

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 allowed.
- Cairns Marathon (42.2km), 10 July 2022. In its 11th year the Cairns Marathon is the same course as Marathon 3.
- Fig Tree Half Marathon (21.1km) or 10km, 9 July 2022. The inaugural race was held in 2021.
- Lake Morris Road Race (16km), 10 July 2022. In its 4th year this race starts at Copperlode Dam.

This information pack contains details on all the races. Links to documents referred to in this Competitor Information Pack are provided on the last page.

Conditions of entry:

- 18 years or older on race day for the marathons
- 16 years or older for the Fig Tree Half Marathon or 10km
- 14 years or older for the Lake Morris Road Race
- Carry mandatory gear.
- 3M3D Grand Slam: Returning competitor, sub-5-hour road marathon time and/or evidence you are sufficiently trained and have experience to deal with the demands of this race.

Mandatory gear:

- Race bib to be worn on your front and visible at all times (supplied by event organiser)
- 1 x AeroForm Snake bandage (10cmx10.5m) or 2 x Elastoplast or Handy's heavy crepe bandages (10cmx2.3m) for Marathon 1, Fig Tree Half Marathon or 10km, and Marathon 2. DON'T turn up with anything else as 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 (supplied by event organiser)
- A hydration system with a capacity of at least 2L
- Nutrition to sustain running for each stage of the event

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

Discounted entry fees are available to Dynamic Running club members, AURA members, multiple races and group bookings.

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).

Optional items you can book with your entry:

- Seat on the bus – PAY THE \$5/day FOR A SEAT ON THE BUS!!!
- Emergency pack (compression bandage and whistle) \$20.00
- 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) \$80.00
- Peak (for anyone who registers on or before 31 May 2022) \$20.00
- T-shirt (for anyone who registers on or before 17 June 2022) \$25.00
- Long-sleeved T-shirt (for anyone who registers on or before 17 June 2022) \$35.00
- Towel (for anyone who registers on or before 17 June 2022) \$35.00
- Pre-race dinner on Thursday, 6.00pm, 9 July 2022 \$45.00
- After party on Sunday, 6.00pm, 10 July 2022 (FREE entry, but you pay for your own food/drinks)
- Quoll Spotting tour to Yungaburra on 11 July 2022 – FREE, but only 11 spaces available on the mini bus.

Pre-race dinner: 6.00-9.00pm, Thursday, 7 July 2022 at Cairns Sheridan Hotel, 295 Sheridan Street, Cairns. \$45.00
Main meal: Roast Beef with roasted root vegetables and greens. Dessert: Lemon Meringue Pie. *Let us know if you have special dietary needs as options are limited.*

Post activities:

Presentations and After Party, 6.00pm, Sunday, 10 July 2022 at Edge Hill Bowls Club, 181 Woodward Street, Edge Hill.
Quoll Spotting, Monday, 11 July 2022, Yungaburra.

Race details

Race	Date	Bus pick up	Start location	Start time	Public toilets at start?	Finish location
Marathon 1	8 July	5.15am Redlynch Shopping Centre, Redlynch	Wright's Lookout, Wright's Lookout Road, Kuranda	6.30am	No	Crystal Cascades, Redlynch Valley, Cairns
Marathon 2	9 July	5:30am Goomboora Park, Brinsmead	Kiosk at Copperlode Dam, Lake Morris Road	6.30am	Yes	Kiosk at Copperlode Dam, Lake Morris Road
Fig Tree 21.1km	9 July	6:30am Goomboora Park, Brinsmead		7.30am	Yes	
Fig Tree 10km	9 July			9.00am	Yes	
Cairns Marathon / Marathon 3	10 July	5:00am Goomboora Park, Brinsmead	Corner of Clohesy River Road and Cedar Park Road	6.30am	No	Goomboora Park, Brinsmead, Cairns
Lake Morris Road Race	10 July	8.15am Goomboora Park, Brinsmead	Kiosk at Copperlode Dam, Lake Morris Road	Approximately 9.00am	Yes	

Check in: You need to collect your race bib (and merchandise, if you ordered any) 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. Check in closes 15 minutes prior to each race, so arrive at least ½ hour prior to your race to ensure you are ready to go.

Bus pick up: Visitors from out of town who do not have transport to the locations mentioned above, will be picked up at the Cairns City Bus Station, Platform #2 on Lake Street in Cairns **15 minutes prior** to the times mentioned above.

To get to the Cairns Marathon / Marathon 3 start turn left 1km past Koah Roadhouse off the Kennedy Highway. Drive to the corner of Clohesy River Road and Cedar Park Road. **WATCH OUT** for early starters on the road.

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.

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

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.

Mandatory race briefing: This is a video and you must view it PRIOR to your race. 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.

[3M3D Grand slam race briefing](#)

Estimated race finishing times:

Marathon 1: 4:15:00 to 8:00:00

Marathon 2: 4:00:00 to 8:00:00

Marathon 3/Cairns Marathon: 3:00:00 to 8:00:00

Fig Tree Half Marathon 2:00:00 to 4:00:00

Fig Tree 10km 1:00:00 to 2:30:00

Lake Morris Road Race 1:10:00 to 2:30:00

Terrain: Single tracks, dirt roads, bitumen, shallow creek crossings. Steep ascent and descent sections. Refer to the Race descriptions later in this document for more detail.

Water is provided *approximately* every 5km. There are no cups on the course. There is no water provided for the first 16km on Marathon 1, nor on Marathon 2 (along the Vivier's Track and a section along Bridle Creek Road). 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.

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 later in this document.

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

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).

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 or 10km, and 14 years or older for 16km Lake Morris Road Race.

You must carry the correct mandatory gear:

- Race bib to be worn on your front and visible at all times (supplied by event organiser)
- 1 x AeroForm Snake bandage (10cmx10.5m) or 2 x Elastoplast or Handy's heavy crepe bandages (10cmx2.3m) for Marathon 1, Fig Tree Half Marathon or 10km, and Marathon 2. DON'T turn up with anything else as 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 (supplied by event organiser)
- 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.

Entry into the 3M3D Grand Slam race: Returning competitor, or a sub-5-hour road marathon time. You can use trail run/training or other distances as qualifiers too. Your performance in Marathons 1 and 2 will be used to allocate your bib number on Sunday. You must 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.

No qualifying times are required for the other races on the weekend.

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

RACE FEES AND CUT OFF DATES

Registration for all races cuts off at Midnight, Monday 04/07/2022

Race	Race Fees			
	BLITZ	Early Bird	Standard	Late Entry
3M3D Grand Slam (18+ only); Fri-Sun, 8-10 July	17-19/9/2021 \$200.00 - \$220.00	Ends 11.59pm, 18/4/2022 \$260.00	Ends 11.59pm, 26/06/2022 \$300.00	27/06/2022 - 11.59pm, 04/07/2022 \$400.00
Cairns Marathon, M1, M2, M3, Relay team member (18+ only); Sunday, 10 July	Closed	Ends 11.59pm, 18/4/2022 \$60.00	Ends 11.59pm, 26/06/2022 \$80.00	27/06/2022 - 11.59pm, 04/07/2022 \$100.00
Fig Tree Half Marathon (16+ only); Saturday, 9 July	n/a	\$50.00		
Fig Tree 10km (16+ only); Saturday, 9 July		\$35.00		
Lake Morris Road Race (14+ only); Sunday, 10 July	n/a	\$35.00		
VIRTUAL	n/a	\$35.00		

All entries include an online registration fee ranging from around \$2.00 to \$12.00, depending on the race entry fee.

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 3 races and get a 10% discount.
- Book a group of 5 or more people and get a 10% discount.
- **LATE FEES and CUT OFF dates apply to ALL competitors, regardless of event or category you register under.**
- **No refunds** after 10 June 2022.
- No personalised race bibs after 15 June 2022.
- No merchandise (singlet/ultra-shirt) after 31 May 2022.
- No merchandise (t-shirts/cap/towel) after 17 June 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.

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, transfers or deferrals 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, bushfires or roadworks), 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 attend 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 visitors find accommodation in Cairns City. 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 6.30am (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 have busses booked to transport competitors each day. Visitors from out of town who do not have transport to the locations mentioned above, will be picked up at the Cairns City Bus Station, Platform #2 on Lake Street in Cairns **15 minutes prior** to the times mentioned above.

Please note that there is limited parking available at Goomboora Park. You need to park on the road, outside the park and ensure you do not hinder any local traffic.

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.

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 email us 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.
- 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.
- Marshals on street corners in Cairns on Sunday.
- Race Sweeps. This is a great opportunity to use the race as a training run over the course.
- 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***.

COURSE MARKING

There will be course markings at all track junctions and road intersections. Look out for directional arrows '→', 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. Download the GPX files provided in the course descriptions for use on race day.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

Links to AllTrails are provided below. For details on each race, refer to the documents at the end of this Competitor Information Pack.

3M3D: <https://www.alltrails.com/explore/map/map-c4c4250--15?u=m>

[Marathon 1 map and description](#)

[Marathon 2 map and description](#)

[Marathon 3 and Cairns Marathon map and description](#)

Cairns Marathon <https://www.alltrails.com/explore/map/3m3d-marathon-3-373cb8c?u=m>

Fig Tree Half Marathon and 10km <https://www.alltrails.com/explore/map/fig-tree-half-marathon-and-10km-cd00692?u=m>

Lake Morris Road Race <https://www.alltrails.com/explore/map/lake-morris-road-race-f33ba15?u=m>

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:** Snake Gully Checkpoint, 22km into the race.
Clohesy River Road Checkpoint, 28km into the event.
Crystals Cascade Checkpoint, 38km into the event.
- Marathon 2:** Fig Tree Checkpoint, 13.5km into the race
Bridle Creek Road Checkpoint, 22km into the race, and again at 28km.
- Fig Tree Half Marathon:** Fig Tree Checkpoint 10.5km turn around
There is no checkpoint for the Fig Tree 10km.
- Marathon 3 / Cairns Marathon:** Copperlode Dam Checkpoint, 26km 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. Actively listen for call from other competitors, or other sounds (like pigs or cassowaries).
- 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 race 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. 3M3D Grand Slam finishers receive 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.

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 gift, 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 (time TBC)
- 16 Derek McDonagh
- 17 Debbie Moll

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

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

COURSE RECORDS

3M3D Grand Slam, 3 MARATHONS IN 3 DAYS

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**

CAIRNS MARATHON

Course records

Male: **2019** Leo Schoepflin **3:07:13**

Female: **2013** Julie Quinn **3:43:50**

FIG TREE HALF MARATHON

2021: Inaugural Fig Tree Half Marathon

Male: Tom Mccorkell **2:06:00**

Female: Kristy Pritchard (3rd overall) **2:10:01**

FIG TREE 10km

2021: Inaugural Fig Tree 10km

Adelaide O'Connor **1:12:30**

Lake Morris Road Race

Male: **2018** Keith Cameron-Smith **1:14:14**

Female: **2021** Janine Woodside **1:14:18**

For a full list of course winners and results, [visit our website](#).

FREQUENTLY ASKED QUESTIONS

What changes are there to the 2022 event?

The start for Marathon 1 on Friday will be at Wright's Lookout. To make up the 1.5km you will run an out and back section at Crystal Cascades before you finish.

For Marathon 1 the checkpoint at the end of the Smith's Track has been dropped. The first time you will see one of our checkpoint marshals will be at the start of Snake Gully.

There are no drop bags at checkpoints. If you do want something to go to a checkpoint, you will need to drop it off to the race director on Wednesday or early Thursday prior to the race.

The Marathon 2 loop will be anti-clockwise this year. You will go past the Fig Tree and over the Vivier's Track before heading back along Bridle Creek Road.

The 3M3D Grand Slam competitors will get one HUGE medal – at the end of each day, you will receive a disk to add to the medal. As per usual, you also receive the 3M3D Grand Slam medal with the 3 palm trees design.

When and where is each race?

Race	Date	Start location	Finish location
Marathon 1	8 July	Wright's Lookout, Wright's Lookout Road, Kuranda	Crystal Cascades, Redlynch Valley, Cairns
Marathon 2	9 July	Kiosk at Copperlode Dam, Lake Morris Road	Kiosk at Copperlode Dam, Lake Morris Road
Fig Tree 21.1km	9 July		
Fig Tree 10km	9 July		
Cairns Marathon / Marathon 3	10 July	Corner of Clohesy River Road and Cedar Park Road	Goomboora Park, Brinsmead, Cairns
Lake Morris Road Race	10 July	Kiosk at Copperlode Dam, Lake Morris Road	

What are the 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 and 10km. 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.

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.

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.

How can I get to the start?

Transport is provided for those competitors who book a seat on the bus.

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 over 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**'.

What documents to I need to read?

- 2022 3M3D Competitor Information Pack
- Running Safely on Trails in the FNQ
- Checkpoints and Estimated Running Times
- Support Crew information

Course descriptions and maps

- Marathon 1
- Marathon 2
- Marathon 3 / Cairns Marathon
- Fig Tree Half Marathon and 10km
- Lake Morris Road Race