This document was last updated on 4 August 2026

16th K2PD Competitor Information Pack

In its 16th year the K2PD SOLO and Team point-to-point races start at the corner of Black Mountain Road and Kennedy Highway and finish on Four Mile beach in Port Douglas.

Date: Sunday, 23 August 2026
Length: 64km Ultra, 64km 4-leg relay with a minimum of 2 competitors per team
Race Directors: Lorraine Lawson & Heidi Sweeting
Event Organiser: Dynamic Running Ltd.
Email: racedirector@dynamicrunning.com.au **Mobile:** 0417 798 444

USEFUL INFORMATION

Be happy and smile a lot. Make new friends.

Thank you to our sponsor, Trinity Beach Pharmacy.

Condition of entry: You must be 18 years or older to compete in the K2PD Ultra. You must be 16 years or older for the Relay. There are strict rules for junior competitors (16 to 17-year-old). The decision to approve registrations is at the race directors' discretion.

You must be sufficiently skilled and have trained to undertake the event. The course is reasonably demanding with remote sections that can result in delayed emergency response times. You must be in good health to compete in this event.

Your entry fee includes:

- Race fees for the selected event
- Race bib and safety pins
- Finisher's medal
- Basic first aid
- Refreshments after the race
- A fun, safe and professional activity
- Public liability insurance

Mandatory gear:

- Race bibs to be worn on your front and visible at all times (supplied by event organiser).
- 1 x AERO Snake bandage (10cmx10.5m) or 2 x Elastoplast or 2 x Handy's heavy crepe bandages (10cmx2.3m). ***Don't*** *turn up with anything else.* ***Do not*** *contact the race organiser to request if you can use something else. You will not be allowed to compete without the correct gear.*
- 1 x whistle.
- Course map (if you do not have this downloaded on your phone and available to access during the event, you must print a copy and carry that with you). Note that this is the ORIGINAL course, so *not the same* as 2020-2025.
- A hydration system with a capacity for at least 2L.
- Nutrition to sustain running for the entire event.
- Head torch, if you are an early starter or doing Leg 1 for your team.

Race Kit: There is no race kit to be collected. Pick up your race bib, safety pins and merchandise at registration on race day, or at Cairns parkrun on Saturday, 22 August between 6.30-6.50am.

Start location: Black Mountain Road approximately 200m from the Kennedy Highway turn off. It takes about 35 minutes to drive from Cairns Esplanade/CBD to the start of the race. There is street parking at the start.

Finish location: On Four Mile beach at the Port Douglas Surf Life Saving Club.

Registration:

Solo early starters: 5:30 am

Teams: 5.45 - 5.50 am

Solo competitors: 6:00 - 6:10 am

Mandatory race briefing: There will only be a brief mention of safety precautions and race conditions on race day. All competitors are expected to have read and understood the race rules, course, etc. as set out in this document. The **Race Briefing Video** will be available on our K2PD Facebook page closer to race day.

Start of Race:

Solo early starters 5:30 am

Teams: 6:00 am

Solo competitors: 6:15 am

There is the option for slower runners to start at 5:30 am. Do NOT start early if you are a faster runner – anyone doing parkrun (5km) in 35 minutes or less must start with the main group at 6:15am. First light is at 6:08am. It is mandatory for early starters to have a torch. Those starting at 6.00 am, will be running in twilight for the first 30 minutes or so. You may want to bring a torch, or just find your way along the road.

Left luggage: There will be a vehicle at the start to take competitor gear to the finish in Port Douglas. Secure any valuables as the event organiser takes no responsibility for theft or loss of property. The area where the bags are kept at the finish line is not secure.

Estimated race finishing times: The solo winners complete this race in 5 hours 15 minutes. The Relay winners finish in around 4 hours 45 minutes. Slower runners take up to 10 hours. This event is not suitable for walkers.

Cut offs along the course: Most competitors reach the Top of the Bump Checkpoint by 12.00pm. There is not an official cut off here, but if competitors are lagging too far behind, the checkpoint marshals have the option to withdraw them from the course. All competitors must reach the Highway Checkpoint (54km mark) by 5.00pm. Having said this, if you are fit, trained and running (the event is not suitable for walkers), you will be fine. Don't worry about it.

Terrain: Dirt roads, causeways (which may be slippery or muddy), footpaths, and hard beach sand. The course is undulating with one very steep, but short descent on the Bump Track.

The weather: Early mornings on the Tablelands can be cool during this time of the year, however it soon warms up to about 24-26°C for the rest of the day. It can be very hot and humid – even in winter.

Water is provided *approximately* every 5km. There are no cups on the course. There is NO WATER provided along the Twin Bridges section between Quaid Road and the Top of the Bump. It is a 18km section. Carry your own water. For early starters – there will be no water for the first 10km as our volunteers are still out on the course setting up.

Refreshments: Water, salty chips, lollies, Tailwind and fruit will be available at the checkpoints and at the finish.

Toilets: There are a couple of 'bush toilets' at the start. There are public toilets at the Highway checkpoint and the finish.

Photos can be accessed free of charge from the Kuranda to Port Douglas Facebook page.

The **race results** will be published on the Dynamic Running websites following the event.

RELAY RUNNERS

Relay Teams require 2-4 team members to complete the four legs of the race. **An entry is required per leg, not per competitor.** If a team member is doing more than one leg, they must submit an entry for each leg they are doing.

Team members must be 16 years or older on race day to participate in the relay. Juniors aged 16-17 years can only complete ONE leg of the relay. Another relay member can run with the junior. The team leader must inform the Race Director of this.

Teams must supply their own transport for the event. You can drive to Quaid checkpoint in a 2WD. You can drive the Top of the Bump checkpoint via the Rex Range in a 2WD. However, a 4WD or AWD is required to transverse Black Mountain Road from Quaid Road to the Top of the Bump.

Drivers: From the start, drive to Point A (13km) or Point B (14km). Find a safe place to park. The other change overs are at Quaid Road Checkpoint (27km mark) and the Top of the Bump Checkpoint (47km mark). All teams start at 6:00am. Ensure your support vehicle leaves prior to the start of the race so the competitors don't have to eat your driver's dust!

ENTRY FEES

Register here: https://www.race-space.com/au/dynamic-running-ltd/k2pd2026

Race, 23 August 2026		**Race Fees**		
		Early Bird	**Standard**	
		Ends 11.59pm, 26/4/2026	Ends 11.59pm, 31/07/2026	Ends 11.59pm, 21/08/2026
64km K2PD Solo (18+ only)	Dynamic Running Club member	$72.00	$85.00	
	Independent competitor	$100.00	$120.00	
64km K2PD Relay – price per leg of relay (16+ only)	Dynamic Running Club member	$26.00		$32.50
	Independent competitor	$40.00		$50.00

Note:

- Book a seat on the bus during registration. Pick up and drop off for the K2PD Ultra is at the bus stop at base of Kennedy Highway.
- No transport is provided to anyone registering after 10 August 2026.
- No transport is provided for the K2PD Relay competitors.
- AUTRA members: 10% discount off during Standard Entry Fee period (27/4/2026 – 21/8/2026). Use the promotional code AUTRA2026 at checkout.

ACCOMMODATION OPTIONS AND TRANSPORT

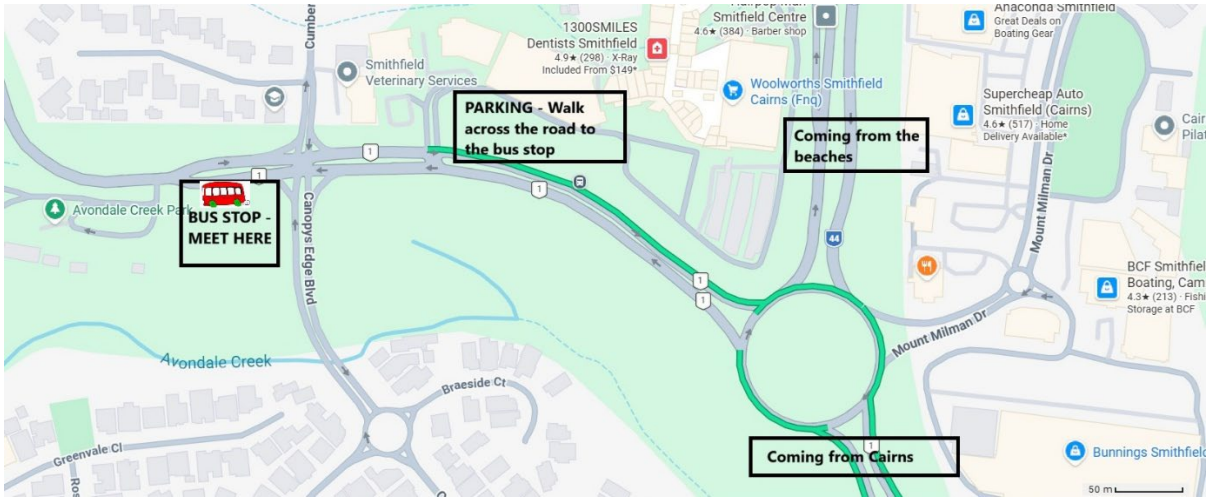
It is recommended that visitors into the region stay in the Cairns CBD on the Saturday night. If you stay in Port Douglas on Saturday night, it will be a 1 ½ hour drive to the start on Sunday morning.

If you stay over in Port Douglas on Sunday night, you will need to arrange your own transport back to Cairns.

Those who paid for transport as part of their registration will be picked up in the morning and dropped back to their car or in Cairns City after the race.

Transport to the Start
Pickup is at 5.00am for the early starters and 5.45am for the 6.15am starters.
Location: Kennedy Highway Bus Stop at Canopy's Edge Boulevard at the base of Kuranda Range. This is diagonally across from Smithfield Shopping Centre. **Do not** park in the Dan Murphy carpark. Park at the Event Cinemas and walk across to the bus stop. **Don't be late**.

Contact Lorraine via email (racedirector@dynamicrunning.com.au) if you need to be picked up in Cairns CBD or if your name is not on the bus list.



Park at the Cinemas at Smithfield Shopping Center (-16.838507, 145.690588). Walk across to the bus stop on Kennedy Highway at Canopys Edge Boulevard, Smithfield QLD 4878 (-16.839009, 145.688410)

https://maps.app.goo.gl/SUYdTJqTr1LydnVX6

Transport from Port to Cairns

It takes about 1 hour to drive from Port Douglas back to Cairns. The bus will depart Port at 4pm.

We rely on club members and fellow competitors to help out with additional transport. **Put some warm clothes and a snack in your bag** to go to the finish line. Please see the Race Director as soon as practical after completing the event to sort out a lift.

INSURANCE, REFUNDS AND CANCELLATIONS

Note that there are **NO REFUNDS or TRANSFERS** for this event.

Event organiser, Dynamic Running Ltd., has $20 million public liability insurance cover. This does not include travel and personal accident insurance for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event 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.

We appreciate that circumstances arise where you may no longer be able to participate in the event.

> *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 or bushfires), 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.*

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 checkpoints. Read the document '**Running Safely on Trails in the FNQ**'. **Ensure you know how to deal with a snake bite. Carry the required compression bandage(s)* and a whistle.** A basic first aid kit is available at each checkpoint. If you get injured, you must attract the attention of others out on the course. Note that, due to the remoteness of the event, there will be a delayed emergency response time. You must be in good health to compete in this event

> **1 x AERO Snake bandages (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.*
>
> *Watch this video on how to treat a snake bite: https://youtu.be/p8Cu86tqggE*

VOLUNTEERS AND RACE SUPPORT

Races like these don't just happen. It takes a lot of effort before, during and after the event 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. Please contact us via email (racedirector@dynamicrunning.com.au) if you or a family member/friend are able to help out.

Support crews are not required for Solo competitors, nor necessary. Your family and friends will be better off helping at a checkpoint, 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. PLEASE drive slowly, there are runners on the road! Read the **support crew information document** for more details.

CHECKPOINTS

The purpose of the checkpoints is to ensure the safety of the competitors. **It is your responsibility to ensure the marshal records your time and race number** when you come through each checkpoint. **Both** team members (the one coming in and the one leaving) must check in with the marshal (except for Leg 1-Leg 2).

Failing to pass through a checkpoint or failing to stop to get your race number recorded will result in disqualification.

Water, salty chips, lollies, Tailwind and fruit will be available at the checkpoints and at the finish.

Checkpoint locations:

27km **Quaid Road** Drop box for solo competitors only.

47km **Top of the Bump** No drop box.

58km **Captain Cook Highway.** All competitors must reach the Highway Checkpoint by 5.00pm. No drop box.

Solo competitors: At the start line, place your gear in the drop box going to Quaid Road Checkpoint. Abide by the following conditions:

- Use a disposable bag. There is no option to retrieve your drop bag, unless you are willing to collect it in Whitfield, Cairns after the race. Arrange a pick-up time with Lorraine Lawson on 0417 798 444 or info@dynamicrunning.com.au.
- Make sure your bag is clearly labelled with your race number.
- **Only** include non-perishable items.
- **Only** include as many energy bars/drinks as you can physically use at the checkpoint – or intend on taking with you for the remainder of the race.
- **Do not** put valuable items such as shoes, socks or race belts in the drop box.
- No glass bottles please.
  Containers must be sealed (i.e. will not leak if laid down) and must be no more than 30cm in height.

COURSE MARKING

From the start to the Top of the Bump checkpoint is easy. Simply stay on the road until you reach the checkpoint. Once you reach the bottom of the Bump, things are not as easy and you will need to use your map.

There will be course markings at track junctions and road intersections. The course is marked with bright pink directional arrows ' →', crosses 'X' and blue & orange flagging tape. Be warned that despite our best efforts, markers may be removed by others not involved I the event. For safety reasons you are required to carry the maps (digital provided by race organiser, or paper copy – one you printed out yourself prior to the event).

COURSE DESCRIPTION, MAPS AND PROFILE

Terrain: Dirt roads, causeways (which may be slippery or muddy), footpaths, and hard beach sand. The course is undulating with one very steep, but short descent on the Bump Track.

Go online to view and download the course from the All Trails website (https://www.alltrails.com/explore/custom-routes/uploaded-route-17aa074).

64KM – K2PD: FIRST 27 KM

0km – 13km *(Relay Leg 1):* From the start run along Black Mountain Road.
13km – 27km *(Relay Leg 2)*: Continue along Black Mountain Road to **Quaid Road Checkpoint**

NEXT 20KM – BLACK MOUNTAIN ROAD FROM QUAID TO TOP OF THE BUMP

27km – 47km *(Relay Leg 3)***:** Continue along Black Mountain Road (1km) and turn right into the Twin Bridges track. The 18km Twin Bridges Track (East Black Mountain Road) follows the route of the original Black Mountain Road, to the east of the current road. Closed by gates at both ends, it is a multi-use track for trail runners, walkers and mountain bikers. Motor vehicles, trail bikes and horses are not allowed on this track. When the track rejoins Black Mountain Road, competitors turn right and continue for another 2 kilometres to reach the top of the Bump Track. Close to the Top of the Bump Checkpoint there is a road off to the left called 'Bump Road'. **Don't turn off into that road!** At the **Top of the Bump Checkpoint** you will be turning **RIGHT** and heading down toward Port Douglas.

THE LAST 17KM – BUMP TO BEACH

47km – 64km *(Relay Leg 4)***:** The historic 6km Bump Track offers views of the Mowbray River valley where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times and was the main access from the Hodgkinson Goldfield to the port facilities at Port Douglas. The Bump Track was infamous for its steepness. Passengers on the horse-drawn coach service had to get out and walk when going up or coming down the section known as Slatey Pinch – a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the tack.

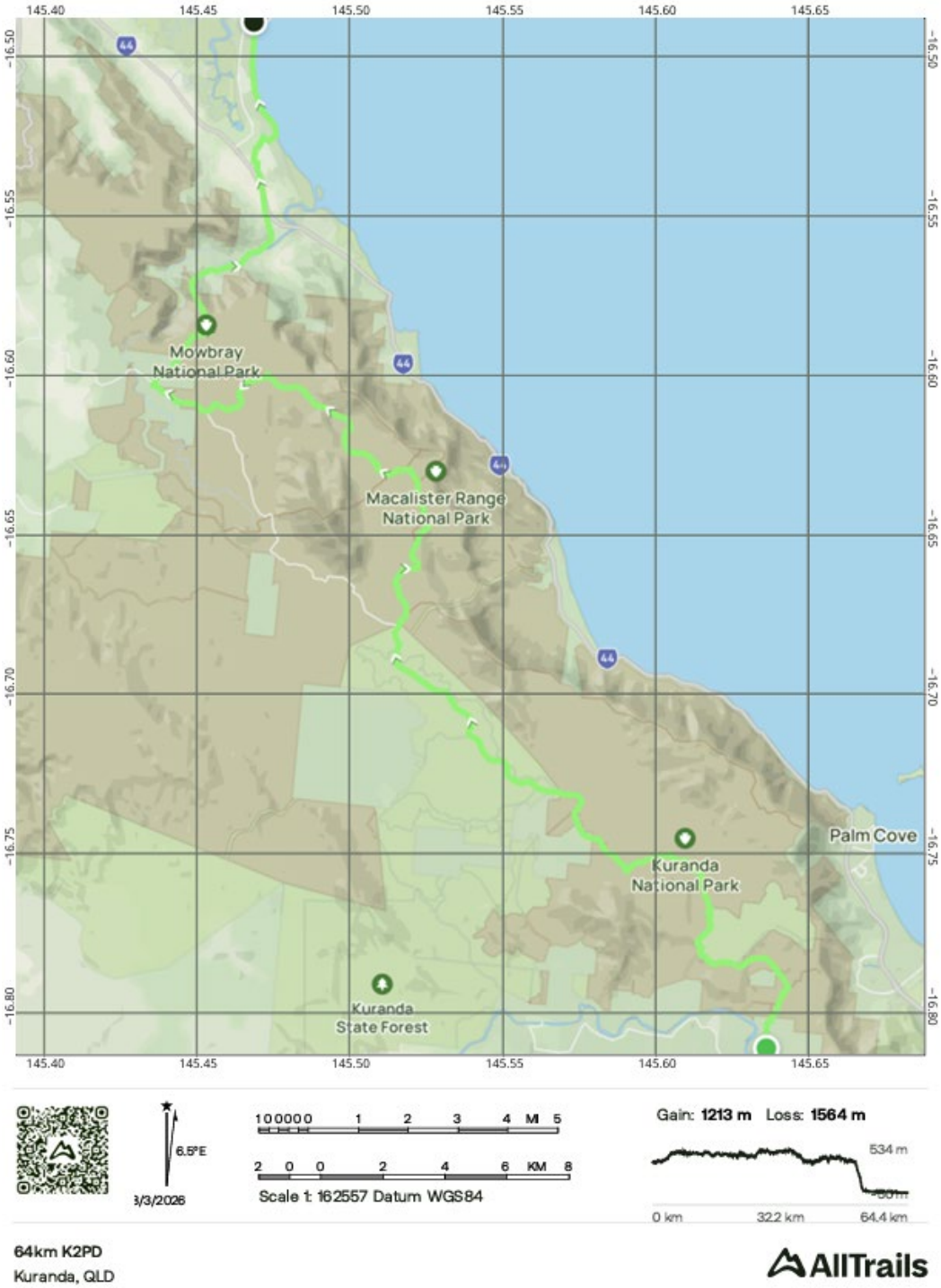
From the bottom of the Bump, follow dirt and sealed roads to the **Highway Checkpoint** (54km mark). You must reach this checkpoint by 5.00pm. From here you will continue to the southern end of Four Mile Beach. One of the many attractions of Port Douglas, this fine hard beach is considered to be one of the best in far north Queensland. The sand is so firm that the beach has been used for horse races and mountain bike races and also as a landing place by Kingsford Smith and by C.T.P. Ulm en route to New Guinea with the first official air mail.

The finish line is at the northern end of Four Mile Beach. Run until you see the volunteers in their orange shirts, a line of cones, and the Dynamic Running Finish Flag.

Course profile:

Elevation gain: 1,213 m; Elevation loss: 1,564 m

64km K2PD course



2026 K2PD EVENT RULES

- There is a **Zero Tolerance** on noise at the start line in Kuranda so as not to disturb any of the neighbours!
- Solo runners must delay arriving at the start until the early starters and teams have left at 6:00am.
- If you use the toilets at the start, you must follow the instructions and dispose of your waste into the waste bucket provided.
- 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 carry the **Mandatory Gear** for the entirety of the event – you must produce the gear on request from a race official.
- It is your responsibility to get your name ticked off at all designated checkpoints.
- No roads are closed for this event. The speed limit on Black Mountain Road is 80km/hr. Look and listen for vehicles and get out of the way. Obey all road rules.
- Use earphones with **extreme** caution. Preferably only use one ear bud. You must remain aware of your surroundings at all times. You need to listen for vehicles and any calls for help.
- You must cross **UNDER the highway** (once you leave the Highway Checkpoint). Follow the arrows and flagging tape. You will **never run on the highway**. You will **never cross over the highway**. If you do either of these things, you will immediately be disqualified from the event.
- This event is not suitable for walkers. All competitors must reach the Highway Checkpoint by **5.00pm**. Race officials can and will withdraw competitors from anywhere along the course, as required.
- Give way to vehicles, trail bikes, mountain/road bikes, pedestrians, horses, pigs, cassowaries, snakes. Pretty much everything and everyone.
- If you need First Aid on the course you must attract the attention of another runner, track user, motorist or go to the nearest checkpoint or to the finish line.
- If you withdraw from the event, report to the closest checkpoint or finish line and hand in your race bib. Please Do NOT leave without informing someone.
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- 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 one of the race directors.
- Do Not Litter - Put your rubbish in the bins provided at the checkpoints and the start/finish.
- 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 directors are final. The race directors are the sole judge of fact, there is no right of appeal regarding any decision made by the race directors.

Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the race directors' discretion and are final.

DYNAMIC RUNNING WAIVER (PARTICIPANT AGREEMENT)

The waiver is given on the entry form. If you need a copy, please contact us.

PRIZES AND PRESENTATIONS

Collect your medal when you cross the finish line. Certificates will be emailed out, on request.
The overall male and female winners and the winning relay team receive a gift from Dynamic Running.
Presentations to the winners are made as they finish.

Remember to speak to the race director if you've paid for transport back to Cairns.

RECORDS AND PAST WINNERS

K2PD SOLO Ultra

Males

Glen Robinson (2013) in a time of 5.14.07 – original 64km course.

Max McDonald (2025) in a time of 4:39:49 – 60km course.

Females

Stephanie Auston 5:18:52– original 64km course.

Hannah Mendes 5:51:39 – 60km course.

64km Relay: CWL in 4:46:51, 2018. Leg 1 (14km) Tim Jack, Leg 2 (14km) Craig Langdon (Combined time of 2:12); Leg 3 (21km) John Schreuder (1:28); Leg 4 (16km) Andrew Packer (1:06:51)

60km Relay: Brork Life in 4:55:53, 2025. Leg 1 (13km) & Leg 4 (17km) Emily Milnes; Leg 2 (14km) & Leg 3 (16km) Kate Wheaton

A list of the past winners is provided on our website.