

2022 3M3D – Checkpoints and estimated running times

This is only a guide and based on predicted race times over the new courses.

CP = checkpoint

Marathon 1					
Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest runners likely arrival (Time of day)	Slowest runner likely arrival (Time of day)
First light	6.23am				
0	Start line	0	0	Start 6.30	Start 6.30
1	Wright's Lookout CP	1.5	1.5	6.40	6.50
2	Smith's Track CP	14.9	16.4	8.15	10.15
3	Start of Snake Gully CP	6.9	23.3	8.45	11.30
4	Clohesy River Road CP	5.0	28.3	9.30	1.00
5	Crystal Cascades CP	11.5	39.8	10.30	3.30
6	Finish	2.4	42.2	11.00	5.00
Last light	6.20pm				
Marathon 2					
Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest runners likely arrival (Time of day)	Slowest runner likely arrival (Time of day)
First light	6.23am				
0	Start line		0	Start 6.30	Start 6.30
1	Lake Morris Road out and back	2.3	2.3	6.40	7.00
2	Gate Clohesy/Bridle CP	3.8	6.1	7.15	8.00
3	Bridle Creek CP	10.7	16.8	8.15	9.30
4	Bridle Creek CP	6.0	22.8	8.40	10.45
5	Viviers Track / Clohesy River Rd	6.9	29.7	9.15	1.30
6	Fig Tree CP	2.0	31.7	9.30	1.00
7	Finish	10.5	42.2	10.15	4.00
Last light	6.21pm				
Marathon 3 / Cairns Marathon					
Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest runners likely arrival (Time of day)	Slowest runner likely arrival (Time of day)
First light					
1	Start	0	0	Start 6.30	Start 6.30
2	Cedar Park Road (1.7km out and back)	1.7	1.7	6.38	6.45
3	Highway (2.7 out)	4.4	6.1	6.50	7.15
4	Fig Tree CP	8.9	15.0	7.30	9.00
5	Copperlode CP	11.1	26.1	8.30	11.30
6	Base of Lake Morris Rd	14.7	40.8	9.30	2.00
7	Finish	1.4	42.2	9.45	2.30
Last light					

Fig Tree Marathon and 10km					
Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest runners likely arrival (Time of day)	
First light	6.23am				
0	Start line	0	0	Start 9.00	
1	Gate Clohesy/Bridle CP	3.8	3.8		
2	10km turn around	1.2	5	9.30	
3	Fig Tree CP	5.5	10.5		
4	Finish	10.5	21.1	11.00	
Last light	6.21pm				