

DIRECT GROUP UNIFORMS HAMILTON HALF MARATHON, TDO 10KM, MARK KEESOM RAY WHITE ONLINE REALTY 5KM, KINDERCARE KIDS COMMANDO CHALLENGE RACE INSTRUCTIONS SUNDAY 30 SEPTEMBER 2018

REMINDER TO PUT YOUR CLOCKS FORWARD 1 HOUR SATURDAY 29TH

Event day is now only a matter of days away. Congratulations and thank you for being a part of this event.

Below is some important event information that will help you enjoy your event day experience. Please take time to read through the information provided.

RACE START TIMES

Half Marathon Wheelies	8.50am
Half Marathon Run/Walk	9.00am
10km Run/ Walk	10.00am
5km Fun Run/Walk	10.30am
Kids Commando Challenge	11.30am

WAVE START by race numbers FOR ALL EVENTS (excluding 5km Fun Run/Walk) to avoid congestion at the start line. Placing's will be determined on net times. Walkers in ALL events will be started behind the runners.

A safety briefing will be given at the start line for each event. All entrants must be present.

REGISTRATION

AVOID THE QUEUES AND FRUSTRATION PICK UP YOUR RACE PACK & NUMBER ON SATURDAY

To avoid long delays and queues on Sunday morning we encourage entrants living in Hamilton to pick up their race numbers and pack from the Flagstaff Club, Commodore Avenue Hamilton (event headquarters) on Saturday. With your co-operation we can all save time and leave Sunday morning free for out of town entrants and those who will register on the day.

If you are arriving from out of the city please ensure you leave enough time for parking and picking up your race pack.

Registration is open

Saturday 29 th September	12 noon to 4pm
Sunday 30 th September	from 7am

LATE ENTRIES

We will be taking late entries for all events up to 30 mins before race start. Please bear in mind there is a \$15.00 late fee on all entries in the Half & 10km, \$10.00 late fee in the 5km and a \$5.00 late entry fee in the Kids Commando Challenge. Eftpos is available.

THE COURSE

NO DOGS (apart from guide dogs), SKATEBOARDS OR ROLLERBLADES ALLOWED ON COURSE

Please also note the following when competing in this event –

All roads are open to traffic

Whilst the southbound lane between Horotiu Bridge Rd & River Rd is closed to traffic please be aware that residents may be exiting/entering their property

Normal road rules must be obeyed

You must run/walk where directed at all times

If asked to run/walk inside cones placed on the road please do so.

Please listen to instructions from race officials and marshalls. The marshalls on the Half Marathon course will be in place for 3.5 hours. The course directional arrows will still be in place after this time. There will also be a tail end Charlie. All competitors must make themselves aware of the course route.

EVENT START AREAS

Start area for the Half Marathon is on pathway north of Flagstaff Club – look for the orange flags

Start area for the 10km is on pathway north of Flagstaff Club – look for the orange flags

Start area for the 5km is in the carpark outside of Flagstaff Club

Start area for the Kids Commando Challenge is in middle of Flagstaff Park

WATER STATIONS

5 situated around the Half Marathon course (at 4k, 7km, 12km, 15km & 19km)

2 situated around the 10km course (at 4km & 9km)

1 situated around the 5km course (at 2.5km)

If you think you require more water we suggest you carry your own.

PACE RUNNERS

We have 4 pace runners in place for this year's event. 1hr 40, 1hr 50, 2hrs, 2hrs 10 and 2hrs 20, Look out for the majenta T Shirts with the respective pace runner bib on the back.

CORPORATE & SOCIAL TEAMS

If you haven't already done so and require us to sort your team numbers and race packs for you to be ready for collection PLEASE LET US KNOW BY WEDNESDAY 26th SEPTEMBER.

If you are picking up your team's race numbers and packs please let them know that you are doing so.

The Fairview Mazda Trophy will be awarded to the first placed team in the Direct Group Uniforms Hamilton Half Marathon and the 10km events. The winners of the TDO Social Team Challenge will receive a prize being a trophy plus 500 TDO Dollars from The Dinsdale Office that can be used for a Christmas function, a dinner, a lunch or a package to be discussed with TDO. Terms and conditions apply.

PRIZE GIVING & PRIZES

Will take place at Flagstaff Park 12.30pm. Prize giving commences with the Kids Commando Challenge. Merit awards for runners in all categories and merit awards for the 1st placed walker, male and female in the Half Marathon. If you have won a Merit prize and do not collect at Prize giving it is your responsibility to contact the Event Director within 30 days after event date to arrange collection. You must be present to collect any of the major spot prizes. Randomly selected finishers will be handed a letter at the finish line for minor spot prizes. These can be collected from the spot prize table in Flagstaff Club. If wet a decision will be made on event day as to whether prize giving will go ahead or not.

MAJOR SPOT PRIZES

Our major spot prizes will be cash so you can go shopping and choose what you like. **REMINDER YOU MUST BE PRESENT TO COLLECT THESE PRIZES.**

MEDALS

Every finisher in all events will receive a special 15th anniversary medal after crossing the finishing line. We will also have available a special photo booth for you to have your photo taken with your medal.

T SHIRTS

If you ordered an event T Shirt by 17th September you can collect it from Registration Saturday or Sunday. If ordered after this date your T Shirt will be posted out to you. A \$6.00 postage charge has

been added to T Shirt orders after this date. Orders will be taken on race day and posted out to competitors with a \$6.00 postage charge also added. If your ordered T shirt is not picked up on event day please contact the Event Director to arrange for pick up.

TIMEKEEPING & RESULTS

Your overall finish time will be recorded by Timing Sports. Official timekeeping ceases 3h 30 after race start. A link to the results will be posted on hamiltonhalfmarathon.org.nz shortly after the event.

FINISH PHOTOGRAPHS AND CERTIFICATES

Photos are being taken of all finishers. Marathon-Photos.com are our official photographers and all photos will be available to view and purchase after the event at Marathon-photos.com. You will also be able to download your FINISHERS CERTIFICATE FREE from their website on the link by entering your race number.

PARKING

If the weather treats us kindly within the next few days you will be able to park on Housing NZ Land, entrance off Endeavour Ave. *A donation of a gold coin to True Colours Children's Health Trust for parking will be collected once you have parked. Keep an eye on Facebook for any changes.*

HOWEVER, IF WET WE WILL NOT BE ALLOWING PARKING ON THIS LAND. Please use the streets surrounding Flagstaff Park. Refer to parking maps on the website. There are 4 feeder paths into the park and these will be clearly marked. Wherever you park you will not be far away from one of the feeder paths to the Park. **PARKING IS NOT ALLOWED IN THE FLAGSTAFF SHOPPING CENTRE.** If you are dropping off please do not drive into the Housing NZ parking area. Please drop off at either Flagstaff Shops between the shops and health centre and walk through to the Park. Or you can drop off at any of the feeder paths into the Park. Please do not try and enter Commodore Ave as this street is closed on event morning. All events use this street.

FOOD AND REFRESHMENTS

Put your feet up and enjoy food and refreshments – we will have a variety for you and The Coffee Guy.

For every finisher we will be providing a banana, courtesy of our official fruit supplier Dole, plus a drink courtesy of our official drink supplier Thortz.

LEFT LUGGAGE

If you wish to leave your running bag, keys etc in a secure place then please hand it in to left luggage situated outside Flagstaff Club. Your bag will be tagged with your race number ready for collection after the race. PLEASE ALLOW YOURSELF PLENTY OF TIME TO DO THIS. Any lost property will also be left here. Please note this is a secure area.

TOILETS AND SHOWERS

There are toilets and showers available at Flagstaff Club and we will be providing portaloos and a urinal which will be situated at the back of Flagstaff Club. **THERE WILL BE 3 PORTALOOS SITUATED AROUND THE COURSE.** For the Half Marathon one at 7km and one at 13km and for the 10km at 4km.

THE COURSE FOR KINDERCARE KIDS COMMANDO CHALLENGE

This event will be held in Flagstaff Park. There will be several obstacles.

Don't forget to stay in touch with us by liking our Hamilton Half Marathon Facebook page.

Lyn Harris

That is all from me for now. See you on event weekend.