

2025
MAR
16

Raging Waters
SYDNEY

RACE HUB

AUSTRALIA

Raging Waters Running Festival

Event Program 2025

FITNESS
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- WETHERILL PARK -

CONTENTS

✓ **Welcome to Race Hub Australia**

✓ **Event Schedule & Timings**

✓ **Race Pack Collection**

✓ **Your Race Pack**

✓ **Spectator Information**

✓ **How we Race**

✓ **How to Get there**

✓ **Facilities & Amenities**

✓ **Course Maps**

✓ **Raging Waters Venue Information**

✓ **Race Rules**

✓ **Volunteers**

✓ **On course Safety**

✓ **Terms & Conditions**



Welcome to Race Hub Australia!

Meet The Team



Jack Green
Founder & Director



Caitlin Cunningham
Operations & Administration

Why We Do What We Do!

At Race Hub Australia, our passion lies in contributing to the ever-growing running culture across Australia through accessible and enjoyable racing events for runners and walkers.

Offering a number of Half Marathon, 10km, 5km and 2km races, we create diverse events that support every participant's running journey. Whether you're seeking a new challenge or a beginner entering their first race, we can guarantee there's a race for you at Race Hub Australia.

📞 0432 440 639

✉️ info@racehubaustralia.com

Follow us on Social Media





Thanking our presenting partner

FITNESS
fernwood®

- WETHERILL PARK -



Event Schedule & Timings

Event	Time
North Car Park Opens	6:00am
Registration Opens	6:15am
Park open for lockers & toilets	6:30am
10K	7:45am
5k	8:00am
2k	8:20am
WATER SLIDES OPEN!	8:45-9am
Park opens to general public	10.30am



Your Race Pack - Registration

Registrations

On arrival, make your way to the front entrance of Raging Waters Park. The gates of Raging Waters will open at 6am. Our team will be in the registration tent outside the main entrance of Raging Waters from 6.15am. The finish line event village is located inside the park on the Beach Side Lawn.



Bib Postage

If you have chosen to have your bib posted, these were sent out on Monday 3rd of March.

If the bib does not arrive by race day, there will be spares in the event village which you can pick up on the morning of the race. Once received, you do not need to do anything on race morning. Please arrive at least 30 minutes before your race.

Bib Collection

Those who need to collect their bib on the day, registration desk will be open from 6:15am. Our tent will be located at the entrance to Raging Waters. Names on bibs is only for those who purchased at registration.



Other Registration Information

Transfers

Can't attend the race - but your mate can?

You can transfer to a new race distance or transfer to a friend up to 3 days before race day, by logging into your Race Roster account and clicking 'transfer'. T&Cs apply.

Send us an email at info@racehubaustralia.com for assistance.

Bag Drop

There is no bag drop available at the registration desk. We strongly recommend leaving all valuables in your car or in one of the 1000+ lockers inside Raging Waters. The lockers are yours for the full day so you can continue using it after your race. Please ensure that you don't bring any glass inside Raging Waters. You can leave and re-enter Raging Waters as many times as you like throughout the day



Pre Purchased Merchandise Collection

If you have purchased merchandise with your registration you are able to collect it on race morning. Please head to the registration tent at the Raging Waters entrance.

E - Time

Add a special touch to your medal with the E-TIME insert, featuring your Name, Distance and Finish Time engraved just for you.

This keepsake sticks to the back of your finishers medal and will be sent directly to your address after the event, making it the perfect way to commemorate your achievement. Check it out on our Race Roster Store or purchase on race day.



Your Race Pack

Your Race Bib

Make sure you attach your bib to front of your shirt and ensure it is clearly visible. A chip is attached to the back of your bib, which means your time starts when you cross the start line - not the gun time. Green bibs are for the 10k race, Blue are for the 5k race and orange bibs are for the 2k race.



10K BIB



5K BIB



2K BIB

2k runners please arrive before 8am due to road closures

Post Race Event Village

The event village will be at the finish line inside the park on the Beach Side Lawn. All staff and volunteers will be wearing high viz so you can reach out to anyone if you need assistance.

Results

Results will be posted on our website as soon as you have crossed the line!
www.racehubaustralia.com/results

Merchandise

Don't forget to check out our awesome range of event t-shirts in [Store](#). You'll want to grab one to commemorate your participation in the event and to wear in your future runs.

If you have pre purchased merchandise with your registration you are able to collect it on race morning. Please head to the registration tent at the Raging Waters entrance.

Individual Prizes

There will be prizes awarded to 1st, 2nd, and 3rd male and female participants for all races. Each participant will receive a finishers medal.

**FINISHER
MEDAL**



Spectators

Please collect your coloured wristband on race morning from the registration tent, located at the Raging Waters entrance. This is needed to enter the park.

Everyone wanting to enter the park requires a spectator ticket*



- Parents or guardians of children participating in a race must purchase a spectator ticket to enter the water park unless they are also running.
- You will be given a wristband to access the park to see your loved ones at the finish line.
- The finish line is located at the Beach Side Lawn.
- There are benches along the finish line that are open for spectators. They are located in front of the F&B stalls.
- You may also sit on the AstroTurf overlooking the wave pool
- Please follow signage for spectators to avoid walking on the course.
- Patrons 14 years and younger must be accompanied by a guardian 18 years and over to be allowed to enter the park.
- When using the wave pool, children 11 years and younger must have an adult accompanying them in the water.



Sydney West Physio



We provide world-class healthcare in Greater Western Sydney with clinics in Penrith, Blacktown, Bella Vista, and Westmead. Our skilled team offers comprehensive services beyond physiotherapy, including nutrition, dietetics, and speech therapy. We focus on excellent clinical care, personalised treatment plans, and working with our patients to help them achieve their goals, whether they are top-level athletes or someone tackling their first ever event

RACE DAY *EXCLUSIVE OFFERS*

➤ **30% off your initial appointment*:**

Take advantage of a 30% discount on your first physiotherapy appointment at one of our clinics after the race to help you overcome any post-race niggles, or get in peak condition for your next event

➤ **Complimentary post-race calf massage:**

After crossing the finish line, let us help you unwind and recover with a complimentary post-race massage at our event hub tent.

➤ **Enter to have a chance to win our ultimate recovery prize pack, including a foam roller, massage ball, Theraband, and ice pack**

➤ **on the spot prizes and giveaways!**

**Terms and conditions apply. Single use only. Discount must be used within 6 months of event (ie. By 16th September 2025). To be entitled to the 30% discount, proof of participation in the event must be shown. Discount not available to patients who have previously attended our clinics in the last 12 months.



[sydney_west_physio](https://www.instagram.com/sydney_west_physio)



www.sydneywestphysio.com.au

How We Race

Race Start Times

Distance	Time	Race Cut Off Time
10K	7:45am	9:20am (95minutes)
5K	8:00am	9:20am
2K	8:20am	9:20am

If you require a longer race time please inform us before the race*

- Please arrive 1 hour minimum before your race.
- Our races start in self seeded waves. Please listen out for your estimated finishing time and head to the start line accordingly.
- Our course will be marked with signs, cones and marshals to guide you on your route. Be cautious at junctions for other distances and follow signs for your distance.
- This is a road closed event. To ensure the your safety and those around you please obey all marshal and traffic control instructions or signs.
- Your bib holds a timing chip that starts when you cross the start line, not gun time.

Children Under 15

- We recommend that all children under the age of 11 in the 2k run with a parent. However, if you do not deem this necessary, parents will be given the bag tag number from the children's bib to ensure all children are accounted for after the race.
- Children under 15 running with no supervision require a parent inside Raging Waters venue. You will need a spectator pass if you are not running but intend to be in the park afterwards
- Patrons 14 years and younger must be accompanied by a guardian 18 years and over to be allowed to enter the park.
- When using the wave pool, children 11 years and younger must have an adult accompanying them in the water.



Children under 15 must have a parent inside Raging Waters if running unsupervised. A spectator pass is required if you're not running but want to enter the park.

How To Get There

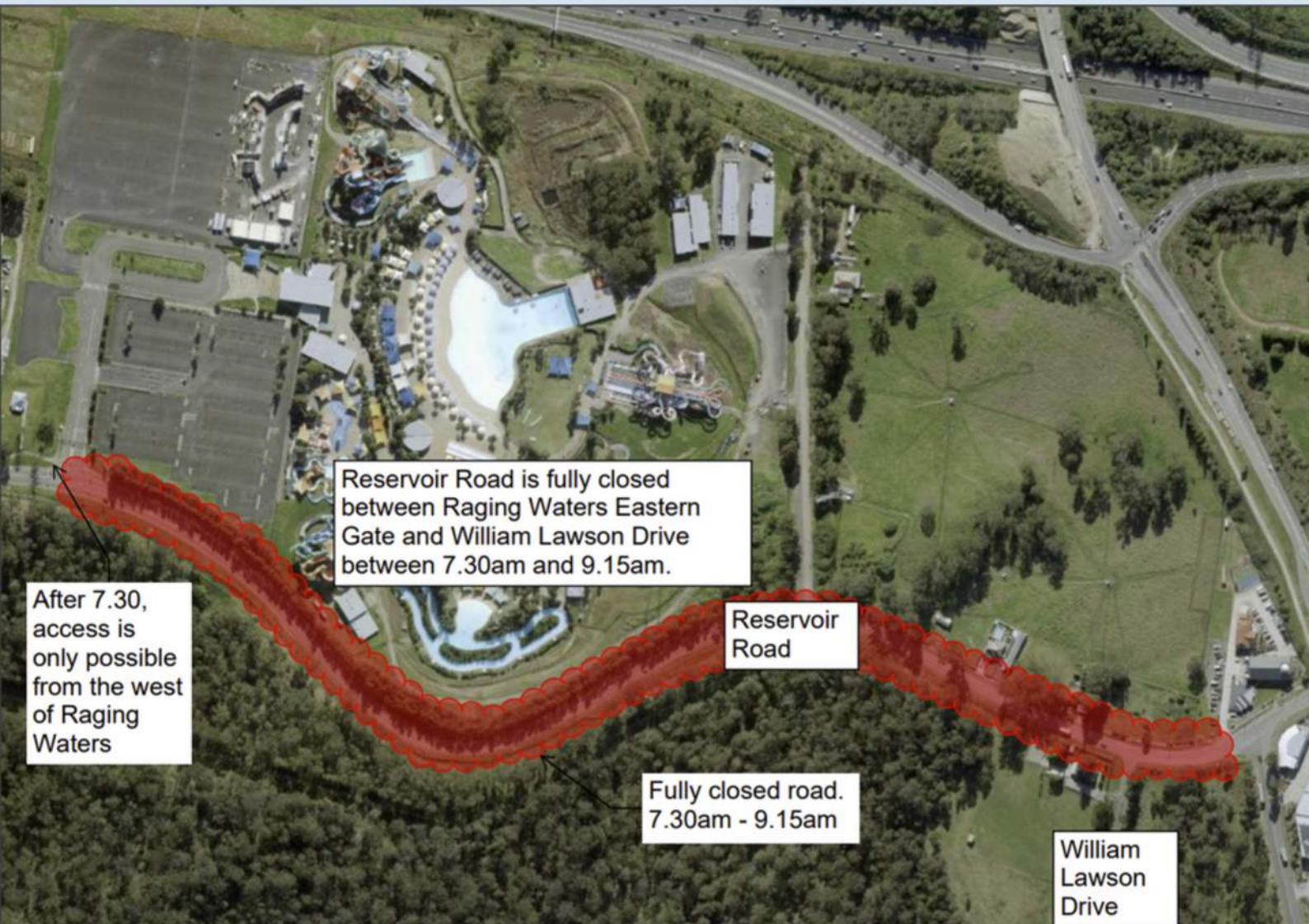
427 Reservoir Rd
Prospect NSW
2148

Important Timings

Road Closures

We are closing Reservoir Road between Raging Waters and William Lawson Drive between 7:30am and 9:15am. Traffic control will be setting up from 5:30am. Please be mindful of this team when approaching Raging Waters.

We ask all 2k Participants to arrive before 8am.



- Reservoir Rd will be closed between Raging Waters entrance and William Lawson Drive between 7:30am-9:15am.
- If you are arriving after 7:30am:
 - from the East, stay on the M4 until the Reservoir Rd exit.
 - from the south, along the Prospect Highway, stay on the Prospect highway until M4 turn off (left, Westbound), then take the Reservoir Rd exit.
- There will access via Reservoir Rd coming from the West. If you usually visit from the West, via M4 Great Western Highway or Reservoir Rd, your route will be unaffected.

Facilities & Amenities

Participants & Spectators

IMPORTANT

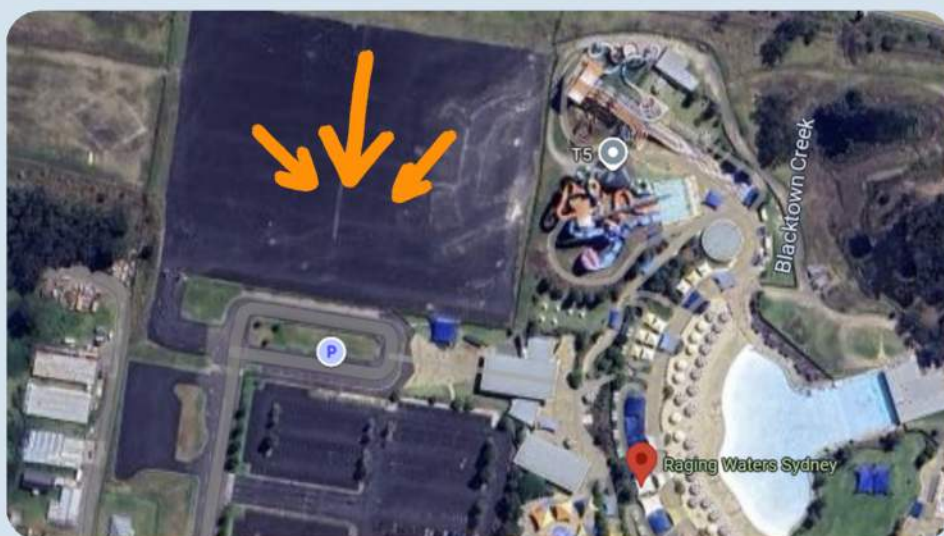
Access to the internal park facilities opens from 6:15am. You must have a running bib or spectator wristband to enter the gates to the facilities below.

Please note bags will be checked by security and no glass is allowed in the park.



Parking

- Please park in the northern carpark shown below.
- Parking opens at 6am.
- **2K Runners must arrive before 8am due to road closures.**
- Parking is free for Race Hub patrons in this carpark.
- Follow the traffic controllers and receive complimentary parking at the ticket booth.
- We encourage you to leave belongings in a locker inside Raging Waters or in your cars for the duration of the race. Bag Drop is not available.



Lockers

Guests can choose from 1000+ lockers around the park and will be yours to access for the entire day. Lockers cannot be pre-purchased online. Lockers do not accept cash. All locker bays are MasterCard, Visa, Apple or Google pay only.

- Regular \$12 (29.5cm x 42cm x 28cm)
- Large \$15 (29.5cm x 42cm x 42 cm)
- Family \$20 (36cm x 42cm x 58cm)

How to Use the Lockers at Raging Waters

1. Grab a wristband from red wheel on side of lockers.
2. Go to any Locker Pay Point
3. Scan your wristband
4. Pay
5. Your locker door will open automatically



Toilets

Toilets are located throughout the park.

For toilet use before the race, please collect your wristband or bib and enter the park.

There will be toilets available along William Lawson Drive. They are located near both water stations.

Food & Beverages

Coffee is available from 7:00am at Sweet Spot Cafe at the main entrance. For more information on the restaurants available please head to the Raging Waters website.

Guests are allowed to bring in pre-made sandwiches, home made food items, fruit and drinks. Commercial food or glass is not allowed into the park..

Guests with special dietary requirements as detailed below may be exempt from this policy providing adequate evidence.

- Guests with allergies
- Infants and babies



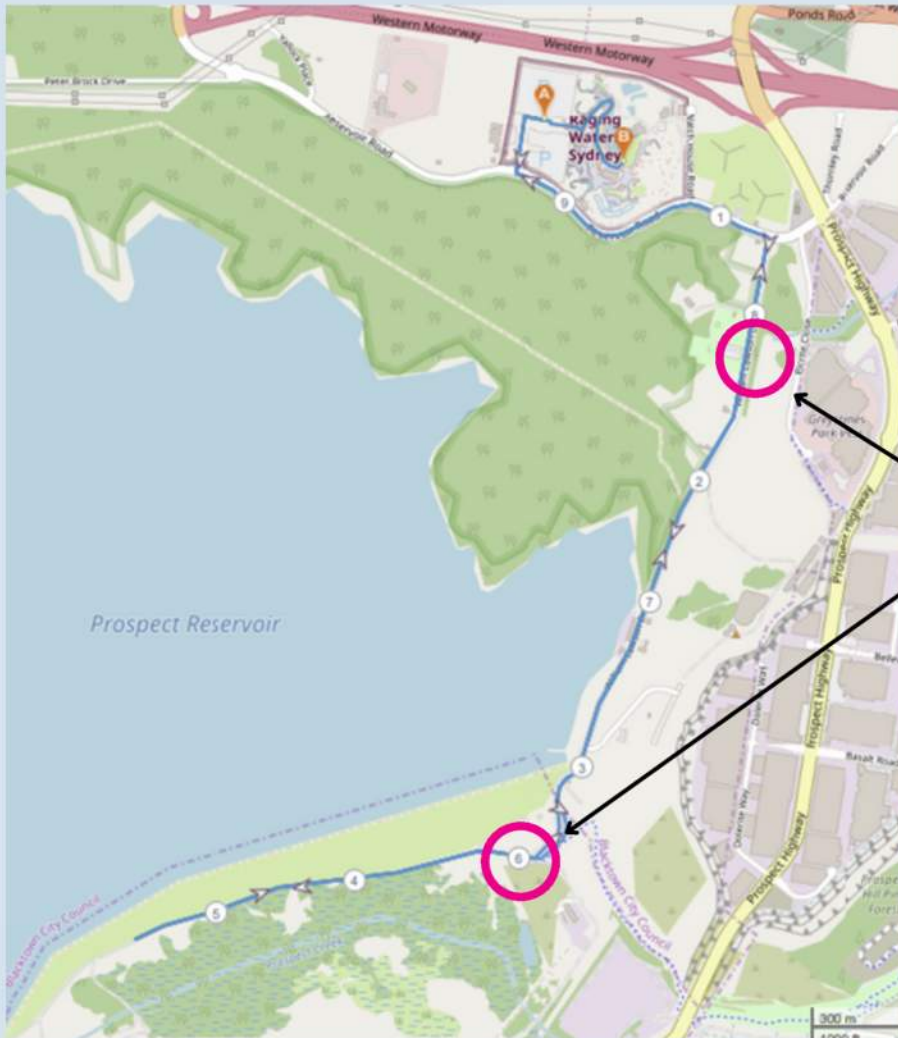
What to Bring

- Drink bottle - No glass.
- Hat
- Sunscreen
- Towel
- Swimming attire
- Please remove jewellery & piercings for the slides.

**PLEASE NOTE WHEN ENTERING THE PARK RAGING WATERS
SECURITY WILL PERFORM A BAG CHECK.**

Course Maps & Water Stations

10K



Water Station

Water Stations

There will be water and TailWind stations available on both the 5km and 10km races. For the 10k, stations will be available at the 1.5km, 3.5km, 6km and 8km points. Stations will be available at the 1.5km and 3km points of the 5km race.

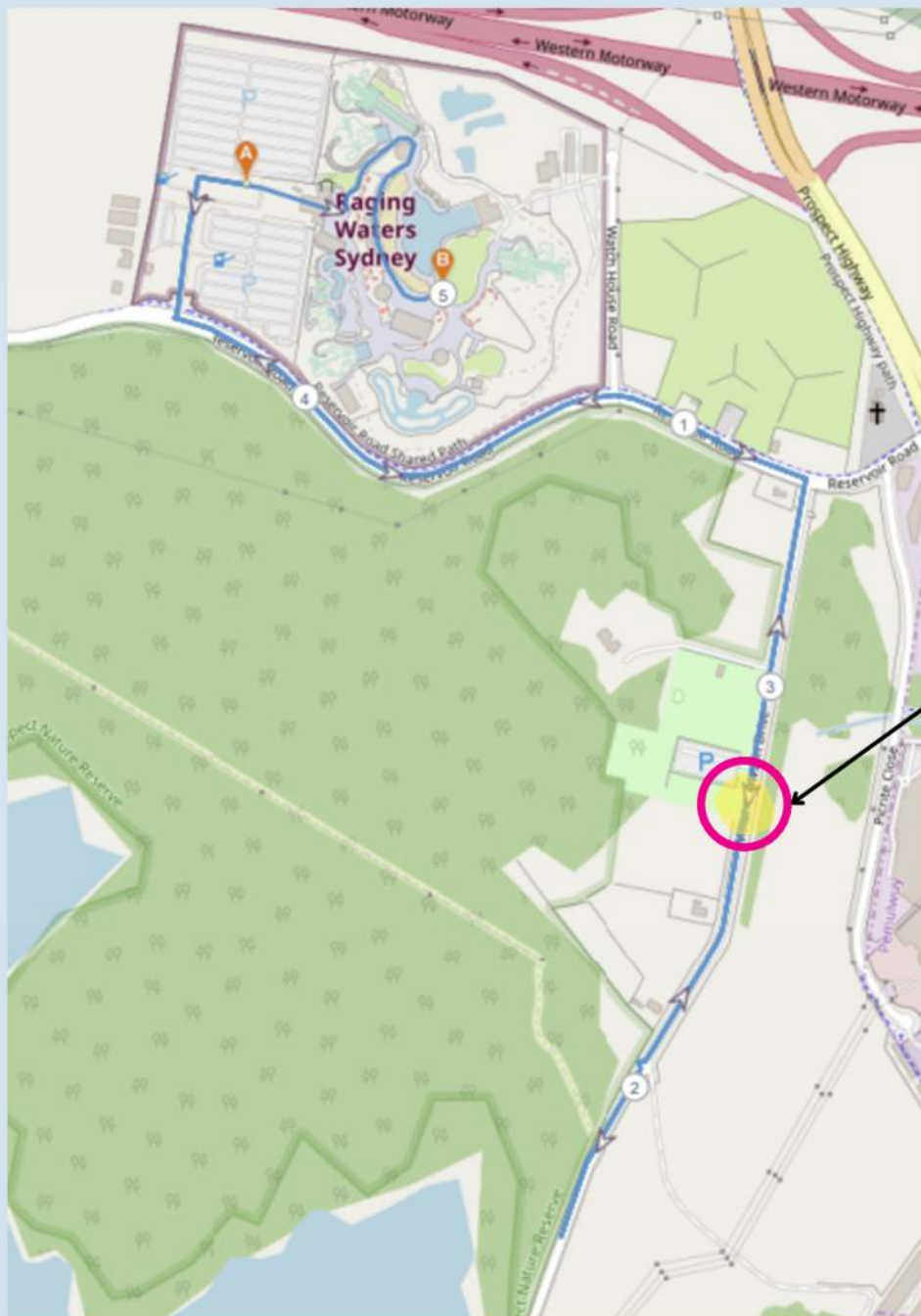
Water stations will be lead by our volunteers who will be making sure you can rehydrate yourself with water and electrolytes from Tailwind Nutrition before finishing strongly.

Please be mindful of disregarding cups on the course. Please try and place the cups in the bins just after the aid stations.



Course Maps

5K



Course Maps

2K



****2k runners please arrive before 8am due to road closures****



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City Council

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SYDNEY

Venue Information

Two of the large towers, the wave pool and the kids area will be open exclusively to you from around 8.45am-9am.

General public are not allowed in until after 10:30am, so you will have over an hour of water slide fun without any queues. Your ticket incorporates a full day pass and free parking.

Slides Available from 8:45am

H2GO RACERS



Intensity: Moderate
Min. Height: 110 cm

360 RUSH



Intensity: Intense
Min. Height: 122 cm

Bombora Water Slide



Intensity: Intense
Min. Height: 140 cm

...AND MORE INCLUDING
CHILDRENS SPLASH PAD!

RUN FASTER
TO
SLIDE LONGER!



Race Rules

- ✓ Follow course signs & marshals
- ✓ Make sure your race bib is attached on the front of your t shirt and is always visible
- ✓ Listen to announcement's carefully at all times
- ✓ Prams are allowed but must start at the back.**
- ✓ Please review out T&Cs on our website
- ✓ Please dipose of rubbish in bins provided
- ✓ If you see an injured racer, please alert closest volunteer
- ✗ Dogs are not permitted on the course
- ✗ No outside assistance from cyclists or vehicles

ESTEEN
CONSTRUCTION
1200 005 600

“ WHERE TRUST, CLARITY, Q
FOR YOUR DREAM PRO

- Home Extensions &
- Home Renovation
- Design & Approval

CALLING ALL VOLUNTEERS!

We are still looking for volunteers for race day. If you know of any friends and family who cannot race but would love to come along and help, then please reach out to them. It's always great fun cheering on runners on the course and helping out round the event village or on course. We are able to offer free entry into the water park for the full day, free coffee, free post shift B&E roll and a free event t shirt.

Please use this link to register:

<https://raceroster.com/events/2025/94717/raging-waters-running-festival/volunteer>



Photos

Photos will be taken by our photographers on the ground and will be uploaded to GeoSnapShot on the day of the event. All photos will be free so you can upload to your social media straight away.

Photos are being provided to you free of charge, from our generous sponsor Esteem Constructions. Say hello on race day!



ESTEEM
CONSTRUCTIONS

Where Trust, Clarity, and Quality meet for your dream project

On Course Safety

- Please note you will be running on public paths open to other traffic. Event officials will be present to assist at junctions, but it is still your responsibility to lookout for any pedestrians or cyclists.
- Stick to the left-hand side of roads and paths in public areas unless directed by marshals or event signage.
- Please obey all event, road and directional signage and stick to the marked course at all times.
- Roads are closed with traffic controllers managing the roads and traffic. However, please be mindful of any possible cars on course.
- The middle 2k of the 10k race is on a public bike path so please be mindful of bikes
- There is a kerb at Raging Waters before the entrance and also mindful of the entrance kiosk things (prams still allowed)*
- Athletics Australia recommends that the minimum age for a 5k is 12 years old and the minimum age for a 10k is 16 years old.
- Cooperate with event officials at all times. The race directors decision is final.
- The organisers reserve the right to alter without notice any of the Race Rules which govern the event.
- We'd strongly advise against wearing headphones, so that you can hear any other pedestrians or cyclists and can listen to marshal instructions.

Insurance & Disclaimer

Race Hub Australia have Public Liability Insurance. This does not include personal accident insurance. You may wish to take out your own personal accident and ambulance insurance cover for the event. Your private health insurance policy may include this, but you will need to check with your insurer. Please see below links for any further information.

Race Hub Australia

- <https://racehubaustralia.com/terms-and-conditions/>
- <https://racehubaustralia.com/waiver/>
- <https://racehubaustralia.com/race-hub-australia-sydneys-newest-racing-community/transfers-refunds-cancellations/>

Raging Waters

- <https://www.ragingwaterssydney.com.au/park-rules>
- <https://www.ragingwaterssydney.com.au/prepare-your-visit/information/faqs>



**PREMIUM PERFORMANCE
HEADWEAR**

