

## 2025 CAIRNS 50 – FRIDAY ROSTER

FRIDAY APRIL 4 (BRINSMEAD PARK RESERVE)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
TEMPORARY CAR PARK BUMP IN	<ul style="list-style-type: none"> <li>Assist in “bumping-in” infrastructure at temporary car park {Brinsmead Park Reserve}</li> </ul>	9AM – 12PM	
Check-In	<ul style="list-style-type: none"> <li>Check-in athletes for the weekend events at Aplin Street</li> </ul>	2:30PM-6PM	

## 2025 CAIRNS 50 – SATURDAY ROSTER

SATURDAY APRIL 5 (MORNING – BUMP-IN)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
EVENT PRECINCT BUMP-IN	<ul style="list-style-type: none"> <li>Assist in “bumping-in” infrastructure at Glenoma Park (eg. Fencing, lifting, marquees, course marking etc.)</li> </ul>	6am-10am	
		10am-2pm	

SATURDAY APRIL 5 (AFTERNOON)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
ATHLETE CHECK-IN (5, 2, 1)	<ul style="list-style-type: none"> <li>Check-in participants for the 5k, 2k and 1k events</li> </ul>	3:30pm-6pm	
ATHLETE CHECK-IN (50, 30, 10)	<ul style="list-style-type: none"> <li>Check-in participants for the 50k, 30k and 10k events</li> </ul>	3:30pm-6pm	
FINISH CHUTE MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap OR to the finish line (located in Glenoma Park)</li> </ul>	4:30pm-6:30pm	
GLENOMA PARK TURN MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap (located in Glenoma Park)</li> </ul>	4:30pm-6:30pm	
GLENOMA CAR PARK MARSHAL	<ul style="list-style-type: none"> <li>Manage traffic coming and going at the Glenoma Park Car Park (including event shuttle bus and stop/drop/go</li> </ul>	3:30pm-5:30pm	
AID STATION/5K TURN	<ul style="list-style-type: none"> <li>Manage small aid station and ensure runners turn at 5k turnaround</li> </ul>	4:15pm-6:30pm	

2K TURN MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 2k turnaround</li> </ul>		
1K TURN MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 1k turnaround</li> </ul>		
FIRST AID		4:30pm – 6:30pm	(Recovery) (Event Precinct) (Bike)
FINISH LINE/ RECOVERY	<ul style="list-style-type: none"> <li>Recovery – preparing fluid/nutrition and providing fluid/nutrition to participants</li> </ul>	4:30pm – 6:30pm	
BRINSMEAD PARK RESERVE CAR PARK MARSHALS	<ul style="list-style-type: none"> <li>Manage traffic entering and entering the car park; manage parking in the car park</li> </ul>	3:30pm – 6:30pm	
BUS DRIVER	<ul style="list-style-type: none"> <li>Shuttle people between Cairns City and Glenoma Park</li> </ul>	4:00pm – 7:00pm	



## 2025 CAIRNS 50 – SUNDAY ROSTER



SUNDAY APRIL 6			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
ATHLETE CHECK-IN (50, 30, 10)	<ul style="list-style-type: none"> <li>Check-in participants for the 50k, 30k and 10k events</li> </ul>	4:30am – 6:30am	
FINISH CHUTE MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap OR to the finish line (located in Glenoma Park)</li> </ul>	6:30am – 9:30am	
		9:30am – 12:30pm	
GLENOMA PARK TURN MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap (located in Glenoma Park)</li> </ul>	6:30am – 9:30am	
		9:30am – 12:30pm	
GLENOMA CAR PARK MARSHAL	<ul style="list-style-type: none"> <li>Manage traffic coming and going at the Glenoma Park Car Park (including event shuttle bus and stop/drop/go</li> </ul>	4:30am – 8am	
		7:45am – 10am	
GOOMBOORA AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	5:00am – 12:30pm	
THE ROCKS AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	5:20am – 12:00pm	
GAMBURRA DRIVE PARK AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	5:40am – 11:30am	
10K TURNAROUND MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 10k turnaround</li> </ul>	6:30am – 8am	
50K TURNAROUND MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 50k turnaround and assist with water</li> </ul>	5:45am – 8:45am	
		8:15am – 11:30am	
		5:00am – 9:00am	

LEAD BIKES/TAI BIKES	<ul style="list-style-type: none"> <li>Lead – ride in front of lead runner (clear path, monitor runner wellbeing, identify hazards etc.)</li> <li>Tail – ride with/behind final 50k runner to monitor wellbeing of final runners and enable staff to track final runners</li> </ul>	5:00am – 9:30am	
		6:00am – 8:30am	
		6:00am – 9:00am	
		6:30am – 7:30am	
		6:30am – 7:30am	
		10am – 12:30pm	
FINISH LINE/ RECOVERY/ SPECIAL NEEDS	<ul style="list-style-type: none"> <li>Recovery – preparing fluid/nutrition and providing fluid/nutrition to participants</li> <li>Medals – hand out medals at the finish line and direct runners to recovery</li> </ul>	6:45am – 9:45am	(Medals)
		6:45am – 9:45am	(Medals)
		6:45am – 9:45am	(Medals)
		6:45am – 9:45am	(Recovery)
		6:45am – 9:45am	(Recovery)
		6:45am – 9:45am	(Recovery)
		9:30am - 12:30pm	(Medals)
		9:30am - 12:30pm	(Medals)
		9:30am - 12:30pm	(Recovery)
		9:30am - 12:30pm	(Recovery)
FIRST AID		5:00am – 12:30pm	(Bike)
			(Bike)
			(Bike)
			(Recovery)
			(Recovery)
BRINSMEAD PARK RESERVE CAR PARK MARSHALS	<ul style="list-style-type: none"> <li>Manage traffic entering and entering the car park; manage parking in the car park</li> </ul>	4:30am – 7:30am	
		7:30am-9:30am	
PERSONAL NEEDS		5:30am – 11:00am	
BUMP-OUT	<ul style="list-style-type: none"> <li>Assist in packing up event precinct and temporary car parks</li> </ul>	12:00pm – 3:30pm	
BUS DRIVER	<ul style="list-style-type: none"> <li>Shuttle people between Cairns City and Glenoma Park</li> </ul>	4:30am – 12:30pm	