's one or other- not both!! These events are run through the picturesque McEuen forest which adjoins Wondai township. The cross-country course is an undulating forest trail through beautiful towering Spotted Gum and Wattle woodland.

Trophy presentation: 3.30pm

Cut-off times- Forest Trail 21.1 km - 4 hours and Forest Trail 11.1 km - 2½ hours

Saturday Forest Trail Course details:



The Saturday Forest Trail runs are a cross-country trail run in the McEuen forest adjoining Wondai. Start behind the Wondai Town Hall in our start/ finish precinct. The course runs down the rail trail and turns left into the forest. The course is undulating and cross country so beautiful but challenging. 11.1 km loop or a larger 21.1km loop.

The course is clearly marked, and our sweeper follows through to make sure everyone gets home safe. Should you decide to not finish please let us know so we don't send out a search party.

Sunday 29 June:

- **6:30am** is the **Ken Mills Toyota Marathon** event start
- **7:00 am** the **Bendigo Bank Half Marathon** gets going
- **7:30am** the **Parkside 10km** runners start
- **7.45 am** the **Bowy 5km** event starts.

Our rail trail has gentle gradients and a smooth bitumen surface - it's fantastic for runners. The routes are all an out-and-back course along the South Burnett Rail Trail.

We will have pacers for 5 km, 10 km and Half marathon depending on pacer availability. It's a great opportunity to try and reach your target time. The pacers will be easy to identify with pacer jackets and balloons attached to their jackets displaying their finish times.

5 km and 10 km Trophy presentation: 9 am

Half Marathon Trophy presentation: 10.30 am

Marathon Trophy presentation: 11 am

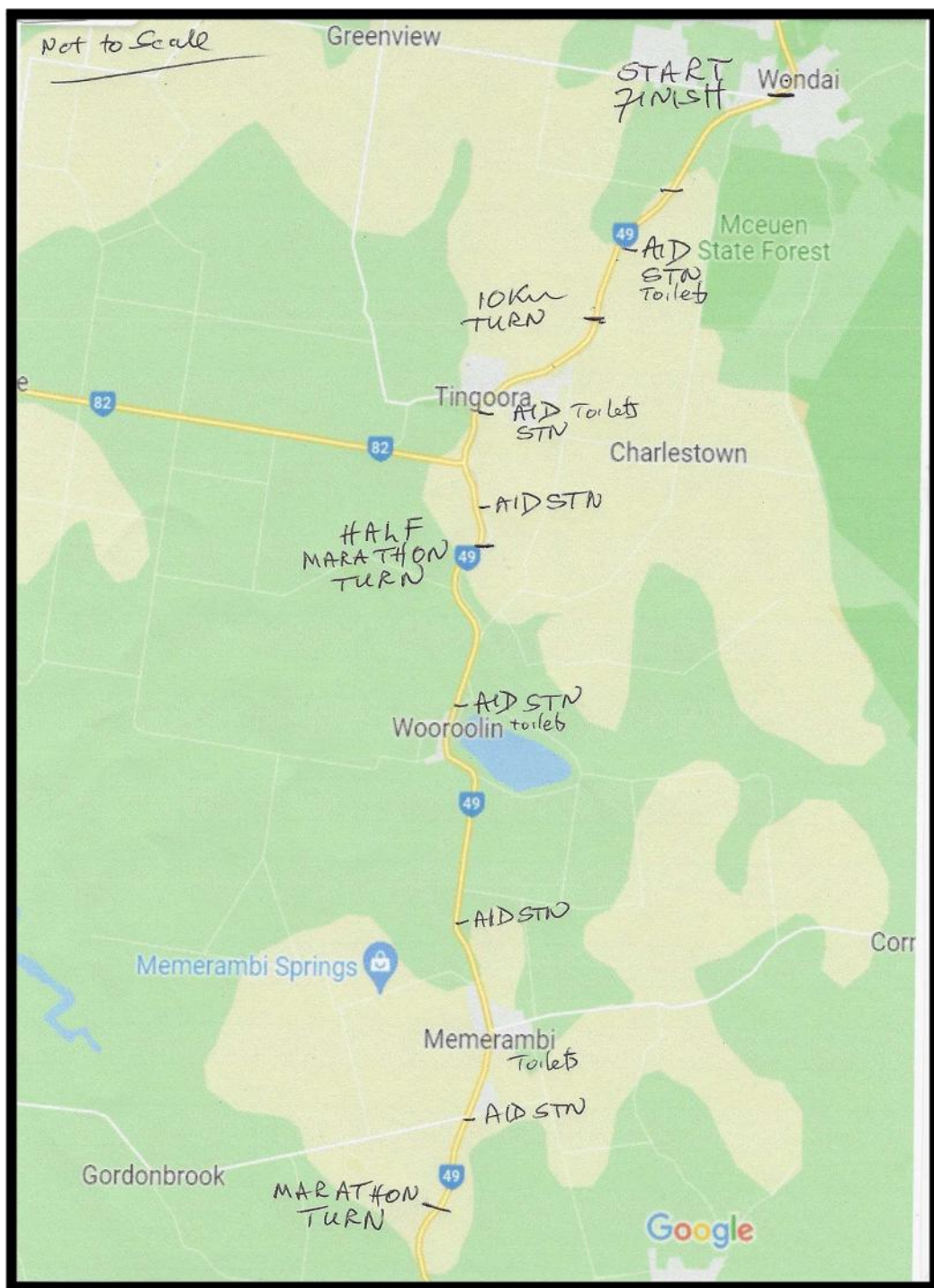
Cut off times:

- Rail Trail Marathon / half marathon / 5/10 km - 7 hours

Please note: Marathon runners are expected to have reached the half marathon turnaround point (10.5km) within 2 hours or requested to change to the half marathon. We have a sweeper (on a bike) who follows the last runner home to make sure everyone gets back safely.

Sunday Course details:

The Marathon, Half Marathon, 10 km and 5km Rail Trail runs are all run Sunday along the South Burnett rail trail consisting of a fully sealed bitumen surface. Please be cautious at turn around points and road crossings; busier ones will be manned by SES or traffic controllers - please give them a wave. The turn around signs for each event are very clear and each km marked on the rail trail. The rail trail is quite close to the road but only crosses the highway at Wooroolin (Marathon runners only) where there will be traffic controllers.



Drinks stations / loos

Saturday: Toilets are at the start/finish and in the forest for the afternoon events. Aid stations with water and lollies are in the forest. The forest runs start behind the Wondai Town Hall and turn into the forest and do a small (11.1km) or big (21.1km) loop. The course will be clearly marked and there will be Marshalls to ensure no one gets lost and the sweeper will check everyone gets back safely.

Sunday: There are toilets and aid stations along the rail trail. Marathoners are welcome to drop 'special drinks/food' at race pack collection and we will take these to the nominated aid station. (please specify location, See table below for details– not just kms!) Please label everything clearly. Again, all care taken but no responsibility!

The Sunday 5km, 10km, Half and Full Marathon are an out-and-back course, so you head south along the rail trail and turn around at the designated turn around point, (you won't miss the signs). Please cross the roads with care; roads are all marked with chicanes.

There are kilometre markings on the rail trail so you can mark down the kms!

5 km Rail Trail event:

- Toilets and drinks on completion!

10km Rail Trail event:

- Toilets and aid stations at 4km and 6km

Half Marathon:

- Toilets at 4km; 7.5km; 13.6km; 17km
- Drinks at 4km; 7.5km 10km; 13.6km; 17km

Marathon:

- Toilets at 4km; 7.5km; 14km; 19km; 23km; 27km; 34.7km; 38.2km
- Drinks at 4km; 7.5km, 10km; 14km; 19 km; 23km; 27km; 32km; 34.7km; 38.2km

	Road crossing	Distance from start	Races	Facilities
1	Burns Road, Wondai	4 km	M/half / 10km	Portaloo Aid station
2	Transmitter road, Tingoora	5.5 km	M/half	
3	Main St, Tingoora	7.5 km	M/ half	Toilets Aid station
4	Parallel Road just south of Tingoora	10 km	M/ half	Aid station
5	Transmitter Road, Wooroolin	13 km	M (13,28)	
6	Sportsground Road, Wooroolin	14 km	M (14,27)	Toilets Aid station
7	Bunya Highway, Wooroolin	14 km	M (14,27)	
8	Webbs Road, Memerambi	16 km	M (16,26)	Aid station
9	Recreation Drive, Memerambi	18 km	M (18,25)	
10	Oilseeds road, Memerambi	19 km	M (19,23)	Toilets
11	Memerambi Gordonbrook road	20 km	M (20,22)	Aid station
12	Marathon turnaround sign	21.1 km	M	

Marathon Sponsor: Ken Mills Toyota

Ken Mills Toyota

Kingaroy & Mundubbera



Half Marathon Sponsor: Bendigo Bank



10 km Sponsor Parkside



5 km Sponsor: Bow Active

Forest Trail Runs: BEGA Peanuts



Dash for Cash CROW FM



Family Fun Run: Hansen Kitchens



All Abilities: Deb Frecklington MP



Gold Sponsors: Astills Electrical, Glenrock Hay, Hobbs and Assoc Accounting,



The event organisers would like to thank this year's sponsors for their generous assistance. Without our amazing sponsors we would not be able to provide you with such a wonderful Festival. We look forward to seeing you again in 2026.