



2KM / 5KM / 10KM / 21.1KM

Queensland
THAT HOLIDAY FEELING

SAT 5 SEPT 2026



ATHLETE INFORMATION GUIDE

DOUGLAS
SHIRE COUNCIL

Cairns
airport

TOYOTA
Pacific Toyota

SHERATON
GRAND
Mirage Resort Port Douglas

MIRAGE
RESORT VILLAS

DELIVERING
FOR QUEENSLAND

Queensland
Government



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**MESSAGE FROM THE EVENT DIRECTOR
MANAGING DIRECTOR
CONNECT SPORT AUSTRALIA PTY LTD
FOUNDER OF RUN PORT DOUGLAS**

BADE STAPLETON



Welcome to Run Port Douglas,

Welcome to Run Port Douglas 2026! We are thrilled to have you join us for what promises to be an incredible day of running, community and fun in one of the most beautiful places in the world. Whether you're taking on the Half Marathon, Pacific Toyota 10km, 5km or Sheraton Grand Mirage Resort Port Douglas 2km Run/Walk, we hope you enjoy every moment and the spectacular experience of finishing on Four Mile Beach.

A huge thank you to our partners, sponsors, staff and volunteers who have worked tirelessly to bring this event to life. We couldn't do it without their incredible support, nor without the support of the Douglas Shire community.

Finally, thank you – our runners, your families, friends and supporters – for choosing to be part of Run Port Douglas. Your energy and enthusiasm are what create the atmosphere that makes this event so special. Take in the scenery, enjoy the experience, cheer on your fellow runners and most importantly, have fun. Welcome to Run Port Douglas – we can't wait to see you cross the finish line on Four Mile Beach!

Bade Stapleton
Race Director
Run Port Douglas



MESSAGE FROM DOUGLAS SHIRE COUNCIL MAYOR

LISA SCOMAZZON



Welcome to the Douglas Shire!

Congratulations on being part of Run Port Douglas, where a passion for running meets the extraordinary beauty of our region. This event is a wonderful celebration of healthy lifestyles, inclusion and participation, bringing together runners of all ages and abilities to share in the experience.

As you take in the sights of Port Douglas and cross the finish line on iconic Four Mile Beach, I wish you a memorable, rewarding and enjoyable event.

Once you cross the finish line, we'd love you to stay a little longer and experience everything Port Douglas has to offer. Whether you're here for the beaches, the reef, the rainforest or our welcoming local community, it's definitely worth making a weekend of it.

Mayor Lisa Scomazzon
Douglas Shire Council



DOUGLAS
SHIRE COUNCIL



DO IT IN DOUGLAS

WHERE LIFESTYLE MEETS LIVELIHOOD

Visit www.doitindouglas.com and be inspired by
others who made the change.



MESSAGE FROM THE MINISTER FOR SPORT AND RACING AND MINISTER FOR THE OLYMPIC AND PARALYMPIC GAMES

TIM MANDER MP



It's my pleasure to welcome you to another Run Port Douglas event in the heart of beautiful Far North Queensland.

Port Douglas is one of Queensland's premier tourism destinations, and it is wonderful to see thousands of participants and spectators coming together to enjoy this iconic part of our state.

Run Port Douglas is proudly sponsored by the Department of Sport, Racing and Olympic and Paralympic Games and Tourism and Events Queensland.

The Queensland Government is committed to increasing participation in sport, supporting active communities and sharing the benefits of our role as host of the 2032 Olympic and Paralympic Games.

As we build towards 2032, we're cementing Queensland's place as the undeniable home of Australian sport, with investment to continue attracting more major sporting events and competitions to our state.

If you're visiting the region, I encourage you to take some time to explore, support local businesses and enjoy your time in this special part of Queensland.

Congratulations to the organisers, volunteers, sponsors and supporters on what I know will be another successful and enjoyable event.

Tim Mander MP

Minister for Sport and Racing and Minister for the Olympic and Paralympic Games

PLAY N!

SPORTS VOUCHERS



UP TO
\$200 TOWARDS
JUNIOR SPORT



Eligible **Queensland children aged 5-17** can receive up to **\$200** towards sport registration, membership and participation fees.

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DELIVERING
FOR QUEENSLAND



Queensland
Government



MESSAGE FROM THE MINISTER FOR ENVIRONMENT AND TOURISM AND THE MINISTER FOR SCIENCE AND INNOVATION

ANDREW POWELL MP



It's a pleasure to welcome you to the 2026 edition of Run Port Douglas, an event that truly captures the character and charm of Port Douglas.

Supported by the Queensland Government through Round 32 of Tourism and Events Queensland's Destination Events Program, this event showcases the unique connection between our state's vibrant communities and the diverse regions they call home.

Events like Run Port Douglas bring people together, celebrate local culture and contribute significantly to the community's pride and economy.

While you're here, I encourage you to explore all that the Tropical North Queensland Region has to offer—whether it's its scenic beauty, local flavours, or the warm hospitality that makes this part of Queensland so special.

A big congratulations to the organisers and everyone who worked hard to bring this wonderful event to life. Thank you for being part of the thriving Queensland Destination Events Program.

Andrew Powell MP

Minister for Environment and Tourism and the Minister for Science and Innovation

FESTIVAL FOR EVERYONE!



THURSDAY 3 SEPTEMBER

- BIB Collection at The Pier Shopping Centre Cairns 10:00am - 8:00pm
- Official event merchandise will be for sale & some of our exhibitors will also be joining us

FRIDAY 4 SEPTEMBER

- BIB Collection at EXPO, Port Douglas Surf Life Saving Club, Cnr Mowbray Street & Esplanade Port Douglas 10:00am - 7:00pm
- EXPO - 10am - 7:00pm

SATURDAY 5 SEPTEMBER

- **NEW START LOCATION FOR THE 21.1KM HALF MARATHON**
 - Mirage Country Club, Port Douglas Road (large roundabout opposite entrance to the Sheraton Grand Mirage Resort Port Douglas)
 - **21.1km Half Marathon - Start time: 6:15am**
- The below events will start on Wharf Street, right in front of Choo Choo's at the Marina cafe at Crystalbrook Superyacht Marina:
 - **Pacific Toyota 10km - Start time: 7:30am**
 - **5km - Start time: 8:00am**
- **The Sheraton Grand Mirage Resort Port Douglas 2km Run/Walk** starts from The Avenue of Palms within the Sheraton grounds at **10:00am**
- All events will finish on Four Mile Beach, in front of The Surfy Cafe, with the **Newsport Recovery Lawn** the perfect place to celebrate after running in paradise and crossing one of the most spectacular finish lines in the world!
- **After Party:** Join us for the Official After Party at The Tin Shed 6pm-9pm. Over \$1,500 worth of prizes to be given away. Spots are limited so **BOOK NOW!**
- **After Party after the After Party:** Then it's time to head over to Paddy's Irish Pub to keep the party going. Happy Hour from 9pm-10pm, live music and open until 1am!

SUNDAY 6 SEPTEMBER

- After an incredible day of running, celebrating and enjoying the Run Port Douglas After Party, there's no better way to start your Sunday than with a **FREE yoga session on beautiful Four Mile Beach**.
- Hosted by the wonderful team from Yoga on the Beach, this session is open to everyone—from complete beginners to experienced yogis.
- **Location:** Four Mile Beach (same location as the Run Port Douglas finish line)
- **Time:** 8:00am
- **Cost:** FREE

EVENT SCHEDULE



Run Port Douglas is the perfect excuse to visit Port Douglas and explore one of the most beautiful parts of Australia. There are events across the weekend, with something for everyone. Whether you are a participant or a spectator, you are in for a wonderful action-packed weekend. This Event Schedule is up to date as at 19 August 2026 and is subject to change. Click this [link](#) to view the Event Schedule on our website for the most up-to-date information.

THURSDAY 3RD SEPTEMBER 2026

10am – 8pm	BIB Collection & Merchandise Sales – Cairns	The Pier Shopping Centre Cairns
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FRIDAY 4TH SEPTEMBER 2026

10am – 7pm	BIB Collection & Merchandise Sales – Port Douglas	Port Douglas Surf Life Saving Club, Cnr Mowbray Street & Esplanade, Port Douglas
10am – 7pm	EXPO	Port Douglas Surf Life Saving Club, Cnr Mowbray Street & Esplanade, Port Douglas

SATURDAY 5TH SEPTEMBER 2026

6:15am	Run Port Douglas – 21.1km Half Marathon Start	Mirage Country Club, Port Douglas Road, Port Douglas (opposite entrance to Sheraton Grand Mirage Resort Port Douglas)
7:30am	Pacific Toyota 10km Start	Wharf Street, Port Douglas (in front of Choo Choos at the Marina Cafe Crystalbrook Superyacht Marina)
8:00am	Run Port Douglas – 5km Start	Wharf Street, Port Douglas (in front of Choo Choos at the Marina Cafe Crystalbrook Superyacht Marina)
10:00am	Sheraton Grand Mirage Resort Port Douglas 2km Run/Walk Start	Sheraton Grand Mirage Resort Port Douglas – car park near the main entrance to the resort
As soon as podium winners have crossed the finish line	Run Port Douglas – 21.1km Half Marathon & 10km Presentations	Four Mile Beach
As soon as podium winners have crossed the finish line	Run Port Douglas – 5km Presentations	Four Mile Beach
As soon as podium winners have crossed the finish line	Run Port Douglas – 2km Presentations	Four Mile Beach
6:30am – 1:00pm	EXPO	Port Douglas Surf Life Saving Club, Cnr Mowbray Street & Esplanade, Port Douglas

SUNDAY 6TH SEPTEMBER 2026

8:00am	FREE Yoga on Four Mile Beach provided by Yoga on the Beach	Four Mile Beach (in front of the Port Douglas Surf Life Saving Club, Cnr Mowbray Street & Esplanade, Port Douglas)
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CONNECTING YOU

to the remarkable 



Cairns Airport welcomes all athletes, supporters and visitors to one of Australia's most spectacular running events. Whether you're taking on the challenge, cheering from the sidelines or soaking up the beauty of Tropical North Queensland, we wish you an unforgettable experience in paradise.



proudly supporting



RUN CHECKLIST



PRE-EVENT

- Check your event registration is confirmed
- Check where you plan to collect your race BIB
- Familiarise yourself with the event schedule
- Review/update medical emergency contact

ONCE I ARRIVE (PRE-RUN)

- Collect your BIB & any pre-purchased merch
- Visit the Expo in Port Douglas
- Plan how you will arrive at the start arch
- Familiarise yourself with the course

RACE DAY

- Check you have all run necessities
- Drop off gear bag at start (if applicable)
- Pin on your BIB to your run top
- Arrive at start arch 15 mins before the start
- Enjoy your run in paradise
- Run safely
- Take photos and post to your social media
- Explore Port Douglas
- Tell your friends
- Plan your next trip back to Port Douglas





BRANDS



We have some great brands joining us this year in our EXPO. Please support these companies who have travelled from far and wide to be a part of our EXPO in 2026.

We also have a great range of *Run Port Douglas* merchandise, so make sure you pick up a great memento of your time here in paradise.

OPENING HOURS

- THURSDAY 3 SEPTEMBER - 10:00AM - 8:00PM (Cairns Pier Shopping Centre)
- FRIDAY 4 SEPTEMBER - 10:00AM - 7:00PM (Port Douglas Surf Life Saving Club)
- SATURDAY 13 SEPTEMBER - 6:00AM - 1:00PM (Port Douglas Surf Life Saving Club)



BIB COLLECTION

All runners must be registered for their chosen event and collect their BIB from the Bib Collection area.

When collecting your BIB, please present either:

- Your QR code from your entry confirmation email, or
- Photo ID – e.g. Driver's Licence, Passport or Student ID.

Any pre-purchased merchandise will also be included in your BIB pack.

You **MUST** pick up your BIB on Thursday in Cairns or on Friday in Port Douglas.

Can't collect your BIB in person? No problem! Someone else can collect it on your behalf. They simply need to present your QR code from your entry confirmation email.

IMPORTANT: NO BIB COLLECTION ON RACE DAY.

BIB COLLECTION LOCATIONS

CAIRNS CBD

THE PIER SHOPPING COMPLEX, CAIRNS

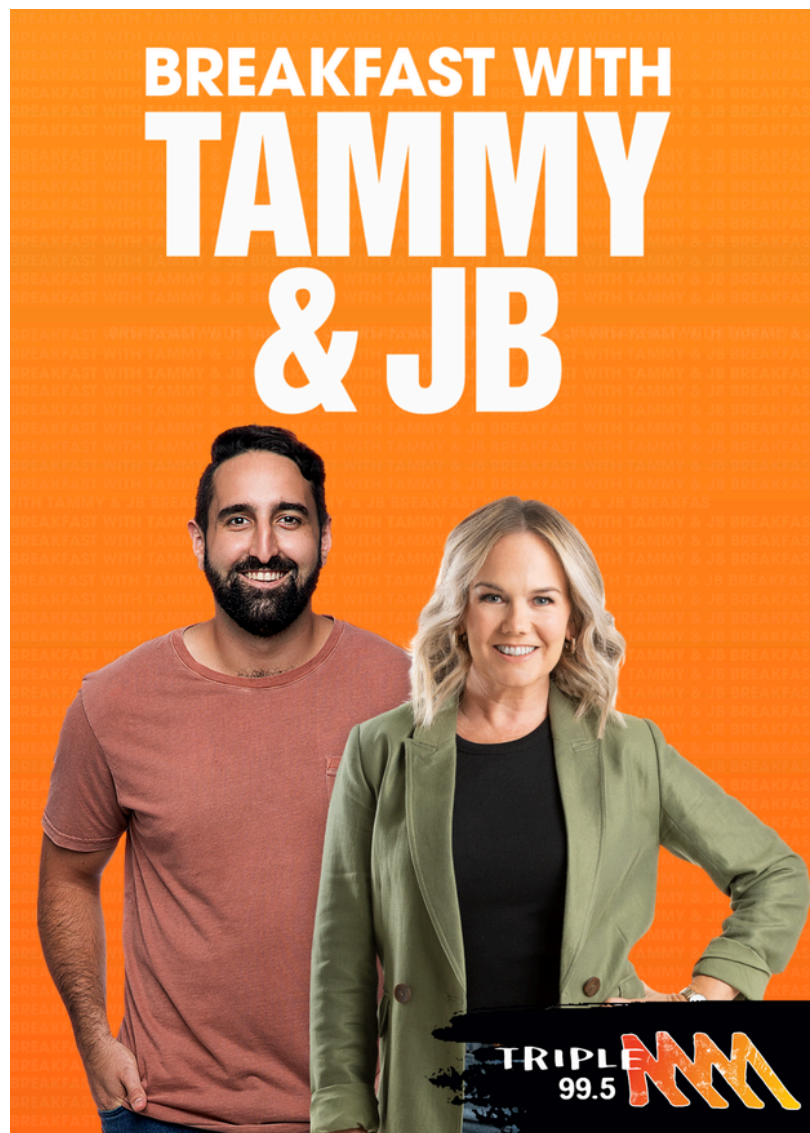
- Thursday, 3 September 2026 - 10:00am - 8:00pm

PORT DOUGLAS

PORT DOUGLAS SURF CLUB EXPO

CNR MOWBRAY STREET & ESPLANADE

- Friday, 4 September 2026 - 10:00am - 7:00pm





RUN PORT DOUGLAS



TIMING TAG INFORMATION

Your timing tag is affixed to the back of your bib. Please do not remove, bend or damage your timing tag. Ensure your race number is clearly visible and worn on the front of your running shirt throughout the race

SCAN FOR
RACE RESULTS



START TIME	RACE	CUT OFF
6:15am	Half Marathon	11:00am
7:30am	Pacific Toyota 10km	10:30am
8:00am	5km	9:30am
10:00am	2km Walk/Run Presented by Sheraton Grand Mango Reef Port Douglas	11:00am

IMPORTANT MEDICAL INFORMATION

Emergency race day contact: _____

Emergency contact number: _____

Known medical conditions: _____

Your timing chip number is independent of your race bib number and may not match.

BIB number (this incorporates your timing chip on the back)

Bag Tag label with matching number which can be torn off the BIB and placed on your bag

4 Safety pins

*Please complete the emergency contact information on the back of the BIB before pinning it to your run top.

*Start times are listed on the back of the BIB

*Get your results online by scanning the QR code

PRE-EVENT INFORMATION



CHANGED TRAFFIC CONDITIONS

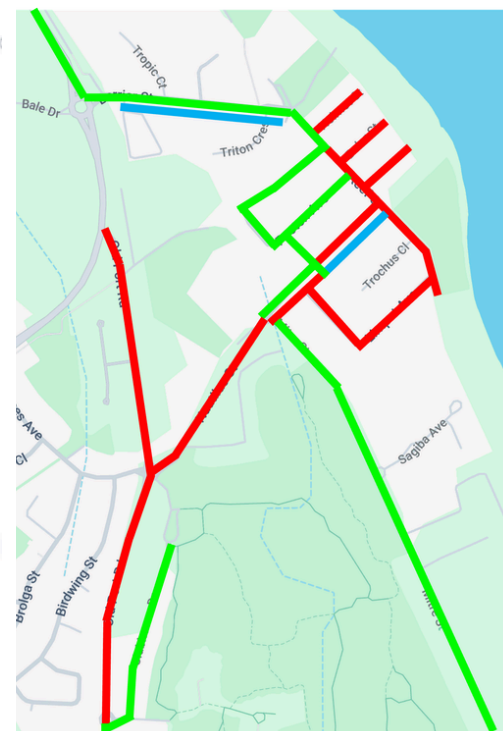
This event will deliver over \$2M into the local economy and bring new tourists to the region. But we understand that road closures impact the local community, Cairns Airport transfers, tourism operators, travelling tourists, businesses and all road users. Our aim is to minimise this impact as much as possible and ensure we open roads on schedule. Access into and out of Port Douglas via Davidson Street and Port Douglas Road will be maintained all morning. From 6:00am until 9:00am it will be down to single direction traffic, so expect some delays. Check the event website for up-to-date changes using this [link](#).

SATURDAY, 5 SEPTEMBER 2026 - PORT DOUGLAS

MAP KEY	STREET	FROM	TO	CLOSED	OPEN
	Wharf St	Mudlo St	Yacht Club	Open - Expect Delays	
	Wharf St	Yacht Club	Macrossan St	6:10	8:30
	Grant St	Wharf St	Mowbray St	6:15	7:15
	Mowbray St	Grant St	Mudlow St	6:15	7:15
	Mudlow St	Mowbray St	Port St	6:15	7:15
	Island Point Rd	Wharf St	Murphy St	5:00	7:45
	Murphy St	Island Point Rd	Grant St	6:15	8:00
	Macrossan St	Wharf St	Esplanade	6:10	8:30
	Esplanade	Macrossan St	Mowbray St	5:00	13:00
	Mowbray St	Esplanade	Garrick St	5:00	13:00
	Garrick St	Mowbray St	Tide St	6:30	8:45
	Beryl St	Garrick St	Sand St	6:30	8:45
	Blake St	Garrick St	Davidson St	6:30	8:45
	Davidson St	Macrossan St	Crimmins St	Open - Expect Delays	



MAP KEY	STREET	FROM	TO	CLOSED	OPEN	NOTES
	Barrier St	Port Douglas Rd	Reef St	6:45	8:30	Under Traffic Control - Expect delays
	Reef St	Barrier St	Limpet Ave	6:45	10:00	Full closure. Parking available the night prior in Nautilus St (BLUE line side) and exit via Conch St or park on Barrier St (BLUE line)
	Nautilus St	Reef St	Old Port Rd	6:45	10:00	Full closure. Parking available the night prior in Nautilus St (BLUE line side) and exit via Conch St or in Golf Club parking and exit onto Old Port Rd via Clubhouse Dv/Cascade Dv
	Pecten Ave & Conch St	Reef St	Nautilus St	6:45	10:00	Under Traffic Control - Expect delays
	Limpet Ave	Nautilus St	Reef St	6:45	10:00	Full closure. Parking available the night prior in Nautilus St (BLUE line side) and exit via Conch St or park on Barrier St (Blue line)
	Helmet St, Baler St, Cowrie St & Trochus Cl	Reef St	Reef St	6:45	10:00	Full closure. Parking available the night prior in Nautilus St (BLUE line side) and exit via Conch St or park on Barrier St (Blue line)
	Old Port Rd	Port Douglas Rd	Downing St	6:45	10:00	Full closure. Access to Golf Club from Old Port Rd (South end) via Clubhouse Dv/Cascade Dv
	Mitre St	Nautilus St	Sagiba Ave	6:45	10:00	Under Traffic Control - Expect delays
	Port Douglas Rd	Barrier St	Crimmins St	6:00	9:00	Under Traffic Control - Expect delays





BUS TRANSFERS FROM CAIRNS & PALM COVE

Given the demand on accommodation in Port Douglas we have worked with the team at Tropic Wings to provide bus transfers from Cairns CBD and Palm Cove to Port Douglas on event day morning & return.

You can also add this later if you have already registered by clicking on the link in your registration email and clicking the PURCHASE PRODUCTS button.

PRE-EVENT TRANSFERS

21.1km Half Marathon

- Cairns to Port Douglas: 4:00am (Cost: Adults \$60, Under 16 \$30)
- Palm Cove to Port Douglas: 4:15am (Cost: Adults \$40, Under 16 \$20)

10km Run

- Cairns to Port Douglas: 5:15am (Cost: Adults \$60, Under 16 \$30)
- Palm Cove to Port Douglas: 5:30am (Cost: Adults \$40, Under 16 \$20)

5km Run

- Cairns to Port Douglas: 5:15am (Cost: Adults \$60, Under 16 \$30)
- Palm Cove to Port Douglas: 5:30am (Cost: Adults \$40, Under 16 \$20)

2km Run/Walk

- Cairns to Port Douglas: 7:45am (Cost: Adults \$60, Under 16 \$30)
- Palm Cove to Port Douglas: 8:00am (Cost: Adults \$40, Under 16 \$20)



PICK UP LOCATIONS

- **Cairns** - In front of the Reef Terminal, Pier Point Rd, Cairns and drop you off near the start line of your race in Port Douglas.
- **Palm Cove** - In front of Drift Resort, Palm Cove and drop you off near the start line of your race in Port Douglas.

POST-EVENT TRANSFERS

- **Port Douglas to Cairns: 10am, 12pm or 3pm (Cost: Adults \$60, Under 16 \$30)**
 - Drop off location: Reef Terminal
- **Port Douglas to Palm Cove: 10am, 12pm or 3pm (Cost: Adults \$40, Under 16 \$20)**
 - Drop off location: Drift Resort

EVENT DAY INFORMATION



PARKING

The Douglas Shire Council has kindly provided public space for event parking on Saturday 5 September 2026. As the event grows the demand for parking space, and traffic heading into Port Douglas on event morning will increase. If you plan to drive we would highly recommend allowing more time to get into Port Douglas, find a park and get to the start line.

PARKING LOCATION

- Reynolds Park - Davidson Street (follow Event Parking signs to turn right just after Blake Street)
 - Port Douglas Road & Davidson Street will be down to one lane with single direction traffic from 6am until 9am
- Port Douglas Sports Complex (turn left into Mowbray Street and follow Event Parking signs to turn left into Mudlo Street and right into Event Parking)
 - Expect delays while Half Marathon runners head down Mudlo Street between 6:25am - 7:10am



EVENT DAY INFORMATION



BUS SHUTTLE TO HALF MARATHON & 2KM START LINES

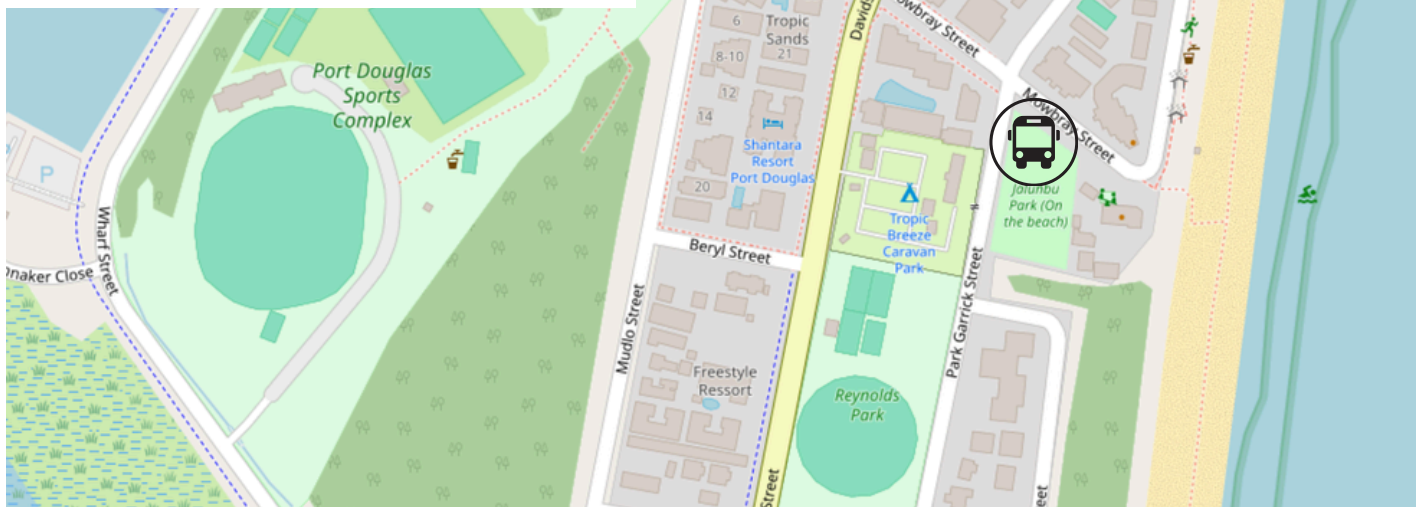
Tropics Wings have been kind enough to provide us with FREE shuttles out to the start lines from the new Splash Park on the corner of Mowbray Street & Garrick Street.

To help us cater for numbers you will need to reserve your FREE spot on the shuttle by clicking on the link in your registration email and clicking the PURCHASE PRODUCTS button and selecting the FREE shuttle of your choice.

We will endeavour to get you all out to the start line before the schedule start time, but for those doing the Half Marathon and using the Event Parking locations, we'd recommend using the 2km distance back to the start line at the Mirage Country Club as part of your warm up.

SHUTTLE TIMINGS

- Half Marathon - shuttles commence at 5:45am
- Sheraton Grand Mirage Resort Port Douglas 2km - shuttles commence at 9:00am



EVENT DAY INFORMATION



DAY BAG DROP (21.1KM, 10KM & 5KM ONLY)

To ensure you can enjoy a few hours in Port Douglas at the end of your run we are offering a Bag Drop Transfer service. If you want a spare change of clothes, shoes, toiletries etc. when you arrive at the finish line on Four Mile Beach Port Douglas after your run, please utilise this bag drop service. Only small bags will be accepted in our bag drop service, (our transport vehicle has limited space and cannot transport other luggage).

Within your BIB pack you will find a bag tag runner number at the base of the BIB. Simply tear off and attach this label to the outside of your bag so it is clearly visible. This number **must** match your BIB number!

Do not leave any personal valuables within the bag. We accept no responsibility for any lost, damaged or stolen items.

WHERE AND WHEN?

- Please drop your bag to the team at the Bag Drop truck which will be parked near the start arch of the 21.1km Half Marathon start at the Mirage Country Club and the Pacific Toyota 10km & 5km near the start arch on Wharf Street.
- The truck will depart after the 21.1km run starts and the other truck will depart the Marina after the 5km run starts at 8:00am
- Your bags will be transported to the EXPO and will be available for collection from the Bag Drop tent within the EXPO (same location as BIB Collection from Friday)

RUN DAY SERVICES

FIRST AID / AMBULANCE

If you need medical assistance, please phone the number on back of your BIB to arrange help or wave down the nearest Event Official for assistance. Quote your BIB number.

- There will be an ambulance and roaming first aid responders on the course.
- Runners 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, medical appointments etc. It is strongly advised that all runners have adequate personal insurance.
- All runners are responsible for understanding the terms and conditions for this event and the terms and conditions of insurances held.

SAG WAGON

If you need SAG Wagon assistance please phone the number on the back of your race BIB to arrange help or wave down the nearest Event Official for assistance. Quote your BIB number.

- SAG Wagon will collect runners who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the finish area at Four Mile Beach.
- Delays in SAG Wagon transport are expected. To assist with a prompt pickup, please do not move from your reported location once a SAG Wagon has been requested as this can affect their ability to locate you.

EVENT DAY INFORMATION



21.1KM

KOM



QOM

The 21.1km Half Marathon includes the climb up to the Flagstaff Hill Lookout, which is one of the most photographed locations in the region.

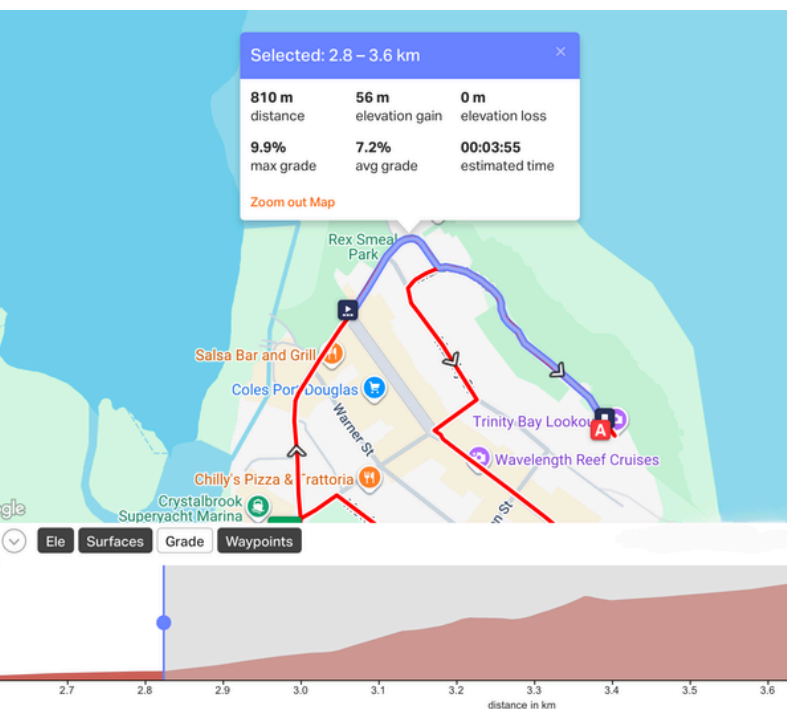
So why not make it interesting and see who can be the fastest to run up the hill?

There will be a sign on the road where the official climb starts and another sign where the timing will finish. The distance is 810mtrs.

We are looking for the fastest man (KOM) and our fastest woman (QOM).

Have you got what it takes to be the fastest?

Otherwise, we hope you enjoy the challenge of running/walking up to this amazing lookout!



EVENT DAY INFORMATION



AID STATIONS

There are multiple Aid Stations spread across the course. Each station is equipped with water, Winners electrolyte, Premax sunscreen, public and/or portable toilets. Winners Gels will also be available for the Pacific Toyota 10km and 21.1km Half Marathon runners.

Location and distances of each Aid Station vary by event. Please see the following course maps for your race to see where they are located for your race.



10% DISCOUNT

PORTDOUGLAS2026

winnersbars.com

Winner's

**GUIDE TO ENDURANCE
NUTRITION
(FREE DOWNLOAD)**





FINISH AND CUT OFF TIMES

To meet the road re-opening times which are a condition of our road closure permits, we have set cut-off times for some events.

21.1km Half Marathon	Pacific Toyota 10km
4HRS 45MINS 11:00AM	3HRS 10:30AM

- If you are still on the course when the roads need to re-open the crew will ask you to continue your run/walk along the footpaths.

FINISH LINE & NEWSPORT RECOVERY LAWN AREA

Once you have crossed the finish line and recieved your medal please make your way up to the Newport Recovery Lawn, just up the sand ramp from Four Mile Beach

The recovery area includes:

- **Winner Electrolyte**
- **Water**
- **Banana's & Oranges**
- **Food trucks**
- **Live music**
- **Run Expo**
- **Tables & chairs**

Newsport

Or head back down to the beach and cheer on the runners who are crossing our amazing finish line on Four Mile Beach. You can even go for a swim to cool down!



POST RUN MESSAGE

The team from CQUniversity Australia are providing FREE 10-15 minute recovery massages.

Once you have been through Recovery to rehydrate please head into the EXPO where you will find the team set up in the large white tent.

There will be a team of 5-6 Physiotherapy students providing the treatments and it will be on a first come, first served basis.

You may need to line up for a short time, but the massage will be worth it!

Check out some of the event merchandise while you wait as it will be located right next door!

Recover with a free post-race massage.

Visit our CQUniversity Physiotherapy students at the finish line for a supervised 10 – 15 minute recovery massage.

Physiotherapy is now available in Cairns, with students gaining hands-on experience through community events like this.

Find out more at the finish line or online at cqu.edu.au/physio.



TAFE + UNI





RESULTS & PRESENTATIONS

Those lucky enough to cross the finish line in 1st, 2nd or 3rd place will be escorted to the **Triple M VIP Tent**, located next to the stage and podium on Four Mile Beach. You'll be able to relax with cold drinks and snacks while you wait for all the podium place-getters to arrive. Family and friends are welcome to join you in the VIP tent while you wait.

As soon as we have the top three male and top three female finishers from the race, we'll head to the stage for the official podium presentations.

Results for all events can be found [HERE](#).

OFFICIAL PHOTOS

This year we're teaming up with NORTHSOUTH LIVE to bring you your same-day participant photos!

You can check for your photos [HERE](#).

You'll receive a text message as soon as new photos are added to your gallery, and another when all your photos are processed.

Plus, NORTHSOUTH is offering a special race day discount: get 20% off all purchases until midnight on event day with the code: PD20.



LOST PROPERTY

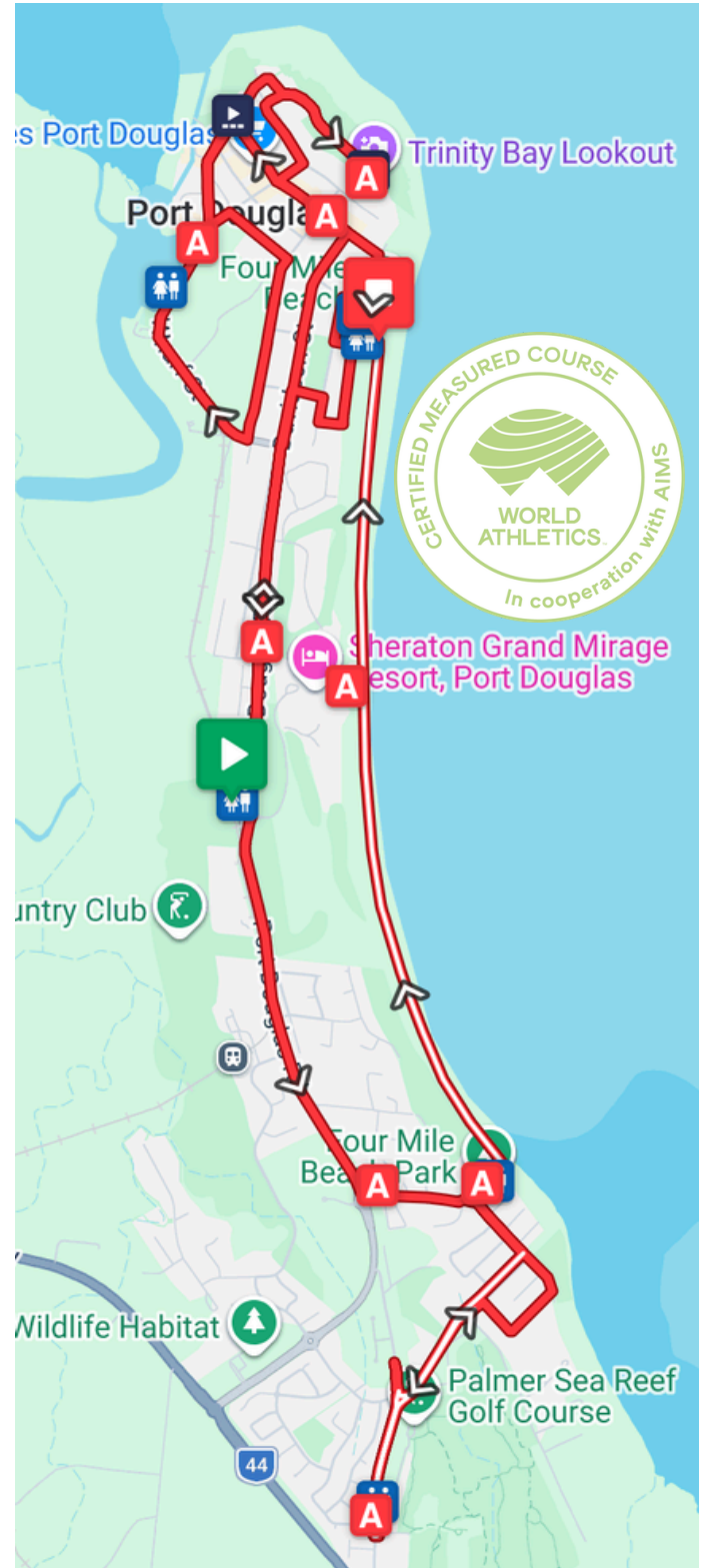
Any property lost or found will be handed to Event Officials and available for collection from the Merchandise tent in the EXPO. Please visit here to check if your property has been handed in. **We accept no responsibility for any lost, damaged or stolen items.**

21.1KM HALF MARATHON



KEY INFORMATION

- Date: Saturday, 5 September 2026
- Time: 6:15am
- Distance: 21.1km
- Elevation: 120m
- **NEW START LOCATION** – Mirage Country Club, car park off Port Douglas Road (roundabout opposite entrance to Sheraton Grand Mirage Resort Port Douglas) – 0km
- Aid Station – Macrossan Street – 2.6km
- Toilets – Wharf Street – 5.6km
- Aid Station – Wharf Street (in front of Choo Choo at the Marina) – 5.8km
- KOM/QOM Start – Cnr Wharf Street & Macrossan Street – 6.3km
- KOM/QOM Finish – Island Point Rd – 7.2km
- Aid Station – Flagstaff Hill Lookout – 7.2km
- Aid Station – Julian Park, Port Douglas Esplanade – 8.9km
- Toilets – Mowbray Street – 9km
- Aid Station – Port Douglas Road – 10.7km
- Aid Station – Barrier Street – 13.2km
- Aid Station – Old Port Road – 15.2km
- Toilets – Old Port Road – 15.5km
- Aid Station/Toilets – Four Mile Beach Park – 17.5km
- Aid Station – Four Mile Beach, in front of the Sheraton Grand Mirage Resort Port Douglas – 19.8km
- Finish Arch
- Newsport Recovery Lawn



Pacific Toyota



OVERNIGHT SERVICING IS HERE

**Drop your car off from 3pm
collect in the morning at 6.30am**

Book now at [pacifictoyota.com.au](https://www.pacifictoyota.com.au)



KEY INFORMATION

- Date: Saturday, 5 September 2026
- Time: 7:30am
- Distance: 10km
- Elevation: 46m
- **Start – Wharf Street, in front of Crystalbrook Superyacht Marina – 0km**
- Aid Station – Julian Park, Port Douglas Esplanade – 1.4km
- Toilets – Mowbray Street – 1.7km
- Aid Station – Port Douglas Road – 3.8km
- Aid Station – Barrier Street – 5.8km
- Aid Station & Toilets – Four Mile Beach Park, Barrier Street – 6.6km
- Aid Station – Four Mile Beach, in front of the Sheraton Grand Mirage Resort Port Douglas – 8.7km
- Finish Arch
- Newsport Recovery Lawn



Pacific Toyota

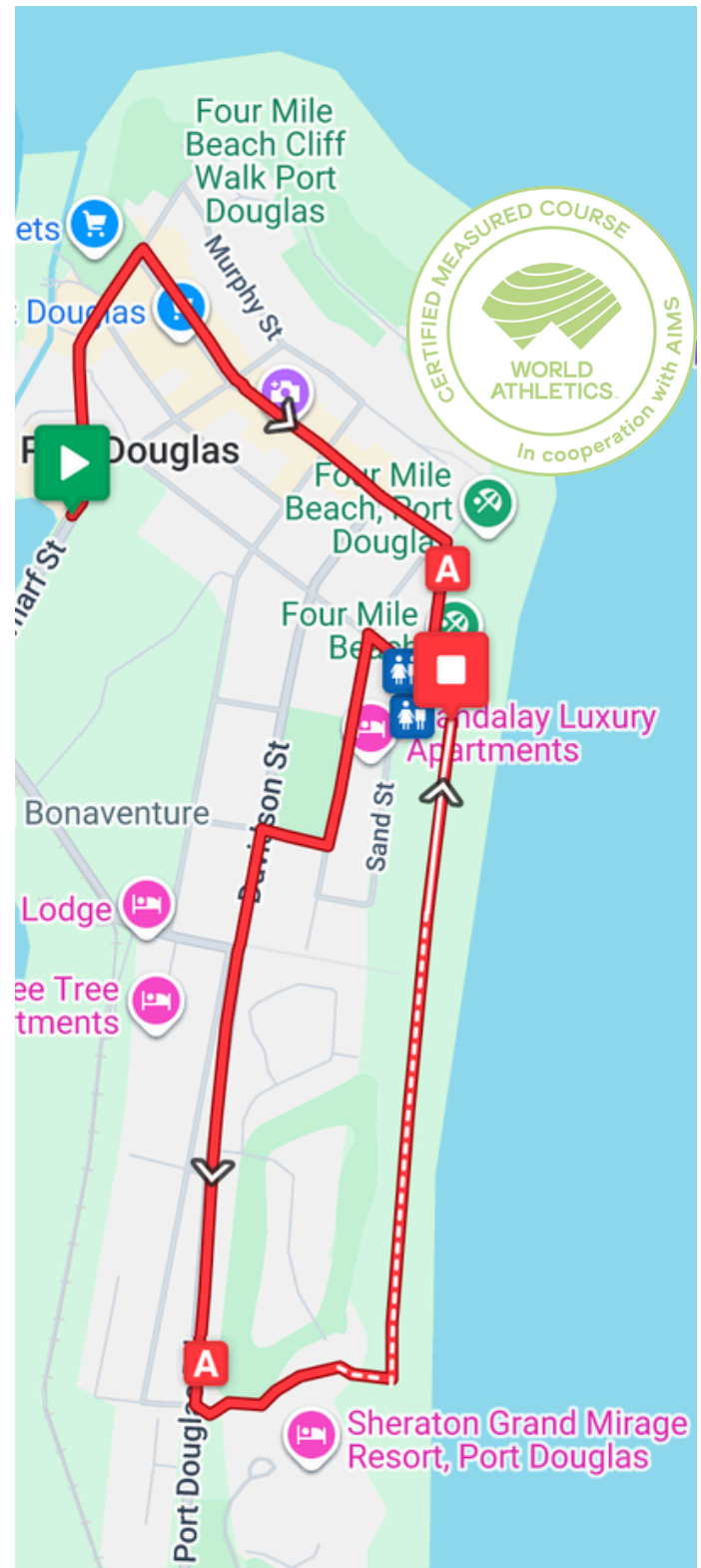


5KM RUN



KEY INFORMATION

- Date: Saturday, 5 September 2026
- Time: 8:00am
- Distance: 5km
- Elevation: 23m
- Start – Wharf Street, in front of Crystalbrook Superyacht Marina – 0km
- Aid Station – Julian Park, Port Douglas Esplanade – 1.4km
- Toilets – Mowbray Street – 1.7km
- Aid Station – Port Douglas Road – 3.3km
- Finish Arch
- Newsport Recovery Lawn



OVERDUE CATCH-UPS, EGGS BENNY & OCEAN BREEZES


SHERATON
GRAND
Mirage Resort Port Douglas

 LAGOON
HOUSE

BREAKFAST IS BACK AT
LAGOON HOUSE RESTAURANT

WEDNESDAY - SUNDAY
7AM TO 11AM



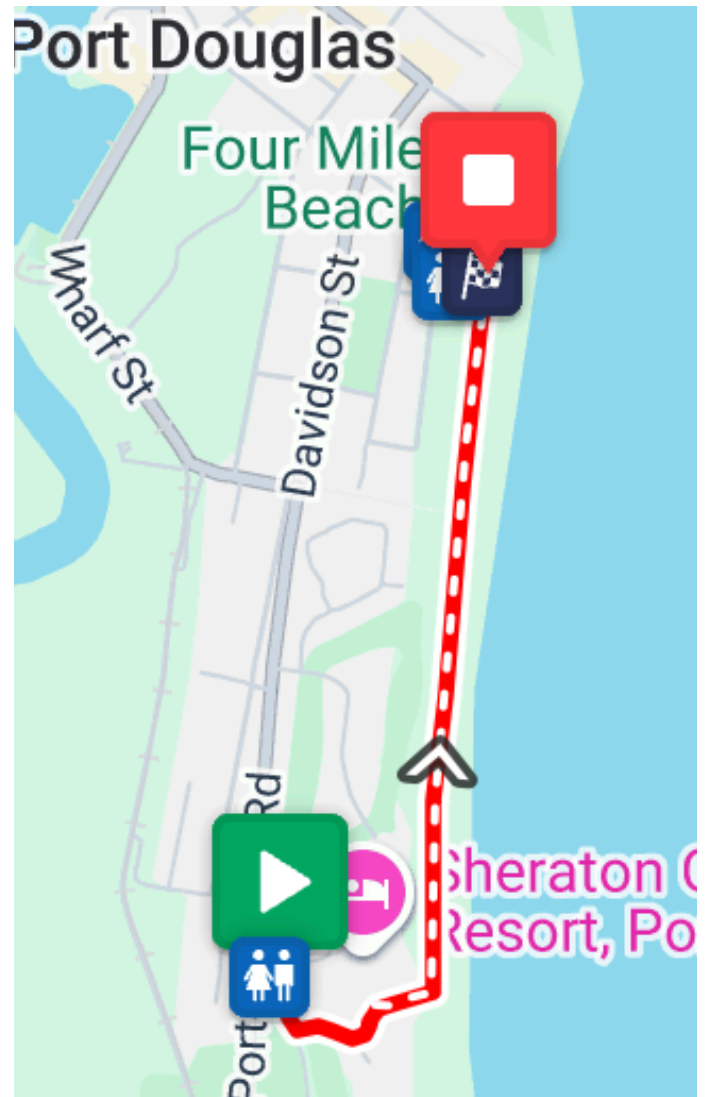
SHERATON GRAND MIRAGE RESORT

PORT DOUGLAS 2KM RUN/WALK



KEY INFORMATION

- Date: Saturday, 5 September 2026
- Distance: 2km
- Elevation: 15m
- Start: 10:00am
- Start – Avenue of Palms, near the main entrance to the Sheraton Grand Mirage Resort
- Finish Arch
- Newsport Recovery Lawn





AFTER PARTY



THE TIN SHED
— PORT DOUGLAS —

BOOK NOW



FROM 6PM

SAT 5 SEPT 2026



**TROPICAL
COCKTAILS**



**LIVE MUSIC
FROM 6PM**



**PRIZE
GIVEAWAYS**



**GOOD TIMES
ALL NIGHT**



AFTER PARTY AFTER THE AFTER PARTY

PORT
DOUGLAS
NIGHTLIFE

PADDY'S



PADDY'S

IRISH PUB & GRILL



Starts 9PM-1AM



Happy Hour 9PM-10PM



Live Music



Held at Paddy's in Port Douglas



FREE YOGA ON THE BEACH



FREE SESSION – SUN 6 SEPT 2026

FREE Yoga on the Beach – it's a tropical experience! Practised on the warm sands of Four Mile Beach. Palm trees, the Coral Sea, and the stunning coastline of Far North Queensland. Everyone is welcome from first-timers to seasoned yogis. The class will open your body, settle your mind, and transform tension into vitality. Visit once for a memorable moment, or come daily and enjoy your own Port Douglas retreat. You'll feel amazing!

- Date: Sunday, 6 September 2026
- Time: 8:00am
- Location: Four Mile Beach (in front of the Port Douglas Surf Club)
- **NOTE:** BYO Beach Towel

SPECIAL OFFER

- Run Port Douglas participants and their families receive a 20% discount for Yoga on the Beach class bookings between 1 – 12 September 2026!
- You must use the link below to receive this special offer and enter **RUNPD2026** in the Promotional Codes field.
- <https://www.yogaonthebeach.com.au/>





SHERATON GRAND MIRAGE RESORT PORT DOUGLAS

Positioned directly on the famous Four Mile Beach, Sheraton Grand Mirage Resort Port Douglas is a premier hotel in Port Douglas and is the perfect stepping-off point to the UNESCO World Heritage-listed Great Barrier Reef and Daintree Rainforest. Famous for the two hectares of palm-fringed lagoon-style pools filled with water from the ocean, guests can float the day away, relax in a private poolside cabana, or swim up to the pool bar. Alternatively, explore 147 hectares of tropical gardens including the world-renowned Mirage Country Club, and choose from seven vibrant restaurants and bars. [BOOK NOW!](#)



MIRAGE RESORT VILLAS

Located between the grounds of the iconic Mirage Country Club Golf Course and the pristine shores of Four Mile Beach, Mirage Resort Villas are the Port Douglas accommodation of choice for discerning travellers. Whether you're seeking a tranquil couples escape or an activity-packed family holiday with plenty of space to play, there's a Mirage Resort Villa to suit your needs. [BOOK NOW!](#)



Visit our [website](#) under the Travel tab to view other accommodation options in Port Douglas, Palm Cove & Cairns.



30% OFF Australia's Best Reef Cruises



The Quicksilver Group is pleased to offer RUN PORT DOUGLAS participants and their family, a fantastic 30% discount off our range of multi award-winning Great Barrier Reef day trips!

Book online and use the promo code RUNPORTDOUGLAS or call us on 4087 2100.

www.quicksilvergroup.com.au

Proof of Run Port Douglas participation is required at check-in. Offer valid 1 - 18 September 2026.



QUICKSILVER – GREAT BARRIER REEF EXPERIENCES

No visit to Port Douglas is complete without a trip to see the magnificent Great Barrier Reef. Choosing an inspiring and eco-friendly reef experience is easy with Quicksilver's award-winning cruises.

Whether you choose to get wet, snorkel and dive or stay dry and observe, Quicksilver has a Great Barrier Reef experience perfect for you. You can cruise to Quicksilver's family friendly Outer Reef activity platform at the stunning Agincourt Reef, set sail to the idyllic Low Isles aboard a beautiful sailing cat Wavedancer, or if you seek adventure, dive and snorkel catamaran Silversonic will take you to three remote Agincourt ribbon reef sites in one exciting day.



MOSSMAN GORGE CENTRE

The Mossman Gorge Centre is the gateway to the world's oldest rainforest, the Daintree Rainforest, as well as a unique link to the lives, cultures, and stories of Australia's Indigenous people and their connection to the natural environment.



CHOO CHOOS AT THE MARINA

Choo Choo at the Marina is located at the end of the Crystalbrook Superyacht Marina. It runs alongside the historic Bally Hooley rail station and has one of the most beautiful dining views in all of Port Douglas and includes an Ice Creamery.



THINGS TO DO



HARTLEY'S CROCODILE ADVENTURES

Hartley's Crocodile Adventures is an Advanced Eco Accredited sanctuary, located in World Heritage wilderness at Wangetti, just 25 minutes south of Port Douglas.

Highlights include its Crocodile feeding cruises on Hartley's Lagoon, Crocodile feeding shows and other interactive wildlife presentations including snake presentations & cassowary feeding. Step back in time in Gondwana Gateway with wallabies, kangaroos, wombats, fruit bats and emus. Take a pic with our amazing Megafauna.

We offer daily VIP Tours including Zootastic 5, Reptastic 5 and Big Croc Feed.



PORT DOUGLAS MARKETS

The iconic Port Douglas Markets are famous for serving up a wide variety of hand-crafted goods, locally produced food and seasonal fresh produce. Renowned for lovingly made treasures, the Port Douglas Markets is a proud icon of the region. A must see on Sunday morning!



FLAGSTAFF HILL LOOKOUT

Here you will witness sweeping views of Four Mile Beach and the rainforest-clad mountain ranges to the south. Venture along the Flagstaff Hill Walking Trail down to Four Mile Beach and walk the plank (or viewing platform) and take in the 180-degree views to the Coral Sea, Low Isles and Snapper Island.



THINGS TO DO



HEMINGWAY'S BREWERY

Hemingway's Brewery Port Douglas situated on the beautiful Crystalbrook Superyacht Marina in Port Douglas. Hemingway's is unique in Tropical North Queensland and offers a relaxed vibe where you can enjoy hand crafted beers suited to the tropical climate and fresh local produce.



FOUR MILE BEACH

With golden sand stretching as far as the eye can see, crystal clear water lapping gently against the shore, and palm trees swaying in the cool breeze it is easy to lose track of time when walking on Four Mile Beach as it unfolds in a gentle curve along Port Douglas beachfront.



WILDLIFE HABITAT

Providing visitors with a chance to experience the wildlife of Wetlands, Rainforest, Woodland and Savannah environments up close. Enjoy Breakfast with the Birds, hand-feed kangaroos and wallabies, observe cassowaries, cuddle Koalas and even Swim With The Salties in the new CrocArena!



DAINTREE TOURS

Enjoy interpretive rainforest walks, lush lunch site, estuarine crocodile and wildlife spotting on Cooper Creek and, of course, friendly and knowledgeable local guides with Daintree Tours. See the Daintree National Park, Mossman Gorge and a river cruise exploring the waterways rich in flora and fauna.



EVENT PARTNERS



THANK YOU TO OUR EVENT PARTNERS, SPONSORS, VOLUNTEERS & THE
WIDER COMMUNITY OF PORT DOUGLAS

STRATEGIC PARTNERS



DELIVERING
FOR QUEENSLAND



Queensland
Government



Queensland
THAT HOLIDAY FEELING

PLATINUM PARTNER



GOLD PARTNERS



Pacific Toyota



SILVER PARTNERS



Winners

BRONZE PARTNERS



Newsport



THE GOOD UN



nerd



PALM COVE

SHARE YOUR TROPICAL NORTH QUEENSLAND HOLIDAY

Tag
#queenslandholidayfeeling
#thisisqueensland
#exploretnq

Queensland
THAT HOLIDAY FEELING



SEE YOU NEXT YEAR
SATURDAY 4 SEPTEMBER 2027

