



THE LOOP
13KM KAURI RUN / WALK – COMPETITOR BRIEFING NOTES
Saturday 13th May 2017

THE EVENT

Welcome to the 13th Great Cranleigh Kauri Run.

The Great Cranleigh Kauri run Loop is an off road cross country run /walk with a total distance of 13km. It starts 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 3,000 trees have been planted a distance of 12km.

START

The start is at Patukirikiri Reserve by Jacks Point just outside (500m) of Coromandel town on the way to Long Bay. There will be a race briefing at 11.15am. You must sign in with the marshal at the marquee on the bottom school field – this is our safety control to inform us of who is starting the race. There are toilets close to the start line. The race will start at 11.30am sharp.

FINISH

The finish line is in the Coromandel School playing fields. At the end of the Harray Track you will come to the Rings Road where you will turn right onto the footpath which will take you into town, where you will cross at the pedestrian crossing (there will be marshals). Run through the town and turn left at the Bank Corner. Run another 100m and enter the school field on your left. There is one circuit of the school field before finishing.

DESCRIPTION OF COURSE

Stage 1 – Long Bay (6km)

From the start line you will cross over the road and run over the Kauri Block Track. After 1.5km you will come out on to the Long Bay Road where you will turn right and head a further 1.5km to Long Bay. From Long Bay you will run a 1.5 km loop over to Tucks Bay around the coastline and back over the gravel road to Long Bay. From Long Bay you will run back 1.5km to the Kauri Block Junction.

Stage 2 – The Harray Track (7km)

From the junction you will proceed inland onto the Harray Track which is a 5km off road track over to Rings Road. There are few steep sections on this track. At Rings Road you will turn right and head back along the footpath for the final 2km into Coromandel Town

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.

- **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**
Some of the course is on public roads. There are pavements but be sure to look for traffic if you cross the roads.

COMPULSORY EQUIPMENT / GEAR

The weather in Coromandel in May is generally settled but can be wet and windy. You will not require any compulsory gear for this run.

WATER AND FUEL STOPS

These will be provided at the following point:

- The 6km Junction before the Harray Track.

There will be water and Balance restore available along with some bananas, and jelly beans.

NUMBERS

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

PRIZES

Prize Giving will be from 4.00pm by the finish area in the School Field. If it's raining we will move to the School Hall.

The overall Men's and Women's winners will receive an Osprey pack and a free entry into next years race. There will also be a prize for the first man and women to reach the lookout. There will be prizes for the first three overall and prizes for the first two in each category.

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

We ask you to clean all sol from footwear at home before checking in. You will also walk through the Kauri Dieback disinfection sponge mats that will be set up at start line.