



Registration

Registration takes place at The Good Home, 55 Princes Street, on Friday 22nd September 12pm - 4.30pm, Saturday 9am-12pm. You must be pre-entered **BEFORE Tuesday 19th SEPTEMBER** to receive your race pack and transponder during these times. Additional Late Entries will take place at the Event Centre at Onehunga Bay Reserve on Sunday 6.30am-7.25am plus \$10 from regular entry – cash only.

Remember to put your clocks forward on Saturday night for Daylight Saving!

Race Day

Compulsory Race Briefing

Briefing is at 7.45am at Onehunga Bay Reserve in the cordoned off area of Beachcroft Ave. It is essential you are at race briefing as there could be some important information and changes which will be confirmed prior to race start.

The Course

Race start is along Beachcroft Ave outside the Onehunga Bay Reserve Carpark. Runners & walkers make your way along Beachcroft Ave to the overbridge. Turn **LEFT** onto the bridge, **LEFT** along Orpheus Drive to the Mangere Bridge where you will be directed according to your category.

7km - On arriving at Mangere Bridge, you head along the walkway under the 'New' motorway bridge, turn **RIGHT** along Waterfront Road, **RIGHT** along the old Mangere Bridge (Coronation Road), **LEFT** onto Onehunga Harbour Road, along Orpheus Drive, **RIGHT** over the overbridge, **RIGHT** along Beachcroft Ave to the **FINISH** line at Onehunga Bay Reserve Carpark.

10km - On arriving at Mangere Bridge, you head along the walkway under the 'New' motorway bridge, turn **RIGHT** along Waterfront Road, **RIGHT** along the old Mangere Bridge (Coronation Road), **RIGHT** along the Onehunga Foreshore Walkway to the 10KM turnaround. Retrace your steps to Onehunga Harbour Road, along Orpheus Drive, **RIGHT** over the overbridge, **RIGHT** along Beachcroft Ave to the **FINISH** line at Onehunga Bay Reserve Carpark.

16km – On arriving at Mangere Bridge, you head along the walkway under the 'New' motorway bridge, turn **RIGHT** along Waterfront Road, **RIGHT** along the old Mangere Bridge (Coronation Road), **RIGHT** along the Onehunga Foreshore Walkway to Hugo Johnston Drive, **LEFT** into Southpark Place and the 16KM/Half Turnaround. Retrace your steps to Onehunga Harbour Road, along Orpheus Drive, **RIGHT** over the overbridge, **RIGHT** along Beachcroft Ave to the **FINISH** line at Onehunga Bay Reserve Carpark.

Half Marathon – On arriving at Mangere Bridge, you head along the walkway under the 'New' motorway bridge, turn **RIGHT** along Waterfront Road, **RIGHT** along the old Mangere Bridge (Coronation Road), **RIGHT** onto the Onehunga Foreshore Walkway to Hugo Johnston Drive, **LEFT** into Southpark Place and the 16KM/Half Turnaround. Retrace your steps to Onehunga Harbour Road, **LEFT** over the Old Mangere Bridge, **RIGHT** along Kiwi Esplanade to the **Turnaround** point. Retrace your steps along Kiwi Esplanade, **LEFT** into Coronation Road, **LEFT** along Onehunga Harbour Road and onto Orpheus Drive, **RIGHT** over the overbridge, **RIGHT** along Beachcroft Ave to the **FINISH** line at Onehunga Bay Reserve Carpark.

Other useful information

- There will be kilometre markers throughout the course.
- We will do our absolute best to ensure event distances are correct to within the metre.
- Drink Stations** - these will be situated at approximately 5km, 10km & 15km (Half Marathon distance) out on the course. Electrolytes & water will be available at each station.
- Marshals** - We will have marshals out on the course directing you along the route.
- Toilets** - we will have additional toilets at Onehunga Bay Reserve for race start. A toilet will be available at Hugo Johnston Drive and public toilets along Kiwi Esplanade. Please make sure you use these and not the cafes!
- Prizegiving** - this is a 'rolling' prizegiving so that competitors will be awarded their merit prizes and pre allocated spot prizes as they cross the finish line.
- The course is flat & fast throughout.
- Timing Tag** - remember to return your race timing tag or there will be an additional charge of \$40.

Safety

- All roads will be open to other traffic. Obey road rules at all times.
- The race controllers will monitor competitors during the race. Please ensure you follow marshals' instructions at all times.
- Medics will be on standby for the duration of the event.

Please see website (www.onehungahalf.co.nz) for further information.

Questions

If you have any questions, please phone Tom on 021 1901 079

See you on race day!