



The Amazons Australia

The Amazons Australia – World First All-Female ARWS Stage Adventure Race

Newsletter #5 – FINAL UPDATE

Here is the link to [Newsletter 1](#), [Newsletter 2](#) and [Newsletter 3](#) and [Newsletter 4](#) just in case you missed them.

Welcome to the fifth and final newsletter for The Amazons Australia.

We're absolutely thrilled to have you joining us for what promises to be an incredible event! Get ready to soak up the stunning views and vibrant atmosphere of this beautiful part of Queensland.

Acknowledgement of Country

We respectfully acknowledge the **Djiru aboriginal people**, the Traditional Custodians of the beautiful lands and waters where we gather for the event in Mission Beach and surrounds. We pay our deepest respects to their Elders, both past and present, and celebrate the rich cultural heritage and ongoing connection of First Nations peoples to this country.

Acknowledgement of Major Sponsors

We extend our sincere gratitude to our invaluable major sponsors whose generous support has made this world-first ARWS All-Female event possible. A huge thank you to the Cassowary Coast Regional Council, Cassowary Coast Tourism, Tourism Tropical North Queensland, and Mountain Designs for their commitment. We also especially acknowledge the ARWS - Adventure Racing World Series for their vision in bringing this groundbreaking, all-female event to fruition here in Mission Beach. Your partnership is truly appreciated!



The Amazons Australia

EVENT SCHEDULE – The Amazons Australia 2025

Saturday 5 July - Interstate and overseas arrivals, transport to Mission Beach; Mission LINK*

Sunday 6 July - Registration

12.00 pm – 3.00pm Registration (register, photos, gear checks, safety brief, kayaks available)

4.30 pm Official Opening Ceremony - Happy Hour on Sunset - Plenty Restaurant & Bar

Monday 7 July – Race Day 1

5.30am HQ Open, gear drops at HQ

6.00am Map Handout & Briefing

7.00am START Day 1

3.00pm FINISH Day 1 (8 Hours to complete course)

4.30pm onwards OPTIONAL Social Drinks & Dinner at Plenty Restaurant & Bar* (not included in entry) a chance to relax, unwind and share stories of your adventures.

Tuesday 8 July – Day 2

5.30am HQ Open, gear drops at HQ

6.00am Map Handout & Briefing

7.00am START Day 2

3.00pm FINISH Day 2 (8 Hours to complete course)

4.30pm onwards OPTIONAL Social Drinks & Dinner at Plenty Restaurant & Bar* (not included in entry) a chance to relax, unwind and share stories of your adventures.

Wednesday 9 July

5.30am HQ Open, gear drops at HQ

6.00am Map Handout & Briefing

7.00am START Day 2

3.00pm FINISH Day 2 (8 Hours to complete course)

4.30pm onwards OPTIONAL Social Drinks & Dinner at Plenty Restaurant & Bar* (not included in entry) a chance to relax, unwind and share stories of your adventures.

6.00pm Dinner & Presentations at Plenty Restaurant & Bar including speeches from guest speakers* (included in entry)

Thursday 10 July - Interstate and overseas transport to Cairns; Mission LINK* from 8.00am

Relax & Unwind at a local café; Checkout of your accommodation or stay and play!



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EVENT HQ – [Mission Beach Progress Hall](#)

Registration will take place at event HQ. Please bring all of your mandatory gear and equipment for labelling.

BRING ALL GEAR & Equipment ready to race each day to HQ all gear for the event will be transported by our event staff throughout the event.

EVENT PARKING

There is parking available at the event HQ site. Please do not enter the campgrounds, unless you are staying there. There is ample street parking right outside.

TOILETS & WATER

There will be water available at HQ and there is also access to toilets in the hall before and after each day. There will also be access to the toilets at the campgrounds before the race. Please note that only people staying at the campgrounds have access to the showers.

COURSE, LOGISTICS & EQUIPMENT

The Amazons Australia is a 3-day stage adventure race with a time cutoff of 8 hours each day.

The event will be a POINTS based event meaning that every checkpoint will be worth 1 point. There will be mandatory checkpoints and bonus checkpoints – all worth 1 point. Your scores and finish times will be cumulative over the three days. Rankings will be determined by points first and then time. Meaning a team with more points will be ranked higher than a team with less points. If teams have the same points the team with the fastest time will be ranked higher.

If you miss / skip a mandatory checkpoint you will be ‘short coursed’.

To finish the event as a ranked team, you will need to start and finish each day as well as check in at every TA (Transition Area) on each day of the event.

We have 3 courses set – Course A, B and C. It is proposed that Course A will be Day 1, Course B – Day 2 and Course C – Day 3. However, due to the wind and weather conditions at Mission Beach, we may need to make some changes. You will be notified of any known changes at registration.

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PADDLE EQUIPMENT

SURGE Kayaks (provided) do not have any steering and, therefore no adjustments are required. At registration there will be an opportunity for you to test out the kayaks, which might be helpful for anyone who is not familiar with paddling these kayaks.

You are permitted to BYO paddles and PFDs or use those supplied. Paddles and PFDs will be available at the Kayak TAs. There will be plenty available, so you do not need to let us know if you need them. You will need to wear helmets on the paddle legs and carry 1 throw-bag per team as specified in the rules.

If you are bringing your own paddles and PFDs, you will be notified at registration where to drop these. Please ensure that they are in a clearly labelled bag with your team name and number at the start of each day. We will have stickers that you can put on your paddles if they are yours!

EQUIPMENT LABELS

Each team will receive a set of numbered labels to place on Bag A and B, bikes and on paddles (if you are bringing your own). There will be some extra stickers that you can use as souvenirs from the event.

RACE BIBS

Race bibs must be worn racing each day, must be clearly visible at all times and worn over the top of your PFD on kayak legs. These will be issued at registration collected back at the end of day 3.

MANDATORY GEAR LIST - [LINK](#)

Competitors are required to carry the mandatory items to maximize their safety during the Amazons Australia Adventure Race. Mandatory equipment will be checked off at registration.

ARWS RULES - [LINK](#)

Adventure Racing World Series race rules will be used the Amazons Australia Adventure Race. Please familiarise yourself with the rules of the event prior registration.





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DAILY BRIEFING, MAP HANDOUT & TRACKERS

A daily event briefing will occur at 6.00am – followed by map handout. The event will start at 7.00am each day.

Maps and trackers will be handed out each day at the at the daily course briefing. Both team members need to be present where you will be provided with course details, rule reminders and any safety updates.

Each day teams will receive one set of maps and course notes and a control punch-card. These will be printed on waterproof paper, so there is no need for contact. The checkpoint descriptions will be on the course notes which must be carried by teams each day. During the event you may be required to mark up some checkpoints on your maps, so we suggest that teams carry a **waterproof marker**.

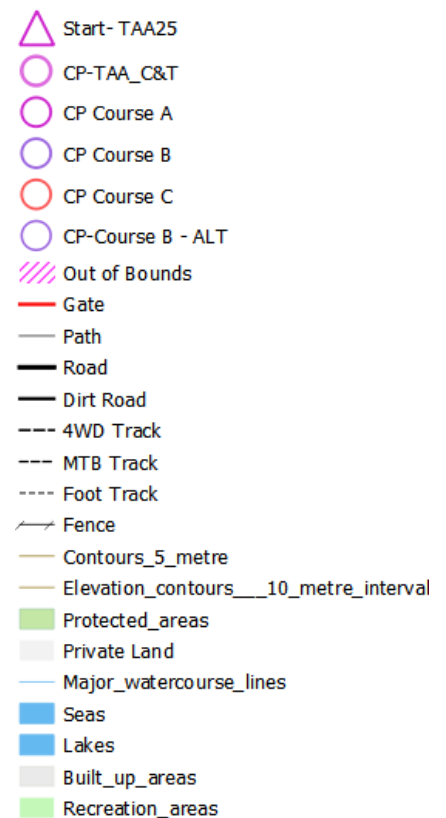
After briefing and map handout teams should then spend the remaining time preparing their maps and course route prior to the start. You will be advised of the exact start / finish location at the briefing.

If you need any clarification about course notes, maps and information after the briefing, please go to the registration area and ask for assistance.

MAPS & SCALES & LEGEND

Maps will be printed on A3 and or A4 paper, some double sided and some single sided. All maps will be MAGNETIC North, Map scales and contour intervals will vary, but will be specified on each map.

The legend will not be printed on the maps, so we suggest that teams familiarise yourselves with these features before the event. Please note that Private Property is out of bounds unless specified on the course notes. There will be one section of private property that you will enter during the event, and this will be written on the course notes.





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EVENT SAFETY

The safety of you and your partner should be a major priority as you will be travelling through some remote areas during the event. If you encounter an emergency, remember that your team-mate is the first person to provide assistance, and it is compulsory to stop and assist other teams if needed (where possible you will be credited with the time spent). Each TA will have access to emergency responders if required. In case of a severe emergency always call 000 first or 112 and also contact race directors with the information. **Jan 0407761150 – Kim 0414687255**

Just a reminder go through the [Wildlife & Wilderness Awareness on the Cassowary Coast](#) document before the event. You will find it on The Amazons Australia website [Competitor Information](#) page. All participants will attend a safety briefing at the event registration where our safety officer will provide teams with an overview of the main safety considerations for the event, this is why it is important that both team members attend the event registration together.

OUR COMMITMENT TO THE ENVIRONMENT & KEEPING MISSION BEACH BEAUTIFUL

At Tri Adventure we care about the environment and are proud of our sustainability policy. In most of our previous events we have successfully managed zero waste to landfill on event day, so let's try for this at The Amazons Australia too! In the lead up to event we would like you all to be aware of some of our sustainability practices, helping us minimise our impact on the environment and keeping the Mission Beach and surrounding pristine environments beautiful for future generations.

- As mentioned, we are planning for a **ZERO WASTE** (to landfill) event, so we urge you **NOT** to bring any takeaway coffee cups, plastic contact (as maps and instructions are fully waterproof) and other such items that are not able to be placed in a recycle or compost bin
- Minimise your event packaging and consider alternatives such as reusable bags / containers
- Carry any litter you create and take it out with you
- If you see something dropped from the event, pick it up and hand it in at the next transition area
- Respect the flora and fauna that you may encounter on the course, enjoy nature at its finest
- Consider your transportation to and from the event, by carpooling and or accessing the event shuttle. Stay close to HQ so you can walk or ride to and from the start each day.



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The Amazons Australia – Keep Cups available for sale at registration (cash)

If you do not have your own keep cup and or you forget to bring yours to the event, we will have some keep cups for sale at registration.

Please be aware that these will be a cash only or bank transfer sales on the day. **Cost \$10**

THE LAUNDRO LOUNGE

The Laundro will be open early in the morning before the event starts if you need that early coffee fix...it is just 150m down the road from HQ. There will be **NO TAKEAWAY CUPS** permitted at the venue, so please bring your own keep-cups or pre purchase one from us at registration.



EVENT FUNCTIONS & SOCIALS - [Plenty Restaurant & Bar](#)

Official Welcome & Sunset Drinks – 4.30pm (included in your registration)

Happy Hours on Sunset – from 4.30pm after each day of racing

Official Dinner – Presentations – 6.00pm (included in your registration)

ARE YOU READY? YOUR TRIBE, YOUR ADVENTURE

The Amazons Australia is going to be special, after all it will be the **FIRST ALL FEMALE ARWS event EVER** in the world, so by just being a part of this groundbreaking event, you are making history!

We are looking forward to seeing you all in Mission Beach!

Jan and Kim 😊

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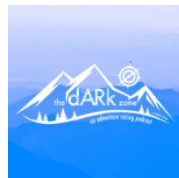
Major Event Partners

Adventure Racing World Series

Sleepmonsters

Squirt Cycling Products

The Dark Zone: An Adventure Racing Podcast



Mountain Designs



Cassowary Coast Council



Cassowary Coast Tourism



A link to our [event supporters](#) can also be found here – so please support them any way you can before, during and or after the event, as without their support events like this are just not possible.



Contact Us triadventure@optusnet.com.au





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The Amazons are calling!

In Ancient Greece, there was believed to be a race of female warriors who lived on the outer limits of the known world.

The Amazons were strong, warlike, courageous and a force to be reckoned with.

But the Amazon spirit is not lost.

It's in the wild women who seek adventure.

The tenacious athletes who push their minds and bodies beyond the limit.

The mothers who sacrifice.

The ladies who unapologetically dance to the beat of their own drum.

The spirited sisters who grow together.

The brave, willing to leap into the unknown.

To the fearless femmes.

We call you.

For the challenge of a lifetime.

The AMAZONS AUSTRALIA

TEAMS OF TWO

July 6-10 2025

Mission Beach

Cassowary Coast, Queensland.



YOU ARE SET TO BECOME BE AN ARWS AMAZON



YOU ARE GOING TO BE A PART OF THIS WORLD FIRST ALL-FEMALE ARWS EVENT



Contact Us triadventure@optusnet.com.au

