



# Walking4Warriors Endurance Challenge 2025

**18-19 April, Dennis Park, Boyne Island**



This years' challenge was a little different and came with its own set of challenges due to the event falling on the Easter Long Weekend. This saw a lower-than-expected participation rate with an estimated shortfall of ~100 in registrations compared to previous years. However, what we lacked in numbers we made up for in enthusiasm. Fittingly, the opening of the event on Friday evening was conducted by Steve Baker (8 years Army/27 years Leading Senior Constable, Police), Cr Glen Churchill (Gladstone Councillor and ex-Police officer) and our founding member Craig Watson (Civilian). Once the opening speeches were completed, our participants commenced their 24- and 3-hour challenges to the tunes of Amazing Grace by Gladstone's Thistle Pipe Band members - Cr Churchill (drums) and Ben Behrendt (bagpipes). Ben joined us on Saturday to undertake a 6-hour challenge and walked the course with his bagpipes and some of his other colleagues to mark the final hours with bagpipes tunes.

Something else that was a little different was the addition of Cosmos Art for Health, who had a mural installation piece for the Bush Retreat for participants and supporters to leave their mark on over the course of the event. With the added support of Katrina Elliot and Cosmos we also were able to have some more streamlined branding of the endurance challenge to match our artistically designed event shirts, supplied by local family-run business, Thornberry's Printing. Over 250 shirts made their way out into our community, around Australia and across the globe thanks to our virtual participants in Scotland, Norway and Thailand. Will still have a small stash of shirts available for purchase.





[illegible]

Thanks Shell QGC for providing William Debois of Photopia Studios to capture our event.



Music and entertainment was provided by Klanci Daly and Christina Joy. Aura Fireworks/Fuse Pyrotechnics (Current local Serving Defence member of over 15 years) once again delivered a spectacular show that saw the street lined with cars. Thank you Gladstone Regional Council for your contribution towards our entertainment.



Our warm up events included the Dusk to Dawn Hike (10 hr overnight hike from Turkey Beach to Seventeen Seventy) and a Turkey Beach bush hike.



**Walking4Warriors**  
10 Sep 2024 · 🌐

This weekend we are embarking on our Dusk till Dawn walk from Turkey Beach to Agnes this falls in line with Suicide Awareness day/week and was created as a chance to have real conversations through a challenging adventure. Along with the distance we through in the challenge of walking all night which takes a toll on us mentally. If you'd like to join us there is still time I just need to know asap so we can work out transportation logistics.

Also if you'd like to join us for a BBQ at agnes your more than welcome. We will be eating at 0600 and the BBQ cost will be \$5.00 we also need numbers for catering if you're interested please let us know. other than that there are a couple of other events going on locally that I will share shortly.



Sat, 14 Sep 2024  
From Dusk Till Dawn

**Walking 4 Warriors Discussion Group**  
Sianne Maddick · 16 Mar · 🌐

Needing another training session before the **2025 Endurance Challenge?**

Why not join us for a walk at Turkey beach through the bush trails....

<https://www.facebook.com/share/1PSCeKZgfJ/?mibextid=9I3rBW>



Sat, 22 Mar  
W4W bush retreat, Turkey Beach bush walk and promo

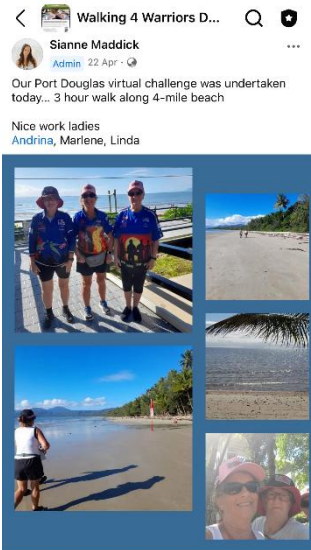
 Interested

Shared to Walking 4 Warriors Disc...





Virtual Events were held in various Queensland locations including: Port Douglas, Emu Park, Brisbane and globally at: Scotland, Norway, Thailand.



What our participants thought:



Eliza Brewer

18 Apr · 🌐

So much fun cheering on the runners this morning!





Belinda Baker

18 Feb · 🌐

The Baker family are looking forward to participating in person this year, rather than supporting from afar. Our local paper did an article on Hamish

### Hamish takes on Warrior Challenge

By Roman Fraser

Our young Duvalliga community member will be pushing himself to the physical and mental limits, raising awareness and funds for a good cause.

Since year-old Hamish Baker is preparing for the Walking 4 Warriors 2025 Endurance Challenge.

Walking 4 Warriors is an organisation that promotes physical and mental health to help push people beyond what they perceive as normal boundaries, to open up the potential for physical, mental, emotional growth and development as well as supporting an military veterans and first responder groups.

The fundraising endurance challenge encourages participants to keep moving through-out either a three, six, 12 and 24-hour challenge period. Starting from Duvalliga Reserve Island in Queensland, participants do this by running, walking or even cycling continuously each hour.

Hamish will be going to Queensland to participate in the challenge from the beach in the first year I've been able to physically support and take part," Hamish said.

"My uncle served in the military and is a co-founder of Walking 4 Warriors, raising awareness and funds for the importance of keeping physically and mentally healthy, particularly for ex-service people who can suffer mental health issues such as PTSD (post-traumatic stress disorder)."

Hamish says he's confident he can handle the physical requirements of the challenge, but he will continue to train right up until April.

"I've been doing 4 days runs regularly, outside the regular sports training," he said.

"I've never done anything this long before, and it is an endurance challenge, so it will be as much of a mental challenge as a physical one."

The challenge starts at 6pm on the Friday before Easter Day, which this year happens to be Good Friday.

All funds raised by Hamish will go straight to Walking 4 Warriors to assist them in directly providing programs and opportunities for the community to support each other.

Anyone can take part in the Walking 4 Warriors 2025 Endurance Challenge, including virtually.

Virtual participants to be tracked by some form of activity monitor.

The in-person participants are a 65% or 80% of completing a virtually.

For more information about Walking 4 Warriors, go to <http://www.walking4warriors.org.au>.

In closer to Hamish's efforts, go to <https://www.gladstone.com.au/walking4warriors>.

A person requiring crisis support can contact Accidental on 1800 555 344, Helpline Australia on 13 11 14, Beyond Blue on 1800 224 636 or Kids Helpline on 1800 551 800.

Recreation and pathways to help are also available at [www.recreationandpathways.gov.au](http://www.recreationandpathways.gov.au).



Hamish Baker is taking part in the Walking 4 Warriors Challenge in Queensland.

### RSL CLUB STATEMENT

We would like to inform you that after careful consideration, the Board



Justin Devrell + 2

1 comment

 Like

 Comment



Walking 4 Warriors D...

1 Like 2 comments

 Like  Comment  Send  Share



Steve Shuttleworth

20 Apr · 🌐



THIS YOUR FIRST 24-HOUR RACE? YES! HOW YOU FEELING? AFTER 18 HOURS? TIRED!

WELL, AS LONG AS YOU AREN'T HALLUCINATING, YOU'RE OK. HA HA!

KEEP IT UP-- YOU'RE DOING GREAT! THANK YOU MR. MAYOR!

WALK HENRY BULL [www.dumbrunner.com/support](http://www.dumbrunner.com/support)

View Insights

133 post reach

 5



Katrina Elliott

20 Apr · 🌐

Colleen and I register for the 3hr Walking4Warriors Endurance Challenge this year. Everyone's challenges are different, ours was at starting line with everyone, one lap then many laps around the art table the helping to pack up.

A massive thank you to the Walking 4 warriors management committee, all of your families that turn up and the volunteers who make the even happen. Thank you for welcoming Cosmos Arts for Health Inc to this years event.





Leah Jett + 42

3 comments



Alana Costigan is 14 attending 2025 Walking4Warriors Endurance Challenge at Walking4Warriors.

20 Apr · 🌐

What an amazing turnout for the 2025 Walking4Warriors Endurance Challenge event!

I've never participated in anything like this before, but I'm so incredibly grateful I did. The energy, the unity, and the purpose behind every step we took—it was all so inspiring. I pushed through the burn, challenged myself physically and mentally, and it was all for an amazing cause: supporting our veterans and combined services.

This event isn't just a walk—it's a tribute. A way to show respect, give back, and stand in solidarity with those who've given so much for us.

If you've ever thought about doing something meaningful, mark this down for next year. Walking4Warriors is more than a fundraiser—it's an experience. Let's make the 2026 event even bigger!

[#Walking4Warriors](#) [#SupportOurVeterans](#) [#EnduranceForACause](#) [#GratefulToGiveBack](#)

### #Walking4Warriors #SupportOurVeterans #EnduranceForACause #GratefulToGiveBack





Jon Felton + 52

8 comments

 Love  Comment  Send



## Advertising and Promotion samples:

Alana Costigan  
17 Apr · 🌐

24hrs to go!!!!!!

🔥 **\*\*TOMORROW NIGHT!!!!\*\***  
🔥 It's time to show up, show love, and show respect! 🔥

🌸 **\*\*Join us THIS FRIDAY at Dennis Park\*\*** for the 3-Hour and 24-Hour Walking4Warriors Endurance Challenge! 🏃🏻🏃🏻🏃🏻

Don't forget on Saturday there is the 6hr, 12hr kicking off as well

I'm stepping up to take on this powerful walk—and I'd LOVE your support! 🙌

This isn't just a walk...  
👉 It's a challenge of **\*\*endurance, respect, and remembrance\*\***—  
🌟 Honouring our **\*\*Veterans & First Responders\*\*** who've sacrificed so much for us.

How can you help?  
🙌 1. **\*\*SHOW UP & CHEER US ON!!\*\***  
Your energy will fuel us through every step! 🏃🏻🏃🏻🏃🏻

🙌 2. **DONATE TO THE CAUSE:**  
Every dollar goes toward supporting our heroes.  
👉 Donate here - <https://walking4warriors.org/shop/donation-44> ❤️



Katrina Elliott  
12 Jan · 🌐

Walking 4 Warriors 2025 - "Who's in?" 🏃🏻🏃🏻🏃🏻  
It's time to lace up and take on the challenge! 🏃🏻  
What will YOU do this year? 🏃🏻  
✅ 3 Hours: Casual and fun!  
✅ 6 Hours: Push your boundaries!  
✅ 12 Hours: Dig deep!  
✅ 24 Hours: Go the distance!  
Virtual: My place - throughout April!  
We want to hear from YOU! 🙌  
👉 Which event did you do in the past?  
👉 Which one are you taking on this year?  
Share your story in the comments and let's inspire each other to Run, Walk, Crawl - and Get it Done! 🏃🏻  
👉 Register today: <https://walking4warriors.org/event/2025-endurance-challenge-6/register>  
⇒ 18-19th April 2025 - Mark your calendar and join us for this unforgettable endurance challenge.  
Together, we'll make a difference for our veterans and first responders!  
#Walking4Warriors2025 #ChooseYourRace  
#RunWalkCrawl #SupportOurVeterans  
#supportourfirstresponders #endurancechallenge



We also had a screen at High Risk Solutions over the Harbour festival promoting our event, the upcoming ANZAC services and the Gladstone Combined Services fundraising events.

Let's talk numbers.....

Despite an estimated shortfall of ~\$7,000 in registrations compared to previous years, our efforts in raising awareness of our cause enabled us to achieve similar income levels of previous events through increased donations and sales (merchandise, raffle and BBQ). We were also lucky enough to secure several in-kind donations of goods and services which greatly supported our budget with decreased cash outlays required for Equipment (thank you Stage & Audio), Advertising and Promotion (thank you Cosmos), Physio/Massage service (Thank you Chris & PhysioCall) and our aid station supplies (thank you ASN Gladstone, Gladstone Beemart and Clinton Park Bakery)

Staying true to our goal, all registration fees plus a little extra was donated to Young Veterans CQ. This \$10,000 donation will allow them to deliver much needed social connection and wellbeing activities to our veterans in the Gladstone Region. A donation was also offered to the Gladstone Combined Services to support our Emergency Service personnel; however, they opted for us to retain these funds to put towards our Bush Retreat so that they can make use of this facility and programs instead. A donation was also made to Mindcare Moments Café for their pay it forward program.

### Endurance Challenge 2025

#### INCOME

Bendigo Calliope & District Community Bank	\$ 10,000.00
Gladstone Regional Council	\$ 10,000.00
Other Sponsorships (Shell QGC, High Risk Solutions, Walz, Alpha HPA)	\$ 9,800.00
Other Income – cash donations, BBQ, raffle, merch sales	\$ 6,722.85
Registration income	\$ 9,235.00
<b>Total Income:</b>	<b>\$ 45,757.85</b>

#### EXPENSE

Contractors (including medics, physio, massage)	\$ 600.00
Catering (Participants and BBQ supplies)	\$ 3,108.99
Advertising and Promotion	\$ 542.65
Equipment and other logistics (including participant packs, event shirts, medals etc)	\$ 15,648.88
Entertainment contractors (musicians, fireworks)	\$ 4,450.00

#### Total Expenses:

<b>Community Beneficiary - Young Veterans CQ, MindCare</b>	<b>\$ 11,500.00</b>
<b>Funds Retained by W4W</b>	<b>\$ 9,907.33</b>



Walking4Warriors

17 May · 🌐

Pleased to announce that despite our lower registration number for this years endurance challenge we still managed to raise over \$20,000 to be put to good use for our veterans and first responders.

[2025 Walking4Warriors Endurance Challenge](#)

Thank you to our participants, volunteers and sponsors that helped make this happen.

Gladstone Regional Council  
Calliope & Gladstone Community Bendigo Bank  
Shell QGC  
Stage & Audio  
High Risk Solutions  
Walz  
Alpha HPA  
Aura pyrotechnics (Fuse)  
Cosmos Art for Health  
ASN Gladstone

[#CommunitySupportingCommunity](#)



## Statistics:

<b>Timeslot</b>	<b>Pre-Registrations</b>	<b>Virtual registrations</b>	<b>Late or on the day Registrations</b>	<b>TOTAL REGISTRATIONS</b>
24 hours (1800 Friday to 1800 Saturday)	26	1		27
3 hours (1800 to 2100 Friday)	41	8	2	51
12 hours (0600 to 1800 Saturday)	20	1	1	22
6 hours (1200 to 1800 Saturday)	18	4	4	26
<b>TOTAL</b>	<b>105</b>	<b>14</b>	<b>7</b>	<b>126</b>

That's a commitment to 1,221 hours walking/running and equated to over 4,000kms.

Youngest participant 9yo.

Oldest participant mid-80s.

322 shirts ordered and 267 distributed.

Young Veterans volunteers cooked up 48 bacon and egg burgers, 185 hamburgers and 120 sausages.

Aid station volunteers served over 8kg of watermelon, 3kg of oranges and 4kg bananas, mixed up over 50L hydrolytes and handed out numerous ice blocks and over 2kgs mixed lollies to keep our participants energised and hydrated.

Our Physios and Masseuse worked their magic for over 8 hours on numerous participants to keep them on the 2.5km track.

4 returning participants joined the elusive W4W 96-hour club, with more set to join next year.



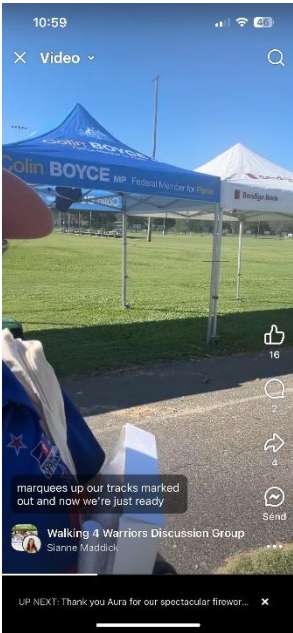
Thank you to our sponsors.... we couldn't have done it without you all!!! Your dollars, volunteers and equipment help make our event possible.



**Walking4Warriors**  
Public

Thank you Shell's QGC business for providing sponsorship support to our 2025 Endurance Challenge including access to William Dubois of Photopia Studios for photography.

We love having the QGC team as part of our Walking4Warriors community.







A big thank you to Seagulls Tannum Sands for allowing us to use their fields and facilities to make our event happen.

Thank you GAWB for use of the community water hydration station.

Much Appreciation and Respect to all our participants, volunteers and sponsors.

See you all next year with your mates.....

The **Walking4Warriors** Team