

19
MAY
2024

IT'S LIVE!
in Queensland

ROCKY'S BIGGEST
CHARITY RUN

ROCKY RIVER RUN

COMPETITOR
GUIDE



sevenrockyriverrun.com.au

ADVANCE 
ROCKHAMPTON

THE 7ROCKY RIVER RUN IS CENTRAL QUEENSLANDS LARGEST RUNNING EVENT. HELD ON SUNDAY, 19 MAY 2024, THE RUN RAISES MUCH NEEDED FUNDS FOR CHARITY ORGANISATIONS SUPPORTING OUR COMMUNITY.

Celebrating its 16th successful year in 2024, 7Rocky River Run has become a great tourist attraction for Rockhampton and is a major contributor to local community groups.

Starting and finishing in the Riverside Precinct, Rockhampton's favourite charity event once again promises to be a fun day out, all in the name of a good cause.

LOCATION

Rockhampton Riverside Precinct and Surrounds.

Each race will start and finish on Quay Street, outside Customs House, and continue through the surrounds of inner Rockhampton.

DATES

Registrations open late 2023

Event is held on Sunday 19 May 2024

TIMES

Sunday 5am – midday

KEY ELEMENTS

- Largest CQ charity running event
- Four race distances
- Intrastate and local competitors
- Raising funds for charities supporting our community
- 2,000+ competitors expected
- Celebrity MC
- Strengthening health and fitness in our community
- Post event recovery zone for local business partnerships

FITZROY RIVER



BEFORE THE RACE

REGISTRATION AND BIB PICK UP LOCATION

Customs House, 208 Quay Street Rockhampton Q 4700.

REGISTRATION AND BIB PICK UP TIME

- Saturday 18th May, 9am-4pm
- 2km and 5km runners can collect race packs on Sunday morning 7am - 8:15am at Customs House.
- Please note, no late entries will be accepted on race day.

EVENT START LINE

Quay Street, Rockhampton

TRANSFERS TO ANOTHER DISTANCE

You can transfer to go up or down in distance but you must do this in person at Registration.

Please pick up your bib and then go to the transfer desk. There is no fee, but you must pay the difference in entry fee (at that time) if you go up in distance. There is no refund for going down in distance. Transfers are subject to availability. There are no transfers available to a distance that is SOLD OUT.

TRANSFERS TO ANOTHER PERSON

You can transfer to another person however you (or the person you are transferring to) must do this in person at Registration.

It is essential that the person you are transferring to has your bib so please ensure you (or they) pick up your bib and then that person will need to go to the transfer desk.

BAG STORAGE

Bag drop will be available at Customs House, Quay Street, from 5.30am on Sunday morning. Please attach the tear off strip from your race number and attach it to your bag so we can identify your belongings. We do not advise leaving valuables.

MORE QUESTIONS?

Head to our website to find out everything you need to know about the Seven Rocky River Run at rockyriverrun.com.au/The-Event

TIMETABLE

SATURDAY 18 MAY

9:00AM Registration Opens
Customs House

4:00PM Registration Closes

SUNDAY 19 MAY

5:30AM Bag drop & info open
Customs House

6:00AM Official event opening
Start Line

6:15AM Central Queensland Power Half Marathon Race
Start

7:00AM The Capricornian 10km Start

7:30AM Registration for 5km & 2km opens
Customs House

8:00AM Central Queensland Power Half Marathon
Presentation

8:05AM The Capricornian 10km Presentation

8:30AM Buddy's 5km Start

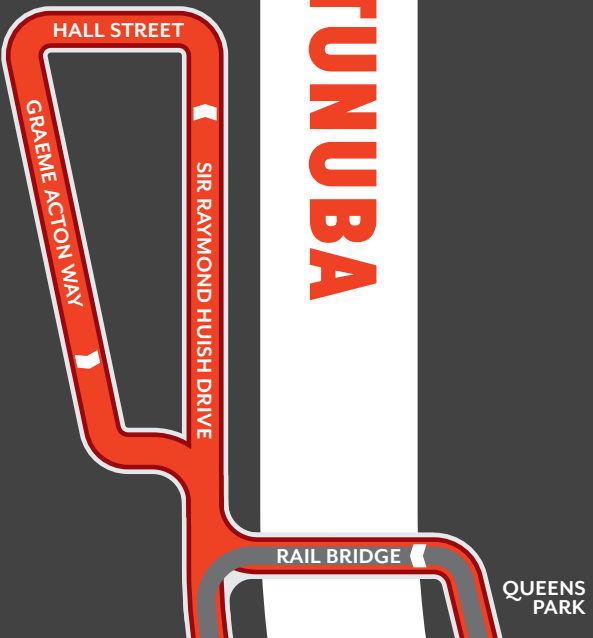
9:00AM Serenity Dental Central Queensland 2km Start

9:10AM Buddy's 5km Presentation

9:30AM Serenity Dental Central Queensland 2km
Presentation

RUNNING ROUTES

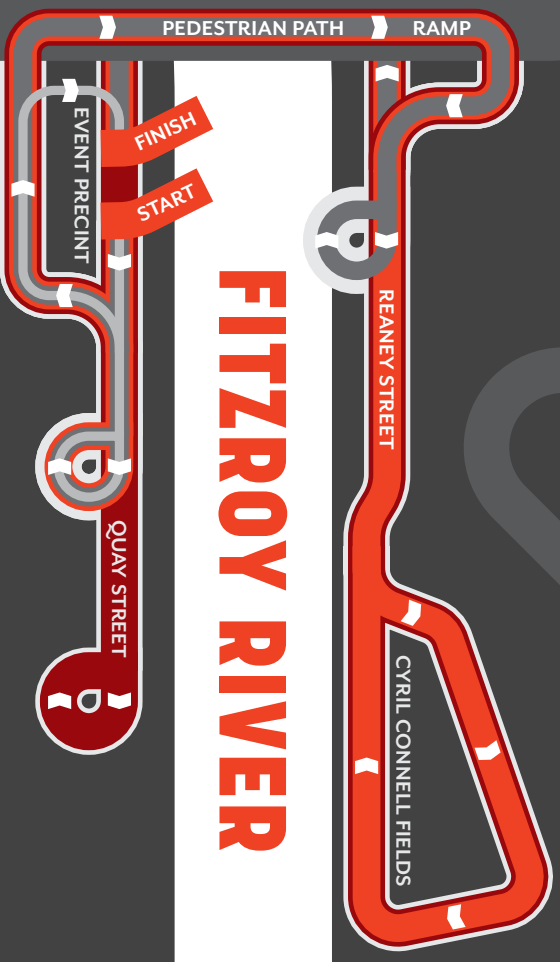
TUNUBA



NEVILLE HEWITT BRIDGE



FITZROY BRIDGE



CQP
CENTRAL QUEENSLAND POWER

21K
(TWO-LAPS)

the capricornian
community

10K

BUDDY'S FIRE

5K

serenity
DUNEDIN

2K

AID STATIONS

#	LOCATION	EVENT	DISTANCE MARKER	AID AVAILABLE
AS1	Big Colour Works, East Street	21km, 10km, 5km, 2km	1.5km, 12.4km	Water
AS2A	Reaney St Entrance to Cyrill Connell Fields	21km, 10km	3km, 13.8km	Water
AS2B			5.1km, 16km	Water
AS3	Queens Park Adjacent to the car park	21km, 10km, 5km	6.4km, 17.4km	Water
AS4	Sir Raymond Hunish Dr Car park in front of skate park	21km, 10km	8.8km, 19.4km	Water & Electrolyte
AS5	Quay St / Denham St	21km	11.7km	Water
RECOVERY	Rod Laver Plaza Riverside Park			Water & Electrolyte

AFTER THE RACE

FINISH CHUTE

Once you have completed your event, keep moving through the finish chute to the recovery area. You do not need to hand back your race number.

MEDICAL AID

If you require medical assistance please seek attention from our medical staff at the finish line or on course.

RESULTS

Race results will be available [online here](#). Results can also be viewed by scanning the QR code on the back of your bib.

FINISHER MEDAL

All participants will receive their official 7Rocky River Run finisher medal commemorating their completion of the event. After you exit the recovery area you will pass tables for you to take a finisher medal if you would like to. Please only take one medal for your specific distance. Our staff will assist in this.

RECOVERY ZONE

Electrolytes, water, and fresh fruit will be available to participants in recovery.

PRESENTATIONS

Please refer to the event schedule for the presentation times.

EVENT PHOTOGRAPHY

The team from Postrace will be capturing your experience on race day. Remember to smile for the camera and give them a wave. Your personal event photographs will be available for purchase online following the event. Keep an eye on Facebook and Instagram for an update on availability.

PRIZES

The first three male and female finishers across the line in each event will be awarded prizes on the day.

FUNDRAISING

The 7Rocky River Run is proud to be raising funds for major beneficiary Fitzroy Community Hospice. Further fundraising information can be found [here](#).

PERSONAL RESULTS CERTIFICATE

Your own personalised results certificate will be available online after you finish your event. Simply select your name on the results page to download and print your official 2024 finisher certificate.

MORE QUESTIONS?

Head to [our website](#) to find out everything you need to know about the 7Rocky River Run.



@RockyRiverRun



learn more