

# GRAND SLAM 3M3D, MARATHON 3 AND CAIRNS MARATHON

Elevation Gain **1,552 m**

Distance into race (km)	Waypoint on AllTrails map	Location
0	1	Start at Skate Park on Kamerunga Road in Redlynch.
2	2	Run on the footpath through Glenoma Park (2km mark, toilets off to the left, watch for cars as you need to run through the carpark).
6.5	8	The Rocks (6.5km mark).
8.5	11	At Redlynch Valley Estate, use the UNDERPASS to cross under the road.
10	13	At the end of the footpath in Redlynch Valley Estate. Cross the river. <b>YOU WILL GET YOUR FEET WET HERE.</b>
12	14	Run 2km on the Redlynch Valley Intake Road to <b>WATCH and LISTEN for cars.</b> Last toilets until you get to the 1 <sup>st</sup> Lookout 2km from the base of Lake Morris Road. Use the facilities at the Crystal Cascades before you head up the hill.
12	16	<b>CHECKPOINT: Crystal Cascades.</b> Marshal must record you coming into this checkpoint.
13	17	Out and back to the waterfall at Crystal Cascades. No water until you get to the base of Lake Morris Road. Fill up at the Crystal Cascades before you head up the hill.
14	16	<b>CHECKPOINT: Crystal Cascades.</b> Marshal must record you leaving this checkpoint. You need show your 2L of water and your snake bandages.
16	18	Follow the <b>Crystal Cascades Track up</b> to Lake Morris Road. <b>WARNING: The section is very steep.</b> There are no creeks along the Lake Morris Road section. You must fill up at Crystal Cascades <b>before</b> you get to this section. At the end of the Crystal Cascades Track, turn <b>RIGHT</b> onto Lake Morris Road and run down to the dam wall. Come back and
17	19	Run on Lake Morris Road to Copperlode Dam. Run down to the dam wall and make a U-turn at the gate on the dam wall.
30	20	Turnaround and follow Lake Morris Road all the way into Cairns. <i>There are NO toilets and NO water along this section. Lake Morris Road is closed for vehicles, but you can expect local traffic, and possibly ERGON maintenance machinery on the road. Cyclists, kids on scooters and walkers with their dogs may also be on the road.</i> 1 <sup>st</sup> Lookout (2km to go the base of Lake Morris Road) <i>The road is OPEN from the 'Lake Morris Road Lookout' (where you climb over the gate and where the port-a-loo is). WARNING: You will be on the road with vehicle traffic for 2km before you get to the checkpoint. WATCH and LISTEN for cars.</i>
32	21	<b>CHECKPOINT: Base of Lake Morris Road</b> Watch and listen for cars.
32.5	22	<b>RIGHT turn.</b> Run on footpath to Ramsey Drive.
	23	Cross over Ramsey Drive when it is safe to do so. <b>Follow the Traffic Controller's instructions.</b>

	24	Follow footpath through the underpass, turn right and right again into The Gateway. At the traffic circle turn left to run up West Park Ridge Drive.
	28	Turn right into Greenock Way. Follow the road until it comes out onto East Park Ridge Drive.
	30	Turn left onto East Park Ridge Drive, left onto The Peak. At the end of The Peak you will get back on the dirt. Follow the signs to the start of the Green Arrow.
<b>35</b>	35	Run the Green Arrow At T-junction of Green Arrow and Blue Arrow <b>turn RIGHT</b> .
<b>37</b>	36	Blue Arrow Link onto the Yellow Arrow (left)
<b>39</b>	37	Yellow Arrow
<b>41</b>	38	At the base of the Yellow Arrow you will pass the Yellow Arrow car park and toilet block on your left.
	39	Continue STRAIGHT on the footpath (Yellow Arrow car park is on your left) to Collins Avenue.
	40	At Collins Avenue, cross over the road. <b>Watch and listen for cars. Follow the Marshal's instructions.</b> <b>WARNING: This is a busy road. The markets is on and there is LOTS of traffic on this road today.</b>
<b>42.2</b>	42	Continue on the footpath through the Botanical Gardens to finish at Greenslopes Street.

**Congratulations on completing the 3M3D or the Cairns Marathon**

## Marathon 3 / Cairns Marathon MAPS

Elev. Gain: 1,552 m

Link to map: <https://www.alltrails.com/explore/map/map-may-30-2024-0d352b4?u=m&sh=vvy4ph>



### More details on the section from Crystal Cascades Checkpoint to Base of Lake Morris Checkpoint

When you get to the carpark at Crystal Cascades. Go to the toilet. The next toilet is a Port-a-Loo at the base of Lake Morris Road.

Next get your name ticked off at the checkpoint (AllTrails marker 16).

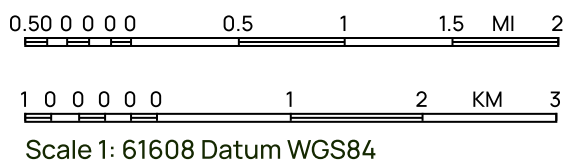
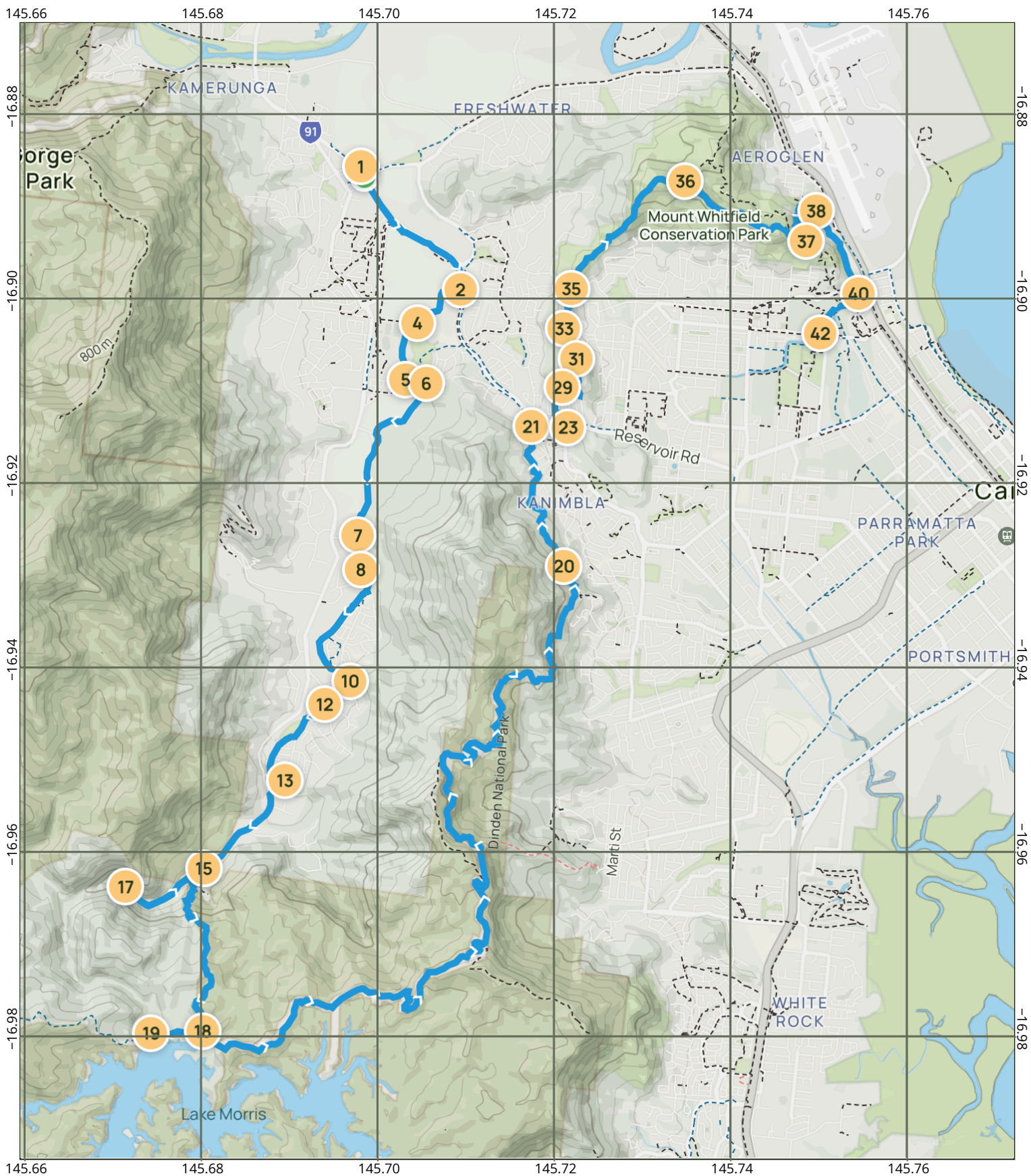
Do the out-( AllTrails marker 17) and-back run along the footpath next to the river.

When you get back to the checkpoint (AllTrails marker 16), you must get your time and name recorded so we know when you went onto the trail. Make sure you have at least 2L of water before you get onto the trail.

Hike up the Crystal Cascades goat track to Lake Morris Road (AllTrails marker 18). Lake Morris Road is bitumen.

When you reach the top, you must turn right and run down to the dam wall (AllTrails marker 19). There is NO toilets and NO water here.

Now you are ready to run along Lake Morris Road all the way to the base where the next checkpoint is.



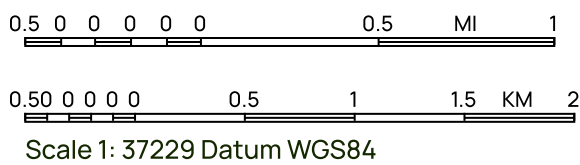
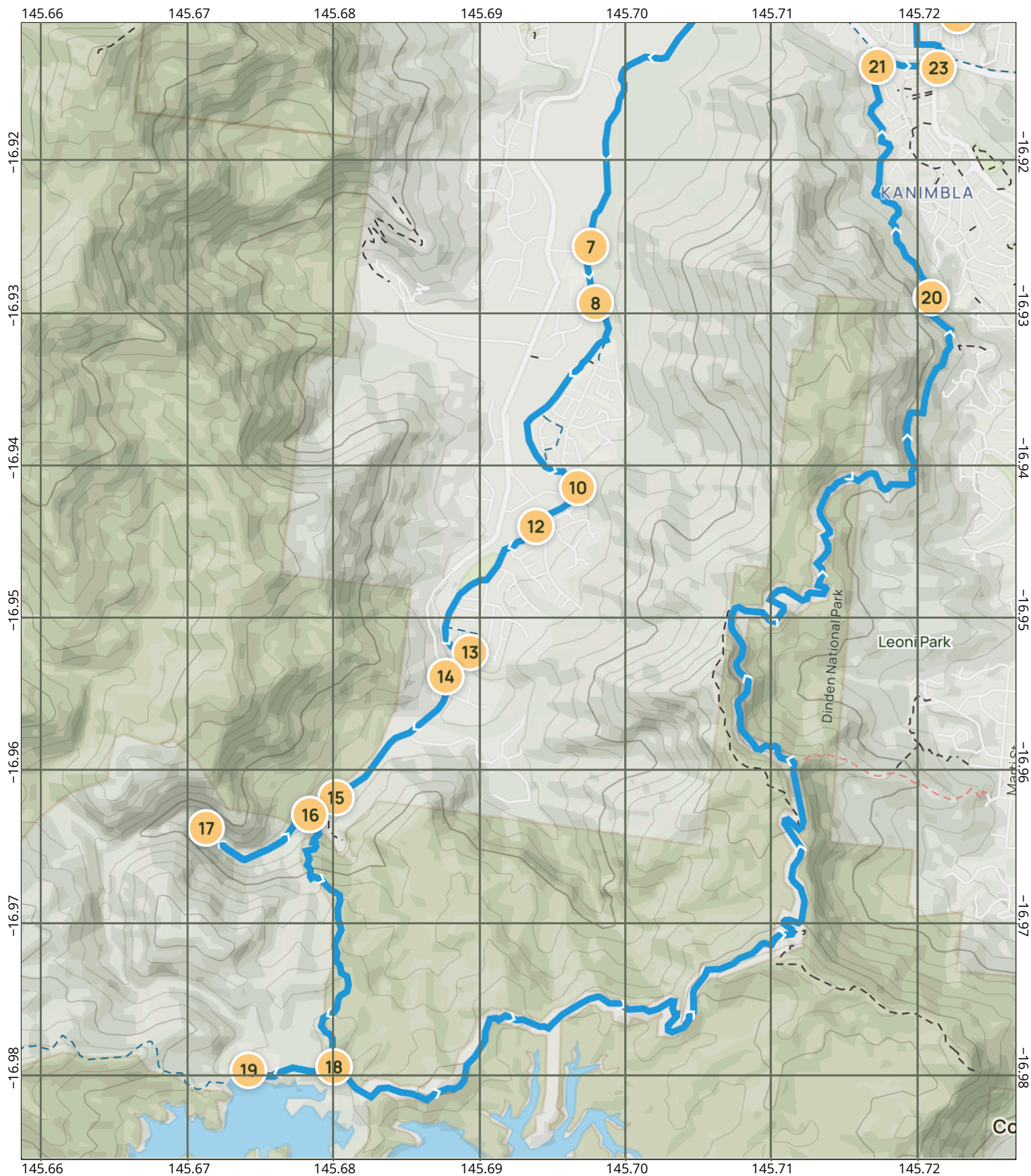
Gain: 1552 m Loss: 1554 m



2024 Marathon 3 & Cairns Marathon - new course  
Cairns, QLD





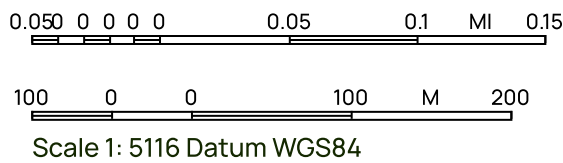
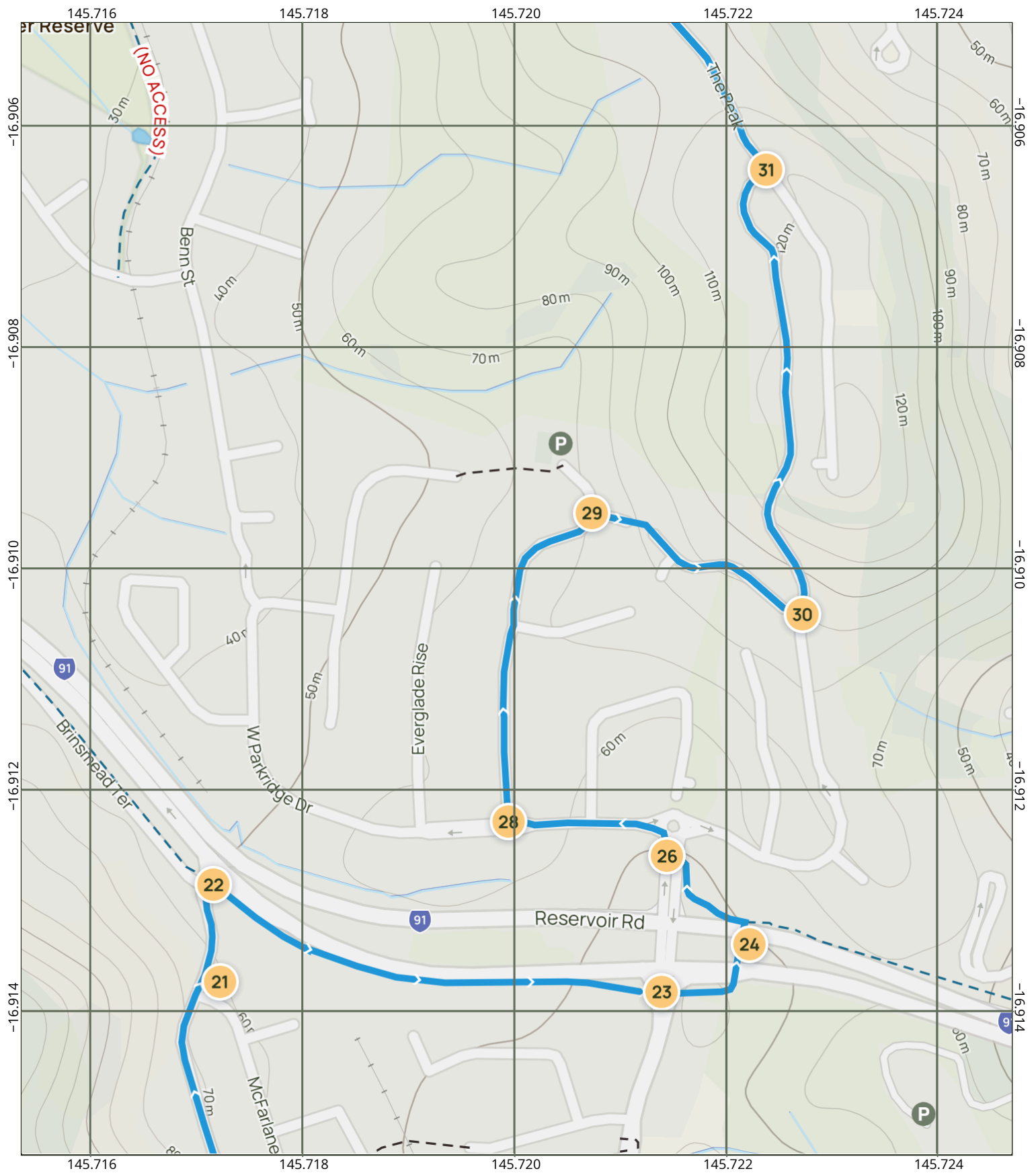


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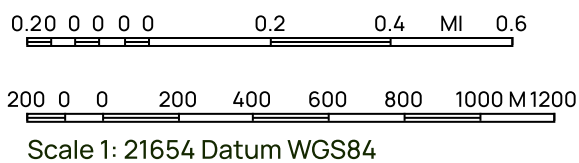
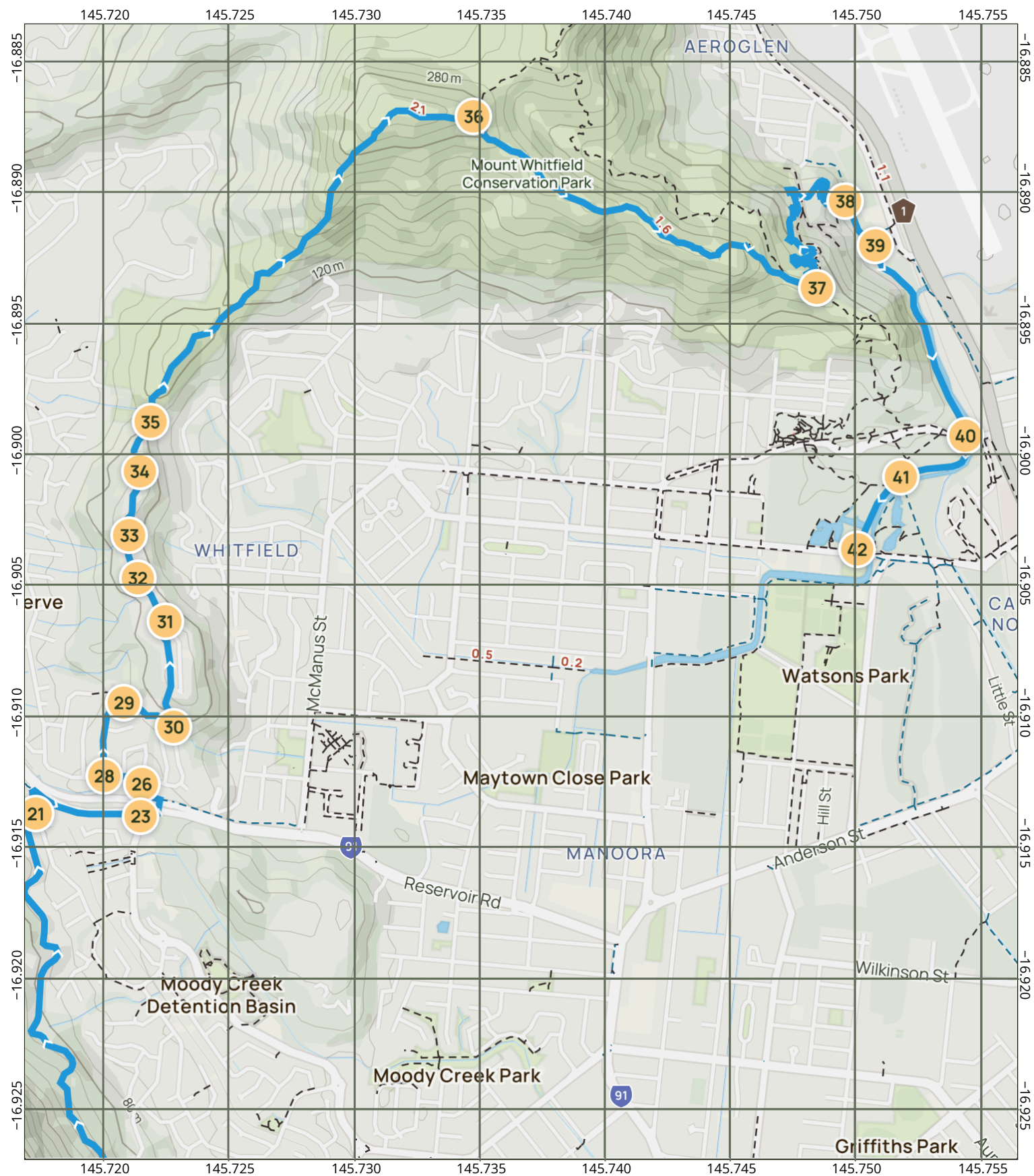
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