

18  
MAY  
2025

ADVANCE  
ROCKHAMPTON

21km 10km 5km 2km

TAKE HOME THE TITLE FROM  
ROCKY'S **BIGGEST** RUN

# ROCKY RIVER RUN

7/7+

CQP  
CENTRAL QUEENSLAND POWER

the capricornian  
Community

GPC Gladstone Ports  
Corporation  
Growth, prosperity, community.

Schwarz

[rockyriverrun.com.au](http://rockyriverrun.com.au)

**Competitor Guide**

# THE 7ROCKY RIVER RUN IS CENTRAL QUEENSLANDS LARGEST RUNNING EVENT. HELD ON **SUNDAY, 18 MAY 2025**, THE RUN RAISES MUCH NEEDED FUNDS FOR CHARITY ORGANISATIONS SUPPORTING OUR COMMUNITY.

Celebrating its 17th successful year in 2025, 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

Event is held on Sunday 18 May 2025

## 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
- 2,800 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 17 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](http://rockyriverrun.com.au/The-Event)

# TIMETABLE

## SATURDAY 17 MAY

**9:00AM** Registration Opens  
Customs House

**4:00PM** Registration Closes

## SUNDAY 18 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 10k Start

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

**8:00AM** Central Queensland Power Half Marathon  
Presentation

**8:05AM** The Capricornian 10k Presentation

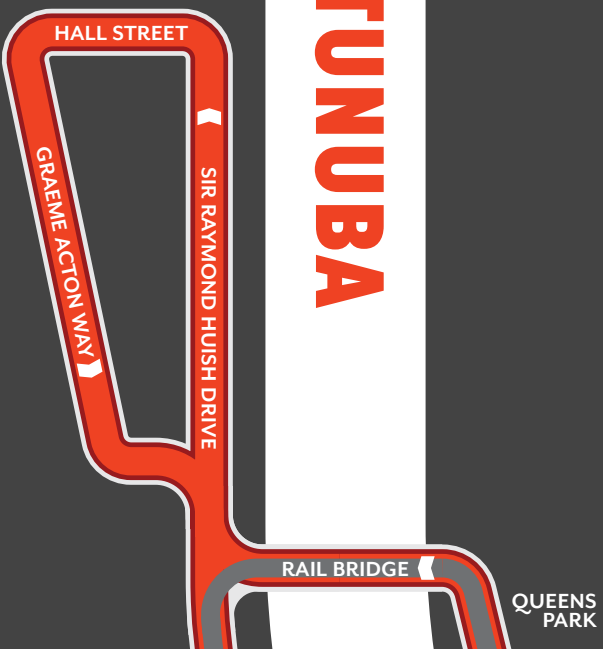
**8:30AM** Gladstone Ports Corporation 5k Start

**9:00AM** Schwarz Excavations 2k Start

**9:10AM** Gladstone Ports Corporation 5k Presentation

**9:30AM** Schwarz Excavations 2k  
Presentation

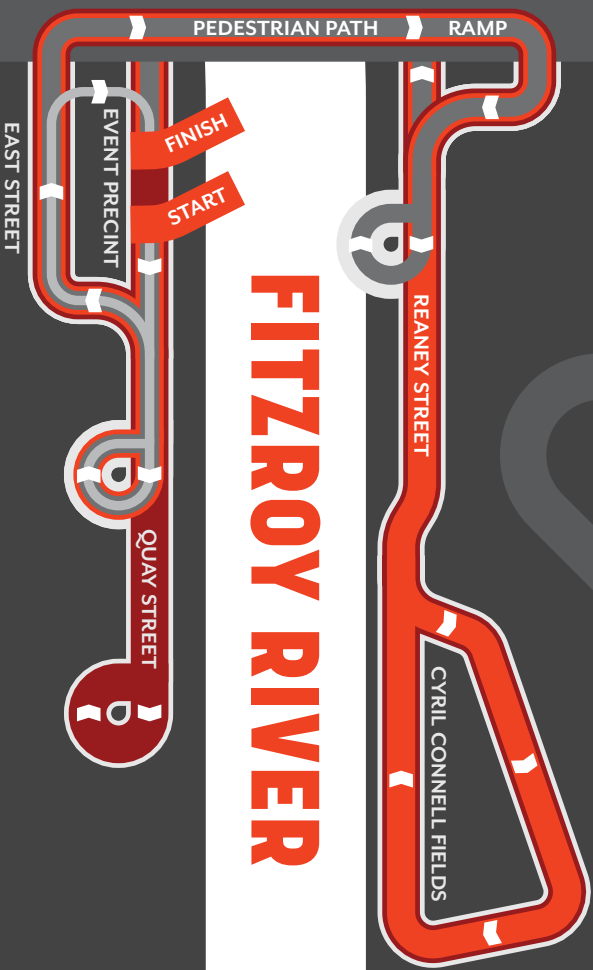
# TUNUBA



NEVILLE HEWITT BRIDGE



FITZROY BRIDGE



# FITZROY RIVER

21K 10K 5K 2K  
(TWO-LAPS)



ADVANCE  
Rockhampton  
ROCKHAMPTON

CQP  
CENTRAL QUEENSLAND POWER

the  
capricornian  
Community

Gladstone Ports  
Corporation  
Growth, prosperity, community.

Schwarz

THE  
PILATES  
STUDIOS

GenesisCare

Drakes.

# RUNNING ROUTES

# AID STATIONS

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

## GENESIS CARE RECOVERY ZONE

Electrolytes, water, and fresh fruit will be available to participants in recovery thanks to sponsors GenesisCare and Drakes.

## 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.

## 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 Hands of Compassion.

## 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 your finisher certificate.

## MORE QUESTIONS?

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