

2025 3M3D – Checkpoints and estimated running times

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

Last updated on 4 July 2025.

Marathon 1						
Leg	Location	Course marker	Distance between points (km)	Cumulative Distance (km)	Fastest runners (Time of day)	Slowest runner (Time of day)
Dawn	6.23am					
0	Start line, Wright's Lookout		0	0	Start 6.30	Start 6.00
1	McDonald/Douglas	1	4.7	4.7	7.00	7.30
2	Toby's Lookout	5	5.8	10.3	7.30	9.00
3	End of Smith's Track	8	4.6	14.9	7.55	10.30
4	Snake Gully Checkpoint	11	6.9	21.8	8.35	11.30
5	Clohesy River Road Checkpoint	13	5.0	26.8	9.05	12.20
6	Crystal Cascades turnoff	16	11.5	38.3	10.00	3.00
7	Finish		1.5	42.2	10.30	4.00
Dusk	6.23pm				4hr marathon	10hr marathon

Marathon 2						
Leg	Location	Course marker	Distance between points (km)	Cumulative Distance (km)	Fastest runners (Time of day)	Slowest runner (Time of day)
Dawn	6.23am					
0	Start line			0	Start 6.30	Start 6.00
1	Lake Morris Road out & back	17	2.3	2.3	6.45	6.50
2	Gate Clohesy/Bridle	15	4.3	6.6	7.15	7.50
3	Fig Tree CP	14	7.5	13.6	7.55	9.15
4	Start Viviers Track	18	2.2	15.8	8.05	9.35
5	Bridle Creek CP	19	6.1	21.9	8.45	10.35
6	Bridle Creek CP out and back	20	6.1	28.0	9.15	11.10
7	Gate Bridle Creek Road		2.0	30.0	9.25	11.30
8	Gate Clohesy/Bridle	15	7.9	37.9	10.10	1.50pm
10	Finish		4.3	42.2	10.30	2.30pm
Dusk	6.24pm				4-hr marathon	10-hr marathon

Marathon 3 / Cairns Marathon						
Leg	Location	Course marker	Distance between points (km)	Cumulative Distance (km)	Fastest runners (Time of day)	Slowest runner (Time of day)
Dawn	6.23am					
1	Start	21	0	0	Start 6.30	Start 6.00
2	Cedar Park Road (out & back)		3.4	3.4	6.38	6.45
3	Highway (2.7 out)		2.7	6.1	6.50	7.15
4	Highway to Fig Tree CP	14	8.9	15.0	7.30	9.00
5	Copperlode CP		10.9	25.9	8.30	12.00
6	Base of Lake Morris Rd		14.7	40.6	9.30	2.00
7	Finish		1.6	42.2	9.45	2.30
Dusk	6.24pm				3hr15 marathon	8 ½ -hr marathon