



Gladstone Area Water Board

MEDIA RELEASE

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Lake Awoonga Adventure Race returns – now with a run-only option!

The Lake Awoonga Adventure Race is back on Saturday 25 October, and this year brings an exciting new twist – a 10km run or fast walk through some of the most stunning Lake Awoonga recreation areas.

The new 10km run or fast walk is in addition to the three existing Lake Awoonga Adventure Race (LAAR) events which incorporates bike riding, kayaking and running.

Proudly sponsored again by Gladstone Area Water Board (GAWB), the 2025 race will offer something for everyone – whether the classic multi-leg challenge or the new all-foot option.

GAWB, along with LAAR event organiser Benaraby Progress Association, is calling on the community to help name the new 10km walk/run-only format.

GAWB acting CEO Scott Wikman said it was important to involve locals in shaping the next chapter of this much-loved event.

“The Lake Awoonga Adventure Race has been running for seven years, with fantastic support from the community and dedication from the Benaraby Progress Association,” Mr Wikman said.

“Our employees brainstormed names for the new event, and we’ve shortlisted two: Goanna Gallop and Wallaby Rush.

“Now we want the public to vote for their favourite via a poll on the GAWB Facebook page.

“We’ve already got the Barramundi Bush Bash, Goshawk Gauntlet, and Taipan Trail – what should the new event be called? Don’t miss your chance to be part of the race’s history.”

LAAR Event Coordinator Melanie Achilles said the new 10km race will take participants through Ironbark Gully, Riverston Bay and Coomal Bay – showcasing the natural beauty of Lake Awoonga like never before.

“This is a completely new way to experience the Adventure Race,” Ms Achilles said.

“The run-only option makes the event more accessible to those who might not want to cycle, swim or kayak – but still want a great outdoor challenge.

“GAWB has supported this event – and all our ideas – from the very beginning, and we’re incredibly grateful for their ongoing support.”

The 2025 Lake Awoonga Adventure Race takes place on Saturday, 25 October, with registrations opening via www.laar.com.au on Monday, 1 July.

To vote on the name of the new 10km run, visit the GAWB Facebook page.

For more information about the Lake Awoonga Adventure Race, visit www.laar.com.au.

Gladstone Area Water Board (GAWB), as a Queensland Government Bulk Water Supply Authority, delivers safe and reliable water services which promote economic development and enhance the lifestyle of regional Queensland. GAWB owns and operates Awoonga Dam, along with a network of pipelines, water treatment plants and other distribution infrastructure. GAWB also owns and operates Aquaculture Gladstone, a fish hatchery and interpretive display at Lookout One at Lake Awoonga. For more information, please visit www.gawb.qld.gov.au

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