



Welcome to the final Total Sport event of the year! We cannot wait to spend the day with you all on Auckland's wonderful west coast this Saturday 10th December.

### **IMPORTANT EVENT INFORMATION**

PLEASE take 5 minutes to read through the information below to ensure you have everything you need to know ahead of event day.

### **KAURI DIE BACK PREVENTION**

Although our courses have been carefully selected with the protection of our wonderful kauri trees in mind, we are operating in a high-risk area. As such, every practical measure will be taken to minimise the spread of kauri dieback. The disease is largely transferred by soil movement so we will be implementing strict kauri dieback procedures including:

- Compulsory shoe checks. Please make sure your shoes are spotlessly clean and free from any soil/mud before you arrive at event base on Saturday morning – all shoes will be checked prior to registration.
- Pre-start disinfecting. Before the start line you will be asked to walk over blue mats which contain SteriGene disinfectant to further sanitise footwear, please make sure you give your shoes a good shuffle on it.
- Compulsory shoe cleans at the finish line.

For more information see <https://www.kauridieback.co.nz/>. Thank you in advance for your understanding and co-operation.

### **DRIVING DIRECTIONS**

All events start and finish on private land at [280 - 282 Bethells Road](#). The drive time is about 45mins from Auckland Central but give yourself some extra time if you're not familiar with the area as the roads get pretty twisty and narrow in some places, plus there is an approximately 600m walk from car parking to event base. There is parking both on private land and at the main Bethells reserve, you will be directed by signage and our parking team as you approach the area. Please ensure you are following event signage to park in event parking only, not on the grass roadsides.

There is very patchy cell reception once you get close to Bethells Beach, so make sure your route is mapped before you go! Printable driving directions can also be found [here](#).

### **CAR POOLING**

As is often the case, these stunning locations don't necessarily lend themselves to parking 100's of cars! So if you have some trail buddies you can share a ride with to reduce the number of cars attending, we would definitely love you even more for it.

## KEY EVENT INFORMATION

All events Start and Finish at the event base: 280 - 282 Bethells Road.

Compulsory race briefings are 10mins before each start, you must attend these.

## START TIMES

|                         |       |
|-------------------------|-------|
| 21km Half Marathon Walk | 08:30 |
| 21km Half Marathon Run  | 09:00 |
| 11.5km Run / Walk       | 10:00 |
| 6km Run / Walk          | 10:30 |

## REGISTRATION

Registration will open from 7:45am at the event base.

With so many people descending on event base in such a short time frame, queues are inevitable. We do our best to keep the lines moving but please allow time for the 600m walk from parking, possible queueing at registration AND then for toilets as well. We would advise arriving at least 45mins before your start time.

Lines will be split alphabetically by Surname (e.g. A-G, H-N, O-Z ), all you need to do is line up in your correct line and give our Registration staff your name to collect your race number and timing chip.

## LATE ENTRIES

Late entries will only be available if the event has not sold out prior.

Please check the [Speight's West Coaster Facebook Page](#) for the latest updates.

## CUPLESS EVENT

As trail runners and nature lovers we're keen to do our part to protect our beautiful planet and reduce the environmental impact of our events. As such, we have ditched those nasty disposable cups!

Aid stations will still be stocked with water and R-Line electrolyte for you to refill your own vessel but they will have NO DISPOSABLE CUPS for use.

## TE HENGA GALLERY

We have a very special addition to this year's event day. The local Te Henga Gallery is extending it's pop-up event exclusively for Speight's West Coaster participants!

Located right next to event base this will be a beautiful space to appreciate local art and support the local artists.

Work will be available from the following artists: Vicky Bethell (painting & photography), Deborah Tetlow (painting), Rowena Coombes (ceramics), Joelle Bunt (painting), Rachel Bebbington (weaving & painting), Annabelle McCusker (pottery), Georgia Pettengell (jewellery), Karen Blyth (stained glass) and Arthur Amon (sculpture), Graham Hill (painting), Kitty Salmon (gifts).

Check out further information and examples of the work online : <https://www.facebook.com/tehengagallery>

## FOOD & BEVERAGE – PLEASE BRING CASH!

We will have Hero Coffee on site ready to kick start your day.

The team from Gourmet Shuttles will be on site offering hot chips, burgers and other food items for purchase.

No Speight's West Coaster event would be complete without that shining beacon at the finish line.... the big blue Speight's tent! We will have the Speight's on ice, so head on over after your run or walk and grab a cold one courtesy of our title sponsor 🙌

## GEAR BAGS

For any gear you don't want to carry with you; you can leave this with us in the Gear Tent at event base where we will label it with your race number ready and waiting for your return!

## SPORTS LAB MASSAGE

We have the Sports Lab team on board this year - the experts in Physio, Podiatry and Massage these guys bring a wealth of knowledge beyond the essential post-run rub down!

Treat those tired legs to a post event massage and speed up your recovery – \$25 for 15 minutes.

## PRIZE GIVING

Prize Giving will take place at 12:30pm at the event base. Trophies will be awarded to the over-all race winners, male and female, for each of the race options.

There will also be a selection of spot prizes from our generous sponsors which you must be in attendance to win!

## PHOTOS 4 SALE

The team from [Photos 4 Sale](#) will be out on course and at the finish line again this year to capture all the magic of the day!! Your personal photos will be available online after the event, and their unique Pay What You Want initiative means there's nothing stopping you grabbing an action shot or two to enjoy later.

## RUNNING AND WALKING FORMALITIES

We all love a good competition, so for our first-timers and a reminder to regulars, we have different running and walking categories. This is to ensure that both runners and walkers can compare results against other walkers and runners. Many times a walker will unintentionally break into a run, however if you are planning to run some and walk some of the event, please enter the run category. Only enter the walk category if you plan to walk the entire distance that you've entered.

## SPONSORS

As well as our awesome title sponsor [Speight's](#) (love your work guys!), we are very fortunate to have a great group of sponsors supporting the SPEIGHT'S West Coaster event this year so please show them your support. We really couldn't do it without these guys!

