

SEVEN

GRAVEL RACE

2026 SURVIVAL GUIDE

Panaracer GRAVELKING



WESTERN
AUSTRALIA
WALKING ON A DREAM

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

SEVEN GRAVEL RACE - UCI GRAVEL WORLD SERIES MAY 16, 2026

On behalf of the Cook Labor Government, we are delighted to welcome competitors, officials and supporters to the South West for the 2026 SEVEN Gravel Race.

We're thrilled to be hosting this highly anticipated event, giving riders the experience of a lifetime on a premier gravel cycling course through Nannup and Balingup in Western Australia's stunning Blackwood Valley. As the world's elite gravel cyclists descend on the South West for this endurance race, the region will come alive with energy and excitement, set against a backdrop of rolling hills and breathtaking forest landscapes.

The Cook Government is a proud sponsor of the SEVEN Gravel Race through Tourism Western Australia's Regional Events Program, funded by Royalties for Regions. Importantly, SEVEN acts as a qualifier for October's 2026 UCI Gravel World Championships in Nannup, bringing two world-class gravel cycling events to the South West in the space of five months.

Events are an important pillar of the Cook Government's economic diversification strategy, with a thriving tourism sector key to keeping Western Australia's economy the strongest in the nation. Regional events that encourage visitors to stay longer and travel further are especially important. Last year's SEVEN Gravel Race attracted more than 3,000 out-of-region visitors and generated millions of dollars in visitor spend, boosting vibrancy and supporting local jobs and businesses.

We encourage visitors to make the most of their time in the South West and soak up all that it has to offer, with its scenic coastlines, towering forests, world-class wineries and unique tourism experiences.

Good luck to all the competitors - we wish you a fantastic race and an enjoyable event. We hope you have a wonderful stay in Western Australia, and we look forward to having you back in October for the UCI Gravel World Championships.



Hon Reece Whitby MLA
Minister for Tourism



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AUSTRALIA**
GOVERNMENT OF
WESTERN AUSTRALIA
WALKING ON A DREAM



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 2026 route, which will be raced at the UCI Gravel World Championships in October, features thirteen categorised climbs and around 3150 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. Grange Road in Nannup is the location of our new 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 750m 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.



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. Age calculations for categories will be made as at December 31st 2026.
- All riders must be at the event village, ready to start moving into their respective muster areas by 6:40am on race morning.
- RACE START: Riders will be organised into holding pens before the start, according to their age categories and distances. The timings and start order are below:
 - 6:40am - Riders muster on Grange Road, Adam Street and Forrest Street. Identify the signs for your race distance, and move to that location.
 - 6:50am - Race Briefing commences
 - 7:00am - Elite Men start
 - 7:03am - Men 19-34 years start (125km course)
 - 7:06am - Men 35-39 years start (125km course)
 - 7:09am - Men 40-44 years start (125km course)
 - 7:12am - Men 45-49 years start (125km course)
 - 7:15am - Men 50-54 years start (125km course)
 - 7:18am - Men 55-59 years start (125km course, including all SEVEN non-qualifying men)
 - 7:20am - Men 60+ years start (89.5km course)
 - 7:25am - THREE riders start (49km - 2 x local loop)
 - 7:26am - ONE riders starts (24.5km local loop)
 - 7:35am - Elite Women start (125km course)
 - 7:38am - Women 19-49 start (125km course, including all SEVEN non-qualifying women)
 - 7:45am - Women 50+ start (89.5km course)
 - 8:00am - FIVE riders start (89.5km non-qualifying)
- DO NOT BEND, FOLD, WRAP OR MODIFY YOUR RACE PLATE IN ANY WAY. It must be seen clearly from the front, flat, facing forward, below your front handlebars.
- 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.
- Strictly no pushing of other riders up climbs (with the exception of Hand MTBs).
- Soigneurs/supporters must only pass up bottles at the specified feed zones.
- E-bike riders must not influence the times of other riders.
- 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.
- Any queries or disputes regarding results are to be submitted at the finish line to our AusCycling Principal of the Commissaires' Panel, Susan Mitchell.
- Riders who are seen deliberately throwing litter on course will have their numbers reported to the Commissaires and will face disqualification.

Awards

The awards ceremony will be held from 4:00pm on Saturday May 16th on stage in the The Square. The order of presentations is presented below.

Podium Non-UCI Awards

FIVE: Riders in FIVE who finish in the top three overall (women and men) presented with an engraved SEVEN silver buckle.

SEVEN: 1st, 2nd & 3rd in the following age categories to present to podium, with 1st receiving the SEVEN Gold Buckle

- Women & Men 70+
- Women & Men 60-69
- Women 50-59

Podium UCI Awards

- 1st, 2nd & 3rd to present to podium
 - 89.5km Men & Women: 75+, 70-74, 65-69
 - 89.5km Women: 55-59, 50-54
 - 125km Men: 60-64
 - 125km Men & Women: 55-59, 50-54, 45-49, 40-44, 35-39, 19-34, Elite
- The second and third riders in each category receive the UCI GWS Medal first, then the winner receives the UCI GWS age group winner jersey followed by his/her medal and then the SEVEN Gold Buckle.
- The Elite Male and Elite Female winners also receive the special Santini winner's jersey.

UCI Gravel World Series 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 Buckle Eligibility

- **Silver Buckle:** riders completing the SEVEN course in the cut off time.
- **Blue Buckle:** riders successfully completing the SEVEN course for the third time.
- **Green Buckle** riders successfully completing the SEVEN course for the fifth time.
- **Black Buckle** riders successfully completing the SEVEN course for the seventh time.
- Please note: 4th, 6th, 8th and 9th timers can collect a Silver Buckle.

To receive your Buckle - SEVEN Souvenir Coin

- To receive your buckle you must report to the Registration desk and exchange your **SEVEN \$20 SOUVENIR COIN**, which will be issued to all SEVEN (125km) riders in their registration pack.
- 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 on **selected items only** in the merchandise shop



Our tips for SEVEN survival

You

- Download the **Emergency+ App** to your mobile phone, store our Field Support number (0409 107 638 - only operational during the race) 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 guaranteed to be free of 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 Checkpoint 2 (20km/33km - 1000l), Lewana Cottages Checkpoint (41.7km/ 57.7km - 2000l), Ellis Creek Checkpoint (66km - 1500l) and Glacier Valley Checkpoint (54.3km/81km - 1500l).
- 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. Please ensure your food bag is no larger than 30cm x 30cm x 15cm. The food bag drop is for riders only - no public access at Lewana. Basic nutrition will also be provided at this Checkpoint (biscuits, fruit cake and jelly snakes).
- 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.

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 or emergency

- **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, alert the nearest Motoscout or call Field Support on 0409107638. This number will only be active on race day, so do not call it before.
- **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 Race Medical to deliver a swift response. Stay with the rider until help arrives.
- **HAZARDS ON COURSE:** Call Field Support on 0409 107 638. If that number is busy, call Brendon on 0447 002 861.

The Square - our new event village

We have built a new event village on Grange Road in Nannup called The Square. Join us for two days of gravelly immersion! (tip...bring cash, just in case)

Friday in The Square - the gravel gathering - 11am to 6pm

- **Gravel Expo:** showcasing top cycling brands, cutting-edge bikes, equipment, apparel, local producers, and some of Australia's best off-road cycling events.
- **Registration & Merchandise:** collect your race packs and get your event merch.
- **Q&A Legends Panel:** 3:00pm on stage in the big marquee.
- **Welcome to Country:** 4:00pm on stage in the big marquee.
- **Rider Briefing:** 5:00 to 5:30pm on stage in the big marquee.
- **Food Truck Fiesta:** dinner in The Square - 12 food trucks - international cuisine.
- **Big Bike Film Night:** RSL Hall, 7 Cross St, Nannup - doors & bar open 6:30pm.

Saturday in The Square - thrilling racing, fan zones & celebrations

- Coffee vans and registration desk open from 5:30am.
- Riders start moving into their respective starting pens/areas from 6:30am.
- Racing starts from 7:00am and continues to 8am - waves starts.
- First riders at CP 7 Dunnet-Folly (fan zone in town) around 9:35am.
- First SEVEN riders expected at the finish line from 10:50am.
- Presentation Ceremonies commence at 4pm on stage in the big marquee.

Adina Farm Fan Zone & Big Breakfast - Checkpoint 2

Join us out on course from 8am to 11am at Checkpoint 2 - Adina Farm. It's so easy to get to, just 17km from Nannup on Cundinup South Rd. You will be able to position yourself on the climb and watch all the riders ascend into the white roads of Maidment. This location is magnificent and the Fan Zone is going to be sensational!

Event Parking in Nannup

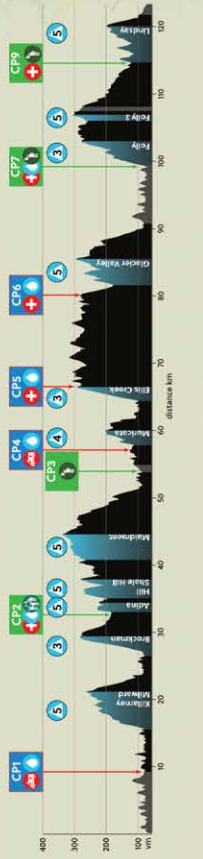
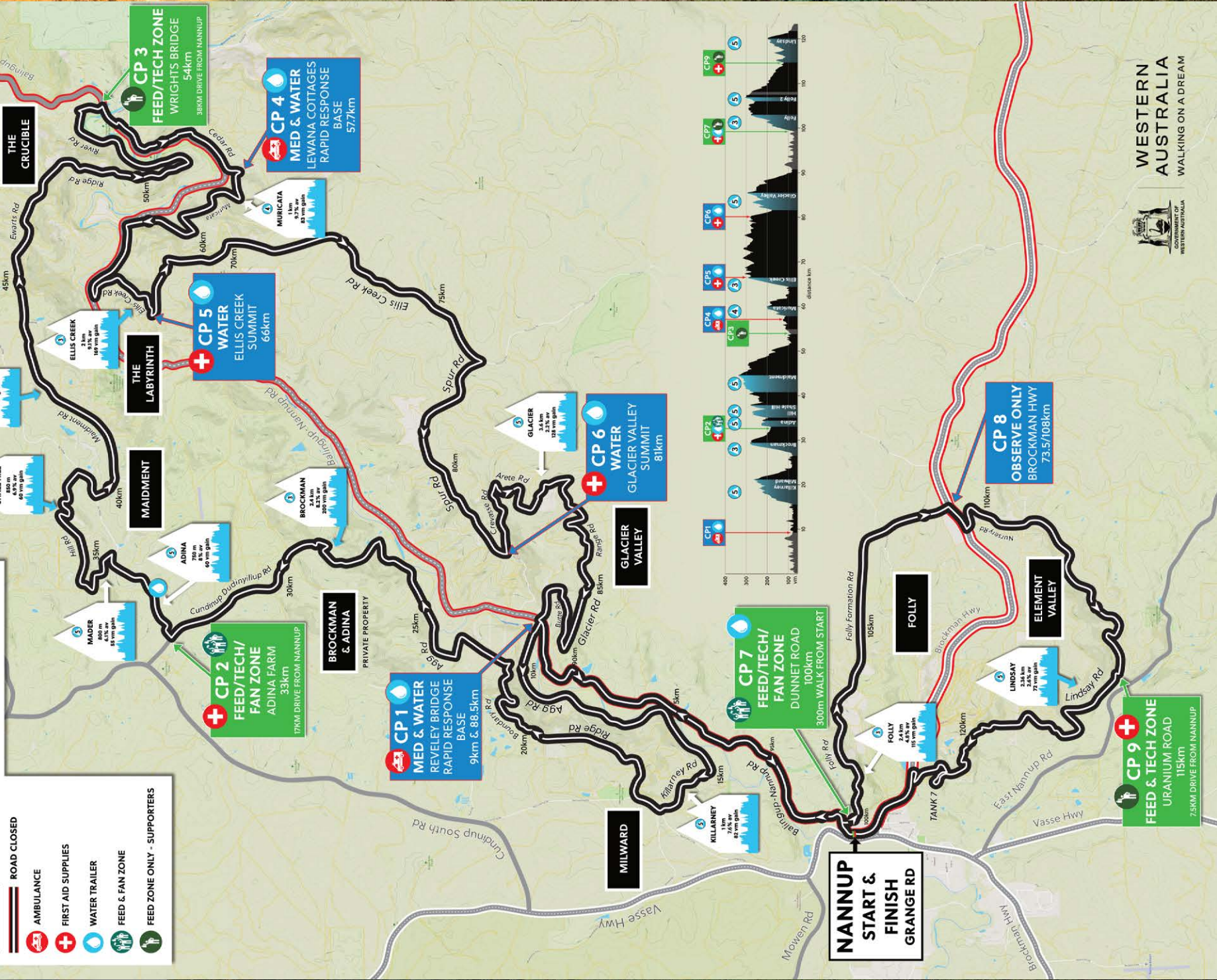
Official event parking is on the two ovals at the Nannup School **and at** the Nannup Mill. Please follow the parking signs and the directions of the parking marshals. The parking fee is \$10 per car, with all proceeds going to the School.

SEVEN

GRAVEL RACE
125km - 3150vm
Saturday May 16, 2026
82% GRAVEL

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NANNUP WESTERN AUSTRALIA

- SEVEN COURSE
- ROAD CLOSED
- AMBULANCE
- FIRST AID SUPPLIES
- WATER TRAILER
- FEED & FAN ZONE
- FEED ZONE ONLY - SUPPORTERS

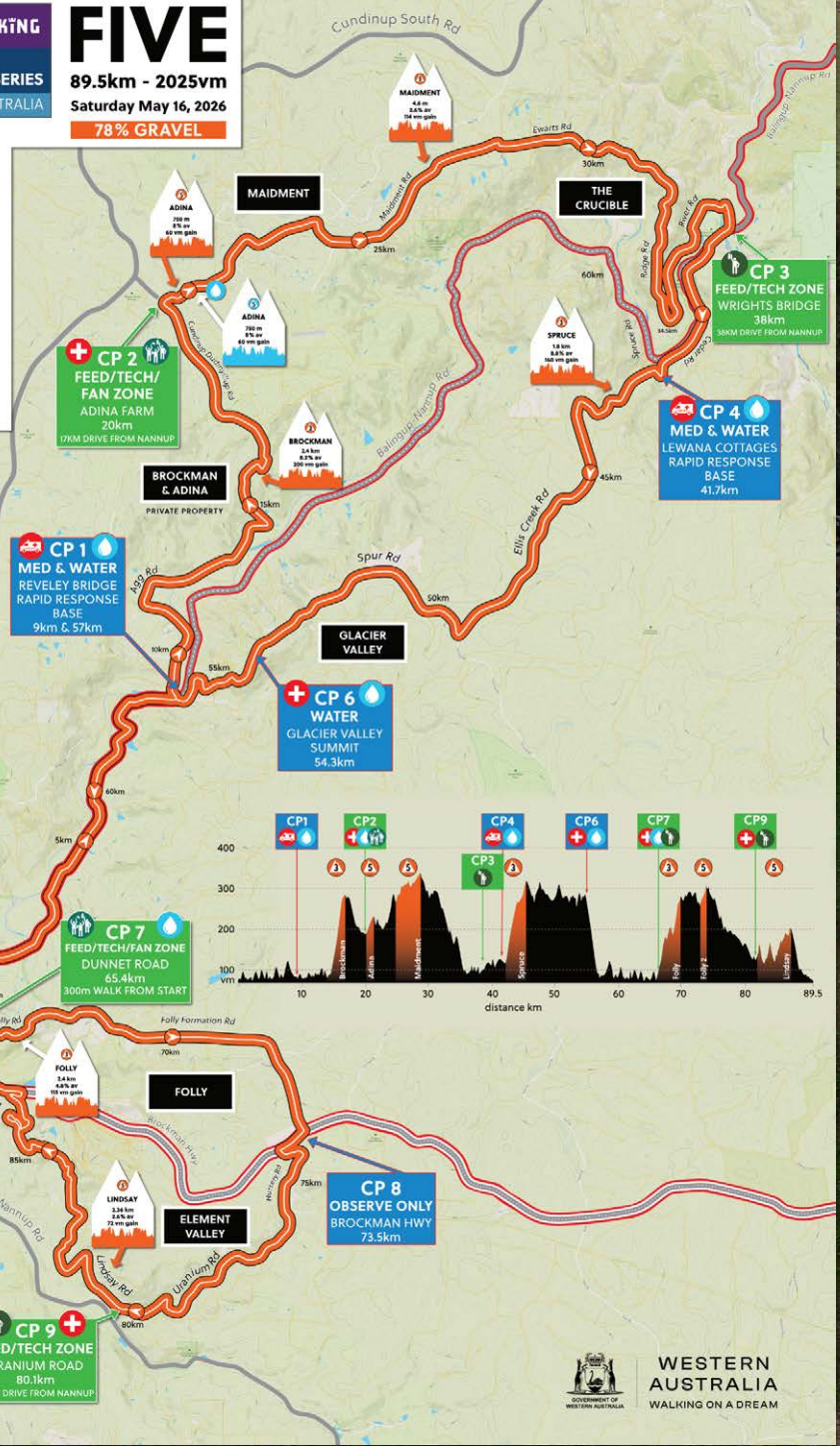


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FIVE

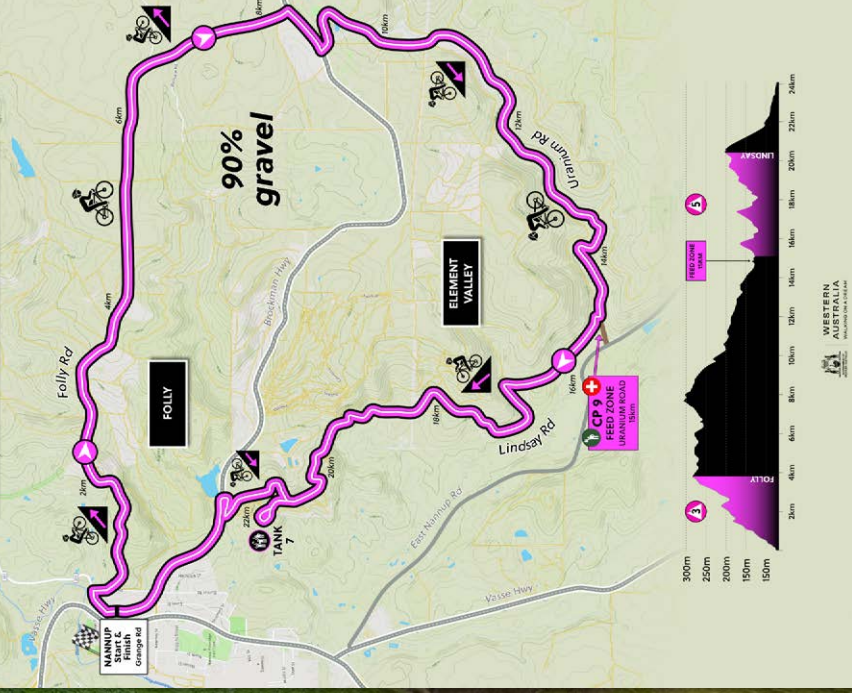
89.5km - 2025vm
 Saturday May 16, 2026
 78% GRAVEL

- FIVE COURSE
 - ROAD CLOSED
 - AMBULANCE
 - FIRST AID SUPPLIES
 - WATER TRAILER
 - FEED & FAN ZONE
 - FEED ZONE ONLY - SUPPORTERS
- SEVEN** GRAVEL RACE



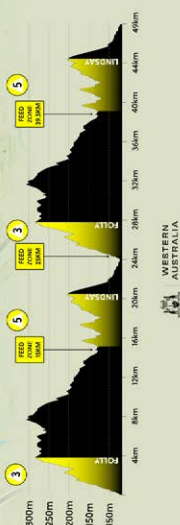
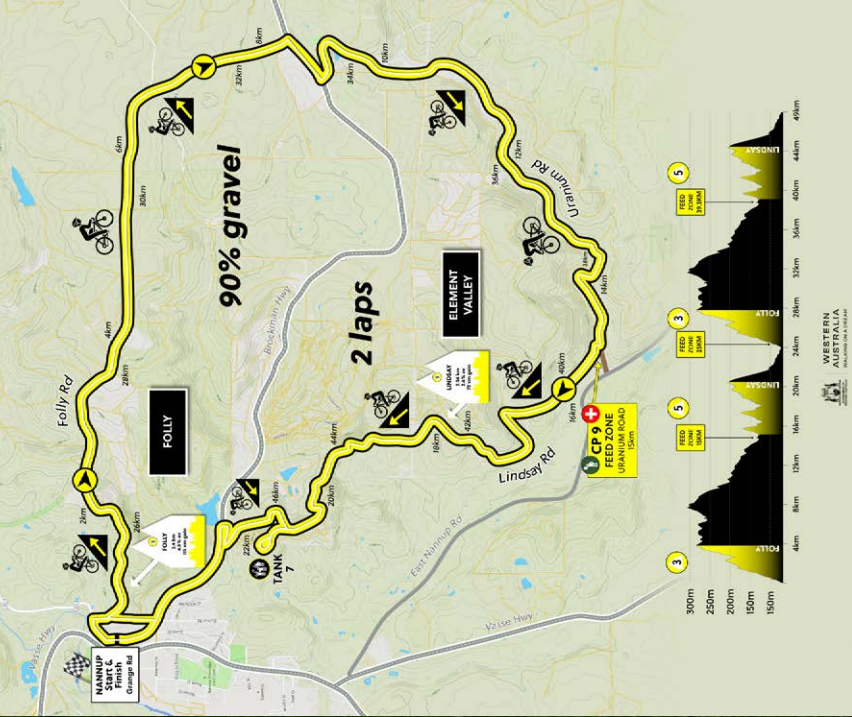
ONE
 24.5km - 550vm
 Saturday May 16, 2026
 NANNUP WESTERN AUSTRALIA

SEVEN GRAVEL RACE



THREE
 49km - 1100vm
 Saturday May 16, 2026
 NANNUP WESTERN AUSTRALIA

SEVEN GRAVEL RACE





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 Manager: 0416 049 691 rebecca@cyclingventures.com
Susan Mitchell, Prin. Comm Panel: 0478 399 030

The Cycling Eventures Team would like to thank...

- **OUR CREW!** The 90+ hard-working, passionate and dedicated staff, volunteers 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. You are family to us.
- **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, Reeces Hire, Shelter Brewing Co. and Dassai for your generous sponsorship of SEVEN Gravel Race 2026.
- The Shire of Nannup, and the community of Nannup for embracing all things cycling and sharing your playground with us.
- Our AusCycling Commissaires Team of Susan Mitchell, Tony Torr, Sam Bolton and Richard Barville 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 magnificent farm...and for that iconic climb!
- Cheryle and Gerald Brown, for opening up beautiful Adina Farm to us...and for welcoming spectators and supporters to the Big Breakfast.
- The Gryglicki Family, for allowing us to ride through your stunning property.
- Lewana Cottages, for hosting our Halfway Checkpoint, once again.
- Tiffany Cromwell, Valtteri Bottas and Matilda Reynolds, for adding more than a little star power
- Mayeur Cycling, The Common Good Company, Søciety Cycling, Pedalare and King of the Castle for the beautiful SEVEN 2026 souvenir kit.
- Pedalare, the Rotary Club of Bridgetown, Geraldton Sea Angels and Graham & Cynthia Morrison for looking after our riders at the Checkpoints.
- St John Ambulance, for looking after our injured riders with such care and expertise.
- Backroads Gravel, Wild Gravel, Cape to Cape MTB and Mt Marshall Gravel, for gathering with us in The Square and helping us show the world that WA is a gravel destination worthy of the farthest flung international cyclo-tourist.
- Ayers Aviation for giving us a real-time bird's eye view of our beautiful SEVEN.
- Our United Tribes of Cycling in Western Australia, for gathering in force and showing the world that we are worthy of hosting the 2026 UCI Gravel World Championships!

Socials

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#makeyourbikeworldbigger

Breathtaking images: Daniela Tommasi, Patrick Boéré and Neil McLagan



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.

- Catch world-class waves with over 135 km of coastline and 75 breaks to choose from – there's a wave here for everyone.
- Walk a section of the 135km-long Cape to Cape Track, and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Picnic or camp among the karri trees in Boranup Forest.
- 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.

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