



**THE KAURI ULTRA
70KM RUN
COMPETITOR BRIEFING NOTES
Saturday 5TH May 2018**

THE EVENT

Welcome to the 14th Great Cranleigh Kauri Run and the fifth running of the Kauri Ultra.

The Great Cranleigh Kauri Ultra run is an off road cross country run with a total distance of 70km. It starts at the Port Jackson in the far North of the Peninsula and finishes in the township of Coromandel.

200 years ago most of the Coromandel peninsula was covered in Kauri Forest. Today little remains of the original forest. We will plant a Kauri tree along the route for every competitor that takes part in the race and so that gradually over the years there will be an avenue of Kauri trees to run along. To date 3,110 trees have been planted a distance of 13km.

START

The start is at the Port Jackson DOC campsite at 5.30am on Saturday morning. There is a race briefing at 7.00pm on Friday evening at Port Jackson and again at 8.30pm at Fletcher Bay. Competitors should be on the start line at 5.20am.

FINISH

The finish line is in the Coromandel School playing fields. At the end of the Success Track you will come onto a sealed road. You follow this to the end and turn left onto the main road. Keep on the left-hand side of the road and follow it into town (there will be marshals). You will be directed left into Victoria Road and will have one final river crossing before being directed into the School Playing Fields. There will be a detailed map in your race packs.

DESCRIPTION OF COURSE

Stage 1 – Port Charles to Big Sandy (24km)

The first 6km of the race will be along the unsealed road between Port Jackson and Fletchers Bay. From Fletchers Bay the next 12km of the run will follow the spectacular Coromandel Walkway and as the sun rises you will be rewarded with stunning views across to Great Barrier Island. The last 8km of the stage is along the hilly Stony Bay Road. There will be an aid station at Big Sandy.

Stage 2 – Big Sandy to Waikawau (38km)

From Big Sandy competitors continue along the Port Charles Road, past the Carey's Road junction. There is a 3km climb to over 200m above sea level. This is followed by a similar decline to the junction of the Waikawau Beach Road. From here competitors run approximately 3km along the road to the aid station at Waikawau close to the start of the 32km run. From here the course follows the 32km run starting with the run along Waikawau Beach.

Stage 3 – Waikawau

The race then continues along one of the most stunning beaches in NZ, Waikawau Beach. There is a 2km run along the beach before starting on the Waikawau Trail. This is where over 2,000 kauri have been planted from the previous eight events. The trail includes a number of

stream crossings as it meanders its way gradually to the Waikawau lookout at the 46km mark and 350m above sea level. There is a prize for the first man and women to the lookout.

Stage 4 – The Central Divide

From the look out competitors head across country up and onto the central divide. The central divide starts with a number of challenging ups and downs along the razor back ridge line until settling into a gentler gradient up to the high point at 520m. This is followed by a gradual downhill to the 61km point on the Tokotea at the top of the Kennedy Bay Road.

Stage 5 – The Kaipawa

This is the most technical part of the run starting with a short and steep ascent to the Kaipawa track. Competitors will make their way up carefully to the Kaipawa trig which is the highest point on the course at 560 metres above sea level and 65km.

Stage 6 – The Success

From the trig is all downhill, a magnificent gradual 5 km descent along the old Success mining trail down into the township of Coromandel and the finishing line at the school fields.

POTENTIAL HAZARDS

- **Getting Lost**
The track is well defined and marked so please ensure that you keep to the track and follow the markings. In the unlikely situation of getting off the track retrace your steps to the previous marker.
- **Tree Routes and rocks**
Part of the track is very technical and some of the downhill descents can be slippery (particularly the Kaipawa Trig track). Be especially careful on these parts of the track (there will be warning signs)
- **Mine Shafts**
On some parts of the course, particularly the Kaipawa track and Success track there are hidden mine shafts located off the track. Under no circumstances should you deviate from the marked tracks.
- **Injury**
In the event of injury try and walk out or back to the nearest aid station. If you can't walk tell one of your fellow competitors that you are in difficulty and they will alert the nearest marshal. If you come across an injured competitor, please try and help comfort them and either stay with them if it is serious and ensure another competitor goes for help to the nearest aid station.
- **Hydration / Food**
Ensure you keep yourselves well hydrated and fueled during the event
- **Public Roads**
You will be running along a number of quiet public roads in the Northern Coromandel. It is important that you keep on the right-hand side of the roads, the same side as the on coming traffic. The course also entails a number of public road crossings, at Waikawau Farm Park, Kennedy Bay Road Summit, Coromandel Hospital and Coromandel Town. Be sure to look out for traffic as you are crossing.

COMPULSORY EQUIPMENT / GEAR

The weather in Coromandel in May is generally settled but conditions can get very cold, wet and windy up on the Coromandel ranges at any time of the year. For this reason, you must carry or wear a windproof jacket and polyprop top and carry a survival blanket with you. You will also need to take a headlamp.

WATER AND FUEL STOPS

These will be provided at the following 5 points :

- Big Sandy - 24km
- Waikawau (start area of 32km race) – 38km
- The Lookout -46km
- Junction at Ariel – 56km
- The Tokotea - 61 km mark

There will be water and Leppin available along with some bananas, oranges and jelly beans.

Competitors can also provide a supply pack to the organisers to be taken to the 38km point at Waikawau.

CUT OFF

For safety reasons we will have the following cut offs in place.

1. Waikawau Beach – Runners will need to leave the Waikawau Aid station by 12.00pm mid-day.
2. Top of Kennedy Bay Road -Runners will need to leave the Aid station by 4pm.

TAIL END CHARLIES

There will be tail- end Charlies following the last person on the run

MAP

You will be provided with a map of the course in your race pack. This should carry this with you on the race, just in case for some reason you get lost.

NUMBERS

Each competitor will be provided with a race number which must be visible at all times.

PRIZES

The main prize giving will be from 4.30pm by the finish area in the School Field. If it's raining we will move to the School Hall. Some of you may well come in after prize giving, but don't worry we will be there to greet you and provide you with the necessary comforting!

The overall Men's and Women's winners will receive a beautiful hand carved bowl made from 2000 year old swamp kauri plus a free entry into next years race

RESULTS

These will be recorded on the web site after the race.

SAFETY / SECURITY

The race will be supported by comprehensive safety backup including land based marshals and medical support on the course.

CONSIDERATION FOR THE LAND

To enable us to run this event we have sought permission from a number of private landowners, DOC and other interested parties. It is important that we treat the land that we pass through with respect. To this end it is a compulsory requirement that everyone carry out their own rubbish including personal waste.

KAURI DIEBACK

Please read the attached letter from DOC in regard to Kauri Dieback Disease. We ask you to clean all soil from footwear at home before checking in. We will also provide cleaning brushes and trigene on the Friday evening. Please also walk through the Kauri Dieback disinfection sponge mats that will be set up at the Waikawau Beach entrance.

BUS SERVICE

There is a bus service running from Coromandel Town to Fletchers Bay on Friday afternoon at 5.30pm. Tickets must be booked in advance. Transport will also be arranged to the start line for runners staying at Fletcher Bay.

There will be a trailer for transporting competitors gear back to the finish line.