

**DIRECT GROUP UNIFORMS HAMILTON HALF MARATHON, TDO 10KM, MARK KEESOM RAY WHITE ONLINE REALTY 5KM, KINDERCARE KIDS COMMANDO CHALLENGE RACE INSTRUCTIONS SUNDAY 29 SEPTEMBER 2019**

**REMINDER TO PUT YOUR CLOCKS FORWARD 1 HOUR SATURDAY 28<sup>TH</sup>**

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 28 <sup>th</sup> September	12 noon to 4pm
Sunday 29 <sup>th</sup> 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 on River Rd between Horotiu Bridge Rd & Kay 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 5 pace runners in place for this year's event. 1hr 40, 1hr 50, 2hrs, 2hrs 10 and 2hrs 20.

Look out for the purple 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 25<sup>th</sup> 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. The Direct Group Uniforms Personal Trainers Challenge will be awarded to the first placed team with a prize from Direct Group.

## **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 1<sup>st</sup> to 3<sup>rd</sup> placed walker, male and female in the Half Marathon. If you have won a Merit prize and do not collect it by 2pm on event day your prize will be forfeited. You must be present to collect any of the spot and 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 you do not collect your spot prize by 2pm on event day your prize will be forfeited. If wet a decision will be made on event day as to whether prize giving will go ahead or not.

## **MEDALS**

Every finisher in all events will receive a 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 16th 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](http://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](http://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 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 food truck 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.

## **CONNECT THERAPIES**

Kane Monrad from Connect Therapies is a Hamilton based acupuncturist with a strong interest in treating sports injuries. The heat patches he uses are herbal based and are fantastic for acute injuries, and chronic aches and pains of all kinds. Kane has had great results in supporting pain management of a wide range of muscle, tendon, ligament and soft tissue injuries. Kane will have a

stand set up to sell patches at our event on Saturday 12 noon to 4pm and on event day Sunday. Look out for his stand in Flagstaff Club.

Also look out for run EZ who will have a stand in Flagstaff Club. They sell Hip Bags, which are made of high-quality lycra, sit comfortably around your waist, and hold all the little things while you go for a run. They fit a surprising number of things inside, including large phones, eftpos cards and keys! This makes them perfect for anyone training or about to participate in a marathon

### **PLASTIC FREE**

This year we are commencing our move to become plastic free by not using plastic bags for our race goodies or event crew packs. We will however be using up some plastic cups leftover from last year and moving to completely biodegradable next year.

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

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

Lyn Harris