

IRONMĀORI  **RI**®

IRONMĀORI

Kaumātua

Event Manual

2023

EVENT DETAILS:

Date: Friday 3rd November 2023

**Location: Hardinge Road,
(Hot Chick car park) Ahuriri, Napier.**

START TIME:

8.45am: Race Briefing

9.00am: 500m Walk/Run or Magic

Moment

9.02am: 1km Walk/Run

9.03am: 3km Walk/Run

EVENT DISTANCES:

**Magic Moment, 500m, 1km, 3km
Walk/Run**

IRONMĀORI is proudly held in Ngāti Kahungunu, in the City of Napier.



Ngāti Kahungunu Iwi

Ngāti Kahungunu Iwi Incorporated is the mandated & legislated Iwi authority for Ngāti Kahungunu. Kahungunu is New Zealand's third largest Iwi and is located on the eastern coast of the North Island from Hawkes Bay to the Wairarapa. The Iwi has been a proud supporter of IronMāori since 2009. Find out more at www.kahungunu.iwi.nz.

**CITY OF
NAPIER**



The City of Napier's mission is to provide the facilities and services and the environment, leadership, encouragement and economic opportunity to make Napier the best city in New Zealand in which to live, work, raise a family, and enjoy a safe and satisfying life. The vision is to continue to grow and maintain a vibrant Napier which surpasses expectations and embraces new opportunities for all aspects of the city. Find out more at www.napier.govt.nz.

Event Timetable

Friday 3rd November 2023 Timetable:

Time	Activity	Location
8.00am-8.30am	Registration opens - including any changes, and late entries. (Cash only for late registrations).	Next to the merchandise and finish line vicinity 4 Hardinge Road (Hot Chick car park), Ahuriri, Napier -Transition
8.45am	IRONMĀORI Kaumātua Race Briefing	Finish line vicinity
9.00am	IRONMĀORI Kaumātua 500m Walk/Run or Magic Moment commences	Boardwalk
9.02am	IRONMĀORI Kaumātua 1km Walk/Run commences	Boardwalk
9.03am	IRONMĀORI Kaumātua 3km Walk/Run commences	Boardwalk
Est. 9.45am	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 will be able to collect your Race Pack on Friday morning from 8.00am to 8.30am. If you are coming as a group, one person can be assigned to pick up the groups 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 registration 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. Buses will be able to park in the actual Perfume Point Car Park (Not grass area).

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. Water, and R-Line Electrolytes will be available.

Medical Assistance

Ambulance EMT: will be onsite on Friday 3rd November 2023 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.

The table below outlines the distance for each event:

Event	Walk/Run
IRONMĀORI Kaumātua 500m Walk/Run or Magic Moment	1 lap
IRONMĀORI Kaumātua 1km Walk/Run	1 lap
IRONMĀORI Kaumātua 3km Walk/Run	1 lap

Walk/Run Course

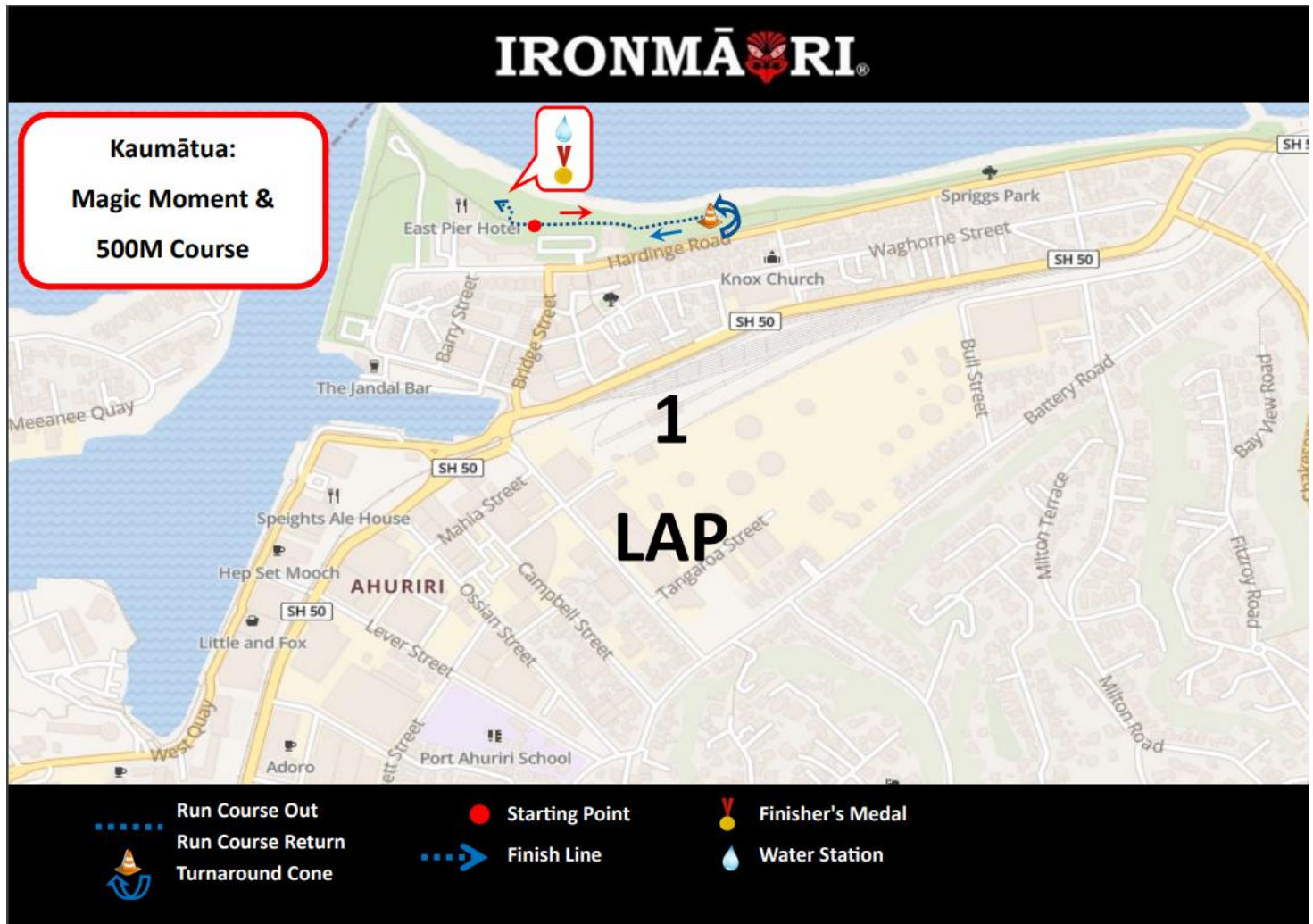
You **MUST wear shoes** for the **walk/run** for safety reasons- you will not be allowed to take part in the event if you do not wear shoes.

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.com and then the IRONMĀORI Kaumātua Event section.

500m Walk/Run & Magic Moment



All 500m/Magic Moment distance athlete's 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 8.58am. The Race Director will countdown 3, 2, 1 GO at 9.00am 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 between the two playgrounds. A marshal will be stationed at the turnaround cone to assist you. You will then head back along the footpath heading towards the Finish Line to receive your finishers medal. We encourage whānau to present the finisher's medal to the athlete.

All Magic Moment athletes will be able to select their own distance (Less than 500m)

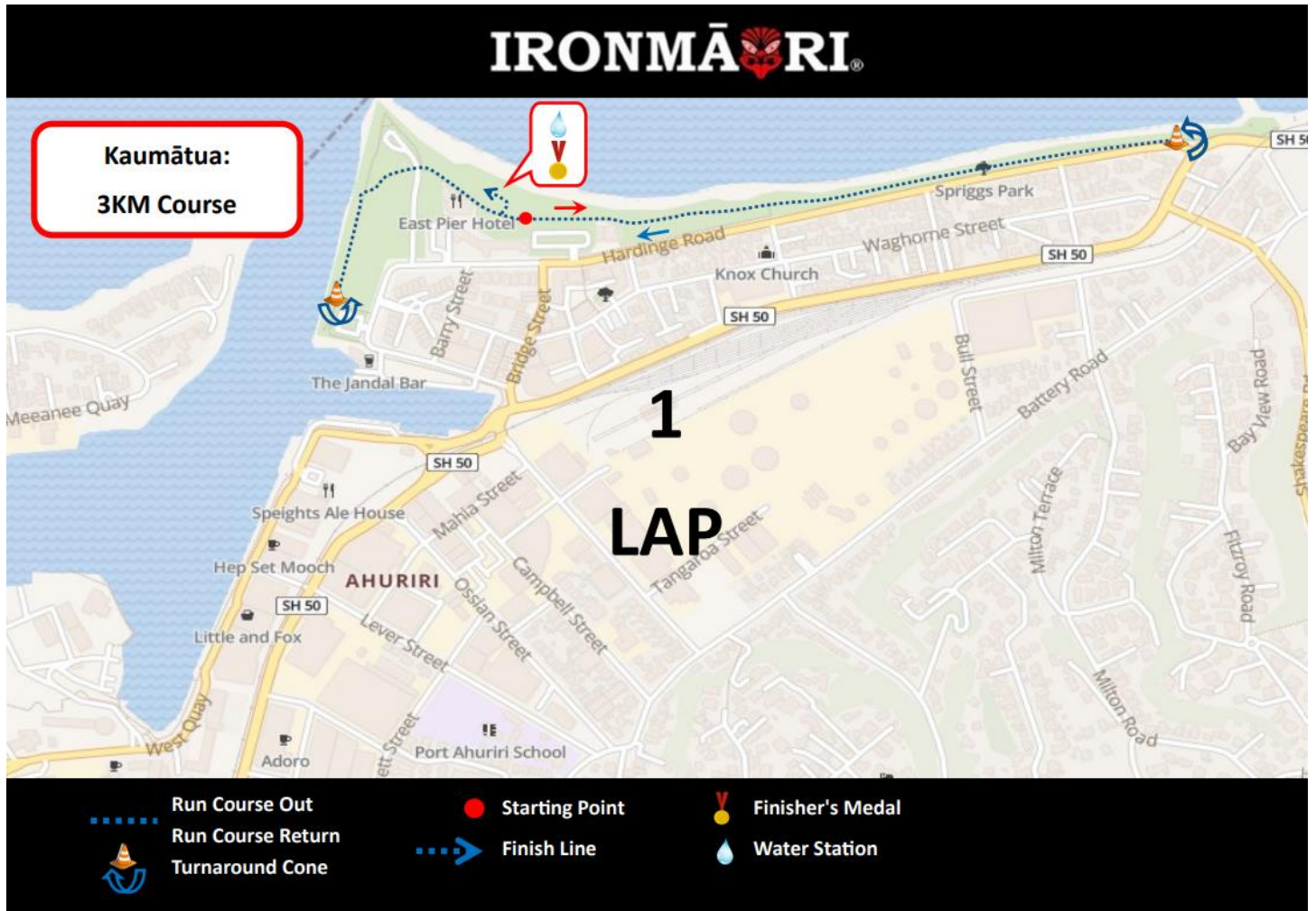
1km Walk/Run



All 1km distance athlete's 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 9.00am. The Race Director will countdown 3, 2, 1 GO at 9.02am 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 athlete.

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 9.02am. The Race Director will countdown 3, 2, 1 GO at 9.03am 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 athlete.

9.45am: Prize giving commences

Prize giving will be based within the Finish Line Vicinity at Hot Chick & Cool Cat Car Park, 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

Enjoyed training for this event? Go to www.ironmaori.com for future even

Upcoming Events

All of 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
IRONMĀORI TĀMAKI 2023 (Auckland based)	Saturday 2 nd December 2023	Open, closes Tuesday 14 th November, 11:59pm Head to our website: www.ironmaori.com to register.
IRONMĀORI QUARTER 2024 (Napier based)	Saturday 2 nd November 2024	Open Sunday 5 th November 2023, 7:00AM *Limited Spaces available* Head to our website: www.ironmaori.com to register.
IRONMĀORI HALF 2024 (Napier based)	Saturday 2 nd November 2024	Open Sunday 5 th November 2023, 7:00AM *Limited Spaces available* Head to our website: www.ironmaori.com to register.

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