

 Meridian.

**HYDRO
HALF
MARATHON**



Brought to you by the **Fiordland Trails Trust**

Race Day 24th August 2019

Note to all athletes

Thank you for joining us for our “Fiordland Trails Trust” inaugural half marathon event. Below is the information for athletes (which is also duplicated on the website) and we do hope you enjoy the scenery and the trail as much as we do.

A huge shout out and thanks to Meridian our key sponsor and of course to the many other sponsors who have either donated time, product or prizes for this event.

Save the date for next year 8th Aug 2020 and don't forget to share your images with the hashtag #Fiordlandtrails and #HydroHalf

See you soon

Best of luck from The Fiordland Trails Trust & Event Committee

Route Description

The race starts at the location of the original Hydro Construction Village, now part of Kepler Farm. Around you in the paddocks you will see the old streets and the trees that were planted as part of the gardens in the temporary village.

The race starts with a loop around part of this area before exiting from the northern entrance on to the Te Anau-Manapouri Highway for 300m.

As you turn into Balloon Loop the speedier racers will have separated out from the slightly less speedy and you can settle into a nice pace with similar runners.

Part way into Balloon loop you will turn on to the first part of the Lake2Lake Trail before re-joining the 4WD track for a short time before heading on trail to near Rainbow Reach. The first drink station will greet you.

An uphill section leads to a minor road crossing before descending past the ox-bow lake and enjoying the spectacular river and mountain views as you speed towards Queens Reach, in and out of native bush areas. Queens Reach is reached by an uphill section, then along the top terrace with great views, followed by a narrow downhill forest trail and a short road section with a ford! Just around the corner is the second drink station.

From Queens Reach the trail follows the Upper Waiau River firstly at river level before climbing up to higher terraces on three occasions. A relatively flat section with a few rises lets you reach the Lake Te Anau Control Structure where the final drink station will greet you.

From there, the township of Te Anau will pop in and out of view. The finish line is this side of the town, so you will enjoy the last 4km with great lake and mountain views, passing Tui Bay and the Bird Sanctuary and arriving at the Finish line at the Meridian Energy marquee just past Marakura Yacht Club.

Elevation is between 190m and 240m.



8.00am - 9.30am Check in

Collect your race pack from the Registration desk at the Meridian Marquee near the Marakura Yacht Club in Te Anau

Safety pins will be provided for the bibs

Pure Sports Nutrition have donated a 50g Energy Gel pack for each athlete

Those that have booked the bus transport will be able to collect their bus ticket, if not please make your way to the start line at Kepler Farm for a 10.15am safety briefing

10.15am -10.30am Start Line Kepler Farm

There will be a safety briefing at 10.15am and the race starts at 10.30am at Kepler Farm

Please follow directions of the race organiser on the day

Parking is available at Kepler Farm start line - if you decide to leave your vehicle here we ask that you collect it before 5pm that evening as it is private land and the gate needs to be locked

There will be a "drop trailer" available to leave personal items/ coats - please provide your own bag and ideally label it with your name. These will be transported to the finish line to collect there. No valuables please.

Transport to Start

Transport from the "check in" at the Yacht club to the race start at Kepler Farm is available at \$20pp

Book your transport via your [registration link](#).

If you have not booked in advance, there will only be limited spaces available on the day

Race Fee includes

- Finishers medal
- Medical support/assistance
- Drink station
- Toilets
- Post-event recovery area
- Category winner prizes
- Spot Prizes

Toilets

- We will provide portaloos at the start line
- Rainbow Reach public toilet 500m off the trail
- Queens Reach Public toilet
- Near the Control Structure at the Kepler Track Main Car Park
- Bird Park Public toilets
- Finish line Public toilets and portaloos

Parking

Marakura Yacht Club

There is very limited parking available near the Marakura yacht club. A good parking option is at the DOC Visitor Centre long term car park and also parking and toilets at the adjacent Ivon Wilson Park.

Kepler Farm Start

There will be parking for spectators and athletes here although we request all vehicles left are removed before 5pm on race day as this is a private farm and the gates will locked after that.

Essential Items

All participants are advised to bring adequate clothing and protection for changes in weather, **rain gear**, polyprop clothing, gloves, sun hats, sunglasses, sunscreen etc.

Water Stations Enroute

This is a zero rubbish (cupless) event so we ask you bring your own container

Suitable "**SpeedCups**" are available from most sports shops in New Zealand.

Water will be available at the following locations:-

- Start line
- Rainbow Reach
- Queens Reach
- Te Anau Control Gates
- Finish line

Support the Trust

The event is to raise funds to maintain the track and we hope to carry on with this event next year. If you want to donate you can add this in your registration or check out the Fiordland Trails Trust Website

Prize Giving

Prizegiving will be at 2.30pm at the Meridian Marquee, near the Marakura yacht club.

Finishers medals are included for all “Meridian Hydro Half Marathon” athletes that complete the race before pack up time

Prize Money

1st Male \$300 & 1st Female \$300

2nd Male \$200 & 2nd Female \$200

3rd Male \$100 & 3rd Female \$100

Spot prizes also awarded

Results

This will be available live on the day on an app (details coming soon) and listed on the [results tab](#) of the website

Spectator Viewing

Although you can watch the athletes at the start at Kepler Farm, there will be a short delay exiting the car park as the athletes need to leave the area before the cars are allowed to depart along the road.

The best opportunity is at the 6km point at Rainbow Reach where there is adequate parking.

There is also parking close to the Te Anau Control Structure at the Kepler Track carpark

Although there is some parking at Queens Reach – due to the race there is likely to be a wait to exit this area so not advised to view here by car

Finally we encourage you to cheer the athletes through the finish line at the Marakura Yacht Club

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Health & Safety

If any participant becomes distressed or exhausted- the Safety Director or race director has the right to withdraw that person from the event.

Your Fitness

Runners and walkers should be quite certain that they are fit enough and sufficiently well trained to complete this event. If you are unsure about your general health or fitness consult your family doctor before embarking on a training program. There are many running/ walking training programs available on the net.

Road Closures/ Course Safety

There are no road closures in Te Anau... however runners and walkers should remain vigilant, obey normal pedestrian rules and respect other trail users at all times.

The trail is still open to the public although usually quieter in Winter. However, runners and walkers should constantly be on alert and follow all directives from the course safety marshals.

Runners and walkers must follow the indicated channeling of the cones where necessary.

Walkers should walk no more than two abreast and keep single file/ to the left on narrower sections of the course to allow runners to pass safely.

Waivers and Registration

Waivers are part of the online registration process. We are using software that will enable you to amend any personal info by just re-entering your registered email address. The link for this is in the footer of the website

Your Bib Number

As stated in the Event Waiver, under no circumstance are you permitted to give your bib to another person. The safety of our athletes is paramount, therefore we need to ensure we have correct details of all our runners on course.

Refunds

50% cancellation fee until 31 July 2019, no refund after that date

Thanks

And of course a huge thanks to all the sponsors that have made this event possible.



