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Speewah Legend Foot Race (Sunday 22nd July, 2018)

This ripping rainforest run highlights all that's great about tropical trail running – cool clear creeks, dense shady trails, calf-bursting climbs followed by long flowing downhill runs and access to World Heritage Area Wet Tropics Rainforest.



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Race Records.

All results: 2010 – current.

All courses head into the Barron Gorge National Park via the Djina Wu track, following traditional pathways of Djabugay and the pack and dray routes of early European pioneers.

The park itself covers 2820ha and boasts lush tropical rainforest to mountain heath, a natural

wildlife corridor linking the northern and southern reaches of the Wet Tropics. Keen-eyed runners might spot possums, tree kangaroos, flying foxes, musky rat kangaroos, cassowaries, amethystine pythons and spotted tail quolls during their travels.

The longest course (17km) encompasses Smiths Track (the sweet flowing runnable section – not the near vertical slip'n'slide), Yalbogie Track, the Kauris, Toby's Lookout, Gandul Wandun, Glacier Rock and Douglas Tracks.

While all courses will be clearly marked with Dirty Northern Trail Series markers, it is recommended that runners depart with a very good idea of where they are going! All trails loop back to the Speewah Campground to finish, giving Adventure Sport NQ the opportunity to continue the legend of **Crooked Mick and the Speewah** with this race.

When: Sunday 22nd July, 2018

Where: Speewah, near Kuranda

Event Coordinator: **Alena Scurrah**

Event Administrator: **Chris White**

Race Entry

Most Runners – \$25.

Juniors 12-17 – \$10.

Grubs (<12) – no entry fee.

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Online entries only. Entries close Wednesday, 18th July @ 8pm

Refunds

A full refund can be claimed for cancellations prior to close of entries on the 18th July.

Please advise chris@adventuresportnq.info of any entry changes and cancellations.

Race Day Program

Rego: from 6:50am.

Start: 7:30am (for 17km), 8:30am (for 8k) & 8:45 (for 4km)

Food n Snacks: from about 9am

Presentations: ~10:15

The Speewah Legend

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

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

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

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

Course Description

4km Course

In 2018, 4km runners will reverse the previous 4km course and run the same tracks but in an anti-clockwise direction.

4km participants will begin with a steep climb out of the campground along the access road. After 800m, they'll turn left onto Stony Ck Rd and run a further 900m of paved road before 500m of gradually narrowing and steepening dirt road. They will then turn left and run a glorious 1.4km section of mostly downhill single trail. A third and final left hand turn leads runners onto the 800m long Djina Wu track back to the campground and finish line.

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

8km Course

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

Turn right at the end of the Djina Wu Track and climb up the steep single track until the junction with Stony Creek Road and Smiths Track. Runners turn left onto the fast wide downhill section

of Smith's Track and turn left at Cadagi Corner (where 17km runners continued straight ahead). 8km Runners again turn left at the junction with Gandal Wandun. The Gandal Wandun track takes runners to the Douglas Track, onto which they again turn left until they reach the junction with Djina Wu track which takes them to the finish at the Campground.

8k minimap

Premier Event – 17km Course

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

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

17k minimap

What to bring

- Race food and hydration.
- Hydration Equipment including a vessel from which to drink – cups will not be supplied.

Important stuff.

Speewah campground is a peaceful and scenic campground in an open grassy area among rainforest trees, more info [here](#).

Kuranda Visitor Information Centre is a wealth of local accommodation information

Phone: (07) 4093 9311

Fax: (07) 4093 7630 Email: info@kuranda.org

Web: <http://www.kuranda.org>

Transport: Please use the Speewah Legend Facebook Event page to arrange car pooling.

Facilities: Drinking water, picnic tables, gas barbecues, flushing toilets and cold showers (toilets and showers are wheelchair accessible).

Provided drinking water will not be available on the course for competitors. Competitors are required to be self-reliant while on the course. Natural water sources are available to 17k competitors from Stoney Ck (crossed twice). A collapsible cup or hand-held water bottle may be a lightweight option, otherwise use a backpack bladder style set up.

Mobile phone coverage: Not reliable – present in higher course features eg Toby's lookout and Glacier Rock

How to get there.

The turn-off to Speewah is located on the Kennedy Highway, around 5mins West of Kuranda and about 30kms East of Mareeba. After turning off the Highway follow the National Park signs to the Speewah Campground.

- Head west on Kennedy Hwy towards Speewah Turnoff 20.1 km
- Turn left at Douglas Trk 350 m
- Take the 2nd right on to Speewah Rd 2.9 km
- Turn left at Stoney Creek Rd 1.5 km
- Turn left at Smiths Trk 750 m

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