

RACE GUIDE

Race three of the Harcourts Cooper & Co North Shore Run Series takes us to the stunning Navy Fields facility at Ngataranga Bay. This amazing facility is tucked away in a quiet corner of historic Devonport and offers flat roads, huge spaces and wide harbour views ... you'll even be looking directly at the Harbour Bridge as you start! The course a standard North Shore Run Series five kilometer lap with race options for 5k, 10k or 15k available. Outside the navy area you'll run through historic, villa-lined streets before taking in a lap of nearby Ngataranga Park. Mint!
Here is everything you need to know to be ready to race on Sunday ...

EVENT DATE
22 JANUARY 2023

LOCATION
NAVY SPORTS FIELDS
NGATARANGA BAY, AUCKLAND NZ
36°49'23.5" S / 174°46'56.3" E

RACE DAY SCHEDULE

- 06:30 RACE SITE OPEN
- 08:00 5K, 10K & 15K RUN
- 08:03 5K & 10K WALK
- 09:30 2K KIDS DASH
- 10:00 AWARDS CEREMONY
- 10:20 EVENT CLOSE (approx)

RACE NUMBERS & MERCHANDISE

Before you can participate, you need to have your official Run Devonport race number with timing tag attached. Read on for full details of how to get yours:

- > **NSRS SERIES PASS** / You guys should already have received your race numbers for all four series events when you collected your series t-shirt. Look after those numbers - a fee is charged for replacements!
- > **SINGLE RACE ENTRY** / Collect your race number at any of the race pack pickup sessions listed below.
- > **LATE ENTRY** / Late Entry is available right up until the race starts (+\$5 on race morning). You can do it online via the event web site or by using the iPad kiosks at the venue. Payment can be made by credit card online or by paying cash at the Late Entry desk (sorry, cash/credit only, no eftpos).
- > **RACE PACK PICKUP SESSIONS:**
SAT / 2pm-4pm: Race Venue, Navy Fields, Ngataranga Bay.
RACE DAY / from 6:30am: Race Venue, Navy Fields, Ngataranga Bay.
- > **MERCHANDISE** / All Merchandise orders are available for collection during the PRE-RACE DAY race pack pickup sessions or **from 8:30am** on race day. Show your race number at the orange Merchandise tent (next to number pick up) to collect. You can also purchase additional merchandise items subject to availability (sorry, cash/credit only, no eftpos).

GETTING THERE

SUPER IMPORTANT!!!
Google Maps cannot direct you to the race venue as it is inside the controlled Navy area. Therefore, you need to decide in advance where it is you plan to park and navigate to that spot directly. You can then use Google's walking instructions to get to the venue if you are unsure of the way.

- > **PARKING** / With our sincere thanks to NZ Navy, we are able to park on the western side of Navy Fields. Check out the parking and road closure map on the web site for more info and directions. Be aware that venue parking is STRICTLY in by 7.30am, out after 10am. We do not anticipate this car park reaching capacity. If you would prefer to leave earlier (or arrive later ?????!!) then the best street parking is in the Stanley Bay area. Once again, details are on the parking map on the web site.
- > **PUBLIC TRANSPORT** / Public transport is limited on Sunday mornings but check online for bus timetables. The Devonport ferry terminal is 2.5km away and first ferry on a Sunday is 7.30am arrival so this would be a very tight schedule and is not recommended.
- > **ROAD CLOSURES** / Sections of Cowper St, Mozeley Ave, Abbotsford Terrace and Victoria Rd (north end only) will be closed from 7:30am - 10am on race morning. Access to Jim Titchener Parade will be for navy personnel only during the event. Full details are on the parking/road closures map on the web site. We are extremely grateful to local residents, NZ Navy, Auckland Council and Auckland Transport for permitting these road closures for a safe and enjoyable event experience for all.

BEFORE YOU START

Not long to go now! The adrenaline is starting to kick in big time. Here's what you need to be thinking about now ...

- > **TOILETS** / Event portaloos will be located in the small car park adjacent to the start line. These are convenient also for those continuing on to a second and third lap.
- > **GEAR DROP & KEY CHECK** / A self-service Gear Drop area is housed behind the red Gear Drop tents in the venue. Show your race number to enter/exit and select one of the numbered aisles to set your bag down. If you only have a set of keys to drop, a **Key Drop** container will be available at the Gear Drop entrance. Please ensure you label your keys with your race number. **Important!** The Gear Drop area is not covered and your bags will be exposed to the elements.
- > **RACE NUMBER** / Your official race number - with timing tag attached to the back - must be worn on the front of your top throughout the event. Avoid folding or crumpling the electronic tag to ensure it works correctly and keep your bib with you after you finish if you want to be included in the spot prize draw.
- > **WARM UP** / Let one of the friendly crew from SportsLab get you limbered up and ready to race with a short warm-up. This will take place in front of the main stage around 10 minutes prior to the main (8am) start. Listen for announcements.
- > **RACE BRIEFING** / A compulsory race briefing will take place at the start line a few minutes before the main start (around 7:55am). It is essential that you listen, understand and comply with the instructions given in the briefing, which will focus primarily on the safety of yourself and your fellow athletes.
- > **COMPETITIVE WALK** / To be included in the 10KM or 5KM Competitive Walk competition, athletes must:
1. Register themselves in the Competitive Walk
2. Start on the designated walk start gun (3 mins after runners)
3. Walk at all times whilst completing the course.

DURING THE RACE

The Run Devonport course takes in a full lap of the Navy Sports Fields - including great views of the inner harbour and Harbour Bridge - followed by an out-and-back section through local historic suburbs and a loop of the tracks inside Ngataranga Park. The 5k loop is mostly flat and fast, with a short hill into/out of the suburbs. The 10k course is two laps of the circuit and the 15k is three laps. Be ready for the decision point near the end of each lap where you will be directed to bear left for the finish line or keep right and carry on for your next lap.

The kids take in a shortened course comprising one full lap of Navy Fields perimeter road with a short out-and-back to the naval base front gate.

- > **COURSE MAPS** / Detailed course maps - in a variety of formats - are available from the event web site: <https://rundevonport.nz/races>
A large format course map will be on display at the venue.
- > **COURSE CHANGES** / The course for Run Devonport is unchanged from previous years.
- > **AID STATIONS** / An aid station serving water and r-line sport drink will be located half way around the loop in the north-eastern corner of Ngataranga Park. Another station - for 10k and 15km competitors only and serving only water - is right before heading out onto your next lap.
- > **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. To access live results, just look for the button on the front of the event web site during race weekend or scan the QR code on your race number to be taken directly to your personal result.
- > **CUT OFF TIMES** / Marshals, aid stations, road closures and signage may all be withdrawn based on the 2hr event cut-off schedule. If you are unable to maintain this pace you will need to withdraw or proceed as a member of the public. We feel that every participant who makes it to the finish line is a winner and we will continue to record finish times and award finisher medals until the race site is cleared.

WHEN YOU FINISH

Hey legend! You made it ... now what???

- > **FINISHER MEDAL** / Every mighty warrior that crosses the finish line in Navy Fields will receive a beautiful Harcourts Cooper & Co Run Devonport finisher medal. Our medals this year are in deep black finish with blue highlights and a blue ribbon. The Run Devonport "battleship" logo is prominent. A recess on the back of your medal is provided for a revTab - a specially minted self-adhesive plate for recording your name and finish time (see <https://runningevents.co.nz/revtab> for more info).
- > **REFUELLING** / Next up is the Refuelling Station - three blue tents of urgently needed re-supply! Fill up on water or Supa sport drink and grab a banana (please, only one per competitor). Now you're ready to find a spot on the grass and r-e-c-o-v-e-r!
- > **FOOD & DRINK** / Harcourts Cooper & Co's amazing "coffee and cone" van will be on hand to serve up your favourite cup of joe or a tasty ice cream to help you cool down. All proceeds from Coffee & Cone go directly to charity. Onya Cooper & Co! Looking for something you can really get your teeth into? A dairy is right around the corner and local cafes are a short walk away.
- > **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 10am sharp on the main stage, right in the heart of the event venue. Come along to acknowledge some of the great performances of the day and you might just be taking home your share of over \$3,000 of amazing spot prizes. Remember, you must be present in person - and be recorded on the spot prize mats - to be eligible. Keep your race number and listen for announcements around 15 minutes before the ceremony.

KEEPING SAFE

The safety of yourself, your fellow participants and the public is our number one priority.

- > **COVID** / If you are COVID positive, a close contact of a case, awaiting a test result or feel at all unwell - please ... do not attend. Give those around you as much room as you are able and if you are personally worried about having people close to you, hang back for a few moments at the start line and things will clear out pretty quickly.
- > **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, pedestrians or stray vehicles. Even when the road is closed, we cannot guarantee it will be traffic free. Residents accessing properties are likely to be on the road and some point and - despite our best efforts - they may not be fully aware of your presence. Always treat vehicles with caution - no matter who has right of way, vehicles always win. If you see a competitor in distress, stay with them and send a message to the next marshal. If it is a life threatening emergency, ask someone to call 111.
- > **MEDICS** / The amazing team from St John will provide medical cover for our event. If you are feeling unwell as you finish, look out for their tent/ambo right after the finish line.

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