



Sprint  **Series**
Adventure Race

29 MARCH
MANLY DAM



EVENT PROGRAM

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council



**ADVENTURE
JUNKIE**

WELCOME



Hello, Awesome Adventurers,

Welcome to the Sprint Series at Manly Dam—a place where saltwater air meets singletrack, and every trail tells a story!

We couldn't be happier to bring the Sprint Series to this iconic venue, not just for the legendary trails and electric race atmosphere, but because Manly Dam holds a very special place in our hearts.

This is where so many of us fell in love with riding in Sydney—grinding up rocky climbs, threading through bush, and emerging to those stunning harbour glimpses that remind you exactly why we do this.

So tighten those adventure straps and get ready for a day that's as epic as it is challenging. The climbs will test you, the roots will keep you honest, but the views—and the stories you'll carry with you—make every stride and pedal absolutely worth it.

Let's make it unforgettable—see you on the trails!



**ADVENTURE
JUNKIE**

Serge and Maria, your Race Directors

SCHEDULE



7:30– Registration opens at the race HQ

Bantry Reserve Oval

8:00– TA is open for kayaking gear drop (Manly Dam boat ramp)

9:00 – Race starts for all teams

13:30 – Presentation

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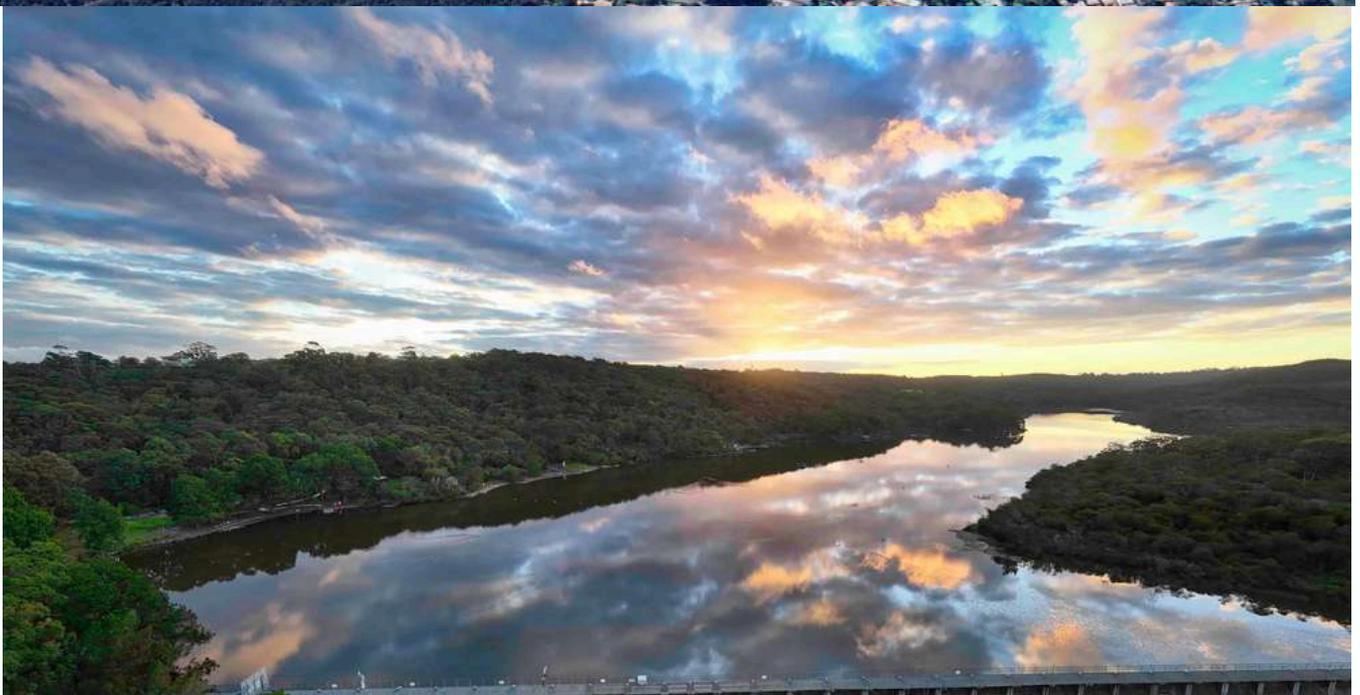
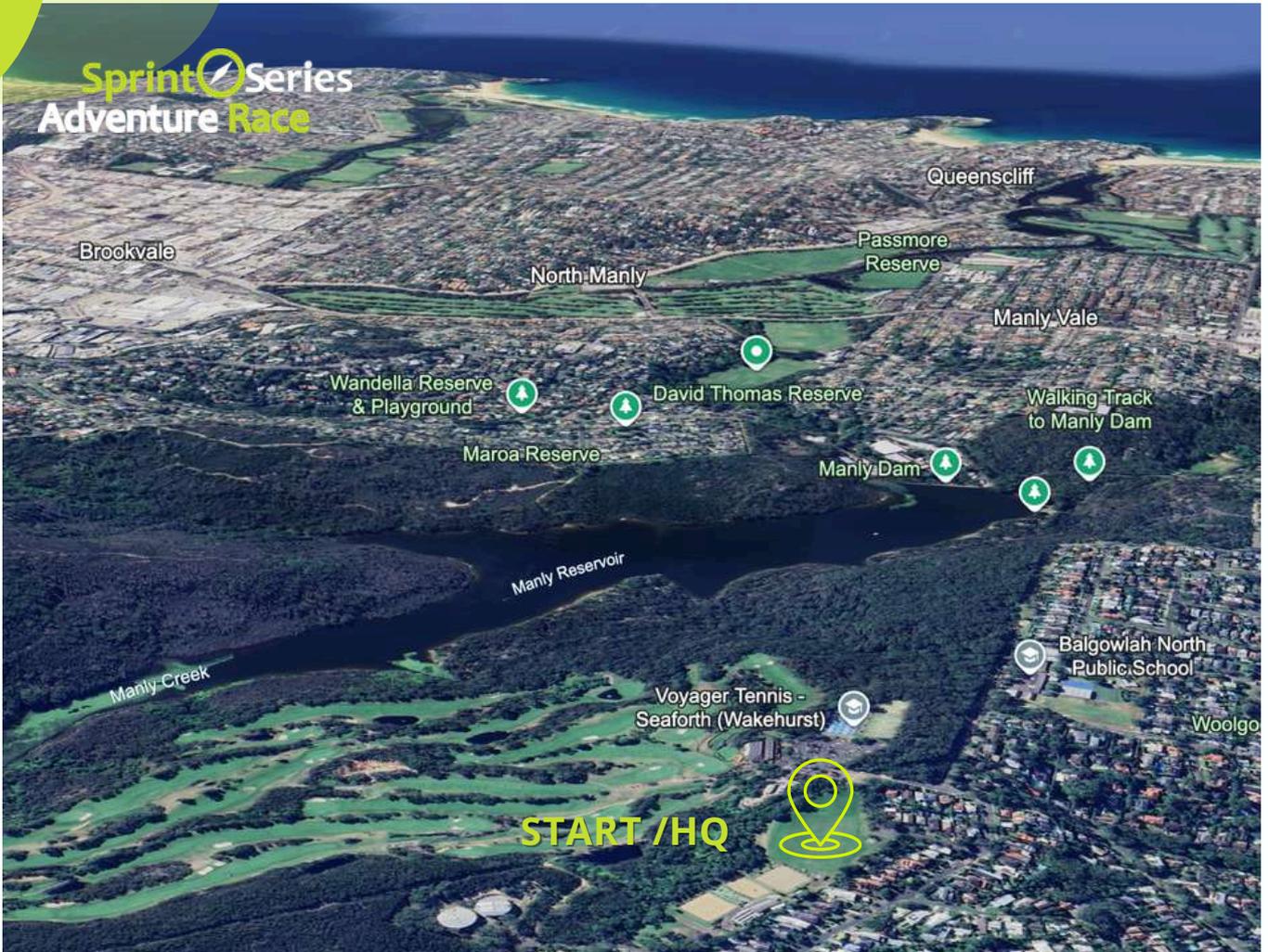


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Sprint  **Series**
Adventure Race



LOCATION



LOCATION



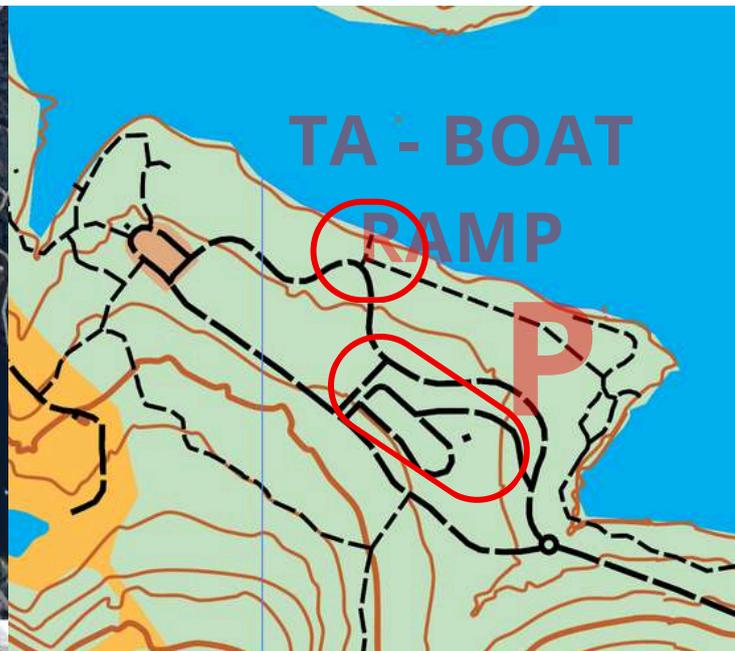
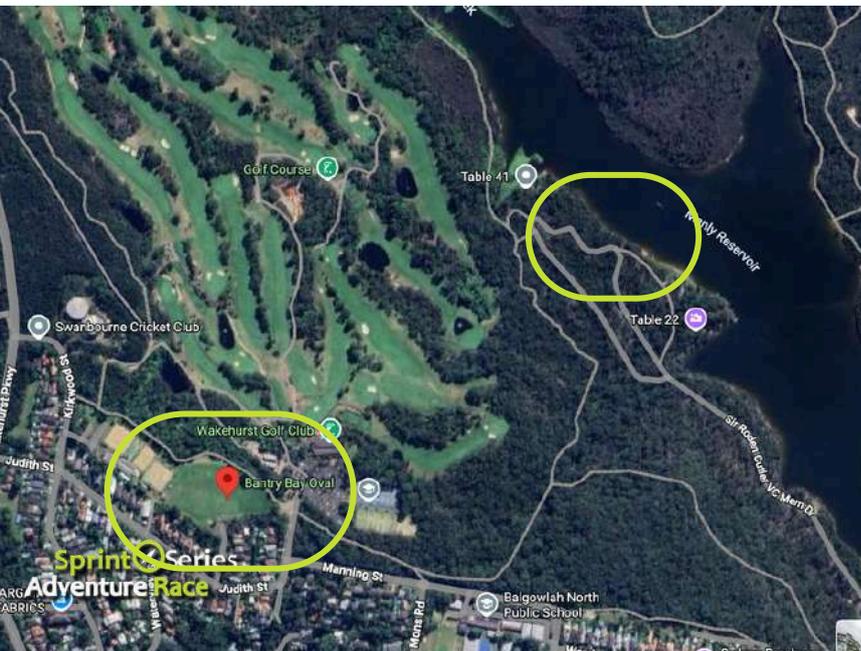
The race HQ is Bantry Bay Oval
Kayaking TA: Manly Dam Reserve Boat ramp

Address HQ: 13 Reserve St, Seaforth NSW 2092

Address TA (for paddle gear only): Sir Roden Cutler VC Mem Dr, Allambie Heights NSW 2100 - drive into Manly Dam reserve till the sign Adventure Junkie event.

The Transition area for MTB gear is HQ.

The kayaking TA is near the boat ramp at Manly Dam Reserve. To avoid traffic congestions DO NOT PARK near the boat ramp, use parking lot 50 m above. If you plan to use your own paddles, please drop them near the boat ramp not earlier than 8 am and collect them as soon as possible after the race. While our crew is with the boats, they do not take formal responsibility for the gear left at the ramp.



LOGISTICS

CLASSIC AND
NOVICE



LOGISTICS



NOVICE COURSE

LEG 1 RUN



LEG 2 PADDLE



LEG 3 RUN



LEG 4 MTB



FINISH

CLASSIC COURSE

LEG 1 MTB



LEG 2 RUN



LEG 3 PADDLE



LEG 4 RUN



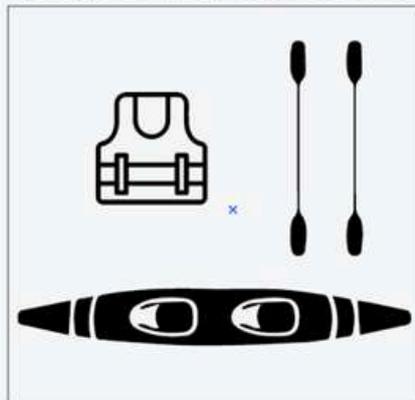
FINISH

EQUIPMENT

mtb legs gear



kayaking gear (supplied by organisers)



all time gear



All legs:

- Water at least 0.7 for the start of each leg per person (more is recommended for a hot day);
- Mobile phone- per team;
- First aid kit – per team;
- Timing tag- per team, provided;
- Orange race bib- should be the outermost garment, provided.

MTB leg:

- Mountain bike;
- Helmet;
- Repair kit;
- MTB number plate- provided;

Kayaking leg:

- Paddles (provided)
- Double or two single kayaks (double sit-on-top boat is provided);
- PFD (provided);
- Footwear.

EQUIPMENT



Additional recommended items:

- Compass, map board for the mtb leg;
- Sufficient nutrition for the race (snacks, gels, electrolytes);
- Spare dry clothes;
- Waterproof/windproof jacket;
- Sun protection, slip, slop, slap, wrap;
- Bike, trail running and paddling footwear;
- Gaiters.

What to wear:

- Off-road shoes or any shoes you're comfortable running on rough trails. You will need to carry runners if you're riding in cleats.
- Triathlon shorts, or any shorts;
- Cap/hat for the run and paddle;
- Cycling jersey or any jersey you're comfortable in if it gets wet after the kayaking leg.

What to put into the transition area:

- The gear you plan to use on the MTB leg includes a helmet, mountain bike,
- Extra water bottle, nutrition, and bike shoes
- (if you're using them).

GENERAL EVENT INFORMATION



Event day check-in

Register before the event and collect your race bibs and timing tag at the race HQ. A team list will be texted one day before the race—look out for a TEXT message from AJ events with a link to a PDF file.

Event results

Preliminary results will be available on the day; detailed results will be published on the event website and Facebook page in the evening of the event.

Event Photography

Our photographer will do his best to capture all participants, but unfortunately, it is not always possible. The photos will be published on the FB page

<https://www.facebook.com/adventurejunkie.com.au>

The race course

It is open to other park users. Please be mindful and respectful to other residents, athletes and general public.

LAST MINUTE TEAM CHANGES

Please email us if there are changes in your team as soon as you know. We need to know who is not racing and a new teammate's name, DOB, email and mobile. Changes are possible till the morning of the event.



COURSE



The course is not marked.

The course is designed to let your navigation skills shine!

You'll follow the map to find control points, which are highlighted with pink circles on your map. For each one, you'll have a clue to help you locate it, and these clues will be available on the race information sheet provided at registration.

The order of the legs is mandatory, the order of checkpoints within a leg could be numerical or any- this will be clearly outlined in the race information you'll receive on the morning of the event.

Most checkpoints are mandatory, so if you're aiming for a spot on the podium, make sure to visit them all! If you're here for the adventure and fun, feel free to skip a few checkpoints— just keep in mind there's a time penalty for each one missed, and you must cross the finish line to get your official result.

No matter your approach, it's all about challenging yourself, having fun, and enjoying the experience!

Please do not forget to return the timing tag after the finish.

BONUS CPs:

Only on the Classic course a few checkpoints will be bonus checkpoints. It will be indicated in the race description which checkpoints are bonus checkpoints and how much time bonus you receive if you visit these checkpoints. The bonus time will be deducted from your racing time.



TIMING SYSTEM



Each checkpoint is equipped with a timing station and orienteering flag (except for some in public places, there will be only a station, which will be indicated in the race information you receive at the registration).

To register at the checkpoint, you need to push on the timing station with your timing chip located next to the station (within 2 cm).

The station will beep and flash if you register successfully.

Demos will be given at the briefing. Please make sure you tried how the timing system works.

One timing tag is supplied for a team. The timing tag can be fastened with a wristband (provided).

The timing tag is used to 'register' at each checkpoint.

Both members of a team must visit all checkpoints. You should maintain a maximum 50m distance from one another.

There is a timing station under the finish arch. Once you 'register' at that station, the racing time stops.

After the finish

Please return the timing chip once you have finished.

We need to get your timing chip to provide your result.

Timing station



Timing chips.



Checkpoint



TRAINING SESSION

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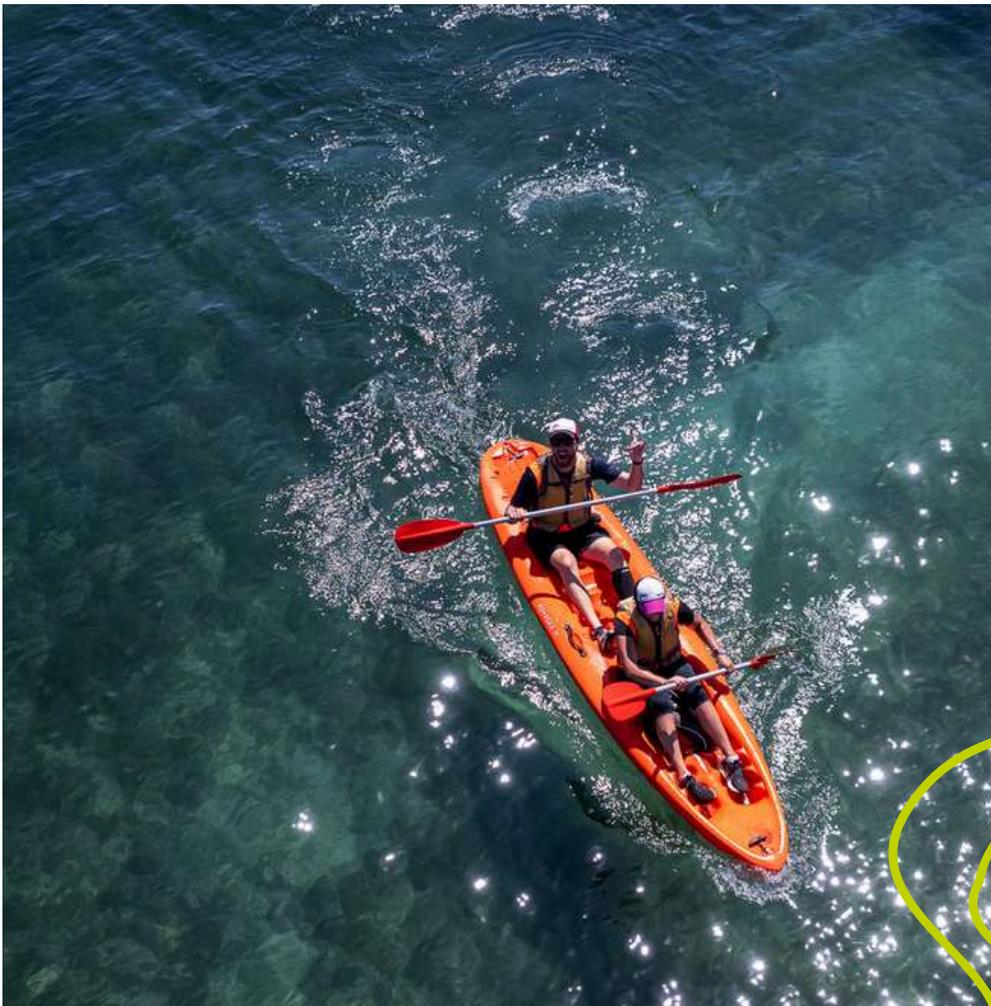
If you're new to the sport, we strongly recommend attending the training session at 5 PM Saturday at Manly boat ramp. It has to be pre-booked along with your registration.

When: Saturday, 28 March from 5 pm to 6 pm.

Where: Manly Dam Reserve

COST: \$69 per team

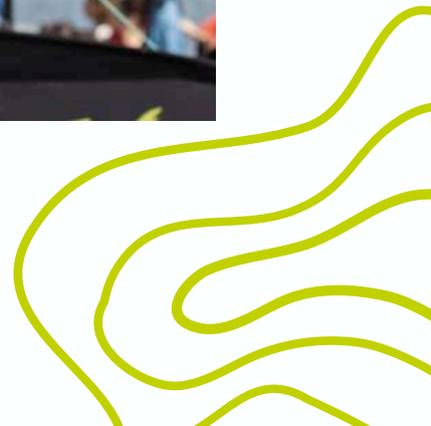
If you would like to join, please email us ASAP. We will add the session to your registration.



RANKING



We've been thinking a lot about how to celebrate every single person who shows up and crosses the finish line — not just the podium. What we're putting together recognises consistency, progression, and commitment across the whole season and beyond. More details coming your way shortly — we think you'll like it.



WHAT'S UP NEXT:



AR
OCEANIA CHAMPIONSHIP



X-MARATHON

X

MARATHON
ADVENTURE RACE

24- FULL /12- HALF courses

5-6 September

CENTRAL COAST NSW



xmarathon.com.au



Women only Adventure Race

19 APRIL 2026, PATONGA NSW

WOMENSADVENTURERACE.COM.AU