



COASTAL FIVE 2024

RACE BRIEFING

ALSO SEE [COASTALFIVE.CO.NZ/ATHLETE-INFO](https://coastalfive.co.nz/athlete-info)



RACE REGISTRATION

- Online entries close midnight Wednesday 13th November
- In person entries are available from race registration on Thursday 14th and Friday 15th November.
- Race registration and bib pick-up is from Thursday 2pm-5pm and Friday 2pm-7pm at the Brian Bellringer Pavilion, Pukekura Park, Central New Plymouth.
- Event check-in (bib and timing chip pick-up) is also available for a short period before each event:
 - **Coastal Half Marathon** Saturday 5:30-6:15 am
 - **Pukekura Park 5km** Saturday 11:30am-12:00pm
 - **Lake Mangamahoe 4.5km** Saturday 4:30pm-5:00pm
 - **Pukeiti 10km** Sunday 6:30am-7:00am
 - **Raceway Mile** Sunday 11:15am-12:00pm

SATURDAY TIMETABLE

SATURDAY 16TH NOVEMBER	ACTIVITY	LOCATION
6:15am	Race Start: Half Marathon	Ngamotu Beach, Ocean View Parade
10:30am	Course Cut-Off Time For Half Marathon	Ngamotu Beach
12:30pm	Race Start: 5km	Brooklands Park, Brooklands Park Drive
2:00pm	Course Cut-Off Time For 5km	Brooklands Park, Brooklands Park Drive
4:00-4:30pm	Bus To Cross Country Start - 2 Departures - 1st Bus At 4:00pm	WITT, Bell Street, Welbourn
5:00pm	Race Start: Cross Country	Plantation Road, Lake Mangamahoe
6:15pm	Course Cut-Off Time For Cross Country	Lake Mangamahoe
5:45-6:30pm	Return Bus To WITT	Lake Managamahoe

SUNDAY TIMETABLE

SUNDAY 17TH NOVEMBER	ACTIVITY	LOCATION
6:00am	Bus To Pukeiti	WITT, Bell Street, Welbourn
7:00am	Race Start: 10km Climb	Pukeiti Gardens, 2290 Carrington Road
9:30am	Course Cut-Off Time For 10km	Pukeiti
9:15-9:45am	Return Bus To TSB Stadium	Pukeiti
12:00pm	Race Start: Raceway Mile	New Plymouth Racecourse, Rogan Street, Welbourn
12:30pm	Course Cut-Off Time For Mile	Rogan Street, Welbourn
12:30pm	Prizegiving Followed By The After Party	Prizegiving And After Party At New Plymouth Racecourse



RACE PREPARATION

- Your timing chip attaches to your shoelaces. If you are running barefoot or wearing shoes that do not allow the chip to attach we will have ankle tags available to use.
- Individual competitors will receive ONE race bib and timing chip to use for ALL FIVE events.
- Your timing will start as you cross the timing mat at the start line.
- Timing mats will be located at all start lines and at the finish line.
- There is a bag drop provided at the start of each event. Please keep bags and items to a minimum.
- Please note, bags are left at owner's risk. Whilst the upmost is done to ensure your bag is safe, the event organisers are not responsible for any lost bag and/or items.



RACE RULES

- Please treat all roads as open at all times and give way to all vehicular traffic on course.
- For the half marathon event there are three road crossings. Please cross where indicated by volunteers and traffic management.
- Keep to the left of the course to allow people to pass on the right
- Be courteous to your fellow participants at all times
- Please obey instructions from race officials, volunteers and traffic management at all times
- If you need to withdraw during the event please give your race number to a volunteer so that you are accounted for.
- Littering is prohibited. Please dispose of any rubbish at the aid stations.



AID STATIONS & TOILETS

- Aid stations with water, Tailwind electrolyte drink and sunscreen are provided at the finish line of all events and:
 - Half Marathon- 5.5 km, 8 km, 12 km, 16.5 km and 18.5 km.
 - Pukeiti 10km – 5km
- To minimise our impact on the environment aid stations are cup-less and you need to carry your own collapsible cup or hydration system.
- Toilets are as follows for each event:
 - Half Marathon –toilets at the start at Ngamotu Beach, 3.8 m Wind Wand toilets, 5.5 km at East End SLSC, 8.5 km aid station at Waiwakaiho River, 17 km aid station at Te Henui Stream outlet, 20 km at the Breakwater.
 - Lake Mangamahoe – portaloos at start/finish
 - Pukekura Park 5km – Bowl of Brooklands public and event toilets at start/finish and 2nd lap
 - Pukeiti 10km – Within the Pukeiti Gardens facility
 - Raceway Mile – Huatoki Public Toilet (400m)



RACE RESULTS

- Preliminary race results will be available live on race day. The results link will be at [Results - Coastal Five](#) and posted on our social media pages.
- Please ensure your timing chip is connected to your shoe or if using an ankle strap on your ankle. We can not ensure an accurate result if you carry your chip in your pocket or higher than your knee.
- Any timing issues please contact info@coastalfive.co.nz after the event.



PRIZE GIVING & AFTER PARTY

- Random spot prizes will be awarded based on finishing place at the finish line of each event.
- We will have a small number of prizes presented immediately following the end of the Raceway Mile at the New Plymouth Racecourse
 - Overall winner male/female of the 42.2km
 - Fastest male/female up 'Bowl Hill' in the 5km
 - Fastest male/female in the Raceway Mile
 - Fastest Active Kid (11 years and under) in Raceway Mile
 - Fastest overall team
 - Prize draw for the \$500 schools' sports package for Active Kids
- Immediately after prize giving the after party starts at the Racecourse. We'll have food and drinks for sale plus bouncy castles for the kids.