

# The North Shore City Coastal Challenge

***Event date: Saturday 27th February 2010***

## **BACKGROUND**

The North Shore City Coastal Challenge is a coastal run and walk adventure that sees participants taking on the stunning North Shore coast line. Since 2004 thousand's of competitors have rock-hopped, run, waded, walked, jumped and jogged from their chosen start point all the way to Windsor Reserve in Devonport.

Pure off- road goodness right until the southern end of Cheltenham Beach - from there it's a 1km footpath assault for those tired legs!

## **LONGER DISTANCES**

We think the following three quotes from past competitors sum up what the longer distances at the Coastal Challenge are all about.

“Thanks for a great event... it's only my mind that thanks you because my sore and bruised body doesn't. I think the bruises should have gone and skin grown back in time for next year's event”

“this event has real potential to be an urban "Coast to Coast"... the coastline is superb and spectator friendly... from a competitor point of view it is hard and has a bit of an edge”

“a very very cool event...I'm in pain, and I have muscles talking to me that have been silent for a long time... the thrill and satisfaction of completing an event that was very much out of my comfort zone, eases all the aches”

## **SHORTER DISTANCES / WALK OPTIONS**

Now the Coastal Challenge is not as scary as you think! We offer run / walk options of 6km and 11km and these options contain far less water interaction than the two "big ones" ie their start times are mid tide or less and the tide's outgoing! See below. The 16km run / walk event sits on the Coastal Challenge fence as the event where you can expect a bit of everything! Of course the "Challenge" part of the Coastal Challenge event remains firmly in tact across the board but certainly the 6km and 11km events attract a large family component

and can also act as great stepping stones to future lengthy endeavors. These events can be run or walked at your own pace and with the sheer volume of competitors and marshals on the course - you will never be alone out there! This year both the 6km and 11km events will have trophy's up for grabs for the top Secondary School runners.

## **EVENT OPTIONS**

There are 5 different event options - please refer to table below for more detail on each option.

- 33km FULL MONTY individual run & teams run
- 22km run
- 16km run or walk
- 11km run or walk
- 6km run & walk

## **EVENT DAY TIDES**

High Tide: 6.42am (3.2m)  
Mid Tide: 9.45am  
Low Tide: 12.47pm (0.7)

See each individual option for how the events may "interact" with the water.

For more information on the Auckland tides and to plan your training around similar tides to event day tides please check out <http://www.linz.govt.nz/>

## **33km individual RUN (aka the FULL MONTY) - & THE 2010 NZ COASTAL RUNNING CHAMPIONSHIPS**

**33km team relay RUN (2 - 5 members)**

### **NO WALK OPTION**

**09' DEFENDING CHAMPIONS:**

From: Arkles Bay Reserve, Arkles Strand, Arkles

Andy Hughes	M		Bay
2:52:30			To: Windsor Reserve, King Edward Parade, Devonport
Jacky Toepher	F	3:30:46	
Team:			Drink Stations: 4
Team Thomo		3:19:21	
<b>FULL MONTY PRIZEMONEY:</b>			Water Interaction: Refer to "Overview of the Full Monty First Leg" below.
1st Male & 1st Female = \$TBC			Briefing Time: 7.30am
2nd Male & 2nd Female = \$TBC			Starting Time: 7.45am
3rd Male & 3rd Female = \$TBC			
1st Team (any size or gender mix) = \$TBC for the team.			Start time is approx <b>one hour</b> after high tide
1st Secondary School Team (any size or gender mix) = School Trophy + bragging rights + \$TBC for the team			

## 22km individual RUN

### NO WALK OPTION

#### 09' DEFENDING CHAMPIONS:

Nick Hirshfeld	M	1:37:40	From: Southern end of Long Bay Regional Park (on beach)
Annabel Anderson	F		To: Windsor Reserve, King Edward Parade, Devonport.
2:03:48			Drink Stations: 4
			Water Interaction: No compulsory swim sections but all competitors should be confident in the water as certain early sections of the course may involve deep water wading.
			Briefing Time: 8.30am
			Starting Time: 8.45am
			Start time is approx <b>2 hours</b> after high tide

## 16KM individual RUN and 16KM individual WALK

**09' DEFENDING CHAMPIONS:**

Run:

Scott Barnes	M	1:19:10
Sarah Carson	F	1:36:30

Walk:

Dieter Adam	M	2:11:10
Leisen Jobe	F	2:27:25

From: Browns Bay Beach (Northern end of Beach Front Lane near Browns Bay Marine Centre)

To: Windsor Reserve, King Edward Parade, Devonport.

Drink Stations: 3

Water Interaction: No compulsory swim sections but all competitors should be confident in the water as certain early sections of the course may involve deep water wading.

Briefing Time Walk: 8.45am  
Starting Time Walk: 9.00am

Walk start time is approx **2 hours, 15 minutes** after high tide

Briefing Time Run: 9.30am  
Starting Time Run: 9.45am

Run start time is approx **3 hours** after high tide (ie a mid tide)

**11KM individual RUN and 11km individual WALK**

**09' DEFENDING CHAMPIONS:**

Run:

Patrick Goodenough	M	49:34
Ellie Bowcock	F	54:57

Walk:

Rachel Corbett	F	1:27:02
Mark Wilson	M	1:38:10

From: Milford Beach (Near Milford Reserve at the northern end of Craig Road)

To: Windsor Reserve, King Edward Parade, Devonport.

Drink Stations: 2

Water Interaction: No serious interaction with the water required although confidence in the water is certainly recommended.

Briefing Time Walk: 9.30am  
Starting Time Walk: 9.45am

Walk start time is **approx 3 hours** after high tide (ie a mid tide)

Briefing Time Run: 10.15am  
Starting Time Run: 10.30am

Run start time is **approx 3 hours 45 minutes**  
after high tide (ie lower than a mid tide)

## 6KM individual RUN and WALK

### 09' DEFENDING CHAMPIONS:

Alex McRobie	M	0:29:14
Jesse Eichmann	F	0:33:32

From: Southern end of Takapuna Beach (near Clifton Rd / Hauraki Rd beach entrance)

To: Windsor Reserve, King Edward Parade, Devonport.

Drink Stations: 1

Water Interaction: No serious interaction with the water required.

Briefing Time: 10.45am  
Starting Time: 11.00am

Run / Walk start time is **approx 4 hours 15**  
minutes after high tide (ie lower than a mid tide)

## OVERVIEW OF THE FIRST LEG - ARKLES BAY TO LONG BAY

33km Full Monty (individuals and relay teams)  
From Arkles Bay in Whangaparoa to the finish in Devonport.

The event starts close to high tide so you must certainly interact with the water during the event. The tide will be going out as you progress down the coast meaning the water levels will drop the closer you get to the finish in Devonport. However the first 11km does involve a great deal of water and is an absolute treat!

The first few km's are a combination of scrambling, rock hopping and wading, and then there are two unavoidable swims in the first 4-6kms.

These two unavoidable swims are across the Wade and Okura rivers & the outgoing tide flow in these areas can be strong meaning **YOU WILL NEED TO BE A CONFIDENT SWIMMER**. The exact distance of these swims changes every year due to tide levels, the exact crossing point competitors use and the exact time each competitor makes it to the crossing points. To be able to complete this section

<http://www.totalsport.co.nz/events/coastal/index.php>

of the course you do need to feel confident prior to the race that you could knock off 2x 200m swims if mother nature requires that of you.

After the second (and last) swim section, the next five kilometres is a fantastic mix of flat bed and large rock sections, some more wading, plus beach / sand sections.

### **Safety on This Section (Arkles Bay to Long Bay)**

There are a minimum of three water based safety craft overseeing this section, so there is support there if you are having trouble. A helpful tip for first timers – don't bother trying to take shoes etc off, as it isn't worth the time, just swim (or doggy paddle) with all of your kit on.

## **TEAM INFO**

YOUR EVENT LEGS ARE AS FOLLOWS:

Leg 1 = Arkles Bay to Long Bay (11km) **PLEASE READ ABOVE (THE ARKLES TO LONG BAY SUMMARY) TO SEE WHAT IS INVOLVED IN THIS SECTION**

Leg 2 = Long Bay to Browns Bay Beach (6km)

Leg 3 = Browns Bay Beach to Milford Beach (5km)

Leg 4 = Milford Beach to Takapuna Beach (5km)

Leg 5 = Takapuna Beach to Windsor Reserve (6km)

The aid stations at the respective starting points will act as the transfer point for all teams.

- Teams may consist of between two and five members. Event legs may be spilt up between team members as you see fit.

### **ALL TEAM RACE NUMBERS WILL BE AVAILABLE AT ARKLES BAY ONLY**

– it is your team's responsibility to ensure that all your team members are wearing your team race number before running.

- No transfer of race numbers will be required at each transfer point– each team member will have their own race number.
- Team members must however transfer a **RACE TRANSPONDER** over from runner to runner before beginning a new leg (your first runner will be handed this race transponder at Arkles Bay). Any teams finishing without this race transponder will be disqualified.
- Make sure your team members are waiting at the respective starting points in plenty of time - your team mates may well surprise you!

## ENTER

Secondary School Team? Corporate Team? Individual? We make the process easy for you! There are several ways to enter this event.

### Online

Enter online using secure page facilities provided by our partner site  
You can pay using your visa or master card. Simply select the title of the event you wish to enter online from the following calendar.

<https://regonline.activeeurope.com/CoastalChallenge2010>

### Entries On The Day

We WILL be taking entries on race day. On the day entrants must ensure they arrive early to their respective starting points and bring either a cheque or cash with them. On the day registration open an hour and a half prior to the first events start time. **NO ON THE DAY ENTRIES ARE ACCEPTED AT WINDSOR RESERVE, IN DEVONPORT**

#### Post In

Or print off an entry form and post it to us using the address below:

#### Contact Us

Dont have access to a printer? then email us directly with your details using the [entry form request](#) page and have an entry form posted to you.

Or if you have additional queries contact Luke Garea via the [contact page](#)

## Event Prices

Date	2009	Jan 1 - Feb 12 2010	Feb 13 - event day
33km Full Monty team event (2/3 person team)	\$50.00 each	\$55.00 each	\$60.00

33km Full Monty teams event (4/5 person team)	\$35.00 each	\$40.00 each	each  \$45.00 each
33km Full Monty teams event (SECONDARY SCHOOL TEAMS - 2 - 5 team members)	\$20.00 each	\$25.00 each	\$30.00 each
33km Full Monty individual run	\$75.00	\$85.00	\$95.00
22km individual run	\$50.00	\$55.00	\$65.00
16km individual run	\$45.00	\$50.00	\$55.00
16km individual walk	\$45.00	\$50.00	\$55.00
11km individual run	\$40.00	\$45.00	\$50.00
11km individual walk	\$40.00	\$45.00	\$50.00
6km run and walk	\$30.00	\$35.00	\$40.00

## DIRECTIONS / TRANSPORT

There are five different start points for the North Shore City Coastal Challenge. Please find a map of all the start locations on the totalsport web site.

<http://www.totalsport.co.nz/events/coastal/index.php>

As for the finish venue, it is the very scenic Windsor Reserve in Devonport. Windsor Reserve is the corner of King Edward Parade and Victoria Road in Devonport.

- Bus transport is organised for all competitors (an additional \$15.00 per person) and takes competitors from Windsor Reserve, Devonport to their respective starting points (PRE-EVENT). This is a popular option for many as it means competitors can leave their cars at the finish area, catch the bus, run the event and have their vehicles sitting waiting for them in Devonport.

<http://www.totalsport.co.nz/events/coastal/index.php>

- Buses will load on the corner of King Edward Parade and Victoria Rd in Devonport and must be pre booked when entering or by emailing the race organiser Luke Garea @ [lukeg@totalsport.co.nz](mailto:lukeg@totalsport.co.nz)
- Bus schedules will uploaded to this site at the beginning of February, 2010.
- As the finish venue at Windsor Reserve is located extremely close to the Devonport Ferry building some competitors may look at the ferry as an option prior or post event. If you're looking to use the Devonport Ferry at some point on race day please check out <http://www.fullers.co.nz> for ferry times.

## **ENTRANT LIST**

As we get closer to the 2010 North Shore City Coastal Challenge we will provide regular competitor list updates here so you can check out your competition!

## **COASTAL WARRIORS**

A new addition to the North Shore City Coastal Challenge webpage. Here we will list those that have nailed the most Coastal Challenges since the event's inception in 04! We will list their fastest times and their reasons behind making it to the start line far more often than not over the years. Please check back for further updates!

## **COASTAL TIPS**

For newbies and those returning with poor memories.

Vaseline is your very good friend. Plenty have come across the line with a nasty dose of chaffage & depending on the area affected some waddle away from Windsor Reserve rather awkwardly. Water + rubbing = pain so save yourself the pain & vas up pre race. Also avoid wearing cotton tees. All aid stations do carry the good stuff if you are in big trouble out there!

The hidden nasty's. It's not hard to end up on your arse at some point in this event even if you're being conservative. If a group of people around you start slowing down it's usually for a very good reason as the course has some nasty surprises. Mossy, slimy, loose & slippery rocks are definitely out there & some of these rocks are damn hard to spot (just like black ice on the roads). The views are great but it's sometimes important to

<http://www.totalsport.co.nz/events/coastal/index.php>

keep your head down & constantly have a bail out plan running through your head should your foot not want to stay where you place it! Sounds exhausting I know!

Spark up some chit chat with fellow competitors at the start line. Not only is it the friendly thing to do but if you can live in and around the pockets of someone who's run the event or the course route several times before you'll find you can shave time on certain parts of the course just by following the right lines. Knowledge is time.

Should I take my cellphone? These can be incredibly handy on the course if you come across an injury but please please please ensure that some vigorous testing has been done on your "waterproof" cellphone holder pre race as while most can handle the odd splash of water few stand up to being submerged for any length of time. You've been warned.

Hydration is the key! Being hydrated pre race & having regular fluid intake during the race are equally as important. You may think that being in, out & around the water all day should be rather cooling but on a stinking hot day some find they need additional fluids than what are available on the course (at approx every 5km). Wearing a comfortable hydration pack means you can take fluid on board when you require it & not just when a friendly marshall waves you down.

We highly recommend that everyone is well hydrated before taking part in this event!

Drink stations will be placed at all the different event start/finish areas and again one additional drink station will be placed at the southern end of Cheltenham Beach.

Each aid station will have water, and a limited supply of electrolyte squeezeys and bananas. First aids kits (incl vaseline) will also be placed at all aid stations in case anyone is in need of running repairs.

You'll find aid stations at:

ARKLES BAY  
LONG BAY  
BROWNS BAY BEACH  
MILFORD BEACH  
TAKAPUNA BEACH  
CHELTENHAM BEACH  
FINISH AREA (Devonport)

NOTE: Aid stations will be placed on the beach in close proximity to the starting points for each distance option. The aid station on Cheltenham Beach will be placed close to where you exit the beach section.

Finally remember to smile. No point being miserable in a wicked event now is there?

<http://www.totalsport.co.nz/events/coastal/index.php>

## RESULTS

Provisional results for the 2010 event will be posted on the total sport website late on event afternoon (Saturday February the 27th)

To delve deeper into the history of the Coastal Challenge results please check out the main total sport results pages here [http://www.totalsport.co.nz/results/results\\_2008.php](http://www.totalsport.co.nz/results/results_2008.php)  
The inaugural Coastal Challenge was in 2004!

## CONTACT

- Event Organiser Luke Garea @ [lukeg@totalsport.co.nz](mailto:lukeg@totalsport.co.nz)
- For anything pressing please contact Luke on 0220331983 or at the total sport office on 09 4463205.
- **PLEASE NOTE:** due to the nature of the job the total sport team are often hard to track down at the office meaning there may be a slight delay getting back to any messages left there.

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