

# CANUNGRA COMBAT CHALLENGE

TAKE ON A  
COURSE OF  
OBSTACLES,  
BUSH TRAILS  
AND SOLDIER  
EXERCISES

 14 JUNE 2025

 KOKODA BARRACKS

C3

WELCOME  
KIT 2025



**CANUNGRA**  
COMBAT CHALLENGE



# WELCOME TO C3!

**ARE YOU READY?**



We are excited to have you join us for the 2025 Canungra Combat Challenge! The first event of its kind held on an active military base, with all donations going towards Legacy Brisbane.

Please find important information below with resources attached, so be sure to keep this Welcome Kit handy!

## 2024 FUNDRAISING GOAL

Thank you for committing to fundraising for Legacy Brisbane. Keep pushing above and beyond the \$2,000 fundraising goal!

All of the donations will go toward Legacy Brisbane in support of veterans' families after the loss or injury of their loved one.

Legacy Brisbane supports more than 3,910 people, including widow(er)s, young families and people with a disability, across South East, Central and Western Queensland. [Find out more at Legacy Brisbane.](#)

## GET C3 READY

Coming into our sixth year of C3, we have upped the ante!

We don't want to spoil the challenge, but prepare to be pushed physically through a 7km/10km course of obstacles, bush trails and soldier exercises.





Location: The Canungra Army Barracks, Kokoda Base.

The Canungra Combat Challenge is held on base at the Kokoda Barracks off Beechmont Road, Witheren in the Gold Coast hinterland. The main entrance to the Barracks is Wau Road but the area will be signed on event day. Parking is available onsite - you are welcome to drive, carpool or bus (for larger groups) to the Barracks. [Click to find on Google Maps.](#)

## ON THE DAY

### TIMINGS

Arrival time is dependent on your wave time.

Each team will be allocated a wave time between 0800 and 1015 and will be required to arrive at least 1 hour prior to their wave time.

Team wave start time will be sent to teams in the week leading up to the event. (Stay updated on how you could be able to choose your preferred time!)

Depending on your team's level of fitness, the challenge takes anywhere from 1 -3 hours to complete.

There is also a chance to lay a poppy as part of the course on the day, at the Australian Army Training Team Vietnam Memorial, a commemorative site to remember the men and women who served in Vietnam.



## WHAT TO WEAR

Dress up, wear team gear, there might even be a prize for the best dressed team on the day!

We also encourage participants to wear long pants and long shirts to complete the course. (Long sleeve and long pants to limit abrasions caused by crawling on the grass and negotiating the Obstacle Course, this can be but is not limited to skins, lycra, etc.)

Jewelry, bracelets, watches and other electronic devices are not to be worn on the course, we encourage you to leave these at home (or in your bag at our baggage drop location). GoPro and mobile devices are also prohibited whilst completing the course. Bring a change of clothes - you will get wet!

## RACE VILLAGE

The fantastic Army Band will be on-site to bring teams to the race finish and we're sure you are going to work up a huge appetite, there will also be some awesome food and beverage vendors to make sure you feel full and refreshed after the Challenge.



# FUNDRAISING AND TRAINING RESOURCES

The Canungra Combat Challenge isn't just an opportunity to test your fitness on the day: training and fundraising are crucial ahead of the big day! Exercise with your teammates in the lead up to the event and help reach your team's fundraising target. Every contribution made ensures our families remain connected and supported by Legacy.

We're here to support your fundraising journey. We'll send you tips and advice leading up to the day, so you can exceed your fundraising target!



## TOP 10 FUNDRAISING TIPS

1. Get the ball rolling: Make a self-donation to your online fundraising page to show your family, friends and colleagues you're committed to helping Legacy.
2. Leverage your networks: Ask your suppliers, subcontractors or business partners to sponsor you. If you are getting team shirts why not recognize their support by including their logo.
3. Fundraise at Work. Gather your colleagues and make your impact. Here are a few ideas to get you started: From Dress Down Days to Anzac Biscuit Bake-Offs, swear jars, office sweepstakes, BBQs, trivia/quiz nights and movie nights; there are so many ways to fundraise that suits you. Even giving up a coffee a day and donating it to your fundraising instead can help you raise \$\$\$s quick!
4. Video or photo challenge: Encourage your team mates to a photo or video challenge that motivates people to get involved. Every participant needs to tag people to join in and donate to your campaign.
5. Create your own fundraising event or day: Have another idea? Fantastic! Let us know what you plan on doing to fundraise and we will support you every step of the way.



## TOP 10 FUNDRAISING TIPS CONTINUED

6. Dollar matching: Ask your manager if your company has a corporate matching program. Some companies will match their staff fundraising dollar for dollar as part of their corporate social responsibility.

7. Move to social media: Tagging friends on Facebook/Instagram to thank them for their support (use our downloadable tiles!).

8. Re-engage with email: Use our email template to follow up with friends etc.

9. ASK, ask and ask again! Don't forget to tell people why – add to your communications WHY you are fundraising and want their support!

10. And remember to thank your donors: Continue thanking your friends and family for supporting you and be sure to update your social media.



## TRAINING TIPS



C3 is a race with a series of events designed to emulate the rigours of modern-day soldiering. It is a team and objective based activity, demanding physical and mental resilience, as well as strong group cohesion. You will need muscular endurance, agility, balance and coordination to successfully complete this challenge and be competitive.

The Training Program is designed to give you the best possible chance at preparing for the race and avoiding any injuries. But rest assured, you will be assisted on the day of the Challenge with ADF volunteers guiding you through the course.

**GET YOUR SIX-WEEK TRAINING GUIDE!**