

SEVEN

GRAVEL RACE

2025 SURVIVAL GUIDE



WESTERN
AUSTRALIA
WALKING ON A DREAM

WELCOME MESSAGE FROM HON REECE WHITBY MLA, MINISTER FOR TOURISM AND HON STEPHEN DAWSON MLC, MINISTER FOR REGIONAL DEVELOPMENT

SEVEN GRAVEL RACE - UCI GRAVEL WORLD SERIES MAY 17, 2025

The State Government is a proud sponsor of SEVEN Gravel Race 2025 through the Regional Events Program (the Program), delivered by Tourism Western Australia (Tourism WA).

The Program supports medium to large events in regional Western Australia to boost tourism and local jobs, increase community vibrancy and participation, particularly outside of the typical tourism season, and further develop regional areas.

It also plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique points of difference and diverse attractions, particularly through media coverage of events.

Regional events provide an opportunity for local, interstate, and international visitors to go beyond city limits and experience the unique features of each of our State's wonderful regions.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, through helping regional economies and communities to grow and thrive.

Events are a vital part of this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract visitors and encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the dreamlike South West region.



WESTERN
AUSTRALIA
WALKING ON A DREAM

Hon Reece Whitby MLA
Minister for Tourism

Hon Stephen Dawson MLC
Minister for Regional Development

About SEVEN Gravel Race

SEVEN links together Western Australia's best gravel roads and most spectacular climbs to form what is potentially the ultimate one day challenge in Australian cycling. The new 125km route features thirteen categorised climbs and around 3300 metres of elevation gain. This course is Western Australia at its most scenic and undulating best. The route has been designed to be difficult, completion of all seven sectors will represent victory, SEVEN will redefine your limits, and succeed or fail, it will be an experience that you will remember forever.

Location

The course starts and finishes in the picturesque township of Nannup, approximately 40 minutes drive from the major regional centres of Busselton, Bridgetown and Margaret River. Foreshore Park is the location of our Event Village. The route winds its way around the golden triangle of cycling in WA that is formed by connecting the towns of Nannup, Bridgetown and Donnybrook. This area is estimated to be around 30,000 acres and has in excess of 1000km of rideable roads and trails.

The Climbs

Thanks to the unique topography of the valleys and peaks between Nannup and Balingup, the major climbs of SEVEN are amongst the best that the State has to offer. These climbs range in length from 1.2km to 4.5km long with gradients frequently touching on 20%+. Our advice is to not use too much energy too early.

Bike Selection

Gravel Bikes:

For certain sectors and in certain areas, Gravel Bikes will have a speed advantage over MTBs. On some climbs and technical descents gravel bikes may lose time to MTBs. Our recommendation is to know your bike and understand your limitations.

MTB:

With extra gears for climbs and more stability on the descents, an MTB could be the better option for riders with less experience on the gravel.

Superbikes:

Some of our more competitive riders build Superbikes that combine the best aspects of Gravel bikes and MTBs into their dream machine.

Hand MTB:

We welcome Hand MTBs. A few of the steepest sections may see front wheels losing traction, but the roads are wide and you can pick from several line options.

E-Bikes:

Even on an E-bike, SEVEN will be challenging. You will not be eligible for awards but you will receive a time.



[Signature]



The Rules of SEVEN Gravel Race

- An AusCycling membership is required to race. Riders without a current Race All Discipline or Race Off Road membership must purchase a temporary membership at the point of online registration.
- Riders of SEVEN, FIVE, THREE and ONE must be at the event village and ready to start moving into their respective muster areas by 6:30am on race day.
- A priority start box will be located at the front of the race launch for elite men and elite women. Riders of SEVEN who expect to finish in less than 5.5 hours will be invited to enter the start chute directly behind the elite riders (entry from the side).
- START ORDER:
 - 1) 7am ELITE MEN, FOLLOWED BY ELITE WOMEN - Gun time of 7:00am
 - 2) 7:02am ALL OTHER SEVEN RIDERS - Individual time starts as you cross the line.
 - 3) ALL FIVE RIDERS - Individual time starts as you cross the line.
 - 4) ALL THREE RIDERS - Individual time starts as you cross the line.
 - 5) ALL ONE RIDERS - Individual time starts from the clock.
- The folding or modifying of front race plates is strictly forbidden. Riders presenting with folded plates will be sent to the rear and will not be able to start until plates are rectified.
- Helmets must be worn at all times whilst on the bike.
- Time trial bikes and tri bars are not permitted.
- Riders who disobey marshals will risk disqualification.
- Riders deemed to be shortcutting the route will be disqualified. We have track boxes on course to record any riders who shortcut.
- Strictly no pushing of other riders up climbs (with the exception of Hand MTBs).
- Soigneurs/supporters must only pass up bottles at the allocated locations, and they must [register](#) to have access to these locations.
- E-bike riders must not influence the times of other riders via the provision of drafting or assistance on climbs (with the exception of Hand MTBs).
- All riders must ride in a manner that maximises the safety of other participants.
- Riders retiring from the race must do so from a designated checkpoint or SAG vehicle and inform a crew member of their retirement. A shuttle service will be available to retired riders.
- Riders not reaching Glacier Valley Checkpoint by the 3:15pm cutoff time will be retired from the race and will either be transported to the Reveley Checkpoint or asked to ride to Reveley to catch the shuttle back to the event village.
- Riders not reaching Reveley Bridge Checkpoint by the 4pm cutoff will be retired from the race and will be transported back to the event village in the shuttle.
- Age calculations for categories will be made as at December 31st 2025.
- Race timing and results will be managed by Idle Timing. Any queries or disputes regarding results are to be submitted at the finish line to our AusCycling Principal of the Commissaires' Panel, Peter Tomlinson.
- Riders who are seen deliberately throwing litter on course will have their numbers reported to the Commissaires and will face disqualification.
- All event parking is on the oval at the Nannup District High School, Bishop Street.

Awards

The awards ceremony will be held from 4:00pm on Saturday May 17th on stage at the Event Village, Foreshore Park, Nannup. The ceremony will commence with the awards for the FIVE winners, followed by the UCI Elite and Age Category Awards.

UCI Awards

- The UCI age categories for men in SEVEN (125km) are Elite, 19-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60-64. For women they are Elite, 19-34, 35-39, 40-44, 45-49 and 45-49.
- Women 50+ and men 65+ can only qualify for the UCI Gravel World Series by competing in the FIVE (85km) race (not SEVEN 125km).
- Those riders in the above categories who finish first, second and third in their category are expected to attend the podium ceremony to receive their awards. The second and third riders will receive the UCI GWS Medal first, then the winner receives the UCI GWS winner jersey followed by his/her medal.
- Every rider who finishes in the top 25% of their age category will receive the UCI GWS medal at the registration/awards desk in the event village.

SEVEN Awards

Gold Buckle eligibility (awarded on stage)

- Riders who finish first in their UCI overall and age categories (male and female).
- Women 50+ and men 65+ who choose not to compete in the UCI competition, and who finish first in their age category against the other non-UCI riders.

Silver Buckle eligibility

- Riders in SEVEN who complete the course within the designated cut off time.
- Riders of FIVE who have the first, second and third fastest times in the Overall (m&f), 40-49 years (m&f), 50-59 years (m) and 60-65 years categories (m) (awarded on stage).

Blue Buckle eligibility

- Riders in SEVEN who successfully complete the course within 10 hours for the third time (no additional blue buckle for 4th-timers, riders can collect a silver buckle).

Green Buckle eligibility

- Riders in SEVEN who successfully complete the entire course within 10 hours for the fifth time (no additional buckle for 6th-timers, riders can collect a silver buckle).

Black Buckle eligibility

- Riders in SEVEN who successfully complete the entire course within 10 hours for the seventh time. Black Buckles will be presented on stage.

All Silver, Blue and Green buckles can be collected at the Registration desk in exchange for the **SEVEN \$20 Coin**, which will be issued to all SEVEN (125km) riders in their registration pack. At the finish of the race, this coin can be exchanged for the finishers' buckle for which they are eligible. Riders wishing to keep their SEVEN coin can purchase their buckle for \$20. Riders who do not wish to collect a buckle can spend their SEVEN \$20 coin in the merchandise shop.

Our tips for SEVEN survival

You

- Download the Emergency+ App to your mobile phone, store our Incident Controller's number (provided in Notice of Race email) and carry your mobile phone with you. Mobile phone coverage is good for most of the route, particularly in elevated areas, and you may need to call for help if you or another rider is injured.
- Look out for fellow riders, stop to check on fallen riders and relay information to forward checkpoints if mobile phone coverage is not adequate.
- If you hear an ambulance approaching, move to the side of the road to allow it to pass.
- DESCEND WITH CAUTION and within your capability.
- When you see CAUTION! TRICKY BIT AHEAD signs on course, SLOW DOWN. They will be followed by sharp turns or steep and tricky descents.
- Keep left on blind corners and fast descents. The route is not closed to traffic and extremely low traffic volumes will potentially create a false sense of no traffic. Be aware of the potential for oncoming vehicles at all times.
- Be aware of the risk of collision with the abundant wildlife on course, including, but not limited to kangaroos, emus and wild pigs.
- The major climbs of SEVEN are significant; don't use too much energy too early.
- Carry food, eat early and drink often. Start the race with two full bottles or a full hydration pack.
- Fill your water bottles at the main hydration tanks. These are located at The Crucible Checkpoint (37km/44km - 1000 litres), Lewana Cottages Checkpoint (47km/72km - 2000 litres), Ellis Creek Checkpoint (82km - 1500 litres) and Glacier Valley Checkpoint (60km/102km - 1500 litres).
- Before the race, at the event village, you can give us your clearly marked personal food packs to take out to the Lewana Cottages Halfway Checkpoint, at the 72km mark for SEVEN riders, and 47km for FIVE riders. Please ensure your food bag is no larger than 30cm x 30cm x 15cm. Large eskies will not be transported. The food bag drop is for riders only. Basic nutrition will also be provided at Lewana Cottages (biscuits, fruit cake and jelly snakes).
- On the final sector, riders of the THREE and FIVE routes may be required to pause at the top of the Munda Biddi trail if SEVEN riders are bearing down on them, to allow the SEVEN riders to pass and have a clear run of the short Munda Biddi single-track section. Please obey the instructions of the marshals.
- If you are feeling unwell at checkpoints, talk to our crew about the nearest first aid post and rest for a while if required.
- Have warm clothes to change into immediately after your ride. In wet and/or cold conditions, post-event hypothermia can be a real risk. Bring your backpack with your change of clothes and a towel to the event village at the start of the race and lock them to the bike racks. Showers are available at the event village.



Your bike

- Check your bike thoroughly prior to the event, and replace all worn brake pads. A full service is recommended.
- Consider your tyre choice in relation to the weather conditions.
- Carry spare tubes, tyre levers, a pump and/or CO2 cartridges and allen keys.
- Avoid riding over blackberry branches as they can have large thorns and present a puncture risk.
- Basic mechanical support will be provided by Vault Cycle Services at Lewana Cottages Halfway Checkpoint only.

Reporting an incident

- NOT TOO SERIOUS? If you come across a rider who is stopped, conscious, walking and talking but unable to ride to the nearest checkpoint due to injury or illness, call the Incident Controller (number provided in Notice of Race email).
- SERIOUS? If you come across a rider who is seriously injured, use the Emergency+ App or dial 000 to call an ambulance. St John Ambulance will work with Incident Control and Race Medical to deliver a swift response. Stay with the rider until the rapid response unit arrives.
- HAZARDS ON COURSE: If you come across any hazards or obstacles on the course, please call Toni, our Field Support Coordinator, on 0409 101 647. If that number is busy, please call Brendon on 0447 002 861.

Registration, Shake Out Ride & Rider Briefing

- The Registration Desk and Merchandise Shop will be open between 11am and 5pm on Friday May 16th and all day on Saturday May 17th at the Event Village.
- The Shake Out Ride with Tiff and Tils will leave the Event Village at 11am on Friday May 16th. This ride is free and everyone is welcome, but [registration](#) is essential.
- A rider briefing will be held from 5:00 to 5:30pm at the Event Village on Friday May 16th. We strongly recommend that all riders attend this briefing.

Event Village

The Event Village will be open and active at Foreshore Park, Brockman Street, Nannup from 11am on Friday May 16th. On Saturday, the village will be open from 6am. Riders will be crossing the finish line from 8:45am until 5pm. As the day progresses, and more riders finish, the village will come alive. There will be food vans and a bar in the Event Village, and the local cafes, Nannup Brewery and Hotel will be open. Everyone is welcome to join us for post-race celebrations, food, drinks and music. **Please bring cash** with you in case the internet speed becomes too slow for EFTPOS to function.

Event Parking in Nannup

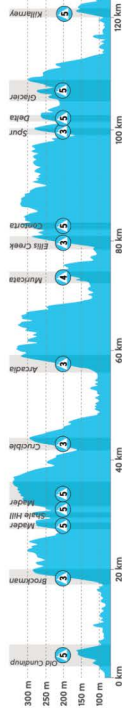
Official event parking is on the two ovals at the Nannup School. Access from Bishop Street Please follow the parking signs and the directions of the parking marshals. The parking fee is \$10 per car, with all proceeds going to the School as a fundraiser for new shade sails. Parking in the main street or golf course is not permitted.



GRAVEL WORLD SERIES
NANNUP | WESTERN AUSTRALIA

SEVEN

SEVEN 126km 3365vm



Checkpoint



Medical Post



First Aid Assistance



Hydration



Spectator Point



Rider Marshall



Traffic Controller



Food Drop Station



Mechanical Post



Toilets

**SECTOR 2
BROCKMAN**
PRIVATE PROPERTY
No access outside
event day

**SECTOR 1
REVELEY**

OLD CUNDUP
15 km
4.5% av
43 vm gain

KILLARNEY
1 km
2.6% av
82 vm gain

**NANNUP
Start/Finish**
Brockman Street

**SECTOR 3
MAIDMENT**

SHALE HILL
880 m
6.9% av
66 vm gain

MADER
800 m
6.1% av
55 vm gain

CONTOURTA (4+1)
2 km
7.3% av
76 vm gain

ELLIS CREEK
2 km
10.5% av
169 vm gain

MURICATA
1 km
9.2% av
81 vm gain

MURICATA
1 km
9.2% av
81 vm gain

ARCADIA
3 km
7.5% av
202 vm gain

ARCADIA
3 km
7.5% av
202 vm gain

**SECTOR 4
THE CRUCIBLE**

EWARTS
1.48 km
8.1% av
120 vm gain

ELLIS CREEK
2 km
10.5% av
169 vm gain

MURICATA
1 km
9.2% av
81 vm gain

ARCADIA
3 km
7.5% av
202 vm gain

ARCADIA
3 km
7.5% av
202 vm gain

CHECKPOINT 5
CAMELBAK
LEWANA COTTAGES
Halfway Checkpoint
& Rider Food Drop
72km for SEVEN
47km for FIVE

**SECTOR 7
GLACIER VALLEY**

**'SEVEN' 126KM FIRST & LAST RIDERS
EXPECTED ARRIVAL TIMES**

CHECKPOINT	FIRST	LAST
1. REVELEY BRIDGE (15.5km)	7:25am	8:05am
2. BROCKMAN (19km)	7:40am	8:32am
MAIDMENT (turn 26.3km)	7:50am	9:07am
3. THE CRUCIBLE (43km)	8:28am	10:28am
4. RADIATA (50km)	8:40am	11:06am
5. LEWANA COTT. (70km)	9:20am	12:58pm
6. ELLIS CREEK (82.6km)	9:50am	1:40pm
7. GLACIER VALLEY (102m)	10:27am	3:15pm
8. REVELEY BRIDGE (112km)	10:45am	4:00pm cutoff
9. FINISH LINE (126.2km)	11:12am	5:00pm cutoff

FIVE 86km 2100vm



- Checkpoint
- Medical Post
- First Aid Kit
- Water Point
- Spectator Point
- Rider Marshall
- Traffic Controller
- Food Drop Station
- Mechanical Post
- Toilets

SECTOR 2 BROCKMAN

PRIVATE PROPERTY
No access outside event day

SECTOR 4 THE CRUCIBLE

CHECKPOINT 5 LEWANA COTTAGES
Halfway Checkpoint & Rider Food Drop
26km from Nannup - 15km from Balingup

SECTOR 1 REVELEY

SECTOR 7 GLACIER VALLEY

NANNUP Start/Finish
Brockman Street

'FIVE' 85KM FIRST & LAST RIDERS EXPECTED ARRIVAL TIMES

CHECKPOINT	FIRST	LAST
1. REVELEY BRIDGE (13.5km)	7:40am	8:28am
2. BROCKMAN (19km)	7:55am	9:00am
3. MAIDMENT (26.3km)	8:15am	9:43am
4. THE CRUCIBLE (27km)	8:26am	10:45am
5. RADIATA (44.5km)	8:42am	11:29am
6. LEWANA COTTAGES (48km)	8:48am	11:49pm
7. GLACIER VALLEY (60.5km)	9:15am	1:02pm
8. REVELEY BRIDGE (71km)	9:36am	2:03pm
9. FINISH LINE (85km)	10:05am	3:25pm

PLEASE NOTE:
FIVE RIDERS DO NOT ENTER
SECTOR 3, 5 OR 6

ONE 24km 500vm

THREE 48km 1200vm

'ONE' 24KM FIRST & LAST RIDERS EXPECTED ARRIVAL TIMES

(in good weather)

CHECKPOINT	FIRST	LAST
1. REVELEY BRIDGE (11.5km)	8:10am	8:45am
2. FINISH LINE (24km)	8:45am	10:00am

Ride the switchbacks, conquer the hill, and find the Firetower!
Walking is definitely permitted!

'THREE' 48KM FIRST & LAST RIDERS EXPECTED ARRIVAL TIMES

(in good weather)

CHECKPOINT	FIRST	LAST
1. REVELEY BRIDGE (11.5km)	7:42am	8:42am
2. BROCKMAN (19km)	7:57am	8:57am
3. REVELEY BRIDGE (71km)	9:07am	10:07am
4. FINISH LINE (120km)	9:50am	12:30pm









SEVEN GRAVEL RACE 2025

EVENT SCHEDULE

FRIDAY MAY 16

- 11:00AM**  **SEVEN Shakeout Ride**
With Tiffany Cromwell & Matilda Reynolds
From Event Village - Brockman Street, Nannup
- 11:00AM**  **Event Village & Registration Opens**
Event Village - Brockman Street, Nannup
- 05:00 PM**  **Rider Briefing (live feed on FB)**
Event Village - Commentary Stage
- 06:00 PM**  **Carb Loading Night in Nannup**
Nannup Brewing Co. - please book a table
Blackwood Cafe

SATURDAY MAY 17

- 06:30 AM**  **Riders present to start line**
Event Village - Brockman Street, Nannup
- 06:50 AM**  **Pre-Race Rider Briefing**
Event Village - Brockman Street, Nannup
- 07:00 AM**  **Race Starts**
Event Village - Brockman Street, Nannup
- 09:00 AM**  **First riders of ONE & THREE return**
Event Village - Brockman Street, Nannup
- 10:30 AM**  **First riders of FIVE at finish**
Event Village - Brockman Street, Nannup
- 11:10 AM**  **First riders of SEVEN at finish**
Event Village - Brockman Street, Nannup
- 04:00 PM**  **Official Presentations commence**
Event Village - Commentary Stage
- 05:00 PM**  **After Party Celebration**
Event Village



PARKING

NANNUP DISTRICT HIGH SCHOOL P&C

From 5:00am
Saturday May 17th
\$10 per car
fundraiser
for Shade Sails

RACE START



2025 EVENT VILLAGE BROCKMAN STREET & FORESHORE PARK, NANNUP





Socials

@SEVENGravel @sevengravelrace
@Ucigravelworldseries @uci_cycling
@extraordinarywesternaustralia
@westernaustralia
#sevengravelrace
#UCIgravel
#WAtheDreamState
#makeyourbikeworldbigger

Images: Daniela Tommasi Photography & Patrick Boéré Photography

Key Contacts

Brendon Morrison, Event Director: 0447 002 861 brendon@cyclingventures.com
Stephen Gallagher, Race Director: 0448 765 156 stephen@cyclingventures.com
Rebecca Cotton, Event Producer: 0416 049 691 rebecca@cyclingventures.com
Peter Tomlinson, Prin. Comm Panel: 0408597506

Cycling Eventures would like to thank...

- **OUR CREW!** The 70+ hard-working, passionate and dedicated volunteers, staff and expert contractors. **Every one of you!** You have come from far and wide to be part of this event. We know that without you, none of it is possible. You constantly put your best foot forward to make this event great, and you rise to so many challenges, before, during and after the event. Long before any riders arrive, and well after they've all gone home, you're there. We see you all and we thank you all from the bottom of our hearts.
- **THE RIDERS!** All of you who, once again, boldly went where many would never dare. ONE, THREE, FIVE and SEVEN, we respect every one of you and know the size of the challenge you took on.
- Tourism WA, Forest Products Commission WA, Shire of Nannup, EKOI and CamelBak, for your generous sponsorship of SEVEN Gravel Race 2025.
- Our 2025 Ambassador Tiffany Cromwell and Special Guest Commentator Matilda Raynolds for making the journey to be with us at SEVEN this year, and for leading our Shake Out Rides.
- Rob Marshall, our Operations Manager being our 'man on the ground' in Nannup for months leading up to the event, and for your canny knack of solving every problem.
- Marco Noé from Noéko for all your amazing creative work in the weeks leading into SEVEN, and for taking on the considerable challenge of the Race Livestream.
- Greg Macsok, our Race Communications Network Manager, for the weeks-long project you undertook in the lead up to SEVEN, to make sure we are all connected.
- Our Course Crew of Rod Lakelin, David Gardiner, Jodi Earnshaw and John Bird for presenting the most beautifully-marked course in the entire UCI Gravel World Series.
- The Shire of Nannup, St John Ambulance Nannup, Nannup Lions and the community of Nannup for embracing all things cycling and sharing your playground with us.
- Our AusCycling Commissaires Team of Peter Tomlinson, Sam Bolton and Richard Barville for being so supportive of our vision, and for helping us deliver a fair and safe race.
- Forest Products Commission WA for so generously sharing your plantations and forests, and for always supporting us out in the field.
- The Brockman Family for welcoming us onto your farm...and for that stunning climb.
- The Gryglicki Family, for allowing us to ride through your property.
- Lewana Cottages for hosting the Halfway Checkpoint Village with such enthusiasm, and Glyn Overal, our Lewana Checkpoint Manager for your exemplary planning.
- Mayeur Cycling, The Common Good Company, Society Cycling, CamelBak and EKOI for the beautiful SEVEN 2025 souvenir kit.
- Pedalare, the Rotary Club of Bridgetown and the Geraldton Sea Angels for looking after our riders at the Checkpoints.

WHERE DREAM EVENTS HAPPEN

Step into a dreamscape of wondrous events and embark on unforgettable adventures in Australia's South West. The most premium wine region in Australia, pristine beaches, ancient caves and tall-timber forests await.

- Surf world-class breaks, watch migrating whales and be awed by other native wildlife.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Picnic or camp among the karri trees in Boranup Forest.
- Taste the flavours, hear the stories and learn the traditions of Wardandi Noongar culture on an Aboriginal tour.
- Walk a section of the 135km-long Cape to Cape Track, and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.

Follow us @WesternAustralia | #WATheDreamState



WESTERN
AUSTRALIA
WALKING ON A DREAM

WESTERNAUSTRALIA.COM