

Athletics New Zealand Mountain Running Championships – Saturday 18th March 2023

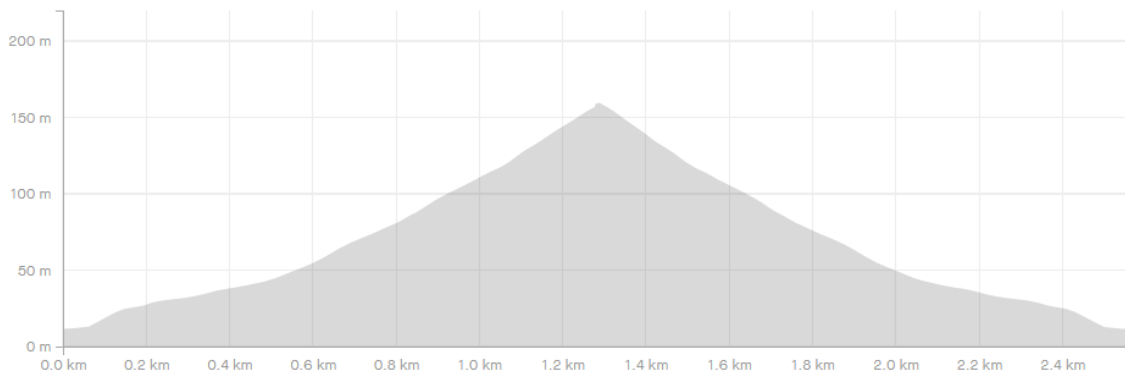
Course Description

Start Line

In-front of the boat-ramp at the base of Mauao athletes will veer right and run through the left-edge of the campground up the drive and onto the Motukauri (4wd) track of the Mount.

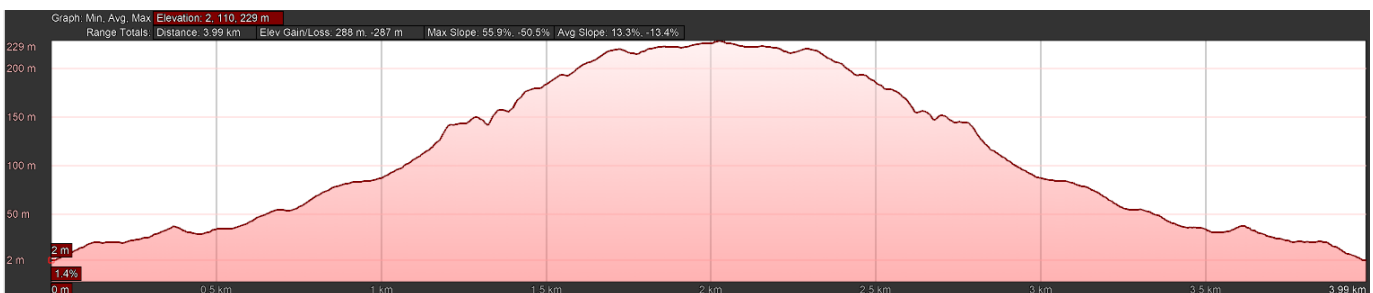
Short Lap (Forms the first & last 1.3km of the long lap)

Athletes will climb steadily for 700m up to the water Tower, then continue climbing for another 600m of moderate climbing to the first hairpin turn where they will turn and head back down. Descending back down on the left of the same path with a turning point near the top of the campground to start subsequent laps or on the final lap athletes will descend down the drive they started from to the loading zone area for the finish.



Long Lap (Base to Summit)

Instead of returning to the base like in the short lap, athletes will take a hairpin right turn and keep ascending the 4wd track, they will then ascend another 200m before a sharp left-hand hairpin turn. From here there is another 500m of steep gravel track to the summit (which becomes flatter and more undulating near the top). Once at the summit athletes will undertake a small loop at the top and beginning their descent down the same track to the top of the campground where they will begin their short laps or descend to the finish for the social racers.



Notes

The descent from the summit is technically challenging and athletes should be careful of loose rock and flat rock which will have little traction. Part of the second hairpin on the long lap descent is nearly a drop off and will be closed off during the race. Note unlike the traditional Boxing Day Mountain race there are no steps on the course which will hopefully make for fast and exciting racing.

Finish Line

All athletes will finish into the loading zone which will be parallel to the officials and timing tent.

Key Details

Social Race (12pm)

4km & 260m up/down (1x Long Lap)

Junior & Masters Women (1.30pm)

6.6km & 410m up/down (1x Long Lap (aprox 4km, 260m up/down) followed by 1 x Short Laps (aprox 2.6km, 150m up/down))

Junior & Masters Men (2.15pm)

6.6km & 410m up/down (1x Long Lap (aprox 4km, 260m up/down) followed by 1 x Short Laps (aprox 2.6km, 150m up/down))

Elite Men & Women – 3pm

11.6km & 710m up+down (1x Long Lap (aprox 4km, 260m up/down) followed by 3 x Short Laps (aprox 2.6km, 150m up/down))

Call-Times

Athletes will be called to the start 10min before each event

Prize Giving

A prize giving will take place at 6pm in a local venue near the course TBD.

Open Course

At this stage the course will be an open course meaning members of the public can still use the course during the duration of the event. Please be mindful of this particularly when undertaking the long lap as the summit will be very busy if the weather is fine. Athletes will be expected to stay to the left unless passing to prevent collisions between people ascending and descending.

Before the Race & Parking

The boardwalk and the beach to the South of the Boatramp will be room where athletes can congregate and warm-up before the event. Parking exists along the length of pilot bay, but (subject to weather) this parking will likely be at a premium so consider other means of transportation. Limited parking will be made available for officials and people with physical disabilities near the start-line.

Accommodation

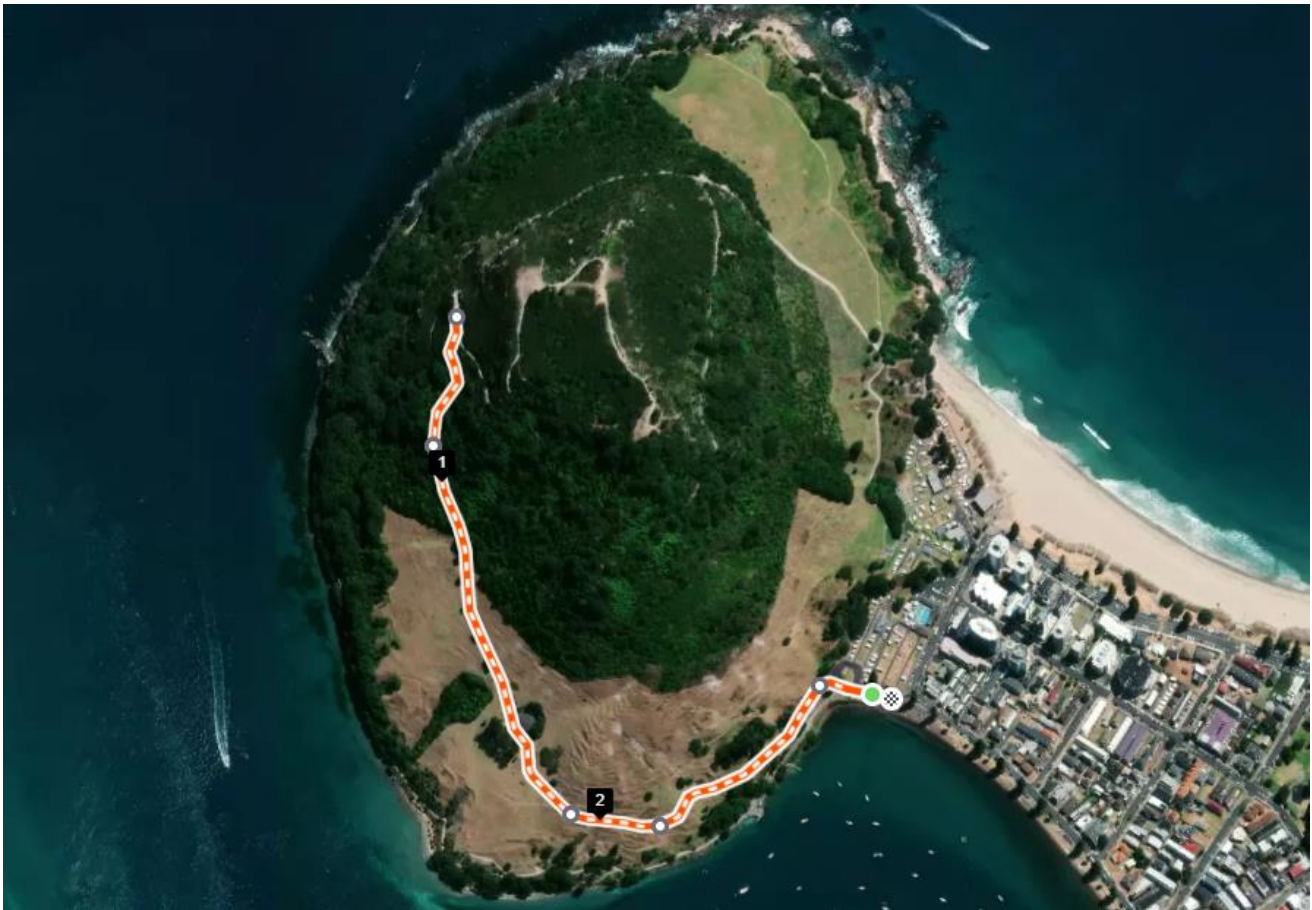
Mount Maunganui Beachside Holiday Park are supporters of the event and have some great cabin options or tent sites for the more intrepid, please consider them when you book your stay.

www.mountbeachside.co.nz

Acknowledgment

The organisers would like to acknowledge the work of The Mauao Trust as custodians of Mauao.

Short Lap



Long Lap (Blue Trail)



*The exact route is subject to change due to adverse weather, high pedestrian flows or council considerations