

The 2026 Bilgola500 Pursuit



EVENT DETAILS:

- DATE: THE LAST SUNDAY OF JULY EVERY SINGLE YEAR! NO EXCEPTIONS! **EXCEPT FOR LAST YEAR*
- TIME: **6:30AM CEREMONY** - 7AM FIRST RUNNER
- DISTANCE: **10KM**
- ELEVATION: **500M**
- RACE FORMAT:
 - SEEDED RACE WITH THE LOWEST SEED STARTING FIRST.
 - TIMED HANDICAP ENSURES AN EXCITING AND COMPETITIVE RACE.
- PARTICIPANTS:
 - TOP **8 RUNNERS** FROM PREVIOUS YEAR, EACH ALLOWED TO **INVITE 1 FRIEND**
- UNMARKED COURSE!
- PRIZES: WINNER TAKES ALL \$ AND RECEIVES A SICK TROPHY.

CRITERIA FOR ENTRY:

- ENTRY FEE: **\$6.25** IN AN ENVELOPE AT THE START OF THE RACE WITH YOUR COFFEE ORDER WRITTEN ON IT.
- ALL PARTICIPANTS MUST HAVE RUN THE BILGOLA500 COURSE PRIOR TO THE RACE DATE AND COMPLETED IT UNDER 1HOUR & 15MIN, THIS IS TO PREVENT MARK KEE FROM EVER BEING ELIGIBLE OF COMPETING AGAIN.

Event Details

History of the course

Rules & Regulations

Mandatory Kit

Athlete Spotlight

Graveyard

GET READY TO HUNT AND TO BE HUNTED !!!



HANDICAP APPLICATION AND ADJUSTMENT POLICY

ALL HANDICAPS FOR THE RACE WILL BE DETERMINED USING ALL AVAILABLE KNOWLEDGE AND THE QUESTIONABLE DISCRETION OF THE RACE DICTATOR (SION), COURSE CO-CREATOR (GEORGE), AND RESIDENT RUNNING NERD (SAM).

PARTICIPANTS WILL BE GIVEN THE OPPORTUNITY TO CONTEST THEIR ASSIGNED HANDICAP, OR THAT OF ANY OTHER COMPETITOR. SHOULD SUFFICIENT EVIDENCE BE PROVIDED THAT A HANDICAP IS EITHER TOO GENEROUS OR TOO HARSH, ADJUSTMENTS MAY BE MADE.

NEW FOR THIS YEAR: BRYNN HAS OFFICIALLY BEEN ADDED TO THE HANDICAP COMMITTEE. AFTER YEARS OF LISTENING TO HIM COMPLAIN WHENEVER HE LOSES, WE'VE DECIDED THE SIMPLEST SOLUTION IS TO LET HIM HELP SET THE HANDICAPS. THAT WAY, WHEN THINGS DON'T GO HIS WAY AGAIN, HE CAN'T POINT THE FINGER AT THE REST OF US. OF COURSE, WE'RE FULLY EXPECTING HIM TO COME UP WITH SOME OTHER QUESTIONABLE EXCUSE ANYWAY.

WILL THE COURSE BE MARKED?

NO. SION SAID FROM DAY ONE THAT THERE SHOULDN'T BE ANY COURSE MARKINGS. NOW THAT SAM HAS REALISED SION WAS RIGHT ALL ALONG, HE'S TRYING TO MAKE IT SOUND LIKE IT WAS HIS IDEA FROM THE BEGINNING. BIT OF A LOSER MOVE... AND THEN GEORGE MARKED THE COURSE, SO YES THERE WILL BE.

WHAT DIRECTION WILL THE RACE BE IN?

THE DIRECTION OF THE RACE WILL BE DETERMINED BY A COIN FLIP ON THE MORNING OF THE RACE WITH 10SEC NOTICE TO THE FIRST RUNNER.

CAN I USE POLES?

YES, PARTICIPANTS MAY USE POLES; HOWEVER, EACH POLE WILL INCUR A 4-MINUTE PENALTY.

CAN I USE A WATCH?

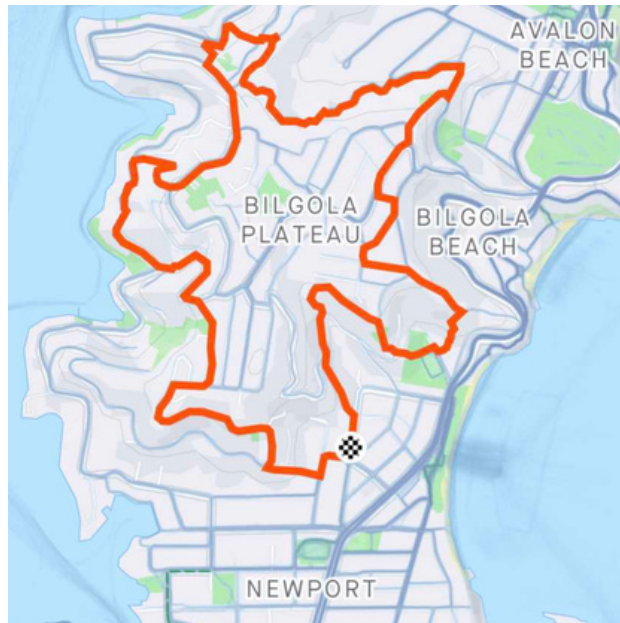
YES BUT NO WATCHES ARE ALLOWED TO BE VISIBLE DURING THE RACE. PARTICIPANTS MAY CARRY THEIR GPS WATCHES IN THEIR POCKETS OR COVER IT ON THEIR WRIST (FOR STRAVA SEGMENT RECORDING PURPOSES ONLY)

WHAT MANDATORY GEAR IS REQUIRED?

ALL PARTICIPANTS ARE REQUIRED TO WEAR A T-SHIRT OR SINGLET AND A HAT WORN BACKWARDS WITH THEIR BIBS SECURED TO THEIR BACK FOR THE DURATION OF THE RACE. THIS IS MANDATORY GEAR AND MUST BE ADHERED TO BY ALL COMPETITORS.

WHAT IF MY +1 DOESN'T SHOW UP?

IF YOUR +1 IS A NO-SHOW, OR YOU DIDN'T ORGANISE ONE, YOU'LL BE REQUIRED TO EAT A WHOLE CHILLI AT THE START LINE. YOU MUST CHEW & SWALLOW THE ENTIRE THING BEFORE YOU'RE ALLOWED TO BEGIN THE RACE.



THE COURSE HISTORY

ONCE UPON A TIME, IN A COSY LITTLE TOWN, THERE LIVED TWO BEST FRIENDS NAMED GEORGE AND WARREN. THEY WERE ADVENTURERS WHO LOVED EXPLORING AND DREAMED OF CREATING THE MOST EPIC RUNNING PATH EVER, A MAGICAL 10-KILOMETRE LOOP WITH A 500-METRE CLIMB!

DURING LOCKDOWN, GEORGE AND WARREN WORKED SUPER HARD, RUNNING UP AND DOWN HILLS, THROUGH FORESTS, AND ACROSS STREAMS. THEY SPENT MONTHS, YES, MONTHS! TRYING TO FIND THE PERFECT PATH. SOMETIMES THEIR LOOP WAS TOO LONG, AND OTHER TIMES IT WASN'T STEEP ENOUGH.

IT SEEMED LIKE THEIR DREAM WOULD NEVER COME TRUE. BUT ONE SUNNY MORNING, SOMETHING AMAZING HAPPENED! A SUPER WEALTHY AND VERY FRIENDLY LOCAL SPOTTED THEM AND DECIDED TO HELP. HE SHOWED GEORGE AND WARREN A SECRET WAY TO CONNECT PRINCE ALFRED PARADE TO HUDSON PARADE WITH A HIDDEN, PRIVATE ROAD.

IT WAS LIKE FINDING A HIDDEN TREASURE!

WITH THIS NEW ROUTE, THEIR DREAM LOOP WAS FINALLY COMPLETE. THEY CALLED IT THE BILGOLA 500, AND IT BECAME THE MOST FANTASTIC RUNNING PATH EVER. RUNNERS FROM ALL OVER CAME TO THEIR LITTLE TOWN TO ENJOY THE BEAUTIFUL AND EXCITING PATH THAT GEORGE AND WARREN HAD CREATED, MAKING THEIR ADVENTURE A LEGENDARY TALE OF FRIENDSHIP AND FUN!

THE RACE HISTORY

IN THE SAME COSY LITTLE TOWN, THERE WERE TWO KINDA-SORTA GOOD FRIENDS NAMED SION AND SAM. ONE DAY, SION HAD A SUPER COOL IDEA AND SAID TO SAM, "HOW AWESOME WOULD IT BE TO HAVE OUR OWN RACE AROUND BILGOLA500? WE SHOULD TOTALLY DO IT!"

SAM WAS ALL WEIRD AND NOT SUPPORTIVE BUT THEN SAID, "IF WE DO IT WE NEED TO GET THE BLESSING FROM THE COURSE CREATORS AND THE RECORD HOLDERS FIRST." SO, THEY WENT ON AN ADVENTURE TO GET EVERYONE ON BOARD.

THIS FANTASTIC IDEA LED TO AN EVEN BETTER ONE (FROM SION) HE DECIDED TO DO A JOINT RACE WITH EVERYONE!

SION KNEW HE HAD NO CHANCE OF WINNING BECAUSE HE IS A TERRIBLE RUNNER, SO HE CAME UP WITH ANOTHER INCREDIBLE IDEA, A HANDICAPPED RACE.

AND JUST LIKE THAT, SION AND SAM (MAINLY SION) CREATED THE MOST AMAZING RACE EVER, WHERE EVERYONE HAD A BLAST AND A CHANCE TO BE A CHAMPION!

Returning Athletes



George MortRam

2024 Crowns: 63 & 301 Top 10
2025 Crowns: 76 & 334 Top 10

Strengths:

Local knowledge, excels at anything uphill, and science.

Weaknesses:

McDonald's, Often makes navigation errors in the Bilgola 500, and anything downhill.



Brynn Berg

24 Crowns: 38 & 305 Top 10
25 Crowns: 40 & 328 Top 10

Strengths:

Speed, form, road climbing and charm.

Weaknesses:

Running slow, gets hangry and occasionally sells houses on the phone while running



Amy Pollnow

24 Crowns: 3 & 17 Top 10
25 Crowns: 17 & 73 Top 10

Strengths:

Will always have new shoes

Weaknesses:

Rest



Richard Barry

24 Crowns: 9 & 75 Top 10
25 Crowns: 13 & 117 Top 10

Strengths:

Downhill pace, up stairs (watertower king) and strength work at home gym

Weaknesses:

Impulse unnecessary running purchases and sub-3:30 min/km-induced bush sh*ts.

Returning Athletes



Paul McBride

24 Crowns: 3 & 44 Top 10

25 Crowns: 2 & 46 Top 10

Strengths:

Consistency and experience ensures he doesn't drop pace or places, showcasing his intelligence in race approach.

Weaknesses:

Height, doesn't believe in intervals and chafing but that won't happen again...



Sam Wise

Strengths:

Smoother and fast! Can have a full conversation during a 5km TT and in the last 5km of a ultra •

Weaknesses:

Can't say no!



Sam Pollnow

24 Crowns: 2 & 35 Top 10

25 Crowns: 2 & 68 Top 10

Strengths:

N/A

Weaknesses:

Nightshades make him sneeze and gives him a very upset tummy.

The +1's



Warren Rolfe

24 Crowns: 101 & 601 Top 10
25 Crowns: 91 & 632 Top 10

Strengths:
Runs anything from 5km to 200 milers. Won't say no to a run.

Weaknesses:
Head colds, apple strudels. and literally won't say no to a run.



Penny Kee

24 Crowns: 4 & 142 Top 10
25 Crowns: 7 & 157 Top 10

Strengths:
Literally doesn't need water. Like EVER!

Weaknesses:
Cadence is 320 steps per minute



Neil Duns

24 Crowns: 1 & 2 Top 10
25 Crowns: 1 & 15 Top 10

Strengths:
Staring contests with Giraffes

Weaknesses:
Will say he is going to do a race and not do it. Oranges make him spew



Andy Lewis

Strengths:

Hasn't run for a long time so he has the boundless enthusiasm and energy of a puppy.

Weaknesses:
hates being cold, so he'll often start out with gloves, a beanie, a rain jacket and ends up stuffing everything down his shorts



Michael Rutten

Strengths:
Fringe

Weakness:
Voice

Sam Pollnow never got anything to me....

Fucking Sam!

The +1's



Lachlan Jones

24 Crowns: ???
25 Crowns: 6 & 108 Top 10

Strengths:
Hide and Seek

Weaknesses:
Automatic Doors

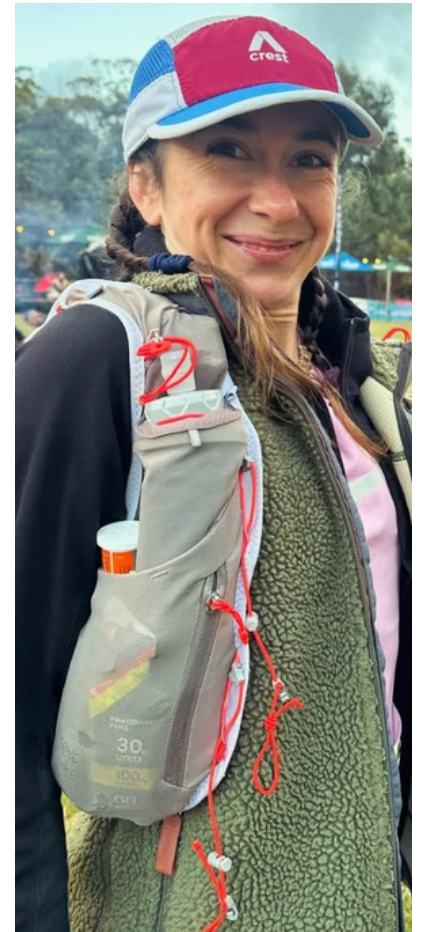


Michael Brannigan

25 Crowns: 0 & 9 Top 10

Strengths:
Having more hair than his father.

Weaknesses:
Not having any hair.



Marli Lopez-Hope

Strengths:
determination, ascending, smiles

Weaknesses:
Here DD's - Descending & Directions



Jasmine Baird

25 Crowns: 0 & 9 Top 10

Strengths:
Is an OG Bodhi Athlete

Weaknesses:
Was an OG Bodhi Athlete

The Graveyard



Sion Cousins

Strava Crowns: 0 & 1 Top 10

Strengths:
Hat Collection.

Weaknesses:
Running.

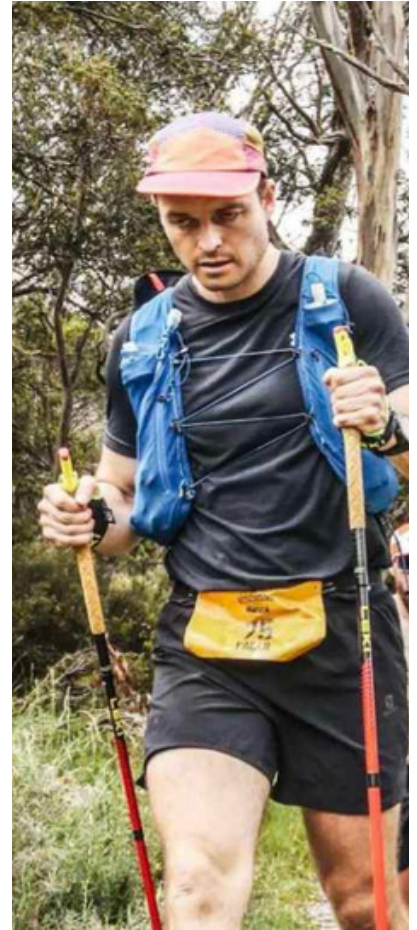


Brian Brannigan

Strava Crowns: 4 & 117 Top 10
(And 1 for hiking, weird.)

Strengths:
Experience, cut throughs and
local knowledge

Weaknesses:
May go wandering or exploring
if he finds a new cut-through
and may lose time discussing
public land with locals.



Lachlan Whitford

Strava Crowns: 0 & 8 Top 10

Strengths:
Essentially lives in the bush.

Weaknesses:
Ligaments.



Tash Kaz

Strava Crowns: 0 & 1 Top 10

Strengths:
Ah so many to list. Its
overwhelming how many... Pff
wow! What a woman!!!

Weaknesses:
Literally nothing. She is
perfect!



Matt Keevers

Strava Crowns:

Strengths:
Bloody Handsome

Weaknesses:
Sam & Duns making decisions
above their pay grade.



Sam Faasen

25 Crowns: 1 & 21 Top 10

Strengths:

Was the only person not involved in the race last year that listened to our Podcasts.

Weaknesses:

Training... Training seems to be a big weakness right now.



Mark Kee

Strava Crowns: 2 & 35 Top 10

Strengths:

Talking. Vibes & Cow Bell Ringer

Weaknesses:

Shoes regularly get stuck at the door and don't leave the house. Also, a notable affinity for beers.



Frits Arkema

25 Crowns: 0 & 10 Top 10

Strengths:

Fit, fast, loves pain.

Weaknesses:

Being Dutch, doesn't know what a hill is. Local, but no knowledge of the course apart from Seaview Avenue.



Corey Arkins

25 Crowns: 47 & 435 Top 10

Strengths:

Versatile runner who can translate speed into trail. Wise behind his years.

Weaknesses:

Is a possibility he'll run a quad quarry road the day before, he can't resist it



Kim Pedersen
