



GREAT BARRIER REEF
MASTERS GAMES
25-28 MAY 2023
Cairns Australia



IT'S LIVE!
in Queensland

TOURISM
& EVENTS
Queensland

2023 ATHLETE GUIDE

PRESENTED BY



Smurf

Endurance Sports Pty. Ltd.

WELCOME!!! FROM THE RACE DIRECTOR

Hi and welcome the Great Barrier Reef Masters Games for 2023!

The team here at Smurf Endurance Sports are excited to bring you the 2023 edition of the trail and road running events. The weekend events will include a 4k and 8k trail run on the Friday afternoon, followed by the 5k, 10k and half marathon on the Saturday afternoon. This means you can get a sleep in after the great social activities on the Friday and Saturday nights!

Most exciting about this year's trail running events is the opportunity to use the Yellow and Blue Arrows for the event. It is very rare that events of this kind are held on the Arrows and we are privileged to be able to do so. Thank you to Cairns Regional Council for allowing this opportunity to access beautiful trails right next to the centre of the city itself.

And of course thank your to Cairns Regional Council for the opportunity to convene the Masters Games trail and road running events. We are delighted to be a small part of making the games happen which will include over 2 500 athletes across over 20 sports! Convening these events at the GBR Masters Games adds to our already successful suite of events which currently includes Cairns 50 Ultra and Old Mates Backyard Ultra.

So it's time to kick it in to gear and enjoy a weekend of run, running and social activities. Thanks for coming and enjoy the beauty that is Cairns!

Joshua Duff (Smurf)
Race Director



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RACE PACK COLLECTION

WHEN/WHERE?

Trail Running;

- **Friday May 26** between 3:30pm and 3:50pm **{8k event}** or 3:30pm and 4:15pm **{4k event}**
@ Yellow Arrow Car Park

Road Running;

- **Saturday May 27** between 1:45pm and 2:20pm **{half marathon}**, 1:45pm and 3:20pm **{10k event}** or 1:45pm and 3:50pm **{5k event}** @ Glenoma Park

**All race pack collections occur on the day - there is no pre-collection available. Those running both Friday and Saturday will collect their race pack for both days

WHAT DO YOU NEED?

You will need to provide a form of photo ID to collect your race pack

WHAT IS IN MY RACE PACK?

Everyone receives a race number and a timing shoe tag to be worn on race day. You can also pick up pins for your race number.

There will be some other goodies available to giveaway and to purchase.



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SCHEDULE OF EVENTS

FRIDAY MAY 26

3:30pm - 4:15pm: Race pack collection at Yellow Arrow Car Park {note on previous page exact race pack collection times}

3:55pm: *8K EVENT race briefing @ Start Line*

4:00pm: *8K EVENT START*

4:25pm: *4k EVENT race briefing @ Start Line*

4:30pm: *4K EVENT START*

~5:30pm: Presentations @ Yellow Arrow Car Park

SATURDAY MAY 27

1:45pm - 3:50pm: Race pack collection at Glenoma Park {note on previous page exact race pack collection times}

2:25pm: *HALF MARATHON race briefing @ Start Line*

2:30pm: *HALF MARATHON RACE START*

3:25pm: *10k EVENT race briefing @ Start Line*

3:30pm: *10k EVENT RACE START*

3:55pm: *5K EVENT race briefing @ Start Line*

4:00pm: *5K EVENT START*

4:45pm: Presentations @ Glenoma Park



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TRAVEL AND PARKING FRIDAY – TRAIL RUN

THE VENUE

The GBR Masters Games Trail Run is being held from the Yellow Arrow Car Park in Aeroglen. The event itself is being run on the Yellow and Blue Arrows. The Yellow Arrow Car Park is a short 5-10 minute drive from Cairns City. But be mindful of the extra traffic on a Friday afternoon so allow extra time.

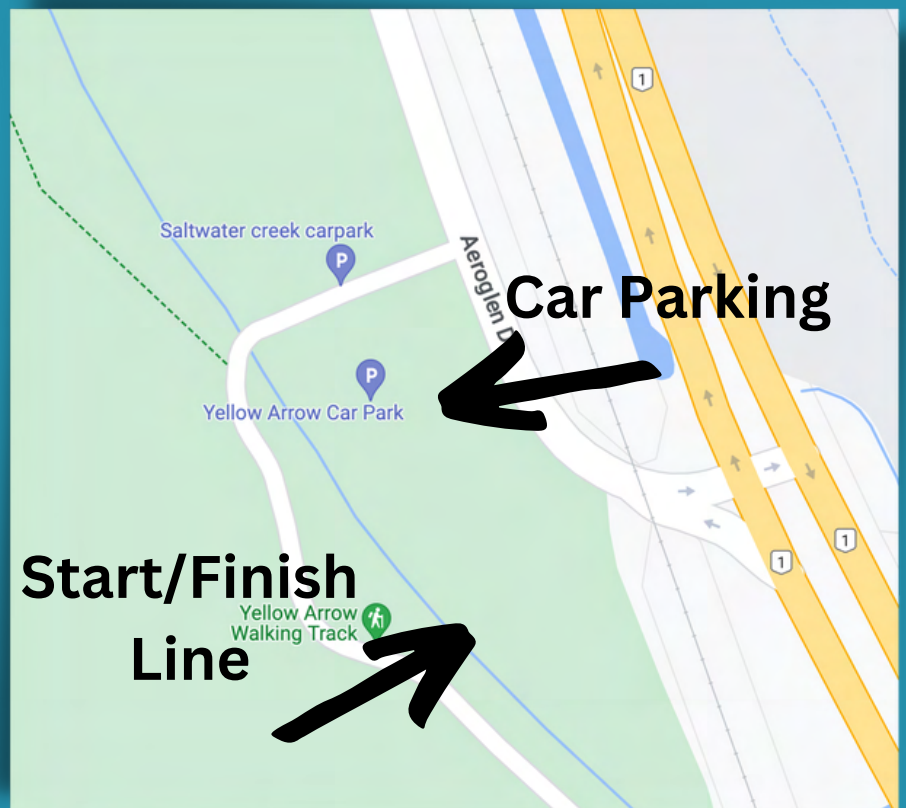
It is also a short 4km walk from most major Cairns accommodation places.



PARKING

There is parking available for the GBR Masters Games Trail Running in the Yellow Arrow car park. If these parks become full, on street parking is available along Aeroglen Drive. There is also further parking available at Touch Park just a few hundred metres from the venue.

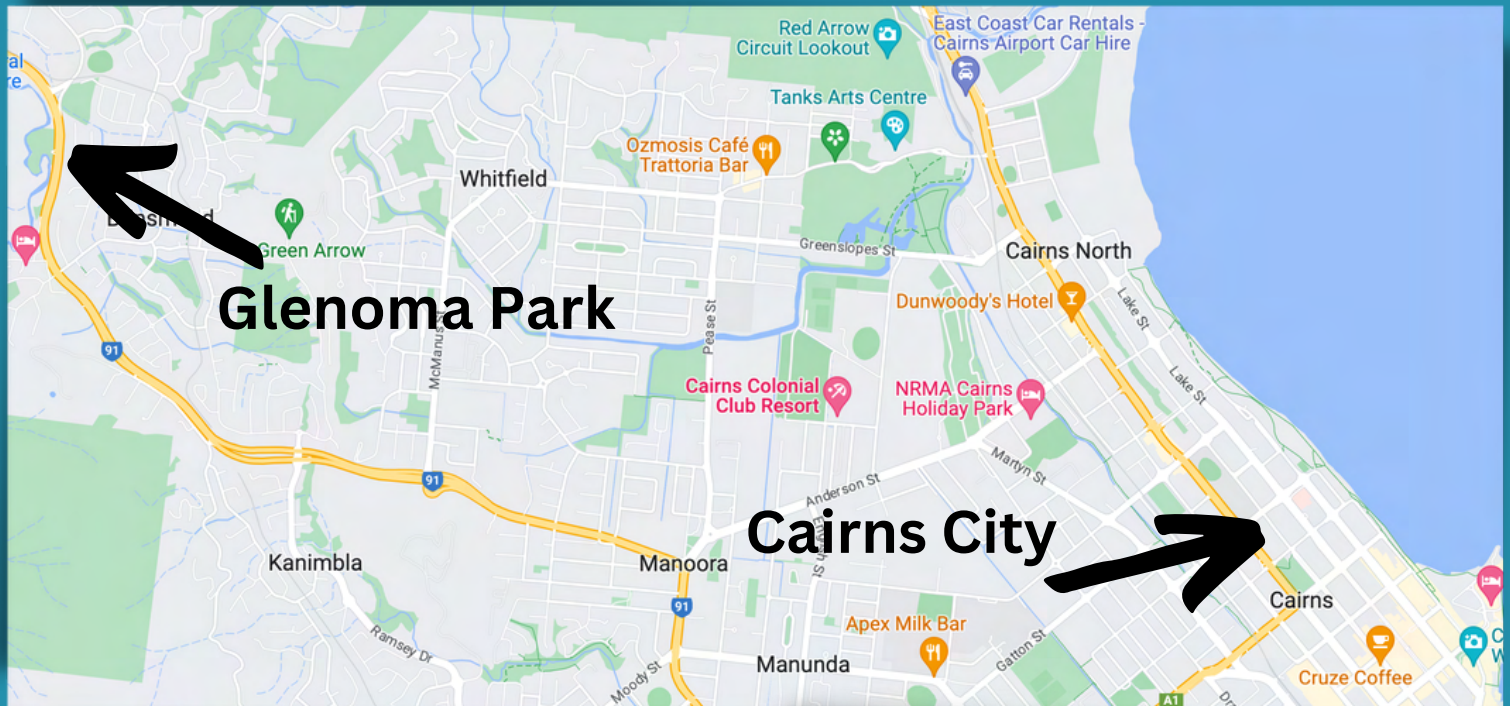
Please follow all usual parking and road rules if/when parking along the street.



TRAVEL AND PARKING SATURDAY - ROAD RUN

THE VENUE

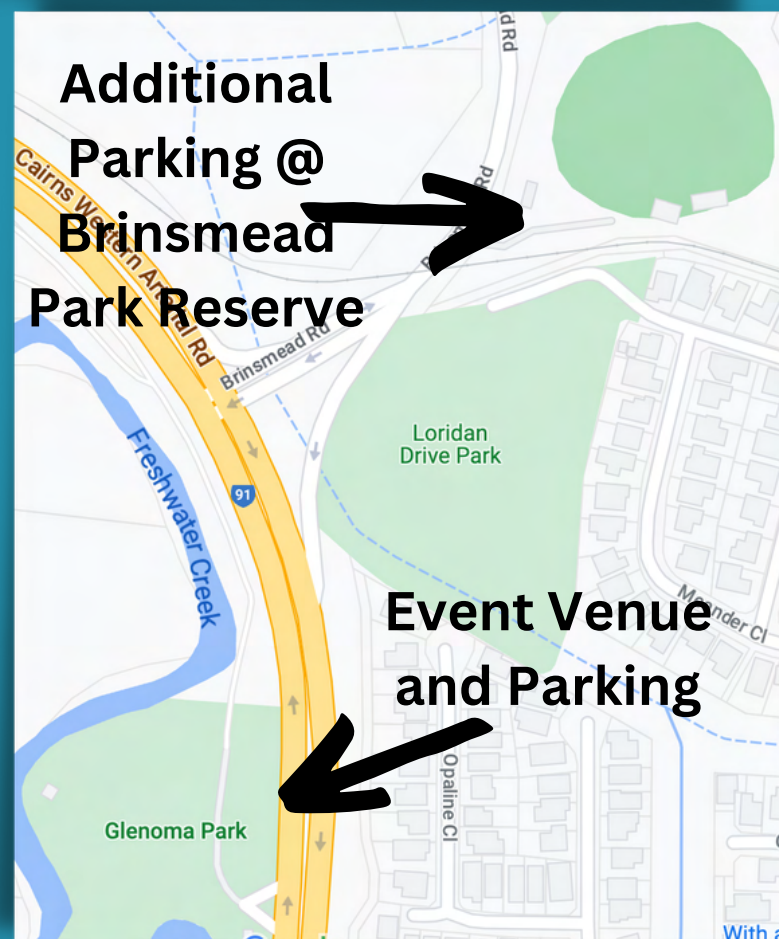
The GBR Masters Games Road Run is being held from Glenoma Park, Brinsmead. The event itself is being run along the Redlynch cycle pathway. The venue is about a 15-20 minute drive from Cairns City depending on traffic.



PARKING

Parking is available at Glenoma Park itself. If this car park fills up, the next available parking is available at Brinsmead Park Reserve. DO NOT park along the Western Arterial Road (the road alongside Glenoma Park).

If parking at Brinsmead Park Reserve, it is only a short 5 minute walk along a path and through an underpass to Glenoma Park.



EVENT PRECINCT

CONTROL TENT

The control tent in the event precinct will be your one stop shop for all your need for the trail/road run. This includes; race pack collection FAQ's, lost & found, first aid etc.

BAG DROP

Participants who require somewhere to store a bag can do so at the Control Tent. **It is the responsibility of participants to clearly label their bag.** Bags will be monitored occasionally and **participants store their bag at the Control Tent at their own risk.**

FOOD AND DRINK

No food and drink other than what is provided in the recovery area for runners will be available.

TOILETS

The Yellow Arrow car park (trail run) includes permanent male, female and disabled access toilets. Glenoma Park (road run) includes a permanent male and female toilet located near the entrance to the park.

ADDITIONAL TENTS

If you are bringing a large group of runners and would like to set up a tent of your own, please get in touch so we can allocate you a space.

R

TOILETS

Glenoma Park includes permanent male, female and disabled access toilets. These are located at the entrance to the park

ADDITIONAL TENTS

If you are bringing a large group of runners and would like to set up a tent of your own, please get in touch so we can allocate you a space.



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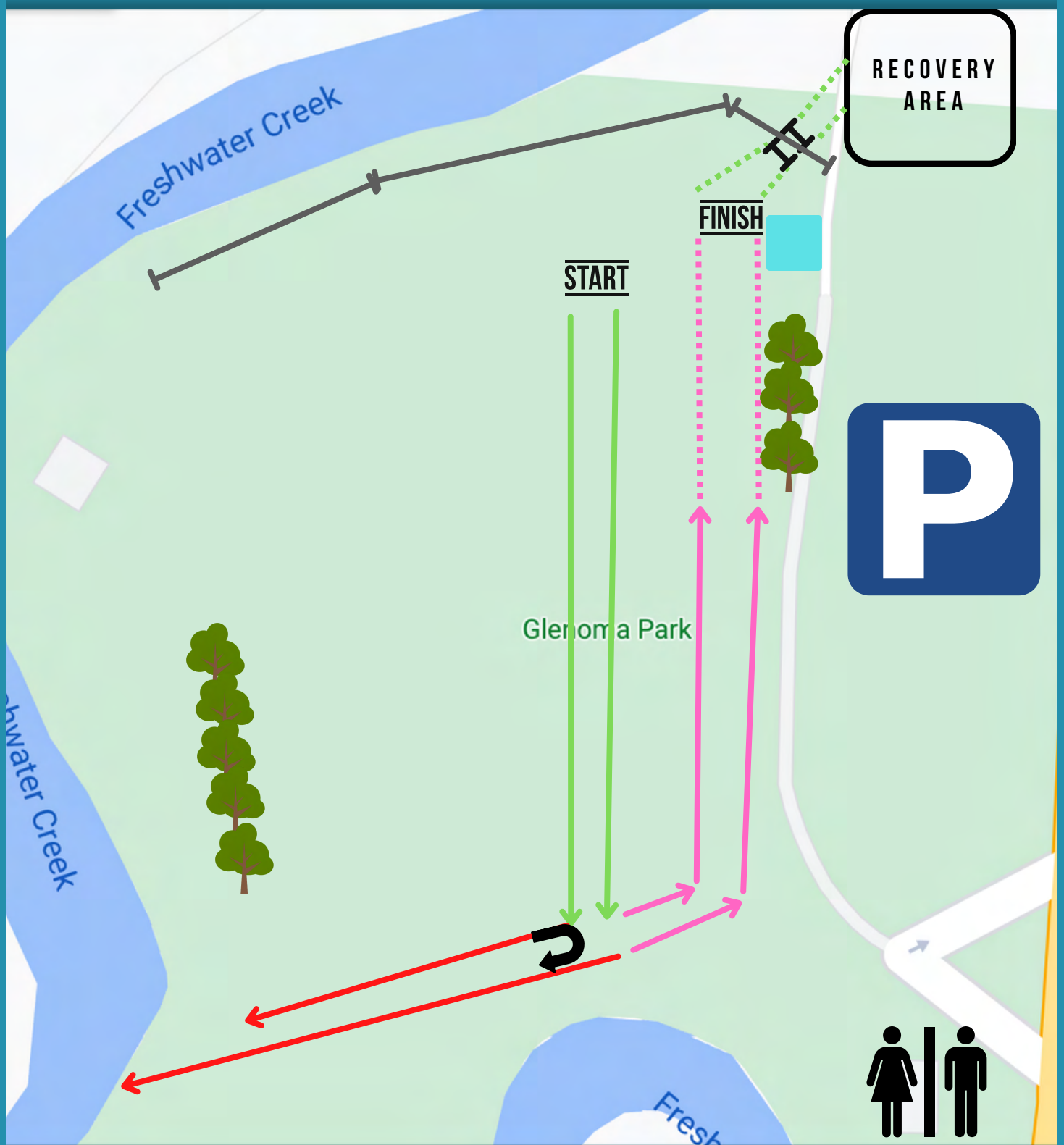


EVENT PRECINCT MAP FRIDAY TRAIL RUN



RUN COURSE START		REGISTRATION TENT	
RUN COURSE FINISH		RECOVERY AREA	

EVENT PRECINCT MAP SATURDAY ROAD RUN



KEY



Runners Start



Runners Next Lap/Start



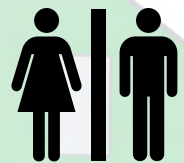
Runners Finish



Control Tent/First Aid etc.



Next Lap Turn



RACE BRIEFINGS

VIRTUAL RACE BRIEFING

A virtual race briefing will be provided to participants on Wednesday May 24. The link to this race briefing will be emailed to all participants and will be available on YouTube.

It is the responsibility of participants to view this Virtual Race Briefing prior to attending the event on race day.

PRE-RACE BRIEFING

A short pre-race briefing will occur in the 5 minutes prior to your event/s. This pre-race briefing will cover information such as;

- Emerging or newly identified hazards
- Late changes to the course or other organisational elements of the race
- Race rules
- Any other changes or emerging situations which may affect the race or participants

FIRST AID

FIRST AID TEAM

Both the Trail and Road run will be supported by volunteer First Aiders from Cairns Hospital.

FIRST AID TENT

First Aid Tent will be provided in the race precinct from the Control Tent. If first aid is required (whether participants or spectators), please present at the Control Tent.

MOSQUITO PROTECTION

We highly encourage all participants, spectators and volunteers to **bring and use mosquito repellent for both the trail and road run.**

NOTES

Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in Cairns 50. Athletes are responsible for understanding the terms and conditions of insurances held.

RACE RULES

RACE RULES

Race rules are put in place for the safety of participants, spectators, volunteers, staff, the general public and to protect our local environment. The Race Director reserves the right to remove participants from the course or disqualify participants if they are found to be in breach of these rules.

- **Prams** are only allowed in the 5k, 10k and half marathon events. Care and safety of other participants, those using prams and children in prams is the responsibility of the participant using the pram. **Prams will be required to appropriately seed themselves at the start line. Extreme care** needs to be taken and those using prams **must give way to other participants and path users**
- If using **Headphones**, they must be bone conduction, a single ear bud or similar. As the pathway and trail is open for public use and may include environmental dangers, it is for your safety and the safety of others that you are able to hear instructions from volunteers and officials, as well as be aware of your surroundings
- If using a **phone or device** for headphones, keep it stored away for the duration of the race so as not to serve as a distraction **A PHONE MUST BE CARRIED FOR ALL RUNNERS IN THE 8k TRAIL EVENT**
- Your **race number** must be displayed on your front at all times (whether via pins or race belt)
- The **pathways and trails** are open to public use for the duration of the events. **All runners must keep to the left at all times except when passing and give-way to any bikes** on the pathways (no bikes will be on the trails)
- **Littering** will not be tolerated. Aid stations provide bins for your use. **Littering will result in disqualification from the event** at the discretion of the Race Director
- Volunteers will manage **Aid Stations** and be able to support runners in getting what they need. It is the **responsibility of participants to show courtesy and be patient at aid stations**. This may include, but is not limited to; waiting for others before refilling bottles/hydration vests, not taking more than you need from aid stations, slowing down when running through aid stations etc.
- It is the responsibility of participants to **follow the directions of marshals and event staff at all times while on course**. This is for the safety of yourself, other participants and the general public
- **Aggressive behaviour towards volunteers or event staff will not be tolerated. Such behaviour will result in immediate disqualification from the event** at the discretion of the Race Director
- **If you withdraw from your race during the event**, it is your responsibility to inform the control tent asap
- All care is taken in the days before the event to remove hazards from the course, however, **it is the responsibility of participants to inform a marshal, volunteer or event staff member if they identify a hazard on course** that may impact the safety of others
- To ensure an equal race for all, no **outside assistance** is allowed at Cairns 50 (eg. provision of nutrition from spectators) except for in emergency situations
- **No dogs or animals** are allowed on course with athletes. However, be aware that the path is open to the general public and there may be dogs with the general public on the paths - dogs are not permitted on the trails
- **Note that our events are cupless. Aid stations will provide water and some nutrition options, but it is the responsibility of runners to bring a hydration system** (eg. soft flasks, collapsible cup, vest, handheld bottle). We will have soft flasks and Hydrapouches for sale at the event if you need a hydration system.

TRAIL SPECIFIC:

- **MANDATORY KIT (8k Trail) - Phone, Hydration Systems (vest, handheld etc.), snake bandage**

COURSE MAP -4K TRAIL

1 x 4km lap (130m elevation)



INTERACTIVE MAP AVAILABLE AT

<https://www.alltrails.com/explore/map/gbr-masters-4k-trail-run-29539ed?u=m&sh=apyumh>

COURSE MAP - 8K TRAIL

1 x 8km lap (350m elevation)



INTERACTIVE MAP AVAILABLE AT

<https://www.alltrails.com/explore/map/gbr-masters-4k-trail-run-29539ed?u=m&sh=apyumh>



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COURSE MAP - ROAD EVENTS

5k = 2 x 2.5km laps
10k = 2 x 5km laps
Half = 3 x 7km laps



INTERACTIVE MAP AVAILABLE AT

<https://www.alltrails.com/explore/map/gbr-masters-4k-trail-run-29539ed?u=m&sh=apyumh>

AID STATIONS

TRAIL RUN

There will be one aid station on the Trail Run courses. For the 4km course, the aid station is situated at the 2km turnaround point and will be accessed once.

For the 8km course, the aid station can be accessed at 2km and 6km.

The Trail Run aid station will have water, fruit and lollies. The aid station is **CUPLESS**. It is the responsibility of runners to have their own hydration system (vest, handheld, collapsible cup etc.). Soft flasks and Hydrapouches will be available for sale at the Control Tent on the event day.

ROAD RUN

There will be one aid station on the Road Run courses. For the 5km course, the aid station is situated at the 1.2km turnaround point and will be accessed once each lap.

For the 10km and half marathon course, the aid station can be accessed twice each lap (1.2km and 3.8km each lap for the 10k; 1.2km and 5.8km each lap for the Half Marathon)

The Road Run aid station will have water, fruit and lollies. The aid station is **CUPLESS**. It is the responsibility of runners to have their own hydration system (vest, handheld, collapsible cup etc.). Soft flasks and Hydrapouches will be available for sale at the Control Tent on the event day.



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TIMING, RESULTS & AWARDS

TIMING

Timing services for the GBR Masters Games Trail and Road Running are provided by Onetime. Both the Trail and Road running events will have timing at the start and finish.

Final official results will be available at **events.onetime.sport**. We will also email out final results at the completion of the event weekend.

AWARDS

Medals will be presented at the conclusion of both the trail run and road run events. 1st, 2nd and 3rd will be awarded to overall winners of each event.

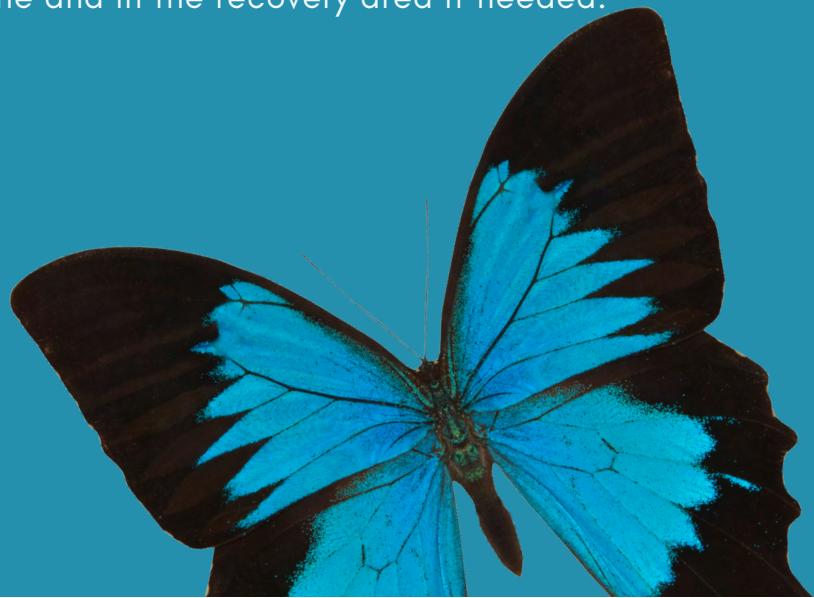
All finishers also receive a finishers medal.

RECOVERY AREA

A recovery space will be provided after the finish line of both the trail and road running events. This recovery area will include water, fruit and lollies as well as ice. First Aid will be provided at the finish line and in the recovery area if needed.



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TRAIL RUN PARTICIPANT LIST (AS OF THURSDAY MAY 18)

4K TRAIL FEMALE

STEVIE JOHNSTON
HELEN KIRBY
DONNA WILLIAMS
TRUDY O'MALLEY
DEB MCLACHLAN
LINDY LAM
NATASHA MCCRAE
ROSEMARIE LABUSCHAGNE
CRISTINE SUFFOLK
JENNA GALLEY
CELESTE LABUSCHAGNE
RICKY FAZLDEEN
KIM EDWARDS

4K TRAIL MALE

LUKE DORNAN
BRUCE MADIN
GRANT KNIGHT
ADAM PERKINS
LEE JONES
SHANE LAWRENCE
MATHEW SMITH

8K TRAIL FEMALE

MARGIE SHEARER
MARIAN WEBSTER
GAIL BLACKWELL
NATASHA MCCRAE
AMY SACHLIKIDIS
MARJ HENDRY
ANNE BARTLETT
KIM ADAMS

8K TRAIL MALE

BEN RICHARDSON
ALEXI SACHLIKIDIS
CHRISTOPHER WORSNOP
KEVIN DUROSE
MARCO FAETA

ROAD RUN PARTICIPANT LIST (AS OF THURSDAY MAY 18)

5K FEMALE

CHRISTINE BURNS
BEN DUNSTON
SUZANNE MULLEN
CLAUDIA STEVENSON
ROSEMARIE LABUSCHAGNE
CRISTINE SUFFOLK
JENNA GALLEY
CELESTE LABUSCHAGNE
GAIL BLACKWELL

5K MALE

DAVID BRAGG
BRUCE MADIN
KAKA DHAROUR
JOHN GOGGIN
SHANE LAWRENCE
MATHEW SMITH

10K FEMALE

STEVIE JOHNSTON
HELEN KIRBY
MARGIE SHEARER
MARIAN WEBSTER
JODI BJORKSTEN
LESA HANSEN
VANESSA ALLEN
MARIA GRIFFIN
ALISIA BEAN
TAMMY PEACOCK
AMY SACHLIKIDIS

10K MALE

LUKE DORNAN
HEINZ LICHTENBERG
EJ DAVIE
BRETT BEARD

HALF FEMALE

IRENE WILLIAMS
SARAH YOUNG
LEIGH GARGAN
ALISON HATCHER
SANDRA TURNER
CHRISTINE TWIDALE
REBECCA MCINTYRE
RICKY FAZLDEEN
KIM EDWARDS
MARJ HENDRY
ANNE BARTLETT
KIM ADAMS
HANNAH MENDES

HALF MALE

STEPHEN CUNNINGHAM
TREVOR GARVEY
EJ DAVIE
TREVOR BECK
JOHN MACLEAN
STUART PLESTED
CHRISTOPHER WORSNOP
KEVIN DUROSE
MARCO FAETA
BENJAMIN WINTERS-MCAPPION

WEATHER & WILDLIFE

WEATHER

The weather during May, particularly in the afternoon, in Cairns is usually hot and humid. Currently the long range forecast is predicting temperatures in the range of 24 to 28 degrees on the afternoon of Friday and Saturday may 26 and 27. Currently the long range forecast is predicting humidity in the range of 50-65% with a small chance of patchy showers.

Participants need to be prepared for these hot and humid conditions and also be prepared for rain.



INSECTS

The area in which the road and trail runs are held is prone to mosquitos. It is highly suggested that participants and spectators use insect repellent.

PROTECTING FAUNA AND FLORA

It is incredibly important that during both the road and trail run both fauna and flora is not disturbed. We aim to leave the areas in which we run and race as we found them - a **leave no trace policy**. So it is essential that you do not litter, you do not disturb wildlife and do not disturb flora (any more than running in the areas does). For the trail run, it is your responsibility to stick to the trails to ensure the protection of local fauna and flora.



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SUSTAINABILITY

CUPLESS

The GBR Masters Games Road and Trail runs are cup-less events. That means that no plastic cups will be provided at aid stations or at recovery. Therefore, participants are required to provide their own hydration solutions (eg. hydration vest, soft flask, collapsible cups etc.). Soft Flasks and Hydrapouches will be available for purchase at the Control Tent if needed.

LOCAL ENVIRONMENT

It is incredibly important that events such as ours protect our local environment. Freshwater Creek, along which the road event runs, connects directly to the Great Barrier Reef and the rainforest environment in which we live and run is very sensitive. The Whitfield Conservation Park where the trail run events are held is a protected area on which events such as ours are not usually permitted to run. We all have a responsibility to race sustainably and do all we can to leave a minimal footprint. We ask that you assist us in minimising the environmental footprint of our event.

LITTERING

As noted in the race rules, littering by participants will not be tolerated and will result in disqualification at the discretion of the Race Director. Bins will be located at aid stations and in the race precinct for your use.

ADDITIONAL INFORMATION

VOLUNTEERS

Our volunteers are an essential part of our team and without them, these events simply do not happen. We ask all participants to thank all of our volunteers before, during and after your race. They are giving up their time to help provide you with a great experience. If a family member or friend of yours would like to help out and volunteer, we are definitely still happy to accept more help!