



“Family is still buzzing from doing the race together!”

“Inspiring ordinary people to push their limits...”

“Reminiscent of the famous Ironman race on the Gold Coast, there is something for everybody, club members, surf sports participants, and ocean athletes. The format has a great deal to offer surf club and lifesaving participants with the team option giving the flexibility of selecting your favourite chosen discipline to complete as part of a crew.

The course design is genius, with ample to challenge even the finest of ocean athletes in a variety of terrains. The run legs alone covers soft sand, hard sand and hills; the board leg has some changing chop and wave angles over the Butterbox reef formations; the surf, currents navigation and open ocean conditions make for a solid swim leg: and on the ski, mixed swell directions and tricky reflections around the Dee Why / Curl Curl headland. The anticipation for BBG 2026 is already building...”

- Ariki, 2025 Butterbox Gold Champ



Long Reef SLSC's BUTTERBOX GOLD 7 MARCH 2026

Understanding the course



UNDERSTANDING THE COURSE

The Race begins and ends at the same location on Long Reef Beach. Each leg of the course begins and ends at the **Butterbox Gateway**. There will be a corresponding coloured set of turning buoys to identify the course each participant must complete.

There will be an online safety and course briefing at **4pm on Friday 6 March**.

More detail to come.

COURSE DISTANCES

Headland Run: 2km | Run from sand up to top of the headland and back

Board paddle: 3km | Paddle to the Butterbox surf break and back

Swim: 2km | Swim down to Dee Why Beach and back

Soft sand run: 1km | Down to the pole and back

Ski: 7km | Optional ski leg for Gold course participants.

Silver course participants finish after the soft sand run.
Alternate craft to spec skis permitted in ski leg.





PARTICIPANT PACKS

Vaikobi Butterbox Gold technical tee
Butterbox Gold swim cap
Competitor numbers
Timing chip

PRIZES

Prizes will be awarded for the following categories:

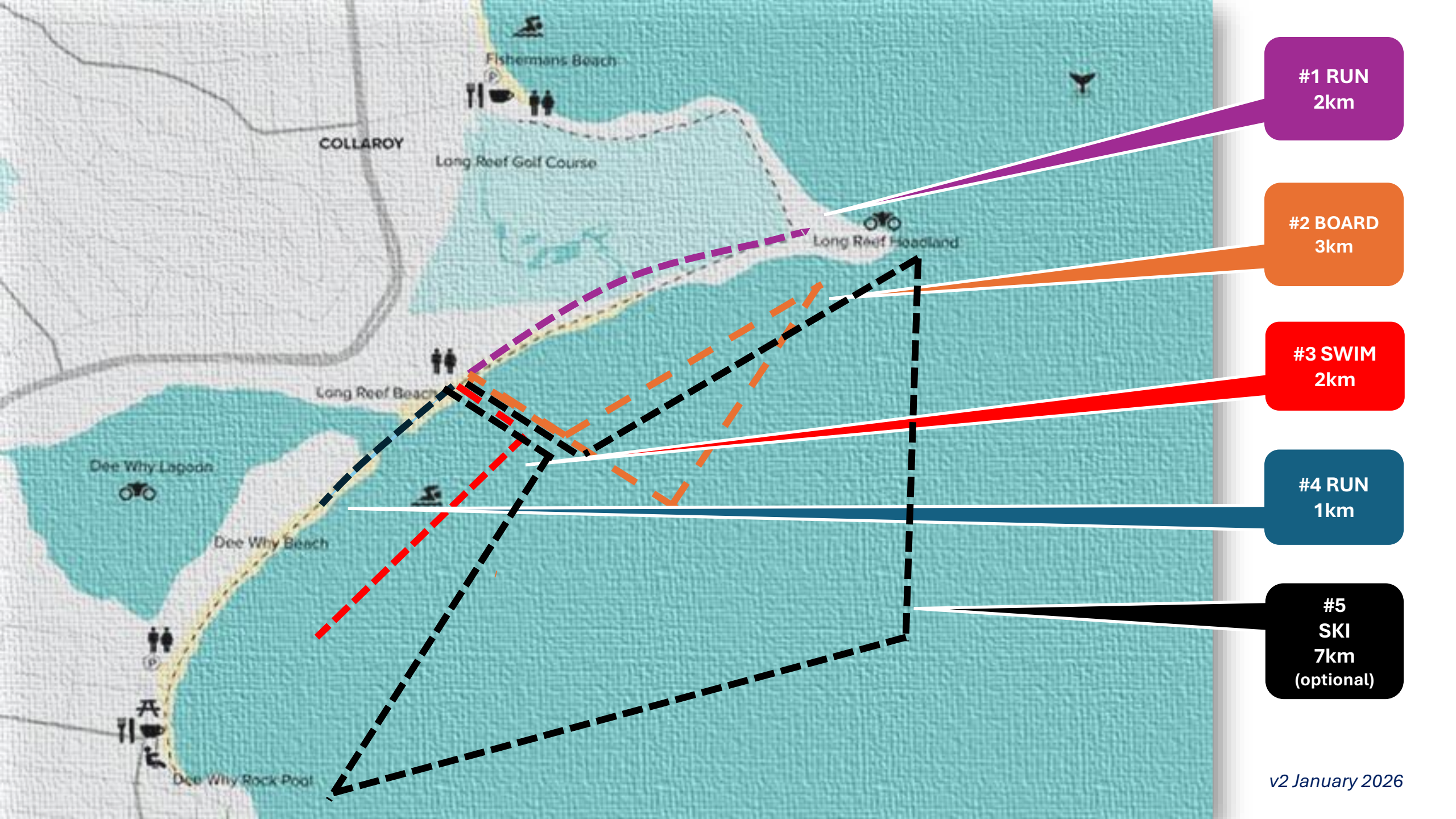
- Individual Butterbox Gold winner, male and female
- Individual Butterbox Silver winners, male and female
- Team winners for Gold course and Silver course
- Youth award
- Longy Spirit

TEAMS

- Each team can consist of between 2-4 members. Compete with family members; patrol; training buddies; friends!
- Teams can enter the Silver course or the Gold course. Set your own goals. We urge you to set yourself a challenge!

Course map





#1 RUN
2km

#2 BOARD
3km

#3 SWIM
2km

#4 RUN
1km

#5
SKI
7km
(optional)

Race Requirements





RACE REQUIREMENTS

- It is compulsory that each participant wears the event provided hi vis technical tee for the race.
- It is compulsory that each participant wears the event provided swim cap for the swim leg.
- In order to be eligible to win the Gold course prizes, participants must be on spec skis. Ocean skis and other non-motorized craft are otherwise permitted to complete the ski leg.
- It is compulsory for all participants to pass through the **Butterbox Gateway** when completing each leg. Failure to do so may result in time penalty.
- All participants must adhere to decisions and direction provided by the event referee and all other officials.
- Participants must be 12 years old or older. Competition proficiency, Surf Rescue Certificate or Bronze Medallion required for all participants under 18 years old.
- No nipper boards are to be used in the board leg of the event.
- All participants must take responsibility to operate within their skill set and conduct their own risk assessment. Long Reef SLSC will provide water safety on the day.

WAVES (subject to change):

Wave 1	2pm	Individuals
Wave 2	2.15pm	Teams