

3 Marathons in 3 Days Event

13th 3 Marathons in 3 Days Staged Trail Race Competitor Information Pack, 2024

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

Date: Friday – Sunday, 28-30 June 2024

Longest length: 126.6km over three days

Email: info@3marathonsin3days.com

Event Organiser: Dynamic Running Ltd.

Race Director: Lorraine Lawson

Mobile: 0417 798 444

The 3M3D Grand Slam 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.

The 3 Marathons in 3 Days event has the following entry options:

- Marathon 1, 28 June 2024
- Marathon 2, 29 June 2024
- Cairns Marathon, 30 June 2024
- 3M3D Grand Slam (126.6km), 28-30 June 2024. Competitors will complete the same course as the Cairns Marathon on the third day (we call that race Marathon 3).

ENTRY REQUIREMENTS

18 years or older on race day.

You must be an experienced trail runner and you must be sufficiently skilled and have trained to undertake this 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 race.

3M3D Grand Slam prerequisite: Returning competitor, sub-5 ½ -hour road marathon time and/or evidence you are sufficiently trained and have experience to deal with the demands of this race.

No qualifying times are required for the Cairns Marathon.

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

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 heavy crepe bandages (10cmx2.3m) *or* 2 x Handy's heavy crepe bandages (10cmx2.3m). **DON'T turn up with anything else** as you will not be allowed to compete without the correct gear. The bandages are required **on each day**. You cannot share bandages with other competitors.
- 1 x whistle
- 1 x set of maps and course descriptions in zip lock bag (supplied by event organiser)
- A hydration system and 2 litres of water on sections where no tap water is available.
- Nutrition to sustain running for each stage of the event.

There is a gear check at registration and at selected checkpoints. You can buy an 'Emergency Pack' for \$20 when you register. It has the correct compression bandage(s) required for the race.

RACE FEES AND CUT OFF DATES

Registrations opened on Thursday, 2 October 2023.

Registrations close at 11.59pm on Sunday 23/06/2024. No late entries will be considered.

Race	Category	Race Fees	
		Early Bird	Standard
		Ends 11.59pm, 28/4/2024	Ends 11.59pm, 23/06/2024
3M3D Grand Slam	Independent	\$270.00	\$300.00
	AURA member	\$270.00	\$270.00
	DR club member	\$195.00	\$195.00
Entry per marathon: M1, M2 or Cairns Marathon	Independent	\$78.00	\$120.00
	DR club member	\$78.00	\$78.00

Please note:

- All entries include a 10% non-refundable online registration fee.
- Current Dynamic Running club members can register at a discounted fee.
- AURA members receive a 10% discount into the 3M3D Grand Slam event during the 'Standard Fee' period. (28/4/2024 – 23/6/2024). Discount code: AURA2024

WHAT YOU GET WITH YOUR ENTRY

- Finisher's medal for each race
- 3M3D Grand Slam medal (if applicable)
- Training runs over the course
- Basic first aid
- Refreshments after each race
- A fun, safe and professional activity
- Public liability insurance
- Optional extra: Seat on the bus – PAY THE \$10/day FOR A SEAT ON THE BUS!!!
- Optional extra: Emergency pack (compression bandage) \$20.00
- Optional extra: Snap-and-lock bib fasteners \$10 for 4.

Pre-race Dinner activity:

Join us for dinner at 6.00pm on Thursday, 27 June. Dunwoody's Tavern, 317 Sheridan Street, Cairns North.

Post activity:

Presentations and After Party, 6.00pm, Sunday, 30 June 2024 at Edge Hill Bowls Club, 181 Woodward Street, Edge Hill.

RACE INFORMATION

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

Race	Date, 2024	Start location	Start time	Public toilets at start?	Finish location
Marathon 1	28 June	Wright's Lookout, Kuranda	6.30am	No	Crystal Cascades, Redlynch
Marathon 2	29 June	Corner of Clohesy River Road and Cedar Park Road	6.30am	No	Corner of Clohesy River Road and Cedar Park Road
Cairns Marathon / Marathon 3	30 June	Redlynch Skate Park, Kamerunga Road, next to Red Beret Hotel	6.30am	Yes	Botanical Gardens, Greenslopes Street, Edge Hill

Transport: **Book a seat on the bus!** Other transport options are expensive and difficult to organise with point-to-point races on Friday and Sunday. Bus pick up locations are given later in this document.

Race Kit and check in: Collect your race bib, map, and emergency pack (if applicable) at the start line each morning. Those on the bus will receive their race bibs on the bus. Other competitors please check **at least 10 minutes prior** to each race.

There is a different bib for each day. Your performance in Marathons 1 and 2 will be used to allocate your bib number on Sunday.

Mandatory race briefing: Check our 3M3D Facebook page closer to race day for the video gives a brief outline of the event. There will only be a brief mention of safety precautions and race conditions each race day.

Terrain: Single tracks, dirt roads, shallow creek crossings, bitumen and footpaths. You will cross various shallow rocky creeks each day. You will also cross causeways, which may be slippery or muddy. Steep ascent and descent sections. One section on Marathon 1 (Snake Gully) is heavily deteriorated and overgrown. Marathon 2 is mostly on dirt roads; however, the Vivier's Track is steep, overgrown and heavily deteriorated in places. The Cairns Marathon & Marathon 3 are mostly on concrete footpaths.

Toilets:

Marathon 1: At the finish line only.

Marathon 2: No toilet facilities.

Marathon 3 / Cairns Marathon: Glenoma Park, The Rocks, Crystal Cascades, 1st lookout on Lake Morris Road (Port-a-Loo), Yellow Arrow car park.

Water: **You must carry your own water.** Water is available at the checkpoints and at the finish line. Where possible, unmanned water barrels will be placed along the course.

There is **NO TAP WATER AND NO CREEK WATER** on the following sections of the course:

Marathon 1: Copperlode Dam (35km to 40km)

Marathon 3 / Cairns Marathon: From Crystal Cascades to base of Lake Morris Road (16km to 32km) and from the base of Lake Morris Road to the Yellow Arrow carpark (32km to 41km)

There is **NO TAP WATER** on the following sections of the course:

Marathon 1: Barron Gorge (from start to 15km) and Snake Gully (from 23km to 29km)

Marathon 2: From the start line to Bridle Creek checkpoint (from start to 13km), and Bridle Creek Road (19km to 29km).

If you intend to fill up from creeks, you will need to supply your own preferred water purification system.

Estimated race finishing times:

Marathon 1: 4:00 to 10:00

Marathon 2: 3:45 to 8:00

Marathon 3/Cairns Marathon: 3:15 to 8:00

Refreshments: Checkpoints will have a few snacks, water and Tailwind. 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.

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

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.

CANCELLATIONS AND REFUNDS

We appreciate that circumstances arise where you may no longer be able to participate in the event.

IMPORTANT information re the [Dynamic Running Ltd. Waiver/Participant Agreement](#)

*Note that there are **NO REFUNDS** for this event.* There is no cooling off period. By progressing with this registration and payment you accept the rules and conditions listed in the **Dynamic Running Ltd. Waiver/Participant Agreement**.

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 \$30 million public liability insurance cover. This **does not** include travel and personal accident / personal injury insurance for competitors or volunteers. We recommend that you **arrange your own personal accident / personal injury insurance** 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!

TRANSPORT AND BUS LIST



Transport is available for visitors into Cairns on all three days. DON'T be late, the bus is not waiting for you. There is a nominal fee for the transport.

Organising transport for this event is a complex task. To ensure everyone gets to the start line and home at the end of each day, please check the bus list and book a seat on the bus if you are not on the list.

Due to small turning circles and narrow roads, we can only use minivans or small buses for transport on Friday and Saturday. Besides the busses we've booked to transport competitors to the start lines, we have hired a minivan to use at the event.

[Bus list](#) – once you've paid for your seat on the bus, your name will be added to this list. Cut off is 11.59pm, Sunday, 23 June. To book and pay for your seat via RaceSpace. Go to your Race Space Dashboard, find the race, and click on 'Entry Actions,' then 'Add Extras.'

Bus pickup locations

Race	Date, 2024	Bus pickup	Start location	Start time	Public toilets at start?	Finish location
Marathon 1	28 June	5.30am, Redlynch Shopping Centre, across the road from MacDonald's (40min trip to start)	Wright's Lookout, Wright's Lookout Road, Kuranda	6.30am	No	Crystal Cascades, End of Redlynch Valley Intake Road
Marathon 2	29 June	5.30am, Kennedy Highway Bus Stop at Canopy's Edge Boulevard, base of Kuranda Range, opposite Smithfield Shopping Centre. (30min trip to start)	Corner of Clohesy River Road and Cedar Park Road, Koah	6.30am	No	Corner of Clohesy River Road and Cedar Park Road, Koah
Cairns Marathon / Marathon 3	30 June	5.50am, Greenslopes Street, opposite Rondo Theatre (15min trip to start)	Redlynch Skate Park next to Red Beret Hotel, Kamerunga Road, Redlynch	6.30am	No	Greenslopes Street, opposite the Rondo Theatre, Edge Hill

Visitors from out of town can be picked up at the Cairns City Bus Station, Platform #2 on Lake Street in Cairns 15 minutes prior to the times mentioned in the table above, and taken to the Bus pickup locations. [Email us if you need this pick up](#) so we don't leave you behind.

LEFT LUGGAGE

Competitor gear will be taken to the finish line on Friday and 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

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:

- 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

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](#)'.

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. Signs are occasionally removed off the course, despite our best efforts.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

[Course descriptions and maps](#)

[AllTrails map for Marathon 1](#)

[AllTrails map for Marathon 2](#)

[AllTrails map for Cairns Marathon / Marathon 3](#)

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 at the finish each day.

CHECKPOINT LOCATIONS

Marathon 1:	Entry into Snake Gully Exit out of Snake Gully
Marathon 2:	Bridle Creek Road Checkpoint Clohesy River Road Checkpoint
Marathon 3 / Cairns Marathon:	Crystal Cascades Base of Lake Morris Road

3M3D EVENT RULES, 28-30 JUNE 2024

- 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 recommended**. You must remain aware of your surroundings at all times. Actively listen for calls 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 competitors 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, 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.

PRIZES AND PRESENTATIONS

Your age category is determined by your age on race day (or in the case of the 3M3D Grand Slam on the last day of the 3M3D). Age category are: 18-29; 30-39; 40-49; 50-59; 60-69; 70+. 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 top three male and female winners in the 3M3D and Cairns Marathon receive a trophy.

You are invited to attend the prize giving and after party on Sunday, 30 June 2024 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	8 Anthony Ralph	16 Derek McDonagh
1 Larry Lawson	9 David Von Senden	17 Debbie Moll
2 Lorraine Lawson	10 Mark Dowel	18 Chrissy Warman
3 David Elms	11 Stephen Lewis	19 Andrew Fedoruk
4 Jason Ferris	12 Michael Dale	20 Jo van Gorp
5 Peter Watson	13 Anja Ahale	21 Helen McAllister
6 Bernie Norris	14 Sharon Waller	
7 Pamela Williams	15 Fayola Sitompul (time TBC)	

Good luck to our competitors eligible for their permanent race bib number in 2024:

Matthew Neal
Kalyra Thompson

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

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

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

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

OTHER USEFUL INFORMATION

Changes to the 2024 event

- There are no late entry fees.
- Marathon 2 and Marathon 3 will be run over alternative routes in 2024.
- Fig Tree Half Marathon, Fig Tree 10km and Lake Morris Road races have been discontinued due to low competitor numbers.

Training

It is recommended that you follow a training program for at least 16 weeks to prepare for the 3M3D Grand Slam and Cairns Marathon. 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.

Cut off times

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. You must finish your marathon in day light, so you have around 10 hours per day.

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. Visit the BOM website for updates on the weather. [Mareeba \(Marathons 1 and 2\)](#) and [Cairns \(Marathon 3 / Cairns Marathon\)](#)

Plants and wildlife

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](#)'.

[List of documents related to the event:](#)

You'd better read all this stuff!

- 2024 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