

This document was last updated on 15 July 2021

3 Marathons in 3 Days Event

11th 3 Marathons in 3 Days Staged Trail Race Competitor Information Pack, 2022

In its eleventh year this staged-race is held on the Atherton Tablelands and finishes in Cairns.

Date: Friday – Sunday, 8-10 July 2022

Longest length: 126.6km over three days

Email: info@3marathonsin3days.com

Event Organiser: Dynamic Running Ltd.

Race Director: Lorraine Lawson

Mobile: 0417 798 444

IN BRIEF

The 3 Marathons in 3 Days event has many entry options, all run over the same course, but varying in distance and days:

- 3M3D Grand Slam (126.6km), 8-10 July 2022. In its 11th year, this race consists of a marathon run each day over three consecutive days. Competitors can opt to compete in only one or two of the marathons, but the '3M3D Grand Slam' medal goes only to those who complete all three marathons. TEAM entries are also allowed where 2-3 team members will complete the 3M3D Grand Slam by running 1-2 marathons each.
- Cairns Marathon (42.2km), 10 July 2022. In its 11th year, the Cairns Marathon is the same course as Marathon 3 of the 3M3D event.
- Fig Tree Half Marathon (21.1km), 9 July 2022. The inaugural race was held in 2021. Pre 2021 we did the Fig Tree Half marathon.
- Lake Morris Road Race (16km), 10 July 2022. In its 4th year this race starts at Copperlode Dam and covers the last leg of the Cairns Marathon. 3M3D Grand Slam competitors who want a pacer to join them, can utilise this option for their pacer.

This information pack contains details on all the races.

Conditions of entry:

- 18 years or older on race day for the marathons
- 16 years or older for the Fig Tree Half Marathon
- 14 years or older for the Lake Morris Road Race

Entry into the 3M3D Grand Slam race: Returning competitor or a sub-5 hour road marathon time. You can use other events as qualifiers too. Record information of these races on your registration for consideration.

No qualifying times required if you opt for anything shorter than the 3M3D Grand Slam.

The decision to approve registrations is at the race director's discretion.

Your entry fee includes:

- Race fees for the selected race
- Training shirt for those in the Grand Slam 3M3D (for anyone who registered on or before 31 December 2021)
- Personalised race bib (for anyone who registers on or before 15 June 2022)
- Finisher's medal for each race
- New beaut 3M3D Grand Slam medal if you finish the 3M3D Grand Slam
- Training runs over the course
- Basic first aid
- Refreshments after each race
- A fun, safe and professional activity
- Public liability insurance

Dynamic Running club members and AURA members receive discounts. The event is listed on the AURA website.

Optional items you can book with your entry:

- Seat on the bus – PAY THE \$5/day FOR A SEAT ON THE BUS!!! It saves our volunteers HOURS of time in trying to sort out late-comers days before the race.
- Race singlet (for anyone who registers on or before 31 May 2022) \$45.00
- Ultra shirt (exclusive for 3M3D Grand Slammers who register on or before 31 May 2022) \$75.00
- Emergency pack (compression bandage and whistle) \$30.00
- After party on Sunday, 10 July 2022 (FREE entry, but you pay for your own food/drinks)

Race Kit: There is no race kit to be collected, only a race bib and map at registration each morning (note there is a different bib for each day).

Mandatory gear:

- Race bib to be worn on your front and visible at all times (supplied by event organiser)
- 1 x AERO Snake bandage (10cmx10.5m) or 2 x Elastoplast or Handy's heavy crepe bandages (10cmx2.3m) for Marathon 1, Fig Tree Half Marathon and Marathon 2. *DON'T turn up with anything else you will not be allowed to compete without the correct gear.* The bandages are highly recommended for all the races.
- 1 x whistle
- 1 x set of maps and course descriptions in zip lock bag
- A hydration system with a capacity of at least 2L
- Nutrition to sustain running for each stage of the event

You can buy an 'Emergency Pack' that contains the compression bandage(s) and a whistle for \$20 when you register.

There is a gear check at registration and at selected checkpoints.

Post activities:

Presentations and After Party, Sunday, 10 July 2022 at Edge Hill Bowls Club, 181 Woodward Street, Edge Hill.

Quoll Spotting, Monday, 11 July 2022, Yungaburra.

Bus transport: Book a seat on the bus! Other transport options are expensive and difficult to sort out with point to point races on the Friday and Sunday. Bus pick up location TBC.

Start locations:

- **Marathon 1**, 8 July, Barron Gorge Road at the Barron River Lookout.
- **Marathon 2 and Fig Tree Half Marathon**, 9 July, at the kiosk at Copperlode Dam, Lake Morris Road.
- **Marathon 3 and Cairns Marathon**, 10 July, at the corner of Clohesy River Road and Cedar Park Road (turn left 1km past Koah Roadhouse off the Kennedy Highway).
- **Lake Morris Road Race**, 10 July, at the kiosk at Copperlode Dam, Lake Morris Road.

Check in: 6:00-6:15am each morning at the start line, except for the Lake Morris Road Race – check in is at Goomboora Park at 8:00am prior to heading up to the start location.

Start time for each race:

- 3M3D Grand Slam **6.30am**
- Fig Tree Half Marathon **9.00am**
- Cairns Marathon **6.30am**
- Lake Morris Road Race **9.00am** This start time is 'fluid' in that the race will start when the first runners of the 3M3D and Cairns Marathon come through.

Early starters for the 3M3D Grand Slam and Cairns Marathon must check in at 5.45am, you will set off at 6.00am and will need a torch.

Mandatory race briefing: This video must be viewed by all competitors PRIOR to the event. There will only be a brief mention of safety precautions and race conditions each race day. All competitors are expected to have read and understood the race rules, course, etc.

The mandatory race briefing videos will be available closer to race day.

Finish locations:

- **Marathon 1**, 8 July, Crystal Cascades, Redlynch Valley, Cairns.
- **Marathon 2** and **Fig Tree Half Marathon**, 9 July, at the kiosk at Copperlode Dam, Lake Morris Road.
- **Marathon 3, Cairns Marathon** and **Lake Morris Road Race**, 10 July, Goomboora Park, Brinsmead, Cairns.

Estimated race finishing times: Due to significant changes to Marathon 1 and Marathon 2 of the 3M3D Grand Slam, the current record holders are Joshua Duff (2021) 12:22:06 and Sonja Schonfeldt-Roy (2021) 14:05:35.

Record holders of the original course: Om Beacom-Halliday (2016) 10:50:10 and Maggie Jones (2015) 12:37:38.

The slower runners will take up to 28 hours to complete the 3M3D Grand Slam.

Merchandise: Merchandise will be handed out at registration on race day.

Terrain: Single track, dirt roads, bitumen, shallow creek crossings. Steep ascent and descent sections. Refer to the Race descriptions on pages 7-12 for more detail.

Water is provided *approximately* every 5km. There are no cups on the course. There is no water provided for about 10km on Marathon 1 (through the Barron Gorge section early in the race) and on Marathon 2 (along Bridle Creek Road and Vivier's Track). You must carry your own water. There are shallow creek crossings along the course. If you intend on filling up at these, you will need to supply your own preferred water purification system.

Refreshments: Checkpoints will have a few snacks and water, but it is the responsibility of each competitor to provide their own nutrition for the duration of their event. Water and fruit will be available at the finish each day. Snacks and coffee can be purchased from Elva's Café, Shale Street on Sunday.

Toilets: There are public toilets at the start for Marathon 1. There are public toilets at Copperlode Dam (Marathon 2, Fig Tree Marathon, Lake Morris Road Race start). There are bush toilets at the start for Marathon 3 / Cairns Marathon. There are public toilets at the finish at Goomboora Park on the Sunday.

Mobile phone coverage: Limited, or not available. Telstra is your best option in terms of connectivity.

Remember:

- If another competitor is in trouble, you must stop to help them.
- **DO NOT LITTER.**
- It is your responsibility to get your name ticked off at all checkpoints.
- Obey all road rules and give way to all other traffic.
- Pets/Dogs anywhere along the course are prohibited.
- Study the maps and read the course descriptions PRIOR to race day.
- Stay on the marked course. Short cuts are not permitted. If you think course markers are missing or you have gone the wrong way, check your map, wait for another competitor or go back.
- Mobile coverage over the course is limited.

Read over all the event rules on page 13.

Volunteers: Know someone that can help out? Please contact us on info@3marathonsin3days.com

Photos can be accessed free of charge from the 3 Marathons in 3 Days Facebook page.

<https://www.facebook.com/3marathonsin3days/>

The **race results** will be published on the 3 Marathons in 3 Days and Dynamic Running websites in the week following the event.

DETAILED RACE INFORMATION

Be happy and smile a lot. Make new friends. And all the stuff that follows!

EVENT SPONSOR

No sponsors have been secured for the 2022 event.

In 2021, Fixx Nutrition supplied 120 sachets of Fixx Nutrition Fuel X Endurance Fuel in the Tropical flavour to use over the three days.

Tailwind Nutrition Australia was our major sponsor for the event for 2015-2020.

ENTRY REQUIREMENTS

You must be 18 years or older on race day to participate in the 3M3D Grand Slam or any of the marathons. You must be 16 years or older to participate in the Fig Tree Half Marathon and 14 years or older for 16km Lake Morris Road Race.

To register for the 3M3D Grand Slam you must be a returning competitor, or be able to run a sub-5 hour road marathon. This is only a general guide. You can use trail races as qualifiers too. Please record the details on the entry form. Your performance in Marathons 1 and 2 will be used to allocate your bib number on Sunday. You also need to be an experienced trail runner and you must be sufficiently skilled and have trained to undertake this race. The course is demanding with steep ascents and descents and remote sections that can result in slower first aid / rescue response times. You must be in good health to compete in this race.

CANCELLATIONS AND REFUNDS

We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is transferable to other people or to another Dynamic Running event (cut offs apply). A request for refund of the registration fee must be submitted to the organiser on or before 10 June 2022. A 10% administration fee applies to all refunds. PLEASE cancel your registration or inform the race director if you can no longer compete. There are NO refunds after 10 June 2022.

Should the event be cancelled for any reason whatsoever entry fees in full or part may not be refunded and no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event. In the event that the course is, in the opinion of the event organiser, unsafe (for example due to heavy rains or bushfires), the organiser may attempt to re-route the course, find an alternative shortened course or cancel the event. Due to travel and commitment involved by competitors, it is not practical to re-schedule the event to any other weekend.

INSURANCE

Event organiser, Dynamic Running Ltd., has \$20 million public liability insurance cover. This does not include travel and personal accident insurance for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event to cover any unforeseen personal costs you may incur due to travel, medical expenses or time off work due to injuries sustained whilst participating in the event.

MEDICAL ADVICE

Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue. Whether you have a medical condition or not, if you feel unwell on race day - don't race.

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication on the back of your race bib, include your Medicare number, next of kin and emergency contact details. This is not just an administrative request, it could be a matter of life and death in an emergency.

FIRST AID

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during and between stages. Read the document '**Running Safely on Trails in the FNQ**'. **Ensure you know how to deal with a snake bite. Carry compression bandages* and a whistle.** The SES may be in attendance at the event, but they may be a considerable distance from you. A basic first aid kit and a mobile phone are available at each checkpoint. If you get injured, you must attract the attention of others out on the course.

**The compression (snake) bandages must be either 1 x AERO Snake bandage (10cmx10.5m) or 2 x Elastoplast or 2 x Handy's heavy crepe bandages (10cmx2.3m) for strong, secure bandaging. Triangular bandages, small crepe bandages, etc. are of little use in treating snake bites.*

ACCOMMODATION

Most competitors find their own accommodation in Cairns. It's not a very big place!

BUS PICK UP LOCATIONS

Transport is available for all the races. DON'T be late, the bus is not waiting for you. There is a nominal fee for the transport.

8/7/2022	9/7/2022	10/7/2022
Redlynch Shopping Centre, Redlynch Bus departs at 5.15am (45min trip to start in Kuranda)	Goomboora Park, Brinsmead Bus departs at 5:30am and 8.15am (30min trip to start at Copperlode Dam)	Goomboora Park, Brinsmead Bus departs at 5:00am and 8.15am (60min trip to start of 3M3D/Cairns Marathon; 30min trip to start of Lake Morris Road Race)

We hire a minibus to transport competitors back to the pickup locations on Friday and Saturday. Visitors from out of town who do not have transport to the location mentioned above, please contact us.

If you need transport to the prize giving at Edge Hill Bowls Club on Sunday afternoon, please let us know.

LEFT LUGGAGE

Competitor gear will be taken to Crystal Cascades on Friday and to Goomboora Park on Sunday. Secure any valuables as the event organiser takes no responsibility for theft or loss of property. The area where the bags are kept at the finish line is not secure.

RACE FEES, AGE RESTRICTIONS, ENTRY DATES AND REFUND CUT OFF DATES

Your age category is determined from your age on race day (or in the case of the 3M3D Grand Slam on the last day of the 3M3D).

Race fees for 2022 are yet to be decided.

Please note:

- Dynamic Running club members receive a 35% discount into all races.
- AURA members receive a 10% discount into the 3M3D Grand Slam event during the 'Standard Fee' period.
- Book a seat on the bus during registration.
- **No refunds** after 10 June 2022.
- No personalised race bibs after 15 June 2022.
- No merchandise (singlet/ultra-shirt/t shirt) after 31 May 2022.
- Strict conditions are set on Junior entrants. Only register for this category if your junior runner has a parent or responsible adult that can help out at the event.
- **LATE FEES and CUT OFF dates apply to ALL competitors, regardless of event or category you register under.**

VOLUNTEERS AND RACE SUPPORT

Races like these don't just happen. It takes a lot of effort before, during and after a race to make it a successful and enjoyable experience. The more people that are involved, the easier it is on individuals and the stronger the sense of community we build. Here is a list of 'positions' and jobs that, if filled, will ensure a memorable race. Please contact the race director via email at info@3marathonsin3days.com if you are able to help with any of the following:

- Shopping. This is done before race day, so you can help out doing this and still run the race. A list is supplied, so it's very easy to buy the required food/drinks for the race.
- Pick up and/or transport of the port-a-loos.
- Set up/pull down. Course markers are normally put up in the week leading into the event. A great opportunity to go over the course prior to race day.
- Registration, timekeeping and recording at the start and finish.
- Checkpoint marshal. A great job where you set up a food/drinks table and wait for the runners to come past. Tick off everyone to ensure we've not lost anyone!
- Race Sweeps. This is a great opportunity to use the race as a training run over the course. You will collect signs along the way.
- Photographer. Most runners openly (or secretly) love to see action photos of themselves on race day.

Volunteers are provided with fluorescent safety vests.

Support crews are not required, nor necessary. Your family and friends will be better off helping at a checkpoint, as a marshal or at the finish line for the day. If you do choose to have a support crew, they are permitted to assist runners anywhere along the course where vehicle access is available. Read the **Support Crew information document** available on our website at <http://3marathonsin3days.com/3-marathons-in-3-days-2017/volunteers-and-support-crews/>.

COURSE MARKING

There will be course markings at all track junctions and road intersections. The course is marked with bright pink directional arrows '→', crosses 'X' and blue & orange flagging tape. You do not need to navigate your way along the course, but for safety reasons you are required to carry maps and descriptions of the course and be familiar with the terrain and directions as signs are occasionally removed off the course, despite our best efforts.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

The course is mostly on trails and dirt roads.

Courses: <https://www.alltrails.com/explore/map/map-c4c4250--15?u=m>

Profiles:



3M3D GRAND SLAM, MARATHON 1

Terrain: Bitumen, dirt roads, single tracks

Elevation Gain: 1,391 m

Distance from start	Course marker	Location
0		Start on Barron Falls Road in Barron Falls Lookout carpark . From the start, run up the road and make a sharp U turn onto Wright's Lookout Road.
1.5		Wright's Lookout, start of McDonald's Track. Checkpoint at boom gate.
6.2	1	Right turn onto Douglas Track . Single track. No tap water for next 10km.
6.9	2	Straight ahead past Glacier Rock turn off.
8.7	3	Left turn onto Gandal Wandun Track . ESCAPE route is straight through to Speewah Campground.
10.2	4	Left turn at Smith's Track . ESCAPE route is right to Cadagi Corner, then to Speewah Campground.
10.9		Cross river.
11.8	5	Veer right at Toby's Lookout . Cross a small creek and the river. Exit over river is about 50 m upstream. Follow track to The Kauri Tree.
12.2		Cross river.
12.6	6	Right turn onto Yalgogie Track (old logging road).
15.3	7	Cadagi Corner , stay on main logging road which veers left and becomes Smith's Track.
16.4	8	Smith's Track Checkpoint . Continue along Smith's Track into Stoney Creek Road . <i>(To note only: Road off to the right leads to Speewah campground. DO NOT go down there.)</i>
19.4	9	Left turn at Speewah Road.
22.2	10	Straight through the staggered 4-way intersection. Stay on Speewah Rd.
23.3	11	Start of Snake Gully Track. Checkpoint .
	12	Along this section you will have two creek crossing early. Veer left when a junction presents itself.
28.3	13	Clohesy River Road Checkpoint. LEFT turn at T-junction .
29.0	14	Follow Clohesy River Rd (pass the Fig Tree on the right).
36.2	15	Follow Clohesy River Rd (pass Bridle Creek Gate on the right). Climb over the Waterboard gate , run down the hill, cross over the dam wall .
39.2		Dam wall (toilet on the left by the kiosk. This is off the course).
39.8	16	Run 0.5km along the road and turn left onto the Crystal Cascades Track Checkpoint
42.2		Finish at Crystal Cascades

3M3D GRAND SLAM, MARATHON 2

Terrain: Dirt roads

Elevation Gain: 1,399 m

Distance into race (km)	Course marker	Location
0		Start at Copperlode Dam.
2.3	17	Run out (1.2km) and back (1.1km) on Lake Morris Road to the turnaround sign. Don't return to the kiosk, instead (when you get back to the dam), head down to the dam wall and up the hill on the other side.
6.1	15	Continue on Clohesy River Road. At the Bridle gate, turn left off Clohesy River Road. No tap water for the next 8.4km. You will climb over a few gates along the way, and there are endless steep ascents and descents along this section.
14.5		At the last gate there is a water barrel.
16.8	18	You will pass the Bridle Creek checkpoint .
22.8	19	Run 3km out-and-back along Bridle Creek Road. The turn around is on the causeway (if you reach Davis Creek Road, you've gone a few 100 metres too far).
	18	Bridle Creek checkpoint .
29.7	20	Turn left off Bridle Creek road and head to the Vivier's Track. Stay on the path. You will cross one of the deepest sections of Clohesy River – this is about 500m from Clohesy River Road. At the intersection of Viviers Track and Clohesy River Road, turn right and head to the Fig Tree.
31.7	14	When you reach the Fig Tree checkpoint . Turn right and run the 400m loop of the Fig Tree boardwalk , turn right back onto Clohesy River Road. Stay on this road as it takes you back to the dam (the gate you climbed over to get onto Bridle Creek Road is 6.7km from the Fig Tree – DO NOT go in there again!).
42.2		Finish at the kiosk at Copperlode Dam.



Ignore the numbers on the map, it's just to show the direction of travel.

FIG TREE HALF MARATHON & 10KM

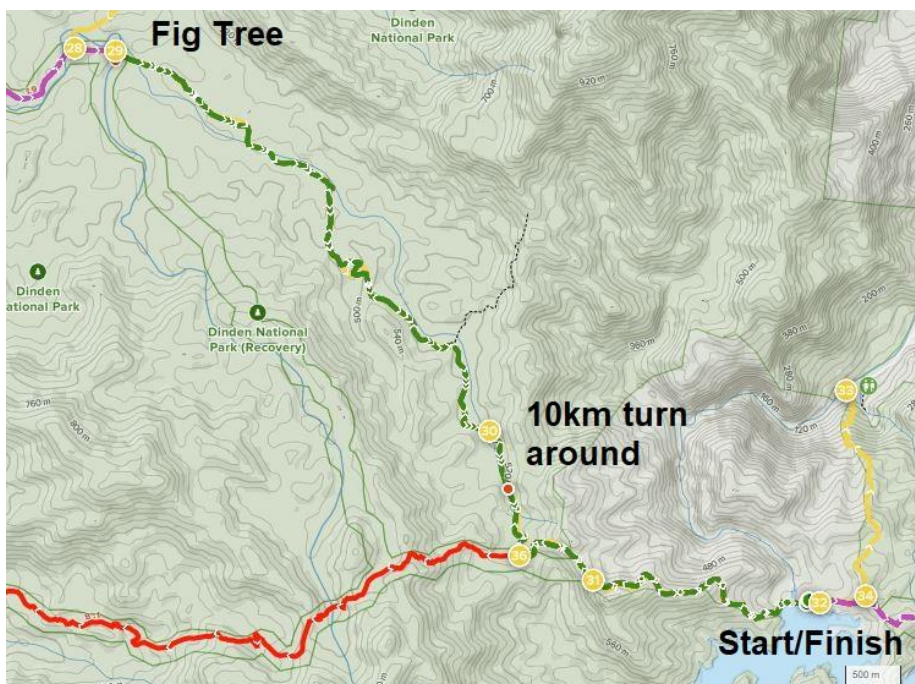
Terrain: Dirt roads

Elevation Gain: 627m

YOU WILL RUN OUT AND BACK ALONG CLOHESY RIVER ROAD.

Distance into race (km)	Course marker	Location
0		Start at Copperlode Dam.
3.8	15	Run down the hill, over the dam wall and up the steep hill on the other side. Continue on Clohesy River Road. STAY ON Clohesy River Road. You will pass the turn off to Bridle Creek at 3.8km.
5		10km runners – continue for 1.2km and turn around at the turn around sign at the first creek after you’ve passed the Bridle Creek turn off.
10.5		Half marathoners, when you reach the Fig Tree checkpoint turn right and run the 400m loop of the Fig Tree boardwalk , turn right back onto Clohesy River Road. Stay on this road as it takes you back to the dam (the gate you climbed over to get onto Bridle Creek Road is 6.7km from the Fig Tree – DO NOT go in there!).
21.1		Finish at the kiosk at Copperlode Dam.

FIG TREE HALF MARATHON AND 10KM



3M3D GRAND SLAM, MARATHON 3 AND THE CAIRNS MARATHON

Terrain: ½ dirt road; ½ bitumen

Elevation Gain: 961 m

Distance into race (km)	Course marker	Location
0	21	Start at intersection of Clohesy River Road and Cedar Park Road. Run 1.7km down Cedar Park Road and return to Clohesy River Road.
3.4	21	Right turn into Clohesy River Road.
6.1		Turn around at highway. Marshal. Return the way you came along Clohesy River Rd.
8.8		Continue along Clohesy River Road (Cedar Park Road is on your left).
15.0 15.4	14	Right turn at Fig Tree signpost. Marshal. Run the loop of the Fig Tree boardwalk. Right turn back onto Clohesy River Road.
22.1	15	Continue on Clohesy River Road. (Bridle Creek Road gate is on the right – DO NOT go in there).
25.9		Continue along Clohesy River Road to the dam. Left turn and up steps to Copperlode Dam Checkpoint. <i>Toilets available here.</i> 6 km climb out of dam.
40.6		Base of Lake Morris Road. Marshal. Look for cars. Left turn into Brinsmead Terrace. Cross road onto footpath. Marshal. Follow footpath along side of Reservoir Road past the Mobile Service Station. Look for cars entering and exiting. Marshals.
41.8		Left turn into Christies Drive. This is just past the service station but before the traffic lights. Cross over View Street into Shale Street. Marshals. Continue downhill on the footpath to Goomboora Park. Right turn into Goomboora Park.
42.3		Follow footpath on the left, past the toilet block to the finish by the undercover area.





LAKE MORRIS ROAD RACE

Terrain: bitumen

0km-15km: Lake Morris Road (bitumen) 5km climb before a long descend down to the base of Lake Morris Road – **left** – cross road onto bitumen footpath alongside Reservoir Road.

15km-17km: Follow footpath and cross over the service road, run past the Mobile Service Station. **Left turn** into Christies Drive. Cross over View Street. Follow Shale Street down to Goomboora Park. **Right turn** into Goomboora Park. Follow footpath to the finish.

CHECKPOINTS

The purpose of the checkpoints is to ensure the safety of the competitors. **Make sure the marshal records your time and race number** when you come through a checkpoint. Failing to pass through a checkpoint or failing to stop to get your race number recorded will result in disqualification. Refer to the **Checkpoints and Estimated Running Times document**.

You are required to be self-sufficient for the event. There are no drop boxes available. Please contact the race director if you have a special request. 'Comfort foods' such as salty chips, fruit and water will be provided at the checkpoints and finish each day.

CHECKPOINT LOCATIONS

Marathon 1: **Smith's Track Checkpoint**, 16.5km into the race.

Clohesy River Road Checkpoint, 28km into the event.

Crystals Cascade Checkpoint, 39.5km into the event.

Marathon 2: **Bridle Creek Road Checkpoint**, 16km into the race, and again at 24km.

Fig Tree Checkpoint, 32km into the race

Fig Tree Half Marathon: 10.5km turn around

Marathon 3 / Cairns Marathon: **Copperlode Dam Checkpoint**, 25km into the event.

3M3D EVENT RULES, 8-10 JULY 2022

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- You must stay on the marked course. Short cuts are not permitted. If you think you have gone the wrong way, check your map, wait for another competitor or go back.
- Your race bib must be visible at all times on the **front** of your body.
- You must carry the Mandatory Gear for the entirety of the event – you must produce the gear on request from a race official.
- The use of earphones is **NOT allowed**. You must remain aware of your surroundings at all times.
- It is your responsibility to get your name ticked off at all checkpoints.
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the nearest checkpoint or to the finish line.
- If you withdraw from the event, report to the closest checkpoint or finish line and hand in your race bib. Please **Do NOT leave without informing someone!**
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- Race officials can and will withdraw **any competitor** from the course, as required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem, speak directly to the race director.
- Obey all road rules and give way to vehicles, trail bikes, mountain/road bikes, horses, pigs and cassowaries.
- **Do Not Litter** - Put your rubbish in the bins provided at the checkpoints and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors, volunteers and support crew.
- If you need to go to the toilet, either get well off the track and use 'leave no trace' principles.
- Leave gates as you find them.
- Support crews must follow the instructions of race officials.
- The event organiser is not responsible for the safety or whereabouts of support crew.
- For safety reasons, and due to the terrain, wheelchairs are unable to compete in this event.
- All decisions of the race director are final. The race director is the sole judge of fact, there is no right of appeal regarding any decision made by the race director.

Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the event director's discretion and are final.

DYNAMIC RUNNING WAIVER (PARTICIPANT AGREEMENT)

You had an opportunity to read this during your registration process. If you need a copy, please let us know.

PRIZES AND PRESENTATIONS

Age category are: U18; 18-29; 30-39; 40-49; 50-59; 60+. Each finisher receives a finisher's medal when they cross the finish line. Each competitor who completes the 3M3D Grand Slam receives an additional tailor-made 3M3D finisher's medal. Certificates will be emailed out, on request.

The overall male and female winners of each race receive a gift from Dynamic Running. These winners also receive a free entry into the next year's event.

You are invited to attend the prize giving and after party on Sunday, 10 July 2022 from 6.00pm at Edge Hill Bowls Club. If you are eligible for a trophy, but cannot attend the presentation, please collect it at the finish line of your race before you leave.

PERMANENT RACE BIB NUMBER HOLDERS

All competitors who complete five 3M3D Grand Slams receive a permanent race bib number. The five races do not have to be consecutive. Here is the list of loyal 3M3D Grand Slammers to date:

Bib # Name

1 Larry Lawson
2 Lorraine Lawson
3 David Elms
4 Jason Ferris
5 Peter Watson
6 Bernie Norris
7 Pamela Williams
8 Anthony Ralph
9 David Von Senden
10 Mark Dowel
11 Stephen Lewis
12 Michael Dale
13 Anja Ahale
14 Sharon Waller
15 Fayola Sitompul
16 Derek McDonagh
17 Debbie Moll

Good luck to our competitors eligible for their permanent race bib number in 2022:

Andrew Fedoruk
Robert Centonza
Helen McAllister
Matthew Neal
Jo van Gorp
Chrissy Warman

COURSE RECORDS AND PAST WINNERS

3M3D Grand Slam, 3 MARATHONS IN 3 DAYS

Course records

Due to significant changes to Marathon 1 and Marathons 2 of the 3M3D Grand Slam course, our winners in 2021 set new course records.

Male

3M3D Grand Slam: Joshua Duff (2021) 12:22:06. The record over the original course belongs to Om Beacom-Halliday **10:50:10, 2016.**)

Marathon 1: 2021 Joshua Duff **4:26:43**

Marathon 2: 2021 Joshua Duff **4:18:43**

Marathon 3: 2016 Om Beacom-Halliday **3:19:52**

Female

3M3D Grand Slam: Sonja Schonfeldt-Roy (2021) 14:05:35. The record over the original course belongs to Maggie Jones **12:37:38, 2015.**

Marathon 1: 2021 Sonja Schonfeldt-Roy **5:12:11**

Marathon 2: 2021 Sonja Schonfeldt-Roy **4:53:12**

Marathon 3: 2017 Katherine Macmillan **3:43:48**

Past winners

2021: 126.6km with 37 competitors including 5 virtual runners and 4 DNFs. Event Organiser: Dynamic Running Ltd.

Male: 1st Joshua Duff (**12:22:06 Course record**); 2nd Jeff Herbert (13:29:56), 3rd Luke Raffles (13:47:39)

Female: 1st Sonja Schonfeldt-Roy (**14:05:35 Course record**); 2nd Helen Durand (14:06:44); tied for 3rd Margie Shearer & Kalyra Thompson (17:56:13)

Slowest Runner: 27 hours 22 minutes

2020: 126.6km with 19 virtual competitors. Event Organiser: Dynamic Running Ltd.

2019: 126.6km with 51 competitors including 5 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Anthony Ralph (11:45:30); 2nd David von Senden (12:40:00) 3rd Derek Mcdonagh (13:16:35)

Female: 1st Alena Scurrah (13:16:50); 2nd Miriam Meite (14:47:36); 3rd Jenni Jefferis (15:29:02)

Slowest Runner: 29 hours 22 minutes

2018: 126.6km with 53 competitors including 5 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Bryan O'Mahony (11:35:44); Anthony Ralph (12:17:55); 3rd Brian Schultze (12:27:24)

Female: 1st Julie Sager (14:53:22); 2nd Sarah Foster (14:58:37); 3rd Sam Yarnold (15:37:36)

Slowest Runner: 27 hours 42 minutes

2017: 126.6km with 70 competitors including 5 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Robbie Barnes (11:27:10); 2nd Anthony Ralph (11:58:48); 3rd Jason Rawlings (12:06:07)

Female: 1st Katherine Macmillan (12:49:36); 2nd Julie Lightfoot (13:15:31); 3rd Alena Scurrah (13:56:33)

Slowest Runner: 27 hours 52 minutes

2016: 126.6km with 51 competitors including 5 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Om Beacom-Halliday (**10:50:10, Course Record**); 2nd Greg Sandrey 12:05:14; 3rd Jonathon Tindall 12:17:36

Female: 1st Alena Scurrah (14:41:35); 2nd Donna Baker 15:35:27; 3rd Lisa Ainley 16:23:12

Slowest Runner: 28 hours 34 minutes

2015: 126.6km with 43 competitors and 1 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Frank Bittner (11.37.19); 2nd Phil Copp (12.37.38); 3rd Ian Rowe (12.44.40)

Female: 1st Maggie Jones (2nd overall) (**12.37.38, Course Record**); 2nd Caris Allen (13.20.37); 3rd Julie Sager (13.34.32)

Slowest runner: 21 hours 14 minutes

2014: 126.6km with 33 competitors; 6 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Shane Jordan (12.56.40); 2nd Gary Philpott (12.57.46); 3rd Laurie Laine (13.00.30)

Female: 1st Samantha Gash (13.34.15); 2nd Jo Jackson (14.38.37); 3rd Elouise Peach (16.10.04)

Slowest runner: 22 hours 27 minutes

2013: 126.6km with 25 competitors, 7 competitors did a short course on Marathon 1 due to a missed turn; 7 DNF. Event Organiser: Cairns Road Runners and Triathlon Club

Male: 1st Scott Anderson (13:01:23); 2nd Luke Smythe (13:57:36); 3rd Peter Black (14:46:10)

Female: 1st Alison Whitehead (13:56:22); 2nd Natalie Wallace (15:58:15); 3rd Catie Eccleston (16:41:00)

Slowest runner: 23 hours

2012: 126.6km with 25 competitors, 7 DNF. Event Organiser: Cairns Road Runners and Triathlon Club

Male: 1st Glen Robinson (11:28:56); 2nd Ben Carter (12:13:34); 3rd Karl Gurnick (13:22:53)
Female: 1st Fleur Bromley (15:40:10); 2nd Lorraine Lawson (17:08:58); 3rd Jane Trumper (17:12:02)
Slowest runner: 23 hours 17 minutes

CAIRNS MARATHON

Course records

Male: **2019** Leo Schoepflin **3:07:13**
Female: **2013** Julie Quinn **3:43:50**

Past winners

2021 Cairns Marathon with 14 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Joel Widmer (3:50:25); 2nd Csaba Toth (4:01:57); 3rd Eckhard Kolfen (4:30:09)
Female: 1st Akane Goode (3:55:30); 2nd Carmel Bakurski (4:02:37); 3rd Heidi Sweeting (5:36:37)
Slowest runner: 7 hours 40 minutes

2020 Cairns Marathon with 18 virtual competitors. Event Organiser: Dynamic Running Ltd.

2019 Cairns Marathon with 23 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Leo Schoepflin (**3:07:13 New course record**); 2nd Bryan O'Mahony (3:12:44, PB for CM); 3rd Neil Thomas (3:44:20)
Female: 1st Petra Beck (4:44:55); 2nd Sandra Groborsch (5:03:00); 3rd Estelle Schinkel (5:04:49)
Slowest runner: 9 hours 10 minutes

2018 Cairns Marathon with 32 competitors and 1 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Adam Fox (3:29:09); 2nd Arturo Guede Seara (3:43:34); 3rd Brad Miller (4:01:54)
Female: 1st Alena Scurrah (3rd overall) (4:00:16); 2nd Sarah Robinson (4:19:20); 3rd Angela Lyons (4:22:40)
Slowest runner: 8 hours 45 minutes

2017 Cairns Marathon with 38 competitors and 1 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Bryan O'Mahony (3:25:12); 2nd Stephen Cunningham (3:39:23); 3rd Chris White (3:46:12)
Female: 1st Kelly Langford (3:58:12); 2nd Laura Whenmouth (4:33:20); 3rd Jenni Jefferis (4:39:30)
Slowest runner: 9 hours

2016 Cairns Marathon with 28 competitors and 1 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Bryan O'Mahony (3:18:02); 2nd Todd Rutherford (4:01:01); 3rd Nathan Bayle (4:16:55)
Female: 1st Akane Goode (4:26:51); 2nd Marie-Therese Speight (4:31:39); 3rd Stevie Johnston (4:33:19)
Slowest runner: 6 hours 30 minutes

2015 Cairns Marathon with 35 competitors. Event Organiser: Dynamic Running Ltd.

Male: 1st Steve Cunningham (3:32:36); 2nd Om Beacom-Halliday (3:58:34); 3rd Derek McDonagh (4:12:35)
Female: 1st Sara Rathborne (2nd overall) (3:49:08); 2nd Greta McNiven (4:06:43); 3rd Alena Scurrah (4:20:48)
Slowest runner: 6 hours 30 minutes

2014 Cairns Marathon with 24 competitors. Event Organiser: Dynamic Running Ltd.

Male: 1st David Findura (3.40.00); 2nd Steve Cunningham (3.40.57); 3rd Jason Koenen (3.50.47)
Female: 1st Susanne Houlihan (4.23.25); 2nd Alena Scurrah (4.53.54); 3rd Sandra Groborsch (5.11.54)
Slowest runner: 7 hours

2013 Cairns Marathon with 33 competitors. Event Organiser: Cairns Road Runners and Triathlon Club

Male: 1st Steve Cunningham (3:22:59); 2nd David Baldwin (3:29:15); 3rd Todd Rutherford (3:49:42)
Female: 1st Julie Quinn (**3:43:50, Course Record**); 2nd Brandi Watson (4:28:36); 3rd Catherine Mellinger (4:37:01)

Slowest runner: 6 hours 30 minutes

2012 Cairns Marathon* with 4 competitors (no females). Event Organiser: Cairns Road Runners and Triathlon Club
Male: 1st Steve Cunningham (3:24:28); joint 2nd Todd Rutherford and Paul Ryan (3:55:52); 3rd Baz Gadhvi (5:52:09)

Slowest runner: 5 hours 50 minutes

*in 2012 this race was not called the Cairns Marathon, the race name was only coined as such in 2013.

FIG TREE HALF MARATHON

2021: Inaugural Fig Tree Half Marathon with 20 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Tom Mccorkell (**2:06:00, Course Record**), 2nd Stuart Tindall (2:07:08), 3rd Kym Anderson (2:15:19)

Female: 1st Kristy Pritchard (3rd overall) (**2:10:01, Course Record**), 2nd Lotte Lockefer (2:17:04), 3rd Denise Naylor (2:45:18)

FIG TREE HALF MARATHON

2021: Inaugural Fig Tree 10km with 1 competitor and 0 DNF. Event Organiser: Dynamic Running Ltd.

Female: 1st and only: Adelaide O'Connor (**1:12:30, Course Record**)

LAKE MORRIS ROAD RACE

2021: Lake Morris Road Race with 10 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st and only Bharat Gadhvi (1:46:52)

Female: 1st Janine Woodside (**1:14:18, Course Record**) (1st overall); 2nd Anna Pang (1:18:13) (2nd overall); 3rd Nadine Edwards (1:34:58) (3rd overall)

Slowest runner: 2 hours 20 minutes

2020: Only one competitor took on the virtual Lake Morris Road Race this year.

2019: Lake Morris Road Race with 24 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st John Foley (1:16:51); 2nd Markus Meyer (1:32:34); 3rd Samuel Hockey (1:36:16)

Female: 1st Lee Anne Flugel (2nd overall) (1:17:23, Course Record); 2nd Tamara Ryan (3rd overall) (1:24:26); 3rd Michelle Schurmann (1:27:09)

Slowest runner: 3 hours 6 minutes

Due to road works, the course was altered for this year.

2018: Inaugural Lake Morris Road Race with 25 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Keith Cameron-Smith (**1:14:14, Course Record**); 2nd Andrew Potter (1:20:07); 3rd John Baxter (1:30:09)

Female: 1st Gemma Russell (3rd overall) (1:26:41); 2nd Michelle Farkas (1:31:19); 3rd Jaala Nissink (1:33:13)

Slowest runner: 2 hours 8 minutes

KAURI HALF MARATHON (discontinued in 2020)

Course records

Male: 2018 Bryan O'Mahony **2:13:19**

Female: 2017 Billie Fincham **2:36:24**

Past winners

2019 Kauri Half Marathon with 16 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Bryan O'Mahony (**2:13:19 Course Record**); 2nd Joe Buck (2:20:43); 3rd Pete Fox (2:38:27)

Female: 1st Michelle Schurmann (3:07:44); 2nd Shannon Skillin (3:23:21); 3rd Clare Hopper (3:43:10)

Slowest runner: 5 hours

2018 Kauri Half Marathon with 22 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Male: 1st Matt Hunt (2:30:27); 2nd Joel Pritchard (2:39:06); 3rd Anthony Robinson (2:45:57)

Female: 1st Georgina Beech (2:56:20); 2nd Tyler Clements (3:00:04); 3rd Olive Turcinovic (3:02:24)

Slowest runner: 6 hours

2017 Kauri Half Marathon with 18 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

Female: 1st (1st overall) Billie Fincham (**2:36:24 Course Record**); 2nd (2nd overall) Helena Cairney (2:40:36); 3rd Marianne Hutchinson (3:02:18)

Male: 1st (3rd overall) Quinn Lawson (2:48:48); 2nd (4th overall) Neil Mathews (2:53:02); 3rd (5th overall) Dane Thomas (2:53:37)

Slowest runner: 5 hours 20 minutes

2016: Kauri Half Marathon with 12 competitors. Event Organiser: Dynamic Running Ltd.

Male: 1st Craig Overend (3:02:04); 2nd Cameron Gant (3:15:56); 3rd Wilfrid Palcy (3:25:15)

Female: 1st Marie-Therese Speight (3:05:31); 2nd Shannon Skillin (3:23:58); 3rd Maria Decker (3:44:32)

Slowest Runner: 4 hours 41 minutes

2015: Kauri Half Marathon with 7 competitors. Event Organiser: Dynamic Running Ltd.

Male: 1st Glenn Lockwood (3:03:21); 2nd Leigh Reynolds (3:20:34); 3rd Baz Gadhvi (3:31:54)

Female: 1st Jodi Brown (3:13:31); 2nd Teresa Liu (3:31:30); 3rd Lyn Haltiner (3:45:14)

Slowest runner: 6 hours 19 minutes

1 & ½ (discontinued in 2017)

2016 1&1/2

Male: 1st and only Rong Zhang (**7:56:38**, New Course Record)

Female: Joint 1st Angela Speight and Kelly-Anne Speight (**6:12:08**, New Course Record); 2nd Rebecca Jones F 40-49 (9:33:28)

2015 1&1/2

Male: 1st and only (2nd overall) Tom Brading 9:27:52

Female: Karen Reimann 8:30:31 (1st overall); Joint 2nd Nadia Mead and Rhonda Zeylmans (13:06:53)

FREQUENTLY ASKED QUESTIONS

Where is the race?

Grand Slam 3M3D

Marathon 1 starts in Kuranda, 30 minutes inland from Cairns CBD. It finishes at Crystal Cascades in Redlynch Valley, Cairns, 20 minutes' drive from the Cairns CBD.

Marathon 2 starts and finishes at Copperlode Dam.

Marathon 3 starts at the intersection of Clohesy River Road and Cedar Park Road and finishes in Goomboora Park Redlynch Valley, Cairns – about 15 minutes from Cairns CBD.

Cairns Marathon

The Cairns Marathon starts at the same location, and is run over the same course as Marathon 3 of the 3M3D Grand Slam event.

Fig Tree Half Marathon or 10km

The Fig Tree Half Marathon or 10km starts and finishes at Copperlode Dam.

Lake Morris Road Race

The Lake Morris Road Race starts at Copperlode Dam and finishes at Goomboora Park.

Condition of entry: You must be 18 years or older on race day to compete in the 3M3D Grand Slam or any of the marathons. You must be 16 years or older to participate in the Fig Tree Half Marathon. You must be 14 years or older to run in the 16km Lake Morris Race.

You must have the correct mandatory gear.

To compete in the 3M3D Grand Slam event, you also need to be an experienced trail runner and you must be sufficiently skilled and have trained to undertake the event. The course is demanding with steep ascents and descents and remote sections that can result in slower first aid / rescue response times. You must be in good health to compete in this event. To register for the 3M3D Grand Slam event you must be a returning competitor or be able to run a sub-5 hour road marathon. You can also use trail races as qualifiers, please record the details on the entry form. Your performance in Marathons 1 and 2 will be used to allocate your bib number and start time on Sunday.

What training do I need? It is recommended that you follow a training program for at least 16 weeks to prepare for the 3M3D Grand Slam and Cairns marathon races. Focus on back to back long runs that build up to about 32km each over two consecutive days. Hill training is a must, especially training to run hard down hills, as there are numerous steep ascents and descents each day.

What is the terrain like? There are steep ascents and descents each day. There is some road running and also sections that are on single tracks. One section on Marathon 1 (Snake Gully) is heavily deteriorated. Marathon 2 is mostly on dirt roads, however, the Viviers Track is steep and heavily deteriorated in places. The Cairns Marathon & Marathon 3 are half on dirt road and half on bitumen/sealed roads. You will cross various shallow rocky creeks each day. You will also cross causeways, which may be slippery or muddy. And no, there are no crocodiles in this area. The Fig Tree race is on a dirt road whereas the Lake Morris Road Race is on bitumen.

How can I get to the start? Transport is provided for those competitors who book a seat on the bus. Lake Morris competitors will meet at Goomboora Park on the Sunday.

Can I have a support crew? This is tricky – especially if you don't know the region. There are sections each day where there is no vehicle access or through roads. Read the document: 'Support Crew Information'.

Are there toilets along the way? Toilet facilities are limited.

Is there a cut off time? Race officials can and will withdraw competitors from the course, as required. We don't have an unlimited supply of volunteers to man our checkpoints. Having said that, we've never pulled anyone off any of the courses in the 10 years the event has taken place.

What do I need to look out for? The Weather - early mornings on the Tablelands can be cool at this time of the year, however it soon warms up to about 24-28°C for the rest of the day. It can be very hot and humid – even in winter. Watch out for snakes, wild pigs, cassowaries, Golden Orb spiders, ticks and leeches, stinging trees, Wait-A-While (Lawyer Vine), loose gravel, slippery rocks and slippery boardwalks. Read the document: '**Running Safely on Trails in the FNQ**'.