

100KM
SURF COAST CENTURY

50KM
SURF COAST CENTURY



**IT FEELS
GOOD ULTRA**

Event Program

13 SEPTEMBER 2025
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Welcome to the FEEL GOOD ULTRA!!

Running makes you feel good – and when you mix running with spectacular scenery, friendly faces from across Australia, and an electric race-day vibe, you get the FEEL GOOD ULTRA!

This year's event will see over 1,300 runners take on the stunning Surf Coast trails – running along wild ocean beaches to towering clifftops, coastal heathlands and tall eucalypt forests. Whether you're chasing a PB, sharing the journey in a team, or tackling your first ever ultra marathon (GO YOU!!), you'll be part of a warm and supportive trail running community that makes this event so special.

Just like you – we can't wait for the big dance on Saturday 13th September and look forward to making this your most memorable run yet.

Rapid Ascent

Event Manager: Sam Maffett 0400 001 786. Race Director: John Jacoby 0408 035 261



Welcome from The Mayor

There's an undeniable buzz on Surf Coast Century weekend.

As a local, I love seeing athletes and supporters fill Anglesea and surrounding Surf Coast towns, raring to go for this standout on the Surf Coast Events calendar. I'm excited for you, taking on this challenge in such a unique place!

Whatever distance you're tackling, whether you're making your debut or a returning competitor – reaching the start line for this event is an impressive feat.

Your countless hours of commitment and training is admirable. No doubt crossing the finish line will be incredibly rewarding.

Surf Coast Shire Council is delighted to be a long-time supporter of the Surf Coast Century, providing funding through our Event Grants Program.

While a busy summer is vital for our local economy, off-peak events are essential too. So if you booked an overnight stay, grabbed a bite to eat at a café or restaurant, or planned a recovery activity at a local business, thank you.

There are many more memorable adventures that await on the Surf Coast Events calendar.

I encourage you to browse through the various opportunities to take in our stunning natural environment on foot, bike, and surfboard.

If you prefer a laidback activity, check out the various markets, concerts, fairs and festivals that showcase talent from our backyard and beyond. It's all on offer at surfcoastevents.com.au.



Wishing you the very best for the 2025 Surf Coast Century.

Cr Mike Bodsworth
Mayor, Surf Coast Shire



We thank all the sponsors of the 2025 Surf Coast Century



EVENT SCHEDULE

Friday 12th September

3:00pm – 7:00pm	Competitor Registration @ Anglesea Green (next to the Anglesea Bowls Club)
5:30pm	Elite Athlete Q&A @ Anglesea Green (in the expo area)
6:00pm	Competitor Briefing for ALL runners @ Anglesea Green - also streamed to Facebook HERE
6:30pm onwards	Pre-race pasta dinner at the Anglesea Hotel

Saturday 13th September

6:00am - 6:25am	Late Registration for 100km runners @ Anglesea Main Beach
6:30am - 7:10am	WAVE STARTS 100km and 50km runners @ Anglesea Main Beach 6:30am, 6:46am and 7:02am wave starts for 100km solos and relay teams 6:38am, 6:54am and 7:10am wave starts for 50km solos
9:00am – 6:00pm	Event Expo open including live music, food, massage and other entertainment
10:10am	Winning 50KM RUNNER expected to finish
1:30pm	Winning 100KM RELAY TEAM expected to finish
3:00pm	Winning 100KM SOLO RUNNER expected to finish

Sunday 14th September

8:30am - 9:00am	Registration for the Kids' Run in the event expo
9:00am	Celebration Sunday @ Anglesea Lawn Bowling Club
9:00am – 10:30am	Breakfast and war stories @ Anglesea Lawn Bowling Club
9:00am	RUN START for the 2.5km Kids' Run in the event expo
9:50am	Concrete Shoe wall-sit competition @ Anglesea Lawn Bowling Club
10:00am	RACE PRESENTATIONS Surf Coast Century @ Anglesea Lawn Bowling Club

EVENT CENTRE

Location: Anglesea Green (located next to Anglesea Lawn Bowls Club), Anglesea Victoria. (Located directly opposite the main Anglesea shops on the Great Ocean Road)

Car Parking recommendations:

- The side streets surrounding the area
- The shopping area over the Great Ocean Road - short term parking only
- Public car parks beside the Anglesea riverbank and near the rivermouth
- The side streets off the Great Ocean Road

NOTE: It is illegal to park on YELLOW lines. Be conscious of local residents & traders and don't block anyone in

- Obey parking restrictions - especially near the tennis club

Facilities / Activities at Event Centre

- RACE FINISH line for the 100km, 50km races (the start line is on the Anglesea Main Beach approx. 1km away)
- Race Registration and Information marquee
- Check Point 4, being the 50km point of the 100km course with associated services (eg, race kitchen and bag drop off)
- An extensive sponsors expo with displays by Bogong, La Sportiva, Outdoor Research, Steigen, Blackmans Brewery, and others
- Free pasta taster bowls thanks to La Sportiva
- Move Beyond recovery station
- A huge range of food options
- Medical assistance station
- Music and commentary on the race finish





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Gravel routes. Rocky singletracks. Hours and kilometers piling up. Prodigio Max is the most cushioned shoe in the Prodigio series. Built for ultra distances, it features XFlow Endurance™ technology for maximum cushioning. It absorbs impact, reduces muscle fatigue, and delivers a smooth stride, hour after hour. Comfort Wire upper, with an even roomier, more accommodating fit. Stability and control on every surface, even through quick directional changes. More miles. More hours. Maximum comfort.

Test **Prodigio Max** here at Surf Coast Century with La Sportiva

COMPETITOR REGISTRATION (Race Pack Collection)

3:00pm – 7:00pm, Friday 12th September in the event centre

- Teams and solo runners: someone may collect your race pack on your behalf.

LATE REGISTRATION on Saturday 13th September (by prior arrangement only: e-mail events@rapidascent.com.au)

- 6:00am - 6:25am for 100km and 50km runners - on the **Anglesea main beach** adjacent the start line

What you'll receive at Registration:

- Race number plate
- Timing chip on a velcro strap
 - Timing chip must be attached to your ankle for the duration of the event
 - There is only ONE timing chip per relay team – it is your relay “baton” that must be swapped over to your new runner within the designated checkpoint area
- Race pack with sponsor info and discounts
- Any pre-ordered items (eg, event t-shirts, merchandise or other mandatory items)



Timing chip on velcro strap

WAVE RACE STARTS at the Anglesea Main Beach

A NEW start procedure will be introduced for 2025 to minimise congestion on the course. The 100km and 50km races will start across 3 different waves per race (fast start / medium start / slow start) alternating from one race to the other at 8 min intervals. This is for all competitors, solo and team runners, however you **MUST** select the race start time that best suits your ability, as follows:

- 6:30am – 100KM fast start:** for 100km solos and relay runners who are fit, well, and who are here for a solid effort (ie. the fastest 30% of the field).
- 6:38am – 50KM fast start:** for 50km solos who are fit, move well, and who are here for a solid effort (ie. the fastest 30% of the field).
- 6:46am – 100KM medium start:** for mid pack 100km solo and relay runners.
- 6:54am – 50KM medium start:** for mid pack 50km solo runners.
- 7:02am – 100KM slow start:** for more leisurely 100km solo and relay runners who know they have a big day ahead and understand the need to pace themselves. (ie. the slowest 30% of the field)
- 7:10am Start – 50KM slow start:** for the more leisurely third of the 50km solo runners. (ie. the slowest 30% of the field)

Gather at the appropriate wave start sign on the beach beforehand



Your race 'TIME' does not start until you cross the start mat and will be calculated accordingly in results, and at the finish line. So no matter what group you start in, it makes no difference to your overall results.

Cut off times are calculated as of the last wave start in each race.

COMPETITOR IDENTIFICATION

Number Plates

RED: 100km solo runners

- Big number plate to go on the front of your outermost garment
- Small number plate to be pinned on your backpack facing backwards

YELLOW: 50km solo runners

- Big number plate to go on the front of your outermost garment
- Small number plate to be pinned on your backpack facing backwards

BLUE: 100km relay team of 2*

GREEN: 100km relay team of 3 or 4*



*TEAMS will receive a separate number plate for each runner but all number plates will have the same number on the front. It does not matter which specific number plate each team member wears.

EVENT FUNCTIONS

Pre Race Pasta Dinner 6:30pm onwards Friday 12th September at the Anglesea Hotel

Meet up with other runners at the Anglesea Hotel for a pre-race pasta meal. For \$30pp you receive a two course meal including garlic bread with a choice of pasta dishes - great for carb-loading before race day! Prebookings preferred by calling 03 5263 1210. (Located opposite the event centre and shops at 1 Murch Crescent).

Athlete Q & A 5:30pm Friday 12th September in the event expo on the Anglesea Green.

Come and hear some experienced athletes talk through their training, race strategy and other aspects. Held immediately prior to the Competitor Briefing

Competitor Briefing 6:00pm Friday 12th September

We will conduct an Acknowledgement of Country followed by the Race Directors' briefing on the course and any changes or logistical considerations, weather details + more. All competitors are encouraged to attend, it will also be streamed to the [Rapid Ascent Ultra Running Events Facebook Page](#).

Celebration Sunday 9:00am - 10:00am Sunday 12nd September at the Anglesea Lawn Bowls Club

Race day is great but sharing your stories with others afterwards is even better - and that's what Celebration Sunday is all about. NEW LOCATION for 2025: Based at the Anglesea Lawn Bowls Club (immediately next to the finish line and expo), grab a coffee + muffin / egg and bacon roll... and relax! Activities include:

- Food, coffee from the local vendors and the Lawn Bowls Club – from 9:00am
- Recovery station with compression boots, massage guns: 9:00am - 10:00am
- 2.5km kids run – 9:00am in the event expo area (registration from 8:30am)
- Concrete shoe award to determine the strongest of all (see below!)
- Race presentations to conclude the event – at 10:00am in the Lawn Bowls Club



Wish you were here...



greateceanroadholidays.com.au

Concrete shoe award 9:50am Sunday at the Anglesea Lawn Bowls Club

The Concrete Shoe Trophy is our most prestigious award because the winner must endure the greatest amount of pain in order to win it!! – and this year we have a new way for the winner to show us their strength:



The 2025 Concrete Shoe will be awarded to the 100km runner who can maintain the longest 'wall sit' in a head to head battle with their counterparts! The contest is only open to those who raced the 100km the day before, and we'll line all the contenders up side by side and the winner is the last man / woman standing (or sitting!).

- **When:** 9:50am (immediately before presentations)
- **Where:** Anglesea Lawn Bowls Club
- **How:** Sitters must have their backs against the wall, hands by their side and knees at 90deg for the longest period. OUCH!

This will be a fun spectacle to watch and we encourage everyone to come down and cheer on contestants. [Previous winners of the concrete Shoe trophy include: Thomas Dade (three times!), David Eadie, Jason Rawlings, Francesco Ciancio, Shona Stephenson, Brendan Davies, Andy Turner, Edward James and Stuart Hughes (twice!)]

Race presentations 10:00am Sunday 14th September at the Anglesea Bowls Club

The official presentations and award ceremony will be conducted in the Anglesea Lawn Bowls Club. Come and congratulate the winners as we read the results and award medals.

FREE BEER / SELTZER IN THE EVENT EXPO

Local brewery and event sponsors **Blackmans Brewery** is giving everyone a free beer at the finish line to help you celebrate your achievements. Enjoy a free beverage at the line and then head to one of their venues in Torquay, Grovedale or Ocean Grove to continue celebrations!



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**OUTDOOR
RESEARCH**

Echo Collection

Explore the Outdoor Research Echo Collection, featuring lightweight and breathable apparel with UPF protection. Designed for outdoor enthusiasts, OR's quick-drying fabrics make it ideal for activities like trail running, hiking and even dipping in the water, ensuring comfort and sun safety throughout your adventures.

www.outdoorresearch.com.au

ON COURSE NUTRITION & AID STATIONS

Food and drinks will be available at each of the following checkpoints on the 100km and 50km courses:

- CP1 – 10km** Point Addis car park – small aid station (100km and 50km course)
- CP2 – 24km** at Torquay Surf Beach (Rotary Rotunda) – Big aid station (100km and 50km course)
- CP3 – 34km** Ironbark Basin picnic area – small aid station (100km and 50km course)
- CP3a – 40km** Eumeralla Scout Camp. Unmanned water point only. (100km and 50km course)
- CP4 – 49km** at Anglesea Green – Big aid station. (100km course only)
- CP4a – 58km** junction of Loves Track & Distillery Creek Road. Unmanned water point only. (100km course)
- CP5 – 69km** Distillery Creek Picnic Ground – small aid station. (100km course only)
- CP6 – 76km** at Moggs Creek Picnic Ground – Big aid station. (100km course only)
- CP7 – 85km** Aireys Inlet Skate Park – small aid station. (100km course only)

The following items will be provided to all runners at each type of aid station:

Small aid station: CP 1, 3, 5, 7

Items available:

- Skratch Hydration Sports Drink Mix - powder
- Sandwiches – sweet and savory
- Bananas and Oranges
- Fruit cake
- Oat slice
- Snakes and lollies
- Salty chips
- Savoy shapes (salty)

Big aid stations: CP 2, 4 and 6.

Items available:

- all the items listed in the small aid stations (above)
PLUS
- Boiled potatoes with butter and salt
- Coke - CP6 and CP7
- Risotto - CP6 only
- Minestrone soup - CP6 only
- Two minute noodles - CP6 only
- Vege fried rice - CP6 only
- Hot water and cups so you can make your own tea and instant coffee - CP6 only

Unmanned water points: CP 3A and 4A

There will be drums of water and / or a tap with drinking water at these locations. There will be no marshals here and support crews cannot provide any assistance at these locations.

Support Crews and external assistance

Competitors can only receive assistance from support crew and/or team mates within the designated Check Point area at the following checkpoints:

- 100km solos: CP1, 2, 3, 4, 5, 6, & 7.
- 100km teams: CP1, 2, 4, 5, 6, & 7.
- 50km solos: CP1, 2

CHECKPOINT SUMMARY TABLE

CHECKPOINT NUMBER	KILOMETER POINT	SUPPORT CREW ACCESS?			DROP BAG SERVICE	SIZE OF AID STATION	TEAM CHANGE OVER PT
		100km SOLOS	100km TEAMS	50km SOLOS			
CP1	10km	YES	YES	YES		small	
CP2	24km	YES	YES	YES	YES	big	YES
CP3	34km	YES			YES	small	
CP3a	40km					water only	
CP4	49km	YES	YES		YES	big	YES
CP4a	58km					water only	
CP5	69km	YES	YES			small	
CP6	76km	YES	YES		YES	big	YES
CP7	85km	YES	YES			small	

DROP BAGS (optional)

Runners without a support crew can use our drop bag service to transport your items from the event centre to the following CPs and back. (If you have a support crew who's visiting these CPs they can take your items for you!)

- To / from CP2 – 24km point at Torquay Surf Beach (100km and 50km course)
- To / from CP3 – 34km point at Ironbark Basin (100km and 50km course)
- To / from CP4 – 48km point at Anglesea Green (or drop them off on race morning yourself) 100km course only
- To / from CP6 – 75km at Moggs Creek (100km course only)

Drop bag procedure:

1. Collect the appropriate bag tags for your gear in the Event Centre during registration on Friday:
 - **Red (CP2)** / **White (CP3)** / **Green (CP4)** / **Blue (CP6)**
2. Write your race number on the bag tag(s). Attach to your bag and seal your bag so nothing falls out
3. Put your labelled bags in the correct drop bag area in the Event Centre between 3:30pm and 7:00pm on Friday

NOTE:

- Bags will NOT be transferred between CPs (ie, not from CP2 to CP6).
- Bags must be closed, max 5kg, no bigger than 50cm x 50cm (We recommend supermarket cooler bags).
- Bags will be transported back to Event Centre during the course of the event. Support crews can also collect your bags from Check Points on your behalf.

MAPS ON YOUR PHONE WITH AVENZA

We recommend all competitors and supporters have the course on your phone - this allows runners to double check the route if they have any concerns and support crews to navigate to each checkpoint.



Note: we have a NEW APP for 2025 so follow the steps below to install. To load the course map on your phone:

1. simply scan or tap the QR code to install the Avenza mapping app (if not already installed), and download the course map to your phone (separate maps for 100km and 50km courses).
2. open the appropriate map when you're on course your position will be identified with a blue circle.



100km

<https://tinyurl.com/2s4b9r7s>



50km

<https://tinyurl.com/3k9mkjps>

You can also download the GPX files for each stage from the course description page on the event website so you can import them into other mapping apps and/or onto your watches.

LIVE RESULTS AND ATHLETE TRACKING

Live race splits and predictive tracking will be available online so you can monitor the race remotely. The predictive tracking uses timing splits along each leg to estimate a runner's pace and expected time into each checkpoint. (It is an estimate only, do not be alarmed if your runner is slower than the predicted time).

Access live results and predictive tracking HERE: <https://tinyurl.com/3pp8jyvk>



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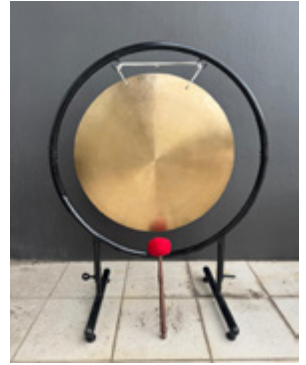
www.profeetpodiatry.com.au



FIRST TIME ULTRA RUNNERS

Running your first ULTRA is a bloody great effort (540km or 100km) and we want to acknowledge your achievement by highlight it far and wide. We're stoked you joined the ultra-club at the Surf Coast Century so here are a few ways we're going to help you celebrate:

- **Sound the Gong when you finish!** We've got a massive gong for you to ring at the finish line - you only get to ring it once so make it count!
- **First time ultra runner sticker** on your number plate – so we can share the kudos around
- **Your name highlighted** on the Centurion Honour Board as a first time ultra runner
- Your finisher medal / stein **presented by a Race Director** and a warm congratulations
- Plus plenty of **love and support** on the trails to help get you through



YOU GOT THIS!!

FINISHER AWARDS

The following awards will be made to finishers - woohoo!:

- **1lt Beer Stein** – the “BELLS”: for 100km solo runners who finish in less than 12hrs for men and 13hr30 for women.
- **500ml Beer Stein** – the “ADDIS”: for 100km solo runners who finish between 12hrs and 16hrs for men and 13hr30 – 18hrs for women
- **Finishers Medal** - will be presented to all runners who complete their chosen race.



SOLO RECOVERY MARQUEE - NEW

A marquee will be set up adjacent the finish line as a dedicated recovery area for solos to rest in. We know that most solo 100km and 50km runners are utterly exhausted at the finish line, and the noise and jubilation at of finishing can be quite overwhelming, so this marquee is designed as a quiet place for solos to recover in for 5-15mins (before hitting the bar!) Note - this area is principally for solo runners only.

Right beside the Solo recovery marquee is a sports rehab area manned by our friends at Beyond Movement and Pro Feet Podiatry. They'll be providing: free massages and injury advice, compression boots, massage guns, along with taping, podiatry and recovery advice.

Beyond
Move through life



CHANGE ROOMS

A number of small marquees will be set up to provide a private space in which to get changed after racing in the event expo area (near the Porta Loos). These are unisex, self managing spaces designed to make it easier to freshen up after the race.



Frame your Surf Coast Century glory!

Whether you've conquered 50km, smashed 100km solo, or crossed the line as a team, you've earned that medal. Our DIY framing kits make it easy to display it at home. Only \$49.95 – plus 10% OFF with code SURF.

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What's on?

Keen to know what events and markets are happening on the spectacular Surf Coast?

Head to surfcoastevents.com.au

Sign up for the newsletter and follow:  



THE COURSE

Course Markings. It is up to the runner to KEEP AN EYE OUT FOR AND FOLLOW THE COURSE MARKINGS as described below. The course will be marked with:

- RED and/or ORANGE ARROWS (pegged into the ground and fixed to trees or bushes)
- FLUORO PINK surveyor's tape or PINK PLASTIC reflective tags (tied to trees or bushes)
- 'wrong way' is indicated by RED and WHITE barrier tape across a track / road at ground level.
- In the DARK: Sections of the course will also be marked with SILVER and / or RED reflective tape tied to trees, as well as (infrequent) reflective arrows.

Course GPS file and FREE mapping app

We encourage all runners to have the course map on your phone using the Avenza App - as described on page 8.

COURSE DESCRIPTION - SUMMARY

A more detailed explanation and video of each leg is published on the event website [Course Description page](#).

Great Ocean Road Holidays Leg 1: 0km – 24km (50km and 100km runners)

Distance: 24km **Elevation gain / loss:** 625m



Terrain style: Along the beach and inter tidal zone with some technical terrain over reefs and rocks. It includes 2 moderate hills interspersed with plenty of flat running on the beach and intertidal zone. You WILL get wet and should expect to cross pools up to knee deep.

Leg start / finish: Race Start (Anglesea Main Beach) / CP2 at Torquay Surf Beach Rotary Rotunda

Check Points: A small aid station at CP1 (10km)

Cut off: all 50km and 100km runners must have departed CP2: Start time + 4h45min.

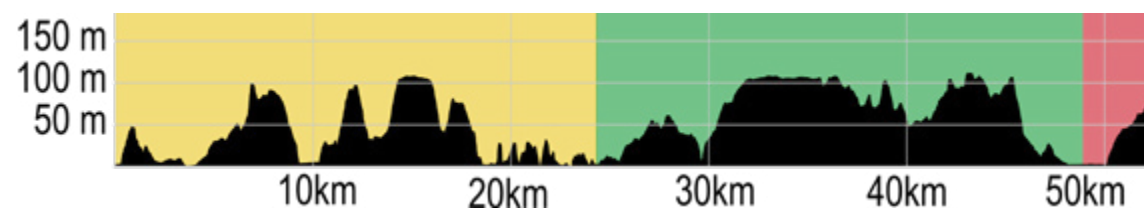
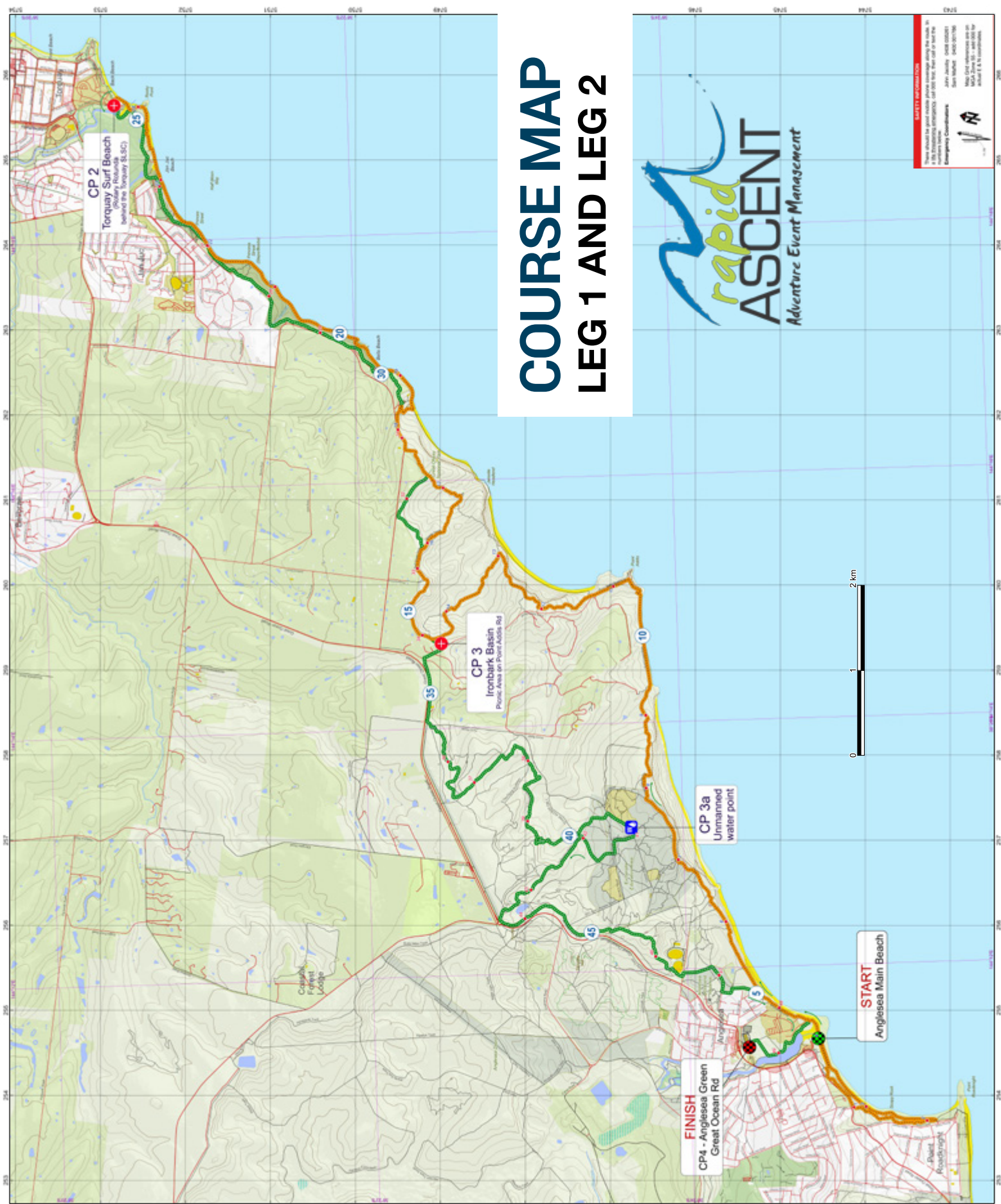
2025 Start Procedure: Both the 100km and 50km races will start in 3 different wave starts alternating one race to the other. See the full description of the start process on page 4. Summary below:

- 6:30am : 100km fast start – for the fastest 30% of the field, solos and relay teams
- 6:38am : 50km fast start – for the fastest 30% of the field
- 6:46am : 100km medium start – for mid pack solos and relay teams
- 6:54am : 50km medium start - for mid pack runners
- 7:02am : 100km slow start – for more leisurely solo and relay runners
- 7:10am : 50km slow start – for more leisurely runners

Once under way, all runners complete a 4km loop going up past the Surf Life Saving Club, along Surf Coast Walk to Point Roadknight and back along the beach past the start. After crossing the rivermouth runners continue on the Surf Coast Walk and long sections of beach and intertidal zone towards Torquay.

COURSE CHANGE - confirmed on 4 Sept: Due to the danger of cliff collapse on Addiscot Beach, the 2025 course will now follow the Surf Coast Walk from Pt Addis (11km pt) inland & uphill and return to the original course on the beach at Southside (18.2km pt). This detour adds approx 3.5km to the length of leg 1 (We are shortening leg 2 to offset the extra distance!). The correct course will be clearly marked on race day and is correct on the Avenza app and on the course maps in this program.

HIGH TIDE DETOUR: Depending the size of the swell on race day, some runners towards the end of the field may be re-directed away from the original course on the waters edge at the ~20.5km pt. This will be marked as a 'High Tide Detour' and will be marked with blue arrows. The detour is just 3km long, is equal distance to the original route and still leads to the same checkpoint. Race Officials will direct affected runners - all others carry on the marked and promoted route.



50KM
SURF COAST CENTURY

Coastal Elements Landscaping Leg 2: 24km – 49km (50km and 100km runners)

Distance: 25km **Elevation gain / loss:** 455m / 455m

Terrain style: A mixture of gravel footpaths and narrow single track through the bush. Whilst not exactly hilly, this section is undulating and includes a lot of single track (that at times feels endless!).

Leg start / finish: CP2 at Torquay Surf Beach Rotary Rotunda / CP4 at Anglesea Green

Check Points: A small aid station at CP3 (34km pt), and an unmanned water station CP3A (40km pt).

NOTE: Only 100km solo support crews can access CP3. NO support crew access for 100km teams or 50km solos

Cut off: all 100km runners must have left CP4 by start time + 9hrs. All 50km runners must have finished by start time + 9hr30min.



Note: runners must stop and wash the soles of your shoes at the 3 x PC Wash locations on Leg 2. This is a mandatory shoe hygiene procedure to assist in the control of 'Die Back' or Phytophthora. Please use the Parks Victoria provided wash station.

COURSE CHANGE - confirmed on 4 Sept: Leg 2 has been shortened by 3km (to offset the extra distance added to Leg 1). The 2025 course will now: i) avoid the Jarosite Mine descent and climb and ii) not do the 3km loop along Hurst Rd and the MTB trails at approx 37km pt. The correct course will be clearly marked on race day and is correct on the Avanza app and on the course maps in this program.

La Sportiva Leg 3: 49km – 76km (100km runners only)

Distance: 27km **Elevation gain / loss:** 715m / 690m

Terrain style: A mixture of 2WD, 4WD and single tracks through more remote sections of the coastal bushland (with extensive wildflowers all around). This is the hilliest leg of the race and the crux of the course.

Leg start / finish: CP4 at Anglesea Green / CP6 at Moggs Creek Picnic Ground

Check Points: Unmanned water point CP4A (58km) and intermediary race kitchen at CP5 (69km)

Cut off: all runners must have departed CP6 by start time + 14h 15min



Great Ocean Road Bridge: all 100km runners must go under the GOR bridge at the 49.5km mark immediately after leaving CP4.



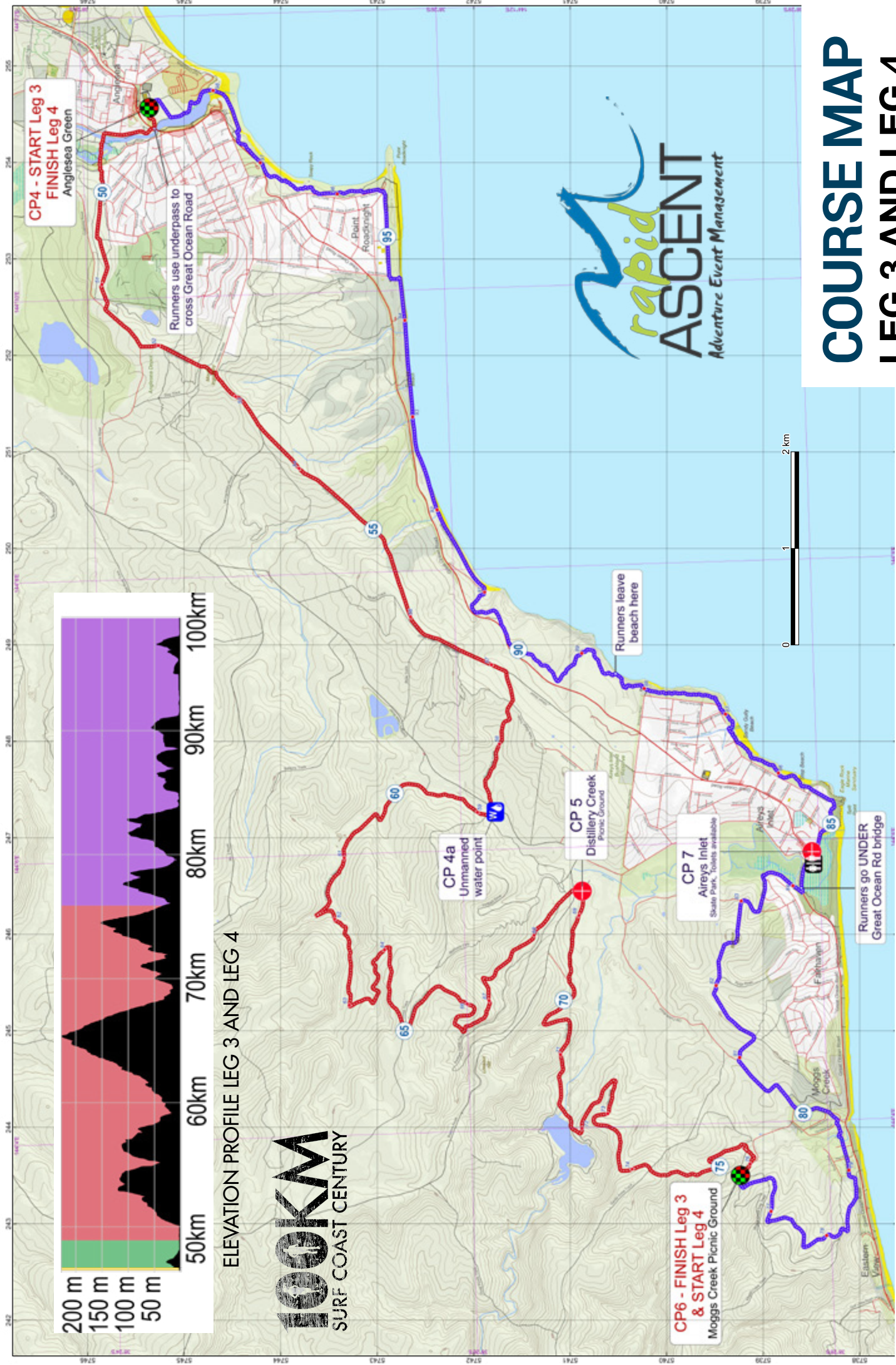
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COURSE MAP

LEG 3 AND LEG 4

Fenix Headlamps Leg 4: 76km – 100km (100km runners only)

Distance: 23km **Elevation gain / loss:** 490m / 515m

Terrain style: Another mixture of 2WD, 4WD tracks and single track that returns you to the beach for a stint along the sand to the finish. This has a hilly start but a flat finish.

Leg start / finish: CP6 at Moggs Creek Picnic Ground / The FINISH LINE at the Anglesea Green!

Check points: a small aid station at CP7 (85km) at Aireys Inlet Skate Park

Cut off: There are three cut off times incrementally along leg 4 (designed to give you a target to keep moving to). These cut off times are as follows:

- you must depart CP7 at the Aireys Inlet Skate Park (86km mark) by published start time + 16h
- you must depart Urqharts Bluff Beach carpark (92km mark) by published start time + 17h
- you must depart Cnr Melba Pde and 12th Ave (96km mark) by published start time + 18h

Great Ocean Road Bridge: all 100km runners come to a bridge at the Great Ocean Road at the 84km point. You must do the following at this bridge:

- if you arrive at the bridge before 7:00pm you must follow the markings and go under the bridge and continue.
- if you arrive at the bridge after 7:00pm you may cross the river on the pedestrian bridge and then cross over the Great Ocean Road to continue. Take extreme caution to watch for traffic and stay safe.



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DESIGNATED SUPPORT AND VIEWING AREAS:

There are numerous opportunities and locations for support crews and team mates to see your runners, principally at each checkpoint as described below, but also at many other additional points.

NOTE: Parking is very limited at all checkpoints. Many checkpoints are located on dirt roads and at road ends. Access is restricted to ONE CAR PER RUNNER - so please car pool and park sensibly. Thank you.

Race Start 0-4km (50km and 100km runners)

Where: Start line on Anglesea Main Beach, beside the river mouth.

Time: Separate wave starts for each race as described on page 4.

- 100km race start times: 6:30am / 6:46am / 7:02am
- 50km race start times: 6:38am / 6:54am / 7:10am



NO DOGS are permitted at the checkpoints or other areas in the National Park. Thank you.

CP1 – 10km (50km and 100km runners)

Where: Point Addis road end

What: Small aid station, not a team change over point

Expected times: first runner: 7:10am // mid field runner: 7:45am // last runner: 8:45am

Cut off: n/a

Parking: Car park at the end of Point Addis Rd, or park on the road verge before the road end. Limited parking.

CP2 – 24km (50km & 100km runners)

Where: Torquay Surf Beach Rotary Rotunda, at the southern end of Surf Beach Drive

Google maps location: 'Surf Beach Drive Rotary Rotunda and BBQ'

What: Leg end, team change point and big aid station. With DJ, coffee and thousands of people this will be a great CP to visit.

Expected times: first runner: 8:10am // mid field runner: 9:20am // last runner: 11:00am

Cut off: all runners must have departed CP2 by Start time + 4h45min

Parking: Car parking available on the grass beside Surf Beach Drive and on Bell St. We strongly recommend the parking in the large sealed car parks at the southern end of The Esplanade and at Pt Danger. Two way access must be maintained on Surf Beach Drive.



CP3 – 34km (50km and 100km runners)

Where: Ironbark Basin Picnic Area, Point Addis Road

What: Small aid station, not a team change over point (no toilets here)

Expected times: first runner: 8:50am // mid field runner: 10:25am // last runner: 12:00pm

Cut off: n/a

Parking: The checkpoint is in a small gravel car park 500m in from the Great Ocean Road. The car park will only fit 10 cars, all other cars must park on the Point Addis Road verge. Park well off the road and ensure 2 way access is maintained at all times. Be prepared to walk up to 1km to the CP.

LIMITED ACCESS: 100km relay and 50km runner support crews CANNOT VISIT CP3 (due to a shortage of parking). Only 100km solo support crews can visit CP3 (although we suggest even you only visit if you truly need to due to likely parking issues. Runners needing external items at CP3 are advised to use the drop bag service to CP3.

SUPPORT CREWS: Recommended coffee / ice-cream / chocolate stop!

The Great Ocean Road Chocolaterie is located right beside the race course on the Great Ocean Road and makes for a perfect mid morning coffee stop on your way between Anglesea and Torquay (while your runners are on leg 1 and 2). Stop in for some food, drinks, chocolate anytime between 9am and 4pm.



SPECTATOR MAP

2025 SURF COAST CENTURY

100KM
SURF COAST CENTURY

50KM
SURF COAST CENTURY

rapid
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CHECKPOINT LOCATIONS AND 100KM NOTES

-  **Race Start** - 0km and 4km
Where: Anglesea main beach.
-  **CP1 - 10km Point Addis car park (100km & 50km)**
What: Small aid station, not a team change over point
First / last runner: 7:10am / 9:00am
-  **CP2 - 24km at Torquay Surf Life Saving Club (100km & 50km)**
What: Leg end, team change over and big aid station
First / last runner: 7:55am / 11:15am
-  **CP3 - 34km Ironbark Basin picnic area (100km & 50km)**
What: Small aid station, not a team change over point
First / last runner: 8:55am / 1:30pm
-  **CP4 - 49km at Anglesea Lions Park (50km FINISH LINE!)**
What: Leg end, team change over and big aid station
First / last runner: 10:00am / 4:00pm
-  **CP5 - 69km Distillery Creek Picnic Ground**
What: Small aid station, not a team change over point
First / last runner: 11:30am / 7:40pm
-  **CP6 - 76km at Moggs Creek Picnic Ground**
What: Leg end, team change over and big aid station
First / last runner: 12:00pm / 9:00pm
-  **CP7 - 85km Aireys Inlet Skate Park**
What: Small aid station, not a team change over point
First / last runner: 12:40pm / 10:25pm
-  **Race Finish - 100km Anglesea Lions Park**
First / last runner: 1:40pm team & 3:00pm individual / ~1:30am last to finish (Sunday).

MAP LEGEND

-  Race course
-  Recommended spectator locations
-  Major Checkpoints and team interchange
-  Minor Checkpoints
-  Surf Coast Walk

Base map provided by the Surf Coast Shire



CP4 – 49km (100km runners)

Where: Anglesea Green (Event Expo area)

What: Leg end, team change point and big aid station

Expected times: first runner: 10:00am // mid field runner: 12:30pm // last runner: 3:25pm

Cut off: All runners must have departed CP4 by Start time + 9hr

Parking: Car park options include in the gravel car park in front of the Lawn Bowls club, in shopping area over the road or on Cameron Road near the caravan park.

CP5 – 69km (100km runners)

Where: Distillery Creek Picnic Ground, Bambra Rd

What: Small aid station, not a team change over point

Expected times: first runner: 11:30am // mid field: 2:30pm // last: 7:30pm

Cut off: n/a

Parking: The checkpoint is in a small car park on the left of Bambra Rd where there is space for 10 cars. There is additional parking in the picnic areas on the right of Bambra Rd, or park along along the Bambra Road verge. Parking is tight, please ensure 2-way access is maintained.

CP6 – 76km (100km runners)

Where: Moggs Creek Picnic Area, end of Boyd Ave

What: Leg end, team change point and big aid station

Expected times:

- first runner: 12:00pm
- mid field: 3:30pm
- last: 9:00pm

Cut off: All runners must have departed CP6 by Start time + 14hr15

Access limitation: We ask that only one car per runner visits this CP due to limited parking.

Parking: The checkpoint is at the road end where there is space for approx 20 cars. Otherwise park on the roadside and along Boyd Ave and be willing to walk up to 1km to the CP. This is a busy area, please respect the locals, drive slowly and park sensibly so you do not block access for others.

CP7 – 85km (100km runners)

Where: Aireys Inlet Skate park, opposite the 'bottom shops' in Aireys Inlet (Google maps: (Aireys Inlet Skate Park Public Toilet'))

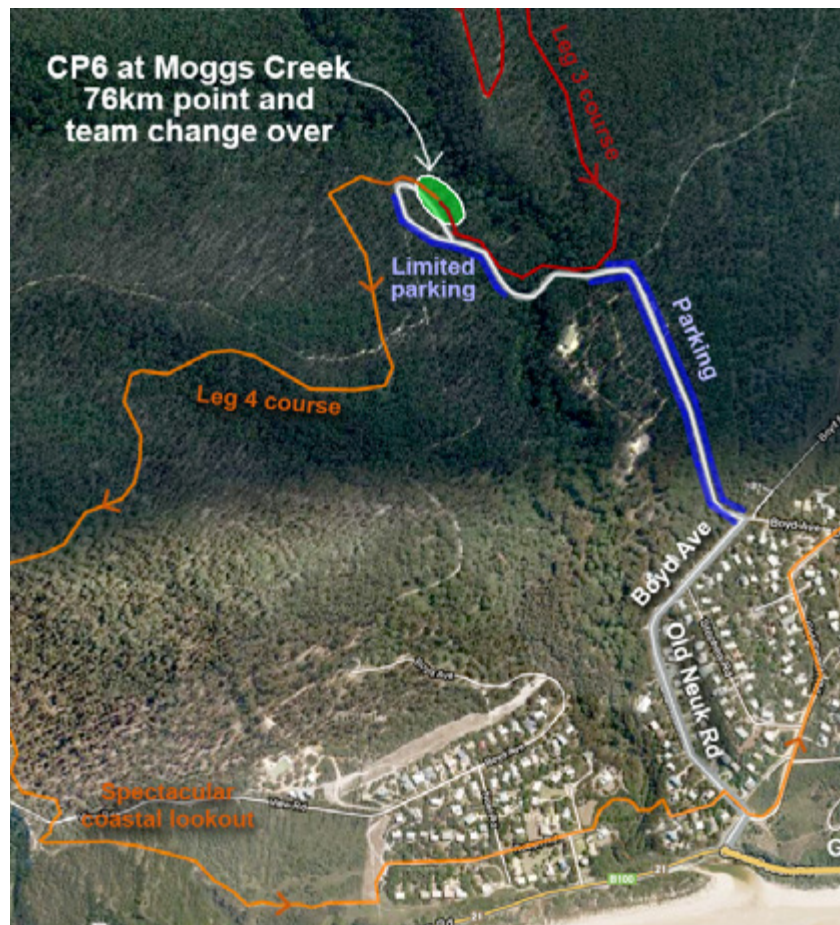
What: Small aid station, not a team change over point

Expected times:

- first runner: 12:40pm // mid field: 4:10pm // last: 10:30pm

Cut off: all runners must have departed CP7 by start time + 16h

Parking: The checkpoint is in the public shelter next to the skate park and public toilet. Park beside the skate park, on Inlet Crescent or in front of the shops on the opposite side of the Great Ocean Road.



Race Finish – 100km and 50km

Where: Anglesea Green (Event Expo area)

Expected times

- 100km (50km): first runner: 1:30pm (10:00am) // mid field: 7:30pm (12:30pm) // last: 1:40am (4:00pm)

Cut off: all 50km runners must have finished by start time + 9hr30

Additional locations for spectating

There are numerous additional locations that spectators can see runners outside of these listed CPs.

100km course:

- Bells Beach, 18km point on their way to Torquay and 30km point on their way back (they come past here twice)
- Jan Juc beach and car park, 22km and 25km points (they come past here twice)
- Coogoorah Park in Anglesea, 50km point
- The end of Harvey Street on Mt Ingoldsby in Anglesea, 53km point
- Crossing Distillery Creek Rd behind Aireys Inlet, 58km point
- Moggs Creek foot bridge, 79km point
- Aireys Inlet lighthouse and along the cliff top walk, 86km point
- Urquhart Bluff Beach car park, 93km point.



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KIDS RUN

The popular Kids Run is back again for 2025, giving our little champions a chance to be part of the fun of event weekend – held as part of our Celebration Sunday activities. The Kids Run is held immediately before the presentations it's a great kick start to Sunday morning.

When: 9:00am, Sunday 14th September

Where: Start / Finish in the event expo area (same location as the adult finish line)

Who: Designed for kids 4 -12 years old

Distance: 2.5km on a well-marked course – untimed!

How:

- \$12 for one child or \$18 for two. Entry, includes finisher's ribbon, race plate and fruit at the finish
- Enter online, or in person at the Registration marquee at the Surf Life Saving Club beforehand on race morning.



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EQUIPMENT

Mandatory Gear List (for 100km and 50km competitors)

For ALL runners at all times - solo and relay team members:

- Race number plate. To be worn on your front, attached to the outermost garment at all times.
- First Aid Kit* (minimum contents 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non stick wound dressing pads and a pair of surgical gloves).
- Space blanket*
- Whistle*
- Mobile phone
- 1 x windproof jacket – Goretex or similar waterproof / breathable fabric strongly recommended.
- Water container minimum 750ml capacity (may be a water bottle or bladder in a backpack)
- A head torch when on the trail before sunrise at 6:30am or after sunset at (6:10pm)
- Long sleeve thermal top – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any 'compression' garments. *To be confirmed if mandatory in race week when weather forecast is known.*

*These items are also for sale at Race Registration, or via Merchandise page

Recommended Gear List

- Long sleeve thermal top (polypropylene, wool or similar).
- Additional clothing to match the conditions expected on the day
- Beanie or balaclava, thermal gloves and more thermal gear
- Spare running shoes and socks after Leg 1 (you WILL get wet feet!)
- Water proof bag or snaplock for your mobile phone
- Food and additional water / hydration
- Hat and sunglasses
- Vaseline, Body Glide or other body lubricant, Sports injury tape (like Elastoplast)
- A copy of the GPS course route on your phone (eg. Avenza app recommended as explained on page 8).



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CUT OFF TIMES

Cut off times listed in the course and checkpoint descriptions above will be strictly enforced. You must DEPART the relevant checkpoint by the time listed. Cut off times set at an amount of time after the race start (allowing for variable race start times). Cut off procedures if missed:

- For teams who do not make the published cut off time, the next team member will be allowed to continue at the published cut off time but will be an unranked competitor.
- Individuals who miss a cut off must miss the next leg but they may re-continue from the following aid station as an unranked runner
- If the last cut off is missed, then competitors must make their way via alternative means to the finish line.

For 2025 cut off times will be calculated as of the last wave start in each race, ie: 7:02am for 100KM runners and 7:10am for 50km runners (provided the races start on time).

EVENT WITHDRAWAL INCLUDING INJURY

SMS OR CALL THE EVENT DIRECTORS: Sam Maffett 0400 001 786 or John Jacoby 0408 035 26. (These phone numbers are on the BACK of your race bib for reference.)

RULES

The following rules apply to the 2025 Surf Coast Century:

- (all participants) must read and sign the Participant Indemnity
- Juniors only – (under 18 on race day) must have their parent or guardian advise the organisers, Rapid Ascent, of their intention to enter, must comply with the Under 18 entry requirements as published on the event website and the parent or guardian must read and sign an authorisation and indemnity.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Race numbers are non-transferable. Times will not be recognised if racing under another entry/name.
- Competitors may only receive external assistance on the course from their support crews and/or team mates within the designated area at Checkpoints. Competitors may also receive support from race organisers and officials. External support may not be provided anywhere else on the course and this includes the supply of water bottles or food by non competitors.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing / pacing, or give food or drinks to a competitor in another category except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- You must carry the Mandatory Gear as specified in the equipment list. A 30 minute penalty will apply for any (and every) item found missing during any random gear checks and you will not be allowed to continue until the item is replaced. You can expect random gear checks to be made during the race.
- Relay teams can only change over at the designated checkpoint locations – after their team mate has arrived.
- Relay teams must transfer their timing chip within the designated checkpoint area.
- Competitors are responsible for the actions of their support crew and may be penalised for actions or breaches of the rules by their support crew.
- Support crews and team mates are not permitted to run with or pace runners.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- All runners are permitted to lodge protests against results or decisions enforced during the event. A judging panel of three Rapid Ascent staff members will adjudicate on all protests and other contentious matters, and their decision will be final. Protests must be lodged within 30 minutes of the competitor crossing the finish line.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

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WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2025 - 2026.

Run Bibbulmun Track Stage Race

Denmark, WA. 14 - 16 November, 2025 www.runbibbulmun.com.au

A 3 day stage race along the most spectacular sections of the famed Bibbulmun Track in Great Southern WA. For solo runners, with long and short course alternatives this event provides breath-taking running along rugged coastlines, remote beaches and protected bays.



Otway Odyssey and Great Otway Gravel Grind presented by Shimano

Forrest, VIC. 23 Feb - 1 March, February, 2025. www.OtwayOdyssey.com.au

The Otway Weekend is the biggest party in off-road cycling and in 2026 we're gearing up to celebrate the event's massive 20th year anniversary. With a new format, new courses and new schedule there is a race for all off-road riders: MTB: 100km, 75km, 50km, 30km, 10km, and GRAVEL: 49km and 106km.



XTERRA Asia Pacific Championships

Dunsborough WA. 27 - 29 March, 2026 www.XTERRAAustralia.com.au

The prestigious Asia Pacific Championships for off-road triathlon and trail running! Racing through stunning scenery around Dunsborough and Meelup in South West WA. With long / short triathlons and 10km, 21km and 38km trail runs, this is off-road racing in adventure paradise.



Margaret River Ultra Marathon

Margaret River WA. 9 - 10 May, 2026. www.MRultramathon.com.au

Providing spectacular 42km and 80km journeys for solo runners and 80km for relay teams (with up to 5 runners), the Margaret River Ultra Marathon provides runners with an incredible race in Western Australia's Cape to Cape coastline. With a capacity of 2,000 this event sells out fast. Entries open in mid October.



The Trail Running Series

Three wilderness locations within 1 hour's drive of Melbourne, www.TrailRunningSeries.com.au

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~16km) / and long (~24km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2025.



Run Larapinta Stage Race

Alice Springs, NT. 14 - 17 August, 2026 www.RunLarapinta.com.au

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience in the heart of Australia. With a capacity of just 200 runners this event sells out fast. Entries open late October.



Shimano Gravel Muster

Alice Springs, NT. 20 - 23 August, 2026 www.GravelMuster.com.au

Australia's iconic gravel stage race. Riding 380km through the outback in a coordinated event environment over 4 spectacular days. With a mix of timed and untimed stages, staying in cabins and camping at remote cattle stations, this will be an incredible experience for all riders.



Rapid Ascent Journeys www.rapidascentjourneys.com.au

A new venture we're conducting alongside our events - Rapid Ascent Journeys offers genuine adventure holidays and guided tours for those who want to use their fitness to explore more. We organise set trips in popular disciplines (like gravel riding and trail running) or we'll organise your own custom trip if you want a real adventure wherever / whatever / whenever you want. These are the ultimate adventure holidays



Good luck on race day and we hope to see you at another Rapid Ascent event soon.

www.RapidAscent.com.au

