



777 MARATHON

7 MARATHONS 7 STATES 7 DAYS

SYDNEY

Volunteer Guide

July 3rd 2026 - Sydney Disc Golf Club, Silverwater



The Why & How

Founded in 2013, the annual Bravehearts 777 Marathon comprises of 7 marathon events in 7 Australian cities in 7 consecutive days. It is the only marathon event of its kind in Australia and supports the vital work of Australian child protection charity, Bravehearts.

The journey begins in Perth, where the marathon takes place in the morning. By evening, we pack up and fly to Adelaide, ready to do it all again the next day. The challenge continues through Melbourne, Hobart, Sydney, Canberra, and concludes on the Gold Coast.

Alongside this incredible feat, we are joined by a dedicated team of 31 national runners who commit to completing all seven marathons. Each Bravehearts 777 National Runner raises \$11,500 to support Bravehearts' crucial work, funding child sexual abuse counselling, support services, education programs, and research. In each state, they are joined by hundreds of passionate state runners who sign up to run a single marathon leg, further amplifying awareness and fundraising efforts.

Since its inception, the Bravehearts 777 Marathon has raised over \$2 million to help prevent and treat child sexual abuse, making a lasting impact in communities across Australia.

About Bravehearts

Celebrating 29 years as one of Australia's leading child protection organisations. Bravehearts is solely dedicated to the prevention and treatment of child sexual abuse.

Bravehearts' essential services include personal safety education programs for children, such as Ditto's Keep Safe Adventure, counselling, redress, support services including our national Information and Support Line; child protection training courses; as well as research and reform.



Vision

A world where people, communities and systems all work together to protect children from sexual abuse.



Mission

To provide a coordinated and holistic approach to the prevention and treatment of child sexual abuse.

The Problem

Child sexual abuse is a crime that knows no physical, financial, socioeconomic, geographic, cultural or gender boundaries. It is a profound violation of the human rights of the child, impacts of this crime are far-reaching for children, families, and communities.



More than 1 in 4 Australians (28.5%) have experienced child sexual abuse. ¹



In up to 90% of child sexual abuse cases, the offender is known to the family. ²



In more than half of cases (approximately 52%), the onset of child sexual abuse is from 0 to 8 years. ³

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1) Haslam D, Mathews B, Pacella R, Scott JG, Finkelhor D, Higgins DJ, Meinck F, Erskine HE, Thomas HJ, Lawrence D, Malacova E. (2023). The prevalence and impact of child maltreatment in Australia: Findings from the Australian Child Maltreatment Study: Brief Report. Australian Child Maltreatment Study, Queensland University of Technology. 2) Australian Bureau of Statistics 2017; Quadara, Nagy, Higgins & Siegel, 2015. 3) McElvaney et al., 2020.



Volunteer Information

What to Wear:

- Comfortable clothing and enclosed shoes (layer clothing to easily adjust as temperatures vary).
- Water bottle
- Hat

Volunteer Shift Times:

- **Shift 1:** 6:30AM Arrival -10:30AM Departure
- **Shift 2:** 10:30AM Arrival - 2:00PM Departure

Where to Meet:

- Once you arrive at the *Race Precinct*, please make your way to the **'STAFF' marquee** for a short **briefing @6:35AM**. Depending on your role, you will then be shuttled to the designated location @6:45AM.

Nutrition:

- Shift 1: Morning Tea provided via on-site vendor.
- Shift 2: Lunch provided via on-site vendor.

Event Day Contacts:

- **Primary:** Lily Curtin: 0432 024 495 / lcurtin@bravehearts.org.au
- **Secondary:** Elana Tonakie: 0415 535 205

Event Details

Friday 3rd July 2026

Sydney Disc Golf Club,
Silverwater, NSW, 2128

Race Precinct Opens: 6:00am

Marathon Start Time: 7:00am

Half Marathon Start Time: 7:30am

14km and 7km Start Time: 8:00am

Race Cut-off Time: 1:30pm

Parking: Newington Armory.



The 2025 777 Marathon raised over \$980,000 for Bravehearts.

Shift 1 Roles: 6:30AM to 10:30AM

Registration Tent

- Welcome State Runners, assist with bib collection, and help answer any pre-race questions (reference the FAQ's within this document).

Bag Drop Tent

- Collect, label, and securely store State Runners' belongings before the race.

State Runner Nutrition Tent

- Set up and man the State Runner Nutrition Tent, ensuring that all items are stocked up during the race.

National Runner Nutrition Tent

- Set up and man the National Runner Nutrition Tent, ensuring that all items are stocked up during the race. Support National Runners with their designated nutrition and hydration needs, ensuring supplies are prepared and accessible.

Marshalling

- Direct runners along the course, ensure safety at key points, and bring high energy to cheer and motivate participants.

parkrun Turning Point Hydration Station

- Hand out water and hydration to runners at the turning point, helping keep them fueled and encouraged mid-course.

Medal Table

- Present medals to finishers with enthusiasm and celebrate their achievement as they cross the finish line.

Shift 2 Roles: 10:30AM to 2:00PM

Medal Table

- Continue celebrating finishers by presenting medals and congratulating runners.

Bag Drop Tent

- Assist runners in collecting their belongings quickly and efficiently, ensuring all items are safely returned.

State Runner Nutrition Tent

- Provide post-run nutrition and hydration to State Runners and maintain a clean, organised space.

National Runner Nutrition Tent

- Support National Runners with recovery nutrition and hydration, keeping supplies replenished and the area tidy.

parkrun Turning Point Hydration Station

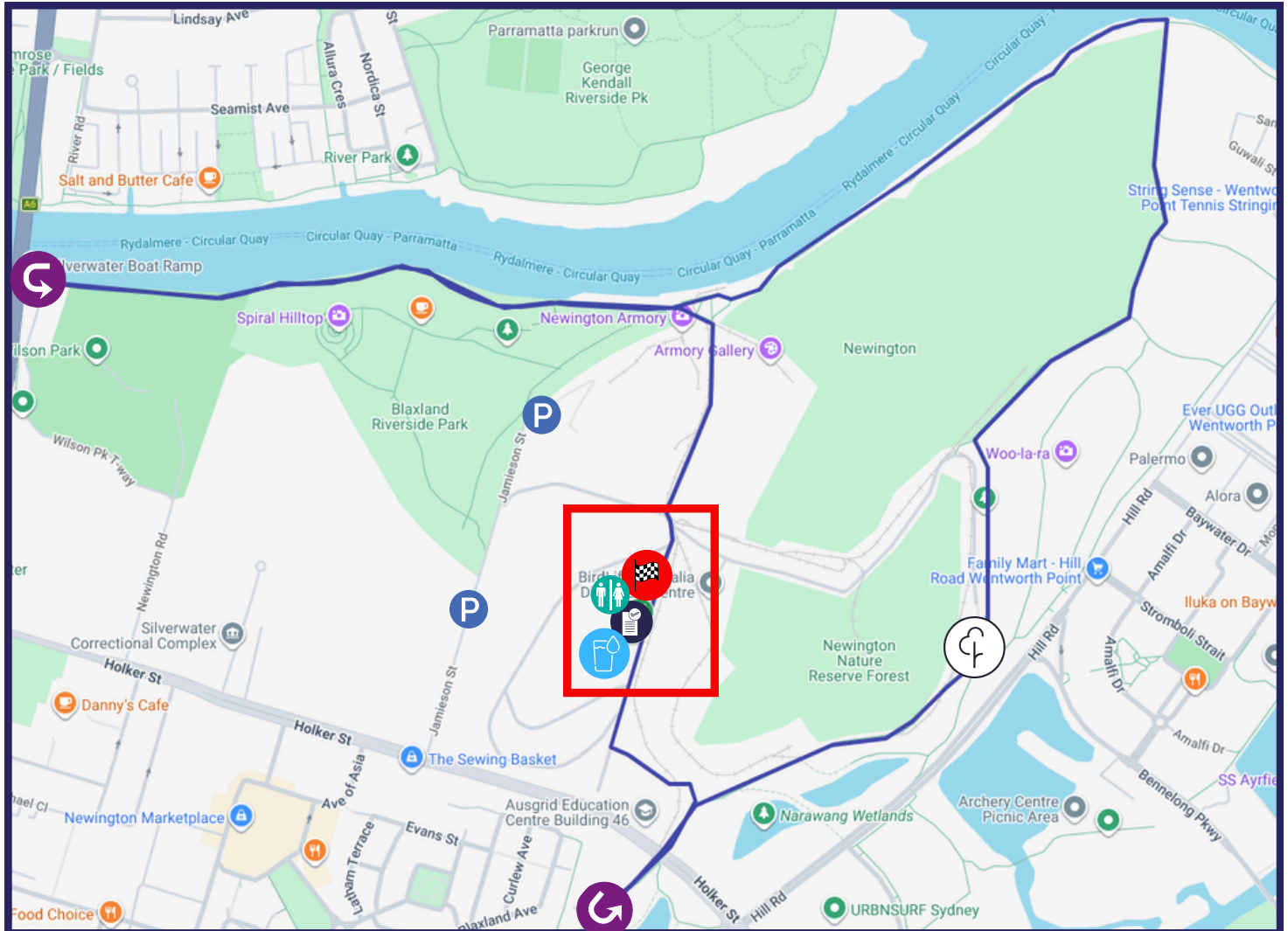
- Hand out water and hydration to runners at the turning point, helping keep them fueled and encouraged mid-course.

Assisting with Pack Down

- Help dismantle tents, pack equipment, tidy the site, and ensure the event space is left clean and organised.

Course Overview

Scan QR code for interactive course map.



KEY:



Toilets



Race Precinct



Parking



Nutrition Station



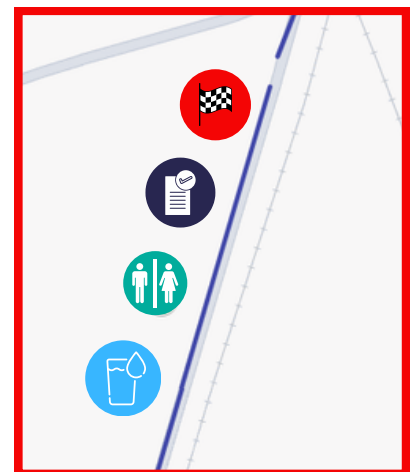
parkrun Hydration Station



Turning Point



Staff Tent



Sydney FAQ's:

Do all distances start together?

A staggered start time is in effect, this will only be minutes apart to allow for the flow of runners.

Is there hydration along the course?

There will be water and electrolytes at the Event Precinct and Halfway Point Hydration Station (3.5km from Event Precinct).

Will there be toilets onsite?

Yes. Portable toilets will be at the start of the course, public toilets will be along the track. *Due to council, these will be unlocked after 8:30am.*

Where can I leave my personal/valuable items?

After you have collected your race bib, you can drop your belongings at the Bag Drop marquee. Please remember to attach your 'race bib tear off tag' to your belongings.

How do I see my race time?

Race times will be available online within an hour of the race on the 777 Marathon website or via the QR code on the back of your race bib.

Is there a medic onsite?

Yes. We have medics and physios onsite throughout the event.

Is the 777 Marathon course a loop?

Yes. The course is a full 7km loop. For the full marathon, this loop is completed 6 times.

Manual Handling & Disclosures

Manual Handling Safety Guide

- Assess the weight of the load before lifting, do not attempt to lift anything too heavy for you.
- Avoid lifting items above shoulder height whenever possible.
- Use trolleys or other aids to move loads over longer distances.
- Never perform movements that cause pain or discomfort.
- Inform event staff if you are unsure or uncomfortable with a task.
- Take regular breaks to manage fatigue and maintain safety.

Disclosures Guide

Given the nature of our charity, there may be times when an adult shares an experience of past child sexual abuse. If this happens:

- Gently let them know that while you care, this is outside your area of expertise.
- Provide them with a Bravehearts Helpline Card so they can access professional support.

All volunteers will be supplied with a small number of Bravehearts Helpline cards to carry with them throughout the event.



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**Thank you for supporting our vital work
protecting Australian children.**

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