

Cradle Mountain Run 2026

Image: Kristy Wallis

The Cradle Mountain Run is a one-day traverse of Tasmania's famous Cradle Mountain to Lake St Clair Overland Track.

This beautiful run traverses the wild alpine areas of Tasmania's Cradle Mountain - Lake St Clair National Park and World Heritage Area.

When first established in 1981 by Nick Goldie and Richard Pickup, nine runners completed the traverse.

Conducted on the first Saturday in February, sixty runners are allowed to complete this coveted event each year.

Contents

Entry criteria	3
Entry Process.....	3
Entry vetting:	4
Waitlist information:	4
Entry refunds	4
Compulsory Gear	4
Overland Track training restrictions.....	6
Phytophthora:.....	7
Transport:.....	7
Alternative transport to Cradle Valley	8
Accommodation at Cradle Valley:.....	8
Alternative accommodation in Cradle Valley	9
Accommodation at Lake St Clair:	9
Alternative accommodation near Lake St Clair:.....	10
Compulsory gear checks and waiver signing	10
Compulsory prerace briefing:	10
Saturday morning: Cradle Valley to Waldheim transport:	11
Start area arrangements:.....	12
Event start: / Event finish:	12
Timing:	12
Support:	12
Checkpoints and cut-off times:	13
Nutrition management:.....	14
First Aid:	14
Finish area management.....	15
Post Run	15
Sunday morning arrangements	16
Return transport	16
Results	16
Photos.....	16
Previewing the course	17
Event rules	18
Event Timetable:.....	18
Insurance:	20
Waiver:	21

Entry criteria:

This event is conducted within Tasmania's World Heritage Area, encompassing remote and exposed alpine environments, and slippery and rocky terrain in variable weather conditions.

Runners must be 18 years of age on race day.

Because of these difficulties, runners must provide evidence of their suitability to tackle this run.

Within 2023, 2024 or 2025 and prior to entries opening on 12/10/25, runners must have completed either:

1. Any trail based single stage ultramarathon organised race longer than 80 km finished within race cutoff time.
2. Cradle Mountain Run
3. Kunanyi Mountain Run 68km within 15 hours
4. Gone Nuts 75km within 14 hours

All results must be easily verifiable by the Cradle Mountain Run committee through web-based results. If information cannot be provided to easily verify results the committee will reject the application.

Any entries relying on a self-completed ultramarathon or Fastest Known Time will be rejected.

If you do not qualify or are not VERY serious about completing this run, please DO NOT enter. You will displace another runner.

Chris Brown manages this aspect of the event. Contact Chris through entries@cradlemtntnrun.asn.au

Entry Process:

An entry link is placed on the home page: www.cradlemtnrun.asn.au

Entries go live 8pm Sunday 12th October (Australian Eastern Daylight Savings Time / GMT +11 hrs).

Applicants are required to provide information on their qualification event/s, select whether they wish to access accommodation at Waldheim Chalets and transport from Hobart / Launceston to Cradle and Cynthia Bay to Launceston.

Entry fee is \$350 or \$320 for current Australian Ultra and Trail Running Association (AUTRA) members plus additional costs for accommodation and transport options. All entries include membership of the Cradle Mountain Run Inc Association and a \$50 Overland Track fee payable to the National Parks and Wildlife Service.

All applications registering as a current AUTRA member are verified with AUTRA.

Whilst all payments are completed through PayPal, applicants are not required to have a PayPal account.

If you wish to correct your entry information, contact entries@cradlemtntnrun.asn.au .

Entry vetting:

Online acceptance of entry does not confirm a position in the Cradle Mountain Run. Following closure of online entries, the organisers evaluate all applications on a first come, first serve basis. If the runner's qualifications are accepted the entries are accepted in the order they were received.

Please note that the organisers have the right to refuse any application without justification.

Accepted runners will be notified by email as soon as possible. Please be patient as it does take a while to vet all entries.

Waitlist information:

Waitlisted runners will be able to monitor their position through the www.cradlemtnrun.asn.au website.

The waitlist changes considerably from the end of December when refunds are still available and when those niggles may not be settling down.

If a waitlisted runner does not wish to remain on the waitlist please email entries@cradlemtnrun.asn.au.



Entry refunds:

Any runners who do not meet the entry criteria will have their entry refunded.

If you withdraw prior to the run due to injury or illness you will not be penalised in future years. In fact, we respect you for making that difficult decision. If you need to withdraw, please let the committee know as soon as possible via entries@cradlemtnrun.asn.au.

Refunds will be provided until the 31 December 2025.

If the event is cancelled due to Tasmanian Government directives, then full refunds will be provided.

Compulsory Gear:

The organisers are very serious about runners having appropriate gear. You will not be able to start the run if you do not carry gear that will allow you to survive injured or immobile in freezing snow, wet and windy conditions.

The 2023 CMR challenging conditions lead many runners to don all their thermals, beanie, gloves, and wet weather gear during the event.










For more information on Tasmanian alpine conditions which occur throughout the year please view:





<https://www.youtube.com/watch?v=TTBfRftPTCE>

A compulsory gear check is completed at the finish. If any gear is missing, runners are disqualified.





Image: Linda D



Waterproof jacket	Quality sturdy, windproof waterproof coat with hood. (eg. Goretex)	
Waterproof pants	Quality over trousers. Lycra skins are not acceptable wet weather gear	
Two spare long sleeve tops (extra) + One pair of long johns.	These must be made from a polypropylene or merino fabric. These clothes are in addition to the clothing worn for the run. That is, three tops in total. A good outdoor shop can advise.	
Beanie or balaclava	Made from merino or polypropylene (no silks or buffs)	
Gloves	Gloves that maintain warmth when wet and are dexterous to be able to open ziploc bags	
Emergency food	800 calories (3400 kilojoules) of emergency food (equivalent to 200g block of chocolate or 112g macadamia nuts) - separate from normal food carried. This food must be carried through to the end of the run.	
Survival Bag	Survival bag (not blanket) - this must be sturdy enough to resist tearing in strong winds eg. 'Space' emergency bag.	
Mobile phone Avenza app installed. CMR electronic course installed	Must be fully charged at the start of the event and have a battery able to last the full duration using whatever apps you are running. Your phone will be checked for battery life at the finish line. Take an external battery pack and charging cable if necessary. Consider running your phone in flight mode. An electronic course map provided by CMR and downloaded into the Avenza app. Access through this link.	
Pea-less whistle	May be integrated with your running pack	

First Aid supplies	Contents cannot be exactly specified as they will vary according to personal needs but should include blister treatment, antihistamines, pain killers etc.	
Ability to pay \$55	If you do not finish and have to pay for the ferry from Narcissus or Echo point. Eg. Cash / Apple Pay / Google Pay	
Tasmanian National Parks Pass	Covering dates from 6/02/26 to 8/02/26. Available online at https://passes.parks.tas.gov.au Holiday pass option recommended (covers 2 months) at a cost of \$47.75. Access through this link.	
Clean running shoes	No visible dirt on your trail running shoes.	

Completed at gear check

Shoe spraying	Sprayed with disinfectant F10sc	
Waiver	Signed event waiver	

Provided by CMR at pre-race briefing:

Elastic snake bandage	Loaned to each runner and collected at finish	
A3 Course map	Waterproof paper course map	

All items should be in a waterproof plastic bag. Light-weight gaiters and sun hats are optional but should be considered in light of your needs and experience. The organisers strongly recommend fully enclosed trail running footwear suitable for a sustained rocky, muddy and rough track.

You are accepted into the run on the clear understanding that you know and understand your needs. The above is the minimum requirement, but such a list does not absolve you from using good judgment!

Overland Track training restrictions:

The Overland Track has access restrictions during its permit season from 1 October to 31 May described through the Overland Track Usage Guidelines. Access through this link.

During this period runners on a day pass are only allowed to Waterfall Valley from the North; Pelion Gap and Mt Ossa from the Arm River Track, and Pine Valley turn off from the South. Longer distances during permit season require an Overland Track Permit.

From 1 June to 30 September runners with a National Parks pass may run any distance in either direction. Review Parks and Wildlife Service website for further information.



Phytophthora:

Phytophthora cinnamomi (myrtle rust root rot fungus) is now well established in many areas of moorland, heathland and dry eucalypt forest in Tasmania. It is a fungus that attacks the roots of susceptible plants, in many cases killing the plants.

In some native plant communities, epidemic disease can develop causing the death of large numbers of plants. It is a severe threat to natural bushland and to many threatened species, in the competition areas.

Please ensure your gear is cleaned thoroughly before using it in Tasmania.

To help reduce the spread of this fungus, the Tasmanian National Parks and Wildlife Service have asked us to ensure that competitors have cleaned their shoes and clothing (Velcro etc.) before the event. This is best done by brushing (if dry) or washing out with soapy water (if muddy), as much dirt as possible, and then disinfecting with methylated spirits for 30 seconds.

In addition to this, runner's shoes are sprayed with disinfectant F10sc as part of the compulsory gear check. If you have not cleaned and disinfected your shoes prior to coming to the event, you will be asked to clean your shoes at the compulsory gear check or briefing prior to the disinfectant spray.

Transport:

These options arranged by the CMR committee can be selected during the online entry process:

Friday 6 th February 2026		
Fitzroy Gardens, Fitzroy Crescent, Hobart Departing 8:00	Brickfields Reserve Canning Street Launceston	\$60 No airport pickups
Brickfields Reserve Canning Street Launceston Departing 12:00	Cradle Mountain Visitor Centre	\$70 No airport pickups
Sunday 8 th February 2026		
Cynthia Bay Departing 9:30	Launceston Airport, then Brickfields Reserve Canning Street Launceston	\$70

Interstate runners are encouraged to fly into Launceston by Thursday 5th February and meet at Brickfields Reserve, Canning Street Launceston. There are no airport pickups.

Runner's gear will be taken by bus from Waldheim / Cradle Valley to Cynthia Bay for collection after you finish the Run. Review the finish area management for where to collect your bags.

Review the CMR timetable for more transport timing details.

Matt Pearce manages this aspect of the event.

Contact Matt through transport@cradlemtnrun.asn.au or 0405 315 571.

Alternative transport to Cradle Valley:

Tassielink 1300 300 520 www.tassielink.com.au
Cradle Mountain Transfers 0422 866 584 www.eguide.com.au/cradle-mountain-transfers
Overland Track Transport 0474 172 012 www.overlandtracktransport.com.au
McDermotts Coaches 03 6330 3717 www.mcdermotts.com.au

Accommodation at Cradle Valley:

Cost effective (\$40) accommodation for runners only (not support persons) is arranged by the CMR committee at Waldheim cabins near the start line.

This accommodation will be available on 'first in first booked' basis during the online entry process.

The cabins are located 5km inside the Park and are equipped with gas heating, single bed bunks with mattresses, basic cooking utensils, crockery, cutlery, gas cook tops and ovens. Amenities blocks have showers and toilets.



You must bring your own sleeping bag, pillow, towel and breakfast supplies if you stay at Waldheim.

The Cradle Mountain Run commences just beyond the Waldheim accommodation.

Review the CMR timetable for more transport timing details.

Jenny Sprent manages this aspect of the event.

Contact Jenny through waldheim@cradlemtnrun.asn.au or 0439 591 262 if you have any queries.

Alternative accommodation in Cradle Valley:

Peppers Cradle Mountain Lodge 03 6492 2100 www.peppers.com.au/cradle-mountain-lodge
Discovery Parks Cradle Mountain 03 6492 1395 www.discoveryholidayparks.com.au/Cradle_Mountain
Cradle Mountains Highlander Lodges 03 6492 1116 www.cradlehighlander.com.au
Cradle Mountain Hotel 03 6492 1404 www.cradlemountainhotel.com.au

Review the CMR timetable for more transport timing details to get to Waldheim on Saturday morning. Please discuss your transport arrangements with the committee after the pre-race briefing at Cradle Mountain Lodge.

Accommodation at Lake St Clair:

Special accommodation arrangements are in place for this event.

Lake St Clair Lodge 6289 1137 www.lakestclairlodge.com.au has reserved their full facilities for CMR participants and their support crews for Saturday 7th February 2026.

Accommodation options range from studios, bungalows, bunkrooms and camping facilities and will be offered at a discounted rate.

Once the committee has accepted entries, runners need to book their own accommodation by emailing cradlerun@lakestclairlodge.com.au. Accommodation bookings will not be available before this time. Any accommodation not booked by the end of November 2025 will be made available to the public.

If runners are interested in sharing accommodation, email entries@cradlemtnrun.asn.au to be added to a WhatsApp group. Runners can then liaise between themselves.

Whilst there are other accommodation options in Derwent Bridge (5 km away), transport to and from these will only occur through private arrangements.

Following the run, Lake St Clair Lodge will transport runners and their bags to accommodation (100m – 500m from the finish line). See finish area arrangements section.

Dinner may be purchased from Lake St Clair Lodge which is located near the finish line.

Breakfast and presentations will be held at Lake St Clair Lodge on Sunday morning. To ensure adequate spacing the presentation may be hosted outside. A hot buffet breakfast may be purchased if required. (Please note some accommodation types have breakfast included in Lake St Clair lodge tariff).

Please don't forget to arrange accommodation early at both Cradle and at Lake St Clair otherwise you may be disappointed.

Alternative accommodation near Lake St Clair:

Other accommodation options which require private transport arrangements (eg. taxi / hire car) include:

Pump House Point: Lake St Clair Road Ph: 0428 090 436 www.pumphousepoint.com.au
Derwent Bridge Chalets and Studios: Derwent Bridge Ph: 03 6289 1000 www.derwent-bridge.com

Compulsory gear checks and waiver signing:

Your compulsory gear, packed in the backpack you intend to use for the run will be checked on Friday 6th February 2026 through either of these options:

- Hobart to Launceston bus trip during trip
- Brickfields Reserve, Canning Street, Launceston 11:00 – 11:45am
- Tavern Bar and Bistro, Cradle Mountain Lodge 4:00 – 4:45pm

Waiver signing is conducted as part of the compulsory gear checking.

A compulsory check of shoes to ensure they are clean and free of any visible dirt will be undertaken as part of the gear check.

All shoes will be sprayed with disinfectant F10sc at Brickfields Reserve - Canning Street Launceston or Tavern Bar and Bistro - Cradle Mountain Lodge.

A final gear check will be conducted at the finish (including returning the snake bandage).

Failure to carry all the gear during the run will result in a Did Not Finish and prevent future participation.

Compulsory prerace briefing:

The briefing takes place at 5:00pm in the Tavern Bar and Bistro area of the Cradle Mountain Lodge on Friday night, and involves the distribution of SIAC timing cards, A3 waterproof maps, bag ribbons and snake bandages.

Meals are organised by participants. <https://www.cradlemountainlodge.com.au/food-and-wine/tavern-bar-bistro> It's recommended to order your meal early.

Any runners and support persons staying in Cradle Valley on Friday night are requested to check in with the committee after the briefing about their Saturday morning transport plans for getting to Waldheim.

Saturday morning: Cradle Valley to Waldheim transport:

The committee will be travelling from Discovery Cabins to Waldheim in a minibus which is available to collect runners staying in Cradle Valley.

At 5:00am:

- all runners for the minibus collection must be ready on roadway between Discovery Cabins and Cradle Mt Lodge at locations prearranged with the committee.
- all cars planning to drive to Waldheim need to be waiting in line in the Cradle Mountain Interpretation Centre car park as per the diagram below.

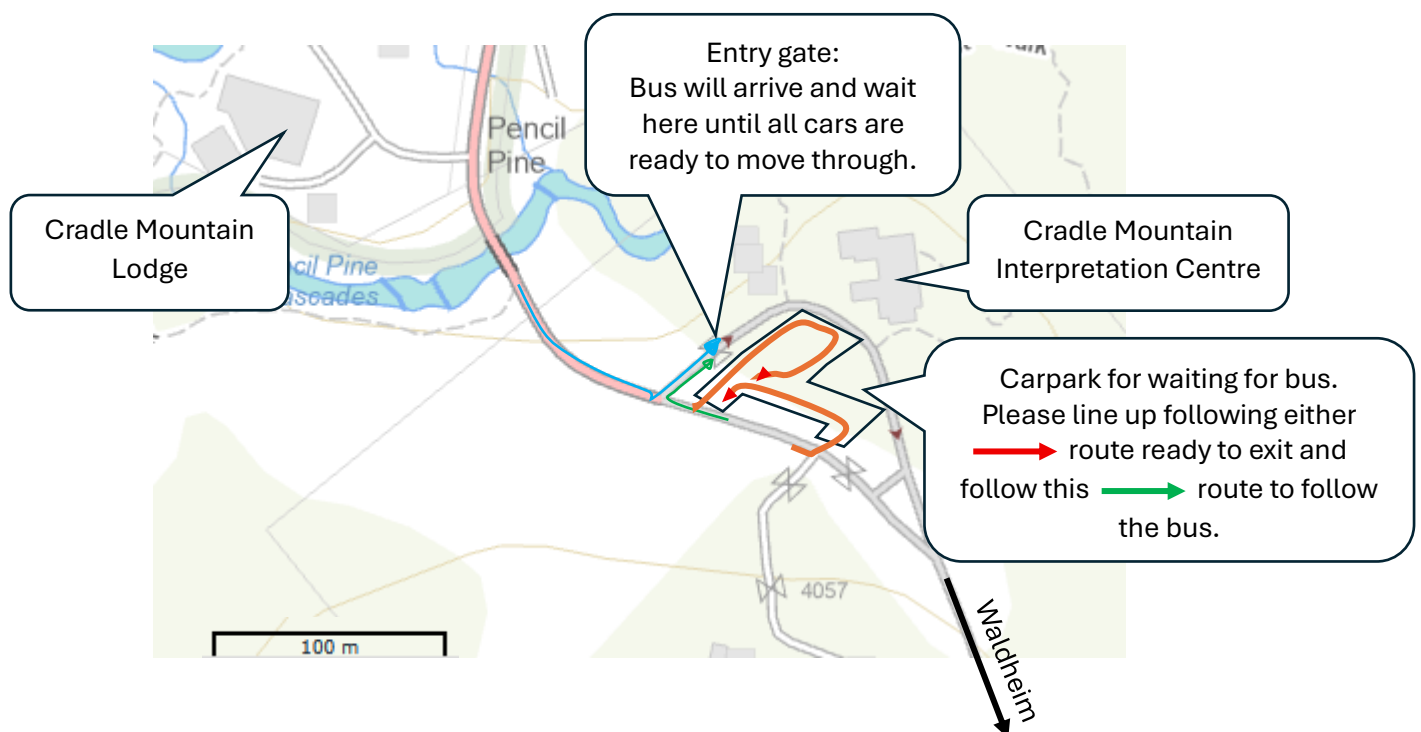
The minibus will arrive and wait at the entry gate.

The waiting vehicles will then be guided through the gate behind the minibus.

Do not pass the minibus.

The minibus must be first to drive through into the national park and into Waldheim due to limited turning access at the carpark.

After the 6:00am start, all vehicles need to be out of the national park by 7:30am.



Start area arrangements:

All runners staying at Waldheim are required to:

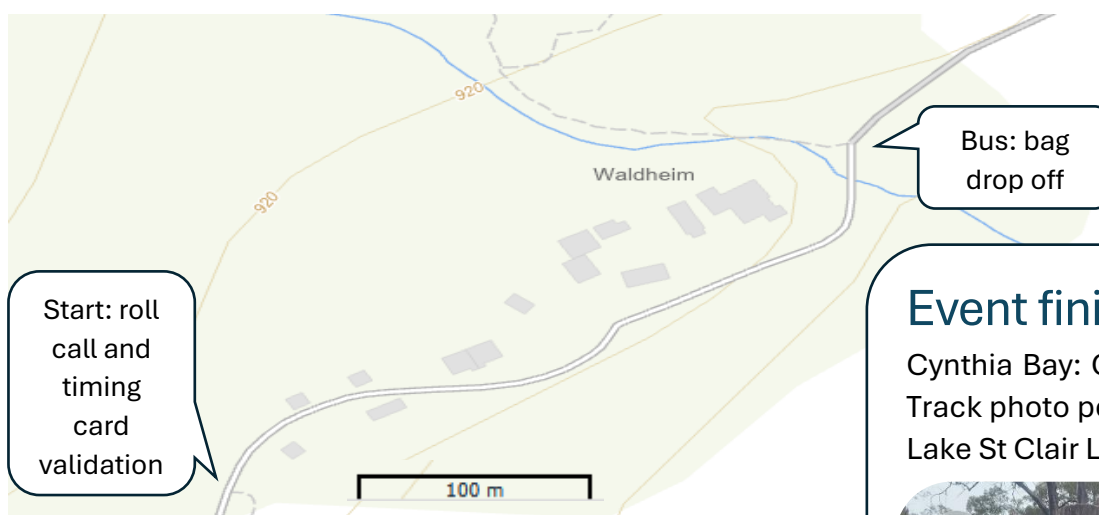
- have cleared their cabins by 5:25am
- have placed their bags on the minibus by 5:30am, ready for transport through to Lake St Clair.

5:45am roll call at start line:

- requires all runners to be present (not in toilets or walking back from bus bag drop)
- will now involve validation of your SIAC timing card.

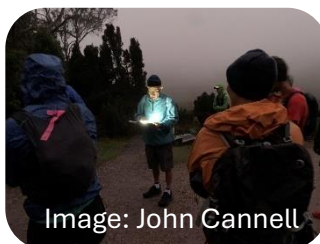
5:55am final roll call before runners self-seed

6:00am event commences



Event start:

6:00am



Event finish:

Cynthia Bay: Overland Track photo point near Lake St Clair Lodge



Timing:

SIAC - Sportident contactless electronic timing will be used.

These will be distributed at the Friday briefing.

The card requires validation prior to the race start. It will record your times as you pass through Pelion, Windy Ridge, Narcissus and the finish control. If you lose your SIAC you will be charged \$120.

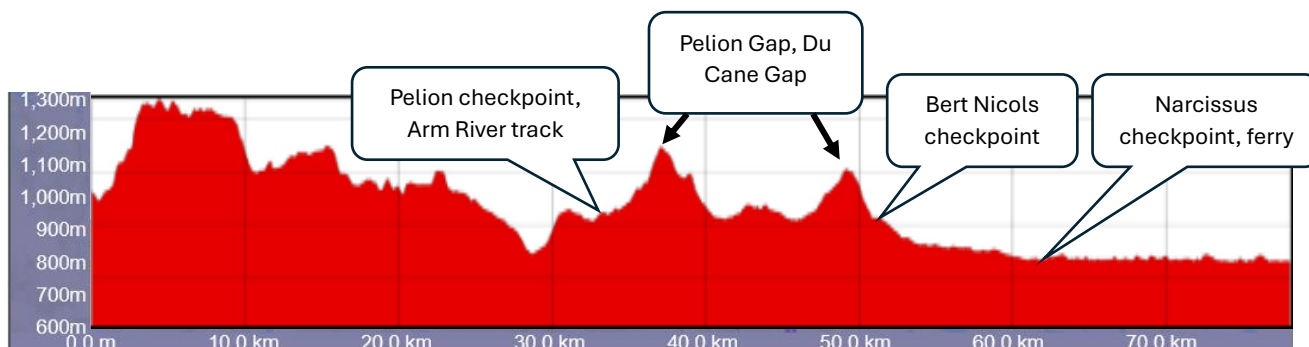
Support:

The Overland Track doesn't have any vehicle or easy access options. Runners are required to carry their gear, nutrition and rubbish for the full duration of the event. There are no drop bag options.

Checkpoints and cut-off times:

Pelion checkpoint:

At this checkpoint, volunteers are bolstered by local trail runners entering via the Arm River track. All runners unable to leave the checkpoint before **12:00pm** must travel out the Arm River track. If travelling slowly or you have sustained an injury, strongly consider withdrawing here! There are 2 large gaps and difficult terrain to negotiate to reach the Narcissus checkpoint and ferry withdrawal option.



Bert Nichols Hut (Windy Ridge) checkpoint:

This checkpoint has 2 volunteers with first aid and communication equipment. There is no time cutoff for this checkpoint.

Narcissus Hut checkpoint:

All runners unable to leave the checkpoint before **5:00pm** must withdraw. The committee have privately chartered the ferry.

Runners injured or too slow to meet the 5:00pm cut off are required to travel on this ferry at their own cost (\$55). It is not available for non-official friends or family.

Echo Point Hut:

This hut is not manned. If in trouble running around the lake, the Lake St Clair ferry may be hailed from the Echo Point jetty. Some injured runners have previously withdrawn through this option. Travel on the ferry is at the runners' own cost (\$55).

Cynthia Bay finish line:

The event finish line is at the Overland Track photo point adjacent to the Lake St Clair Lodge outdoor area.

Supporters and finished runners are encouraged to watch and cheer on the finishers.

Nutrition management:

Each runner is responsible for their own nutrition and electrolytes requirements throughout the entire event. The committee does not engage with any sponsorship for nutritional products.

Nutrition for ultramarathons is a complicated subject, and you are responsible for knowing your requirements for varied conditions. Please prepare for all extremes.

2023 was very cold and wet, requiring high calorie intakes. Many runners struggled to keep warm.

2025 was hot, requiring high electrolyte and fluid intakes. Many runners' stomachs were under stress and struggled to absorb.

Runners are recommended to carry enough nutrition to complete the event in a longer time than predicted.

The water upstream from the track is considered safe to drink. Each hut on the Overland Track has its own water tank.

Some limited drinks, fruit and snacks are provided at the Narcissus checkpoint.

Do not litter the track with gels tops or any other wrapper.

Any litter risks refusal by the Parks Authority to allow the run in future years.

First Aid:

Each runner is required to carry a small supply of first aid parts for their own needs. Please ensure that this covers blister / chaffing management, anti-histamines and pain management as required.

The sweeps (following the slowest runner) and each checkpoint carry trauma first aid kits.

A first aid kit is available at the finish line.

If you are aware of a runner becoming injured, use the Avenza map to determine which kilometre of the course the runner was located. Pass this information onto the next checkpoint.

All runners are required to be familiar with the treatment for snake-bite. Whilst an unlikely event, snakes are present on the track. All Tasmanian snakes are venomous. Jack-jumper ants are also present near checkpoints.

Please review this video by Western Australia St Johns Ambulance to become familiar on applying a snake bandage:

<https://www.youtube.com/watch?v=lLkw4BXa7pQ>



Finish area management:



A	Finish at OLT photo area	F	Tasmanian Parks and Wildlife Visitors Centre
B	Outdoor seating Lake St Clair Lodge	G	Beach access
C	Bus location: Saturday afternoon bag collection and Sunday morning drop off	H	Ferry jetty
D	Trapper and Miggins Bar Lake St Clair Lodge	I	Carpark
E	Public showers and toilets	J	Lake St Clair accommodation

Post Run:

Celebrations and post mortem are at Trappers and Miggins Bar in the Lake St Clair Lodge beside the finish line.

The final runner comes in at dusk around 9pm cheered on by a crowd.



Sunday morning arrangements:

Bag drop-off onto bus from 7:00am.

Breakfast is at 7:00am in Trappers and Miggins Bar and is either covered by your accommodation fee or payment on entry to the restaurant.

Presentations are held at 8:30am. Every runner receives a certificate and a memento. Normally all runners plan to stay on for these.

A group photo is held at 9:15am.

The bus to Launceston leaves at 9:30am.



Return transport:

The bus returns to Launceston with a toilet break in Longford.

Drop off at Launceston Airport is approximately 12:30pm and at Brickfields Reserve by approximately 1:00pm.

No formal transport arrangements are made by the committee for runners returning to Hobart.

Please liaise with the committee to be linked in with other runners for car pooling.

Results:

Interim results are shared at the Sunday morning presentation. Final results and updated information on all completions are uploaded to the www.cradlemtnrun.asn.au website:



Photos:

Runners and supporters are invited to upload any photos to a shared google folder linked to the www.cradlemtnrun.asn.au website:

John Cannell manages this aspect of the event. Contact John through photos@cradlemtnrun.asn.au



Previewing the course:

The following options are available through the www.cradlemtnrun.asn.au website.

- An interactive online map
- GPX course file
- Avenza digital map (part of compulsory gear)



The Overland Track is 78km long. Whilst “track hardening” has been developed for an estimated 20km, there are substantial sections of rough uneven challenging trail.



Whilst most walkers exit at Narcissus on the ferry, the event follows the full track around Lake St Clair to Cynthia Bay. Narcissus is about 61km from the start and Pelion is about half-way between them. The 17km section from Narcissus to the Cynthia Bay finish is deceptively hard. Numerous undulations and tree roots tease fatigued legs and minds.

The majority of finishers take between 12 and 13 hours, finishing at Cynthia Bay between 6:00pm and 7:00 pm. Most of the field finishes as long as they achieve the 5pm cut off at Narcissus. It is unusual for runners not to make the 12:00pm cut-off at Pelion unless runners are very slow or injured.

Splits for a 13 hour run are:

Start	0:00	0km	6:00am
Kitchen Hut	0:50	5km	6:50am
Waterfall Valley	1:30	11km	7:30am
Lake Windermere	2:30	18km	8.30am
Pelion Creek	3:45	25km	9:45am
Frog Flats	4:15	28km	10:15am
Pelion Hut	4:45	32km	10:45am *
Kia Ora Hut	6:15	41km	12:15pm
Du Cane Hut	6:45	44km	12:45pm
Du Cane Gap	7:45	49km	1:45pm
Windy Ridge Hut	8:00	51km	2:00pm
Narcissus	9:45	61km	3:45pm **
Echo Point Hut	11:00	67km	5.00pm
Watersmeet	12:45	76km	6:45pm
Cynthia Bay	13.00	78km	7.00pm

* If unable to leave Pelion Hut by 12:00 noon withdrawal is compulsory.

** If unable to leave Narcissus by 5:00 pm withdrawal is compulsory.

Event rules:

This event is a cooperative event and runners are expected to assist one another as much as possible consistent with fairness.

- 1) You must not start if you are unwell or injured.
- 2) Unless a sweeper is present the last runners shall stay together as a group and stragglers shall not be left until at a place safe to do so.
- 3) If you leave the track for any reason you must leave your running pack on the track so that it is clearly visible with your supplied race number prominent to alert sweepers. The sweepers will not go past until you return.
- 4) Should there be the slightest doubt about your ability to finish you must withdraw before you are in real trouble. You agree not to be a liability to the other runners any longer than is necessary.
- 5) Should a sweeper, fellow runners, a relief party or a Parks and Wildlife Officer request you to withdraw at a safe place you will do so.
- 6) You will carry all compulsory equipment and other food and items you deem necessary. During the run, no extra food, drink or other supplies should be sourced from any party other than a run organizer.
- 7) Failure to carry all compulsory equipment to the finish will result in a Did Not Finish and non-acceptance for any future CMR entries.
- 8) You will have tested all your equipment under running conditions.
- 9) CUTOFFS: You must have left Pelion by 12 noon or Narcissus by 5:00pm or you must withdraw.

Event Timetable:

Friday

7:45am	Hobart bus meet up at Fitzroy Gardens
8:00am	Hobart bus departure
11:00am	Launceston gear check opens: Canning Street side of the Brickfields Reserve, Launceston.
11:30am+/-	Hobart bus arrival at Launceston Brickfields Reserve
11:45am	Launceston gear check finishes Gear loading onto buses
12:00pm	Launceston bus departure
1:15pm+/-	Sheffield toilet/drink stop of about 30 minutes

- 3/3:30pm+/- Arrive at Cradle; Collect Waldheim Cabin keys from PWS Info Centre;
Runners transported to Campground and Waldheim Cabins. At Waldheim runners locate their cabin and deposit gear.
- 4:00pm Cradle Lodge gear check opens including registration forms (waivers) and shoe spraying.
- 4:00pm Bus transports the Waldheim runners back Cradle Mt Lodge to allow dinner ordering prior to the run briefing starting at 5pm.
Any runners staying in Cradle Valley area rely on walking or their own transport to get to / from briefing.
- 4:45pm Cradle Mt Lodge: gear check closes.
- 5:00pm Cradle Mt Lodge: Mandatory briefing for runners commences.
Notification to committee of any changes to cabin allocation.
Notify committee of any Saturday morning bus pickups.
Dinner occurring during or after briefing at Cradle Mt Lodge.
- 6:00/6:30pm Bus transports runners back to Waldheim Cabins.

Saturday

- 5:00am Minibus collects runners along roadside from Discovery Cabins to Lodge.
All cars travelling to Waldheim are ready lined up in Cradle Mountain Interpretation Centre car park.
Bus leads the vehicles through National Park and into Waldheim.
- 5:25am All Waldheim cabins are cleared.
- 5:30am All bags are loaded onto minibus in carpark.
- 5:45am Start line: mandatory roll call, Timing card validation and start line briefing.
- 5:55am Start line: final roll call and self seeding.
- 6:00am CMR commences.
- 7:30am All Waldheim vehicles must be out of National Park.
- 12:00pm Pelion Hut checkpoint cut-off.
- 12:00pm+/- Cynthia Bay - Lake St Clair bus arrival.
- 2:00pm+/- First runners arrive in Cynthia Bay.
- 2:00 – 9:00pm Finish line gear checks.
Gear able to be accessed from bus.
Dinner available from Lake St Clair Lodge.
- 5:00pm Narcissus Hut cut-off.
- 7:00pm Majority of runners finished.
- 9:00pm The last runner/s finishes!

Sunday

- 7:00am Bus loading prior to breakfast please!
- 7:00am Lake St Clair Lodge: Breakfast commences
- 8:30am Lake St Clair Lodge: Presentations
- 9:15am Group photo on lawn.
- 9:30am Bus departs for Launceston.
(via toilet/drink stop at Longford, drop-offs at Launceston Airport, then
Brickfields Reserve Launceston).
- 1:00pm+/- Bus arrival in Launceston.

Insurance:

CMR holds public liability insurance cover. This does not include personal accident insurance, aeromedical - ambulance retrieval or travel insurance for runners.

Please consider your own personal accident, travel, or income protection insurance needs to help cover unexpected costs like medical bills, aeromedical retrieval, ambulance services, or lost income due to injury.

www.abc.net.au/news/2024-07-19/are-ambulance-services-covered-by-insurance-interstate/104114124



Image: Phil Beeston

Waiver:

In order to comply with our insurance, all runners will need to complete this waiver and provide to a committee member at Friday gear check.

CMR No:

Cradle Mountain Run
Australian Ultra & Trail Runners Association
Event Waiver

Date of run: _____

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.

2. I acknowledge that participating in this event may involve a real risk of serious physical or mental injury or even death from various causes including: over exertion, dehydration, hypothermia, heat exhaustion, negotiating slippery or rough terrain, snake bite, remoteness from assistance and medical care and accidents with other participants, spectators or road users.

3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation on this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

4. I agree to abide by the event rules and directions of organisers, volunteers, relief parties and Parks and Wildlife officers.

5. I agree that if I lose or damage the SIAC timing card provided, I will pay Cradle Mountain Run Inc \$120 for a replacement.

Name (please print):

Signature:

Date: