The Coatesville Half Marathon is BACK for its 11th year!

What was formerly the Coatesville Classic has become the 3rd event in the Mizuno Half Marathon Series and is shaping up to be an absolute belter!

But let’s get into the nitty-gritty...

**RACE PACK PICKUP**

The vast majority of race numbers have already been distributed for this event:

- If you entered the event as part of a Mizuno Auckland Half Marathon Series Pass, then you already have race numbers for all five events in the series. You are good to go.
- If you registered for the event before Jan 13th, your race number was sent to you in the mail. You are good to go.
- If you registered after Jan 13th, your race number has to be collected from the race site on Race Weekend.

**Saturday Registration** is from 4-5pm on 8th February. **Race Day Registration** opens at 6am on race morning. Just look for the big green Registration tent near the Coatesville Hall.

**Important!** Please remember to bring your e-ticket with your 4-digit race number on it, it makes things so much quicker and easier for everyone. You can show us your e-ticket on your mobile device or go old school and print it out.

**MERCHANDISE**

If you ordered any merchandise with your registration, then this will be available for pickup at the Merchandise tent near the Coatesville Hall. Just show your race number to collect.

You can also purchase a selection of our RUN MORE gear including our famous RUN MORE hoodie. You can check out the event Tee’s this week on the Facebook page. They are a real cracker!
LATE ENTRY

It’s not too late to get your friends and family to come and race with you. Online entry is available right up until the event starts – just head over to the event website, complete the entry and show us your ticket at registration.

They can also enter in person at the race site on race day. Cash or credit card only (no EFTPOS available).

Important!! The event is close to capacity and may fill at any time. Please enter early to avoid disappointment. If entry is not available on race day, a message to this effect will be posted on our website and Facebook pages.

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 is likely to attract more than 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 website.
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 Fun Run & Walk: 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 6.45am 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

The number of portaloos needed for a race day is always n+1… but we get as many as we can fit in! They will all be available in the Playcentre carpark just a short walk down from the start line on Mahoenui Valley Rd. They are located to the right of the Coatesville Playcentre Carpark as you look from the road, backed up against the swimming pool fence.

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 locations on course; one at Aid Station 3 (601 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 tent will operate on the reserve near the finish line 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.

Important! Think ahead and label your bag with your race number before arriving at the venue. This means you will not need to queue to access the luggage tags and can just hand your bag into the tent.

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 attached to the back. We are using disposable stick-on timing tags again this year. All you have to remember is to secure your race number to the front of your shirt and you’re all set. Try to avoid holding your arm in front of the number as you cross the finish line (e.g. to turn off your watch) as this can sometimes affect the tag reading. Just wait until a few steps after the timing mat.

Important! There is no need to return your timing tag.

Important! Keep your race number with you when you finish as we will use it to register you in the prize draw for the Awards Ceremony – see below.

START TIMES

07:30am - Half Marathon runners only
07:33am - Half Marathon walkers
08:30am - 8K Classic runners only
08:33am - 8K Classic walkers
09:30am - 4K Fun Run and Walk
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.

This year the 4K Fun Run and Walk is an out and back – NO MORE BUSES! This is great news as it means you can spend more time chatting to your mates, grabbing a coffee, or just getting your warm-up on.

**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 2020 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 Settlement 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.

Riverhead Highway and circle the outside of the event site to rejoin in with the half marathon and 8K entrants to charge to the finish line.

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 Fun Run & Walk: None

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

Those in the 8K Classic also start in front of the Coatesville Settlement 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 4km Fun Run & Walk also starts in front of the Coatesville Settlement Hall and takes you on an out-and-back down to the Dotcom Mansion. As you return to the reserve, move into the reserve track following the Coatesville-

**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. A short loop around the reserve leads you into the finishing chute and the final run into 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 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 as you cross the finish line.

Get the lot and put them on your wall forever!

**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 will have some great footwear deals for you! Look for their tent beside the main stage.

**FOOD & DRINK**

A selection of food and drink options 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. Coatesville Primary School and the Coatesville Scout Group will also be selling a few goodies on site. Help support the local community and bring a few dollars along for their delicious sausage sizzle!
MASSAGE

After you finish, why not dust off the aches and pains with a ten-minute massage? SportsLab will be available next to the food vendors. Just bring along a bit of cash, crawl over there after the race 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 Fun Run & Walk
- 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) and a Garmin Forerunner watch 245 MUSIC. The grand prize is a big screen TV.

Remember - you must be present at the prize giving to claim your prize. Only those who scan their timing tags at the spot prize timing point (from 10:30am onwards, listen for announcements) will be eligible to win a prize.

Important! In the event of seriously inclement weather, we may elect to cancel the Awards Ceremony. If the weather is marginal, listen out for announcements on the PA or check out our Facebook page. If this does happen, all prize winners will be announced on our Facebook page and prizes will be couriered out to them.

RESULTS

Preliminary results will be available LIVE throughout the event. Just click on the link on our website. We will also post them to our Facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

http://facebook.com/coatesvillehalfmarathon

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. PLEASE do not contact us until you have checked the results on Monday morning. We frequently make changes and updates post-race.

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 ...

Major Sponsors
- Mizuno
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