

RACE GUIDE

Sunday, March 19th 2017

Hi everyone and welcome to the eighth running of the Mizuno Coatesville Half Marathon (formerly the Coatesville Classic). We look forward to welcoming over 1,700 athletes to the sleepy rural village of Coatesville on Sunday March 19th for the 2017 running of “the classic”. This year’s event also does extra duty as Race Three in the Garmin Auckland Half Marathon Series as well as being the Auckland Half Marathon Championships.

We hope the great late-summer weather we have been enjoying holds out and look forward to welcoming you all for another epic day in the country.

OK, let’s get down to business ...

RACE PACK PICKUP

This is the process where you collect your race number, timing tag, race pack and other materials. There are three options for collecting these items:

- Courier Delivery
- Pre-Race Pickup
- Race-Day Pickup

If you ordered a **Courier Delivery** with your entry, you should receive your pack around 7 days prior to the event. The courier delivery option expires three weeks out from the event to give us enough

time to print your personalised race numbers, assemble your race packs and have them delivered by courier. If you have not received your pack by the Wednesday of race week, please check your email for the Fastway tracking information we sent to you or contact us through the web site.

If you didn’t order a courier delivery, then the next best option is to come and collect your pack in person at our **Pre-Race Pickup** session. This is being held on the day prior to the event, Saturday March 18th:

Saturday March 18th: 3pm – 5pm

Coatesville Settlers Hall, 4 Mahoenui Valley Rd, Coatesville. This is also the race venue and gives you a good excuse to check out the course, parking areas and get yourself ready for race day if you are not familiar with Coatesville.

If you absolutely cannot make any of the pre-race sessions, then you will need to register on race day at **Race Day Pickup**. This will be held in Coatesville Settlers Hall, 4 Mahoenui Valley Rd from 6am on race morning. It is vital you leave enough time (at least half an hour, but 45-60 minutes is better) to park your car, collect your number, sort your things out and prepare for the event. All races will start precisely on time unless the Race Director deems it unsafe to do so.



Please, please, please ... **remember to bring your e-ticket** (on your smartphone or tablet is fine). It makes things so much quicker and easier for everyone. You can easily access your e-ticket from the tiktok online registration system. Just click on the “Athlete Log In” link at the top of any page on the web site and follow the prompts. If you’ve forgotten your password, you can easily reset it.

LATE ENTRY

It's not too late for your friends or family members to join you this weekend and make a day of it. Late entry is available online until 9pm Saturday. They can also enter in person at the Race-Day Pickup session on race morning from 6:00am. Remember that race entry costs extra on race morning and they should definitely allow extra time to process your registration and get yourself ready for your race start. Our priority on race morning is always to get race packs into the hands of those who have already entered so please bear with us if the registration desk is busy.

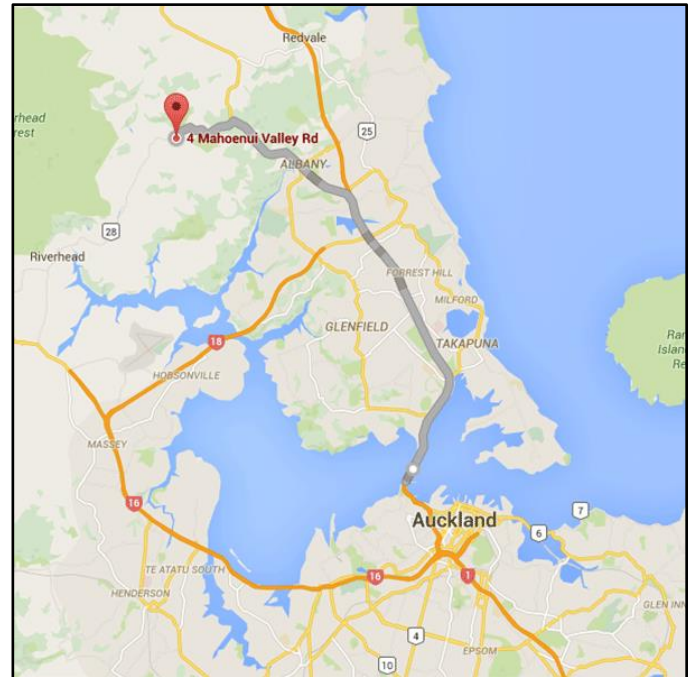
Note: Please always check the web site and facebook page in case any of the events have sold out prior to race day.

GETTING TO THE EVENT

Coatesville is 7km from central Albany and 21km from the Auckland Harbour Bridge. From the city, take the Greville Rd or Oteha Valley Rd exits and head away from the sea. Head north from Albany on the Dairy Flat Highway and, at the top of Albany hill, turn left onto the Coatesville-Riverhead Highway and follow the road down the hill into

Coatesville. As you enter Coatesville village, signs and marshals will direct you to the car park.

Unfortunately, due to its rural nature, there are no public transport services to Coatesville.



PARKING

The Coatesville Half Marathon attracts up to two thousand people to the area and most will arrive in private vehicles. It is a significant challenge to find convenient, safe parking for all and, with this in mind, we have created a simple guide to parking for the event and a downloadable map and guide which is available on the event web site.

All parking is at the Coatesville Pony Club, a 40-acre reserve adjacent to the race venue and accessed from Glenmore Road. The car park is only open for entry from 6am until 8:30am and, for the safety of all, these times are strictly enforced.

What Time Should I Arrive?

- Half Marathon: 6:00am – 7:00am.
- 8K Classic: 7:00am – 8:00am
- 4K Downhill: 8:00am – 8:30am
- 2K Kids’ Dash: 8:00am – 8:30am *

If you need to collect your race pack on race morning or you are a late entry, go closer to the beginning of the time range. If you already have your race pack, you can go closer to the end of the time range.

*Kids’ Dash does not start until 10:30am but car park access is closed from 8:30am. If you want to arrive later, you will need to find your own street

parking or arrange to be dropped off.

Important! First light is approximately 7:10am so some of you may be parking in the dark. Take care, drive slowly and obey the parking marshals. Consider bringing a torch for the short walk to the race venue and also a change of shoes or plastic bags for your feet as the grass from your car to the nearest footpath is likely to be wet. There's nothing worse than starting your event day with wet feet!

Important! As the parking area is within the field of play of the event, exiting the area during the event is strictly controlled. Please see the web site parking information page if you intend to leave prior to the awards ceremony at 11am.

TOILETS

A large quantity of portaloos will be available immediately adjacent to the start line on Mahoenui Valley Rd. They are located to the left of the Coatesville Settlers Hall as you look from the road. Needless to say, until the time when we are able to supply one loo *per competitor*, there will always be queues as we lead up to a race start. Think ahead, organise yourself and make sure you "take care of business" nice and early so you aren't stuck in a long queue with five minutes to the gun, getting stressed out. We'll say it again ... all races will start precisely on time unless the Race Director deems it unsafe to do so.

As the course is entirely rural, there are no public facilities on the way and we ask that all competitors refrain from "going bush" – that is one sure way to lose the support of the local community. Instead, use one of the two portaloos on course; one at Aid Station 3 (631 Ridge Rd) and one at Aid Station 5 (Donaldson Drive). See the aid station notes below for course distances.

GEAR DROP & KEY CHECK

A gear drop and key check will operate inside Coatesville Settlers Hall on race morning from 6:30am. Ensure all your gear is contained in a single bag. Write your race number on the labels provided, secure it around a handle or stick it to the bag and hand it to our friendly crew. When you finish, just show your race number to the crew and they will return your belongings.

If you only have a key to drop off, ask the crew to put it into the key drop plastic container. It is useful, once again, to use a label to number your keys so they don't get lost.

Running Events operate an "all care, no responsibility" policy on the gear drop and key check so please do not leave anything with us you cannot afford to lose.

TIMING TAG

When you receive your race number, your electronic timing tag will be in a plastic bag stapled to it. Remove it from the bag and tie it into the shoe laces of either foot. Wear it before the start and until after you cross the finish line. If you do not wear your timing tag in exactly this way, you may not receive a time.

Once you cross the finish line, look out for the red "TAG RETURN" flags. Next to them you will find one of our tag return bins. Push your tag through the slot – job done! If, in the euphoria of that finishing moment, you forget to return your tag, please place it in a normal envelope and send it to:

Timing Sports – Tag Return,
PO Box 30-1431, Albany
Auckland 0752

Timing Sports Ltd may charge a fee for non-returned tags.

START TIMES

07:30am - Half Marathon runners only
07:33am - Half Marathon walkers

08:30am - 8K Classic runners only
08:33am - 8K Classic walkers

09:45am - 4K Downhill *

10:30am - 2K Kids' Dash

Ten minutes prior to each event, a compulsory safety briefing will take place at the start line and all competitors must be in position to hear the announcement.

* Competitors in the 4K Downhill will be transferred by bus to their start line. To enable this to happen in a timely manner, all 4K competitors must assemble in front of Coatesville Settlers Hall at 9am. The bus will make two trips to transfer everyone to the start line, departing at or soon after 9:10am and 9:25am. If you are not present for the first bus departure, you may miss your seat on the bus entirely and not be able to take part.

INFORMATION FOR WALKERS

Those registered in the Competitive Walk option for the half marathon or 8K Classic are reminded that

they must:

- start on the official walk start gun which is 3 minutes after the main start (7:33am or 8:33am)
- walk at all times during the event. You may not run at any point – no matter how briefly

Please respect those walkers who take their competition seriously ... if you will run - or changed your mind and decided to run - ensure you tell our crew at the finish line so we can move you into the run category.

Walkers, if you accidentally start with the runners, you will be placed in the run section of the event. This is final and un-reversible so please start appropriately.

COURSE SAFETY

Even though we are operating inside a full road closure for this event, we cannot guarantee the field of play will be free of all vehicles. Residents still have access to and from their properties at all times. Other vehicles such as emergency services or our own service or lead vehicles may also be present on the course.

Competitors are reminded to keep in to the side of

the road at all times. 4K and 8K competitors must always run on the right side of the road. Half marathoners will run on the right side of the road for the loop section (up to 4k and after 17k) and will be crossed over to run on the left side of the road for the out-and-back section (4k – 17k).

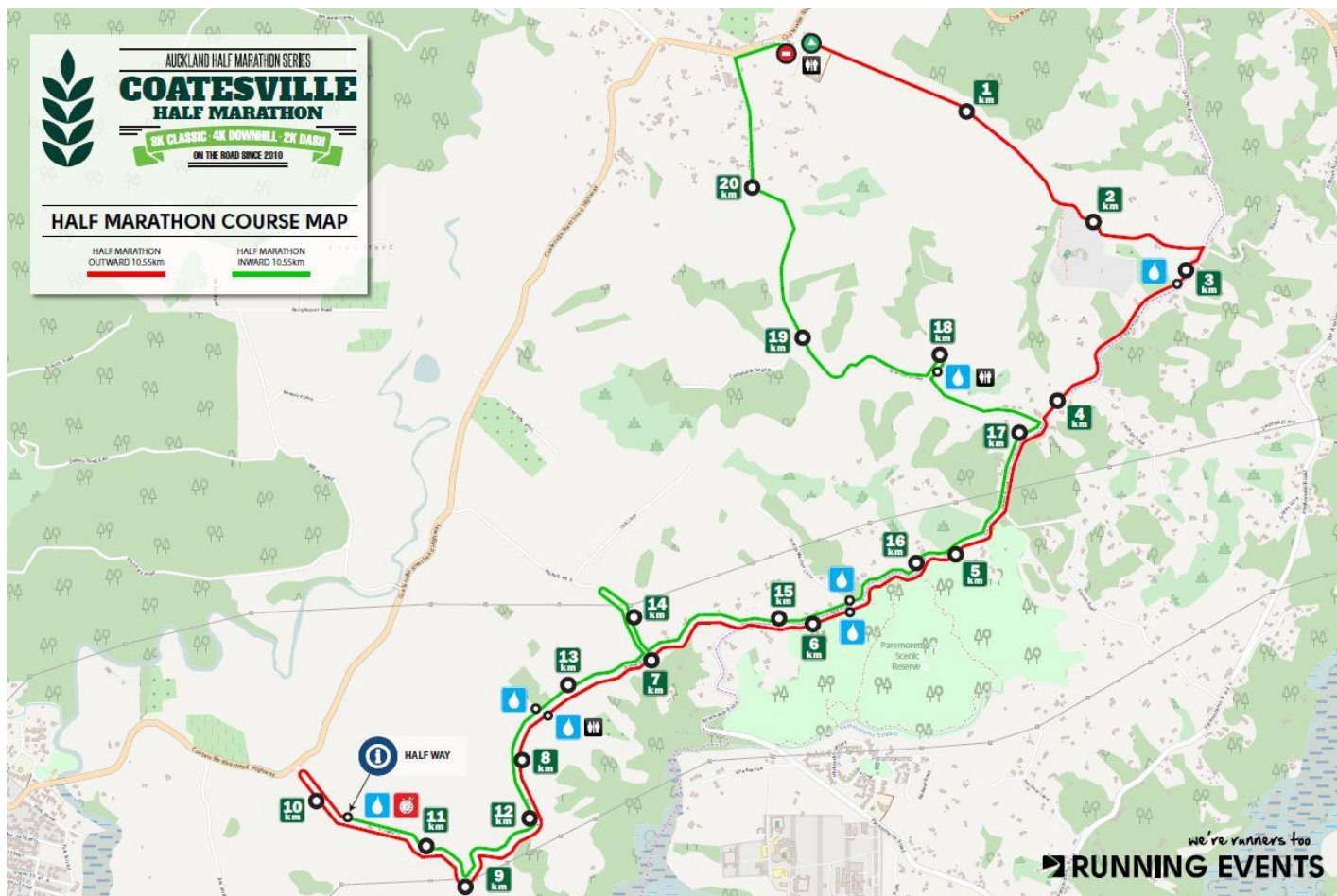
Please remember the golden rule ... Always give way to vehicles. No matter who has right of way, vehicles always win.

COURSE NOTES

The 2017 Mizuno Coatesville Half Marathon will use the same course as last year. In fact, other than 2013, we have been using the same courses since the event began. Yes, there are one or two hills out there. But this is an honest and varied course which will use your leg muscles evenly instead of just hammering away at the calves as a flat course would. Year after year, the combination of hills, flats and rollers - combined with spectacular countryside scenery – have contributed to many PBs. Make yours one of them.

It is virtually impossible to take a wrong turn on the course.

The half marathon starts on Mahoenui Valley Rd in



front of the Coatesville Settlers Hall. At the top of our own version of “Heartbreak Hill”, you turn right into Ridge Rd. As you approach Glenmore Rd (4k), you will be crossed over to the left side of the road for the out-and-back section on Ridge Rd all the way out to the Coatesville-Riverhead Highway and far turnaround near the half way marker. On the way back, a short out-and-back on Wake Rd will ensure your course distance is correct. At 17k you turn left into Glenmore Rd for the final downhill charge to the finish line.

Those in the 8K Classic also start in front of the Coatesville Settlers Hall and run up Mahoenui – past Dotcom Mansion – and turn right into Ridge Rd. Just past the half way mark, you turn right again into Glenmore Rd and the course is mostly downhill to the finish line.

The 4K Downhill starts at the half way mark of the 8K Classic and follows the second half of that course.

The Kids’ Dash is a two-lap course at the bottom of Mahoenui Valley Rd on closed and locked-down roads and including a short section inside Coatesville Primary School.

AID STATIONS

Aid stations are spaced approximately every 3-4km. All aid stations will serve water and r-line sport drink. The approximate locations of the aid stations are:

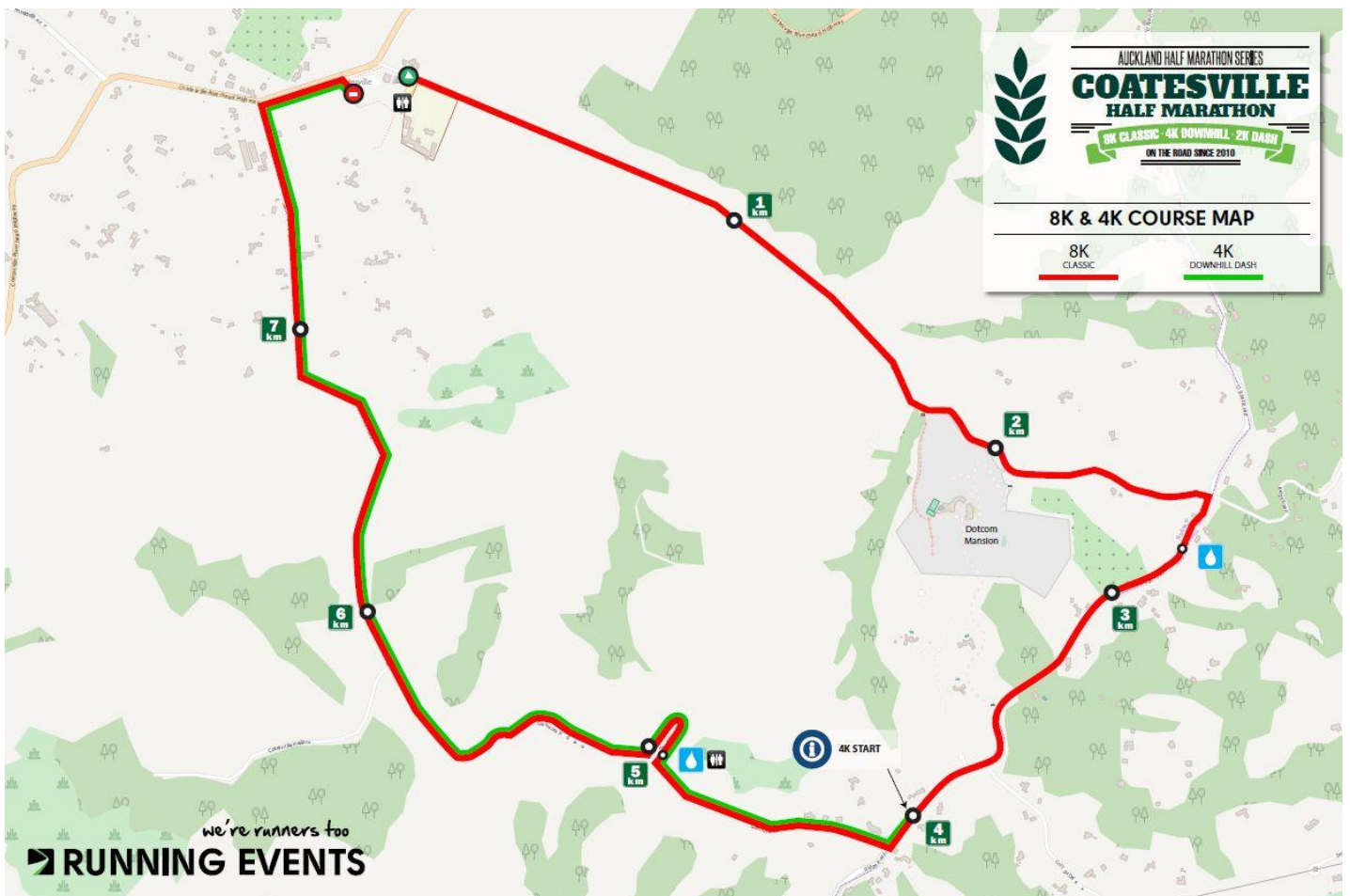
- Half Marathon: 3k, 6k, 8k, 10.5k, 13k, 15k, 18k
- 8K Classic: 3k & 5k
- 4K Downhill: 1k

A refuelling station is available after you finish – see below.

THE FINISH

The finish of the Coatesville Half Marathon is a match for the rest of the event with a run down the chalk path through the Coatesville Pony Club and into Coatesville Reserve. Once you cross the boardwalk bridge you turn right under the trees and onto the grass for the final 40 metres to the line.

A race clock next to the finish line will show time of day. All events start exactly on time so you can easily work out your own race time if you don’t have a watch on.



There are lots of vantage points on either side of the finish chute for your supporters to cheer you on. They can also line up behind the barriers after the finish line to get that awesome paparazzi photo as you finish, arms raised in triumph.

Kids – because we know you will be **absolutely knackered** – we'll have a lolly just for you guys as you cross the finish line.

FINISHER MEDAL



The Mizuno Coatesville Half Marathon is proud to award New Zealand's finest finisher medal – bar none – and we've been doing this consistently, year after year, since 2011. Others may try to copy, but they always come up short. If you are driven by a desire to earn the absolute best race bling available ... you came to the right place.

In 2015 we had the “pukeko” medal, in 2016 it was the “mokomoko” – otherwise known as the New Zealand green gecko. This year, it is the friendly and impudent “Piwakawaka” (Fantail). Look closely on race day and you are bound to see some in the bushes around the Coatesville Reserve, wondering what all the fuss is about. We hope you like it!

As if that wasn't enough, as an official qualifier event for the Garmin Auckland Half Marathon Series, all finishers in the half marathon will receive an AHMS finisher token. Are you one of the 300 or so hardy souls aiming to collect all 4 tokens and collect the biggest bling in NZ running history? We shall see at the Orewa Beach Half Marathon in April!



REFUELLING STATION

Once you have exited the finish area, look out for the blue “REFUELLING” flag, marking the refuelling station. Water, bananas and R-Line sport drink are available for everyone. Please help us - and the planet - by **only taking one cup** and using the billys to refill if you need more. We will also have banana boxes next to our rubbish bins for your food waste.

SPONSOR MERCHANDISE

Remember to bring some spare cash and your credit card on Sunday, as title sponsor Mizuno – with the help of Smiths Sport Shoes – will have some great footwear deals for you.

FOOD & DRINK

A wide selection of food and drink options – from the healthy to the mildly indulgent – will be available on the main reserve. Some vendors will accept eftpos but – once again - it's also a good idea to have some cash on board, just in case.

AMUSEMENTS

It can be pretty tough keeping the younger ones amused whilst mum or dad are off running a half marathon – even if they have their own kids' dash to look forward to at 10:30am. Never fear as we have a bouncy castle on the main reserve to keep them amused **and this activity is FREE!** There are also excellent playgrounds close to the race venue in Coatesville School.

MASSAGE

After you finish, why not dust off the aches and pains with a ten-minute massage? SportsLab and Rob's Sport Massage will be available right next to the finish line. Just crawl over there with \$15 cash and their healing hands will set you on the road to recovery.

AWARDS CEREMONY & PRIZES

The Awards Ceremony will take place on the main stage inside Coatesville Reserve at 11:00am sharp.

Beautiful glass trophies will be awarded to:

- Top 3 men and women overall in the Half Marathon Run, Half Marathon Competitive Walk, 8K Classic Run, 8K Classic Competitive Walk and 4K Downhill Dash
- The top male and female Coatesville residents in the 8K Classic
- Top 3 boys and girls in the 2K Dash for 7 & Under and 8 & Over age groups

We also have many wonderful spot prizes to give away including vouchers for Mizuno (running shoes), Garmin Forerunner watches and prizes from Sports Lab and Voyager Luggage. The grand prize is a **JVC 50-inch HD LED TV**. Remember - **you must be present in person** when your name is called to claim your prize.

RESULTS

Preliminary results will be available via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<http://facebook.com/coatesvillehalfmarathon>

Results will be posted to the event web site on Monday morning. If you see any issues with your results or believe there may be an error, please use the web site contact form and we'll get into it.

THANKS TO OUR SPONSORS

Without their help and support, the Mizuno Coatesville Half Marathon would be a shadow of the event it is now. Please support those who support you and our sport ...

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