

**IRONMĀORI**  **RI**®

**IRONMĀORI**

**Kaumātua /  
Tamariki-Rangatahi**

**Event Manual**

**1 November 2024**

## **EVENT DETAILS:**

**Date: Friday 1<sup>st</sup> November 2024**

**Location: 4 Hardinge Road,  
(Near the Harbourview Seaside  
Accommodation and Boardwalk, Beach,  
Bar & Bistro) Ahuriri, Napier.**

## **START TIME:**

**09:00am: Event Start for Kaumātua:**

**500m, 1km, 3km walk/run.**

**10:00am: Race Briefing for**

**Tamariki/Rangatahi**

**10:05am: 1km Walk/Run**

**10.07am: 3km Walk/Run**

**10.07am: 5km Walk/Run**

## **EVENT DISTANCES:**

**Kaumātua: 500m, 1km, 3km Walk/Run**

**Tamariki/Rangatahi: 1km, 3km, 5km  
Walk/Run**

**Tamariki 5-7 years are not eligible to  
participate in the 3km or 5km distances.**

## Event Timetable

### Friday 1st November 2024 Timetable:

Time	Activity	Location
8.00am-8.30am	<p>Registration <b>opens</b> - including any changes, and late entries. (Cash and eftpos available for late registrations).</p> <p>This time is dedicated for the IRONMĀORI Kaumātua athletes, however we will allow the Tamariki-Rangatahi to also collect their packs during this time.</p>	<p>Next to the merchandise tent and finish line vicinity</p> <p>4 Hardinge Road (Near Harbourview Seaside Accommodation), Ahuriri, Napier</p>
9:00am	IRONMĀORI Kaumātua event commences	
9.00am-9.30am	<p>Registration <b>opens</b> - including any changes, and late entries. (Cash and eftpos available for late registrations).</p> <p>This time is dedicated for the IRONMĀORI Kaumātua athletes, however we will allow the Tamariki-Rangatahi to also collect their packs during this time.</p>	Finish line vicinity
10.00am	IRONMĀORI Tamariki-Rangatahi Race Briefing	Finish line vicinity
10.05am	IRONMĀORI Tamariki-Rangatahi 1km Walk/Run commences	Boardwalk
10.07am	IRONMĀORI Tamariki-Rangatahi 3km Walk/Run commences	Boardwalk
10.07am	IRONMĀORI Tamariki-Rangatahi 5km Walk/Run commences	Boardwalk
Est. 11.00am	Event Prize Giving	Finish line vicinity

## **Competitors Brief & Helpful hints:**

### **Pre-Event Preparation:**

#### **General Information**

Event updates/changes will be emailed out and posted on our Facebook page, but you need to ensure you have liked our Facebook page to receive them.

### **Checklist**

#### **Walk/Run Leg**

- Comfortable Walking/Running shoes.
- Socks
- Cap / Visor
- Race number Bib (provided in your race pack)
- Race number belt or pins to attach your race number.
- Sunglasses/weather appropriate clothing
- Sunscreen
- Water Bottle

## **Race Pack Pick Up**

Your race pack will include your Race Bib Number and Event T shirt (please note that t shirt sizes will be as per your registration details and cannot be changed).

You can collect your Race Pack on Friday morning from 8.00am to 8.30am or from 9.00am to 9.30am. If you are coming as a group, one person can be assigned to pick up the group's race packs.

## **Race Numbers**

You will be required to wear your Race Bib Number during your race. The Bib needs to be **pinned to the front** of your shirt for ease of identity, safety, and photographic purposes.

**It is compulsory that you fill out the emergency details on the back of your race number.**

Any changes to your registration details can be discussed with the team at the Registration Tent at Athlete Check-in's.

## **Getting to the Venue and Parking-**

Parking is available on the grass area at Perfume Point, 46 Nelson Quay, Ahuriri, Napier.

Please **DO NOT** park over the footpath/board walk, as this is part of the event course.

Please **DO NOT** block other vehicles or block entry/exit points within the assigned parking area.

We also ask that you respect local businesses and residents by not parking across driveways or on footpaths.

## Event Day

### Services available

#### Hydration Station

There will be a Water Station at the Finish Line.

#### Medical Assistance

**Ambulance EMT:** will be onsite on Friday 1<sup>st</sup> November 2024 from 8:30am until 12:30pm. They will be located within Transition.

#### Rongoā Māori Healers

There will be two Rongoā Māori Healers available on Friday. They will be located within the Finish Line Vicinity. This service is sponsored by ACC and is free of charge.

### Know the course:

Please see Course Map below to familiarize yourself with the course directions, location of turns and general course information.

#### Walk/Run Course

You **MUST wear shoes** for the **walk/run** for safety reasons. If a child presents with no shoes for the run course, they will not be allowed to take part in the event.

Please listen to all marshals to ensure your safety, and that you are heading in the correct direction.

## Venue Maps-

For better quality and to enlarge maps please go to [www.ironmaori.co.nz](http://www.ironmaori.co.nz) and then the IRONMĀORI Tamariki-Rangatahi Event section.

### 1km Walk/Run



All 1km distance athletes will be required to make their way to the start line which will be located on the boardwalk, near the finish line entry point at 10.03am. The Race Director will countdown 3, 2, 1 GO at 10.05am to start the race. The athletes will then walk/run heading east along the boardwalk towards Spriggs Park. There will be a turnaround cone located on the footpath opposite Macaulay Street. A marshal will be stationed at the turnaround cone to assist you. You will then head back along the footpath heading towards Transition/Finish Line Vicinity. You will continue past Transition/Finish Line Vicinity heading towards Perfume Point to the second turnaround cone. A marshal will be stationed at the turnaround cone to assist you. Once you have reached this point, you will head back towards the Finish Line to receive your finishers medal.

We encourage whānau to present the finisher's medal to the Tamariki-Rangatahi.

## 3km Walk/Run



All 3km distance athletes will be required to make their way to the start line which will be located on the boardwalk, near the finish line entry point at 10.06am. The Race Director will countdown 3, 2, 1 GO at 10.07am to start the race. The athletes will then walk/run heading east along the boardwalk towards Spriggs Park. There will be a turnaround cone located on the footpath at the end of Hardinge Road. A marshal will be stationed at the turnaround cone to assist you. You will then head back along the footpath heading past Spriggs Park and towards Transition/Finish Line Vicinity. You will continue past Transition/Finish Line Vicinity heading towards Perfume Point to the second turnaround cone. A marshal will be stationed at the turnaround cone to assist you. Once you have reached this point, you will head back towards the Finish Line to receive your finishers medal.

We encourage whānau to present the finisher's medal to the Tamariki-Rangatahi.



## 5km Walk/Run



All 5km distance athletes will be required to make their way to the start line which will be located on the boardwalk, near the finish line entry point at 10.06am. The Race Director will countdown 3, 2, 1 GO at 10.07am to start the race. The athletes will then walk/run heading east along the boardwalk towards Spriggs Park. There will be a turnaround cone located on the footpath at the end of Hardinge Road. A marshal will be stationed at the turnaround cone to assist you. You will then head back along the footpath heading past Spriggs Park and towards Transition/Finish Line Vicinity. You will continue past Transition/Finish Line Vicinity heading towards Perfume Point to the second turnaround cone. A marshal will be stationed at the turnaround cone to assist you. You will then start your second lap of the course outlined above. Once you reach the Perfume Point turnaround cone for the second time you will head back towards the Finish Line to receive your finishers medal.

We encourage whānau to present the finisher's medal to the Tamariki-Rangatahi.

### **11.00am: Prize giving commences**

Prize giving will be based within the Finish Line Vicinity, near the Harbourview Seaside Accommodation, 4 Hardinge Road, Ahuriri, Napier.

### **Littering**

Littering is against all race rules, so all litter needs to be carried back to transition. There will be rubbish bins provided at transition.

### **Other Queries**

**We welcome constructive feedback, as this helps us to be better at what we do**

If you wish to provide any feedback, please do so by emailing [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz)

**Enjoyed training for this event? Go to [www.ironmaori.co.nz](http://www.ironmaori.co.nz) for future event information.**

# Upcoming Events

All our events are open to everyone! We are a Drug, Alcohol and Patch Free Kaupapa! Come and participate, spectate, and enjoy the whanaungatanga!

Event	Date	Registration
<b>IRONMĀORI TĀMAKI 2024</b>  (Auckland based)	Saturday 16 <sup>th</sup> November 2024	Open until Tuesday 5 <sup>th</sup> November r 2024  <b>Head to our website:</b> <a href="http://www.ironmaori.co.nz">www.ironmaori.co.nz</a> to register.