

## 3 Marathons in 3 Days Event

### 14<sup>th</sup> 3 Marathons in 3 Days Staged Trail Race Competitor Information Pack, 2025

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

**Date:** Friday – Sunday, 18-20 July 2025  
**Longest length:** 126.6km over three days  
**Email:** [info@3marathonsin3days.com](mailto: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:

**3M3D Grand Slam** (126.6km), 18-20 July 2025, or

**Marathon 1**, 18 July 2025

| **Marathon 2**, 19 July 2025

| **Cairns Marathon**, 20 July 2025

## 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
- A hydration system with a minimum 2 litre capacity
- Nutrition to sustain running for each day of the event
- Course maps on your mobile phone, or your need to print out copies of the maps provided.

*There is a gear check at registration.*

## RACE FEES AND CUT OFF DATES

Registrations opened on Monday, 18 November 2024.

Registrations close at 11.59pm on Tuesday, 08 July 2025. No late entries will be considered.

Race	Category	Race Fees	
		Early Bird	Standard
		Ends 11.59pm, 27/04/2025	Ends 11.59pm, 06/07/2025
3M3D Grand Slam	Independent	\$180.00	\$280.00
	AUTRA member	\$180.00	\$252.00
	DR club member	\$180.00	\$180.00
Entry per marathon: M1 or M2	Independent	\$60.00	\$90.00
	DR club member	\$60.00	\$60.00
Cairns Marathon	Independent	\$80.00	\$120.00
	DR club member	\$80.00	\$80.00

**Please note:**

- All entries include a 10% non-refundable online registration fee.
- Current Dynamic Running club members can register at a discounted fee.
- AUTRA members receive a 10% discount into the 3M3D Grand Slam event during the 'Standard Fee' period. (28/04/2025 – 08/07/2027). Promotional code: AUTRA2025
- Optional items with prices & cut-off dates:
  - Transport to the start line: Friday (\$20) and / or Sunday (\$20)
  - Singlet (\$60) / Ultra shirt (\$120), 27/04/2025
  - Peak (\$20), 27/04/2025
  - T-shirt (\$25), 27/6/2025
  - Long-sleeve T-shirt (\$45), 27/6/2025
  - Two compression bandages (\$35), 27/6/2025
  - Snap-n-Lock bib fasteners (\$10 for 4)

## 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

**Pre-race Dinner activity:** Join us for dinner at 6.00pm on Thursday, 17 July. Dunwoody's Tavern, 317 Sheridan Street, Cairns North.

**Post activity:** Presentations and After Party, 6.00pm, Sunday, 20 July 2025 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, 2025	Start location	Start time	Public toilets at start?	Finish location
<b>Marathon 1</b>	18 July	Wright's Lookout, Kuranda	6.30am	No	Crystal Cascades, Redlynch
<b>Marathon 2</b>	19 July	Copperlode Dam	6.30am	Yes	Copperlode Dam
<b>Cairns Marathon / Marathon 3</b>	20 July	Corner Clohesy River Road and Cedar Park Road	6.30am	No	Goomboora Park, Brinsmead

**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. Visitors from out of town: We will contact you closer to race weekend to organise transport from town to where the bus is and back to your accommodation each day. There will be an additional fee for this service.

**Race Kit and check in:** Collect your race bib, and compression bandages (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 20 minutes prior** to each race.

**3M3D Grand Slam competitors:** You will wear the same bib on Marathon 1 and Marathon 2. Your performance in Marathons 1 and 2 will be used to allocate your bib number on Sunday. You will be allocated a new bib for Marathon 3 at the finish line of Marathon 2. If you did not complete Marathon 1 and / or Marathon 2, you will be moved into the Cairns Marathon for Day 3.

**Mandatory race briefing:** A video with the race briefing will be supplied closer to race day. It 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 on a dirt road for the first 26km, then on bitumen to the finish.

### Toilets:

Marathon 1: At the finish line only.

Marathon 2: At the start and finish line.

Marathon 3 / Cairns Marathon: At the finish line only.

**Water:** **You must carry your own water.** Where possible, unmanned water barrels will be placed along the course.

Marathon 1 and Marathon 2 – water is available at the Checkpoints only.

Marathon 3 / Cairns Marathon – water is available at the Fig Tree (15km), Copperlode Dam Checkpoint (26km) and approximately every 5km on Lake Morris Road.

*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 8:00

Marathon 2: 3:45 to 8:00

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

**Refreshments:** 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

*Note that there are **NO REFUNDS** for this event.* There is no cooling off period. By progressing your 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.** 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 on Friday morning and Sunday morning. DON'T be late.

To book and pay for your seat on the bus (if you have not done so already) go to your Race Space Dashboard, find the race, and click on 'Entry Actions,' then 'Add Extras.'

## Bus pickup locations

Race	Date, 2025	Bus pickup	Start location	Start time	Public toilets at start?	Finish location
Marathon 1	18 July	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
Cairns Marathon / Marathon 3	20 July	Goomboora Park, Brinsmead Bus departs at 5:30am (50min trip to start)	Corner Clohesy River Road and Cedar Park Road	6.30am	No	Goomboora Park, Brinsmead

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

There is no option to leave gear at the start line for someone to take to the finish line. Secure the belongings you need at the finish line in your car or the Dynamic Running trailer prior to getting on the bus on Friday and/or Sunday. Secure any valuables as the event organiser takes no responsibility for theft or loss of property.

## 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@dynamicrunning.com.au](mailto:info@dynamicrunning.com.au) if you are able to help with any of the following:

- Timekeeping and recording at the finish line.
- Marshals on street corners in Cairns on Sunday.
- 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 the finish line, 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 are minimal course markings along the course. You must be familiar with the terrain and directions.

## COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

### [Course descriptions and maps](#)

*Note that these maps are only a guide at this stage. GPX files for all three courses will be made available later.*

### [AllTrails map for Marathon 1](#)

### [AllTrails map for Marathon 2](#)

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

## CHECKPOINTS

You are required to be self-sufficient for the event. There are no drop boxes along the course.

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.

'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.
- Marathon 2:** Fig Tree Checkpoint, 13.5km into the race  
Bridle Creek Road Checkpoint, 22km into the race, and again at 28km.
- Marathon 3 / Cairns Marathon:** Copperlode Dam Checkpoint, 26km into the event.

## 3M3D EVENT RULES, 18-20 JULY 2025

- 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 get your name ticked off at each checkpoint.
- 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).
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the finish line.
- If you withdraw from the event, inform the race director via text message or in person at the finish line.
- 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** – Carry your rubbish and place it in the bins provided at the finish line.
- 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 at the end of each marathon. 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 Grand Slam receive a gift.

The top male and female winners in the Cairns Marathon receive a gift.

You are invited to attend the prize giving and after party on Sunday, 20 July 2025 from 6.30pm at Edge Hill Bowls Club. If you are eligible for a gift, but cannot attend the presentation, please collect it at the finish line 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:

<b>Bib # Name</b>		
1 Larry Lawson	9 David Von Senden	18 Chrissy Warman
2 Lorraine Lawson	10 Mark Dowel	19 Andrew Fedoruk
3 David Elms	11 Stephen Lewis	20 Jo van Gorp
4 Jason Ferris	12 Michael Dale	21 Helen McAllister
5 Peter Watson	13 Anja Ahale	22 Kalyra Thompson
6 Bernie Norris	14 Sharon Waller	23 Andrew Kinbacher
7 Pamela Williams	15 Fayola Sitompul	
8 Anthony Ralph	16 Derek McDonagh	
	17 Debbie Moll	

Good luck to our competitors eligible for their permanent race bib number in 2025:

24 Kevin Durose  
25 Robert Centonza  
26 Matthew Neal

## COURSE RECORDS

### 3M3D Grand Slam

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 2025 event

- Registrations closed.
- There are no late entry fees.
- Marathon 3 / Cairns Marathon starts in Koah and finishes at Goomboora Park in Cairns.
- Transport is provided from to the start line for Marathon 1 and Marathon 3 / Cairns Marathon. Competitors are responsible for organising their own transport to those locations and back home after each race.
- No transport is provided for Marathon 2 – the start/finish is at the same location.
- Fig Tree Half Marathon, Fig Tree 10km and Lake Morris Road races have been discontinued due to low competitor numbers.
- Compressions bandages are mandatory on all three days.
- There will be minimal signage on the course, download the GPX files onto your watch, carrying your mobile phone with access to AllTrails app, or print out the maps provided.

### 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!

- 2025 3M3D Competitor Information Pack
- Running Safely on Trails in the FNQ
- Estimated Running Times



- Support Crew information

#### [Course descriptions and maps](#)

- Marathon 1
- Marathon 2
- Marathon 3 / Cairns Marathon