When: Sunday 26th June, 2016

Where: Speewah, near Kuranda

Organiser: Shane White (m: 0438758862)

<http://adventuresportnq.info/events/trail-running>

Race Entry

 $30

Online entries only. Entries close TBA

Timings

 Rego from 6:20am.

 Start 7am (for 17km), 8am (for 8k & 4km)

 Food n Snacks after the race from about 9am

 Presentations ~9:45

**Distances**

4kkm, 8 km and premier 17km

**The Speewah Legend**

They say that the Speewah lies west of the sunset, a place where crows fly backwards to keep the dust out of their eyes and the trees are so big their tops are hinged, to let the sun go past.

Old timers remember dust storms so thick that they could climb over them, while at dusk the temperature drops so quickly that even the mirages freeze over.

Crooked Mick is a survivor of this incredibly tough land – a larger than life figure who eats two sheep for lunch and uses small trees for toothpicks. When he was born, he started growing so fast that his father tried to slow his growth by ring-barking his legs. It didn’t work, but it did give him a nasty limp – and the name Crooked Mick.

Speewah and Crooked Mick yarns have been told since Europeans started getting lost in the Australian bush. Created to poke fun at the incredibly harsh and alien landscape, the Speewah downplays reality by exaggerating itself.

4km, 8km and 17km Courses

**4km Course**

The only clockwise loop of the three events. Runners turn right at the end of the Djina Wu Track and climb up the steep single track until the junction with Stony Creek Road and Smiths Track. 4km runners turn right onto Stony Creek Road (whereas 8km and 17km competitors turn left) and after 1.5km will again turn right onto the steep downhill road to the finish at the campground.

**8km Course**

Participants are encouraged to visit and go over the course prior to the event.

 Turn right at the end of the Djina Wu Track and climb up the steep single track until the junction with Stony Creek Road and Smiths Track. Runners turn left onto the fast wide downhill section of Smith’s Track and turn left at Cadagi Corner (where 17km runners continued straight ahead). 8km Runners again turn left at the junction with Gandal Wandun. The Gandal Wandun track takes runners to the Douglas Track, onto which they again turn left until they reach the junction with Djina Wu track which takes them to the finish at the Campground.

**‘Premier Event – 17k’**

Participants are encouraged to visit and go over the course prior to the event.

 Turn right at the end of the Djina Wu Track and climb up the steep single track until the junction with Stony Creek Road and Smiths Track. Runners turn left onto the fast wide downhill section of Smith’s Track and continue past Cadagi Corner (where 8km runners will turn left) and onto the Yalbogie Track. This takes runners past the spectacular Kauris and to the first of two Stony Creek crossings (the exit is downstream from approach). After climbing out of Stony Creek runners will turn left at Toby’s Lookout onto Smith’s Track. Smith’s Track now traverses fast open country before dropping into the second Stony Creek crossing (exit is via the creek entering opposite your approach) and climbing up to the junction with Gandal Wandun. The Gandal Wandun track takes runners to the Douglas Track where they take an out and back side trip to Glacier Rock. Glacier Rock itself is reached via a 280m detour of Douglas Track. Upon reaching Glacier Rock, runners turn and use Douglas Track to take them back to the junction with Djina Wu track, which takes them to the finish at the Campground.

**What to bring**

•Race Food

•Hydration Equipment – cups will not be supplied.

Supplied

•Drums of Water and electrolyte mix at Start / finish area

•Selection of treats for after the event.