

CRATER RIM
ULTRA



Crater Rim Ultra 80KM

Event Handbook 2023

Version 80.0 April 2023

80 KM | 53 KM | 30 KM | 22 KM | 10 KM
ULTRA | CRATER RIM | BELLBIRD BUSTER | KIM CHALLENGE | PAPAKI HUMBOLDT

CRATER RIM ULTRA

Thank you to our race supporters.....



More race supporters to be confirmed.....

The Crater Rim event proceeds financially and socially support community organisations.....



Welcome to your Crater Rim – Ultra journey!

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General

You've completed the first step on your Crater Rim event journey, this handbook will provide you with the information needed to make the next step in your Crater Rim event experience.

If this handbook does not answer your questions, please drop us an email but please don't be offended if we direct you back to the handbook – the CRU team are very busy and unable to answer every question (especially if the answer is in this handbook) 😊

Event Timetable

Saturday 30th September

Entries for the Crater Rim Ultra 80km, Crater Rim 53km and Bellbird Buster 30km close.

Saturday 14th October

13:00- 17:00- Registration Day @ Hansen Park, Christchurch
- Final entries to the Kiwi Challenge 22km and Rapaki Rumble 10km

17:00- Marshall and Volunteer Briefing

Sunday 15th October

4:50am - Crater Rim Ultra 80km- Race Briefing

5:00am - Crater Rim Ultra 80km Race Start

7:05am Crater Rim 53km- Race Briefing

7:15am- Crater Rim 53km- Race Start

9:05am- Bellbird Buster 30km- Race Briefing

9:15am- Bellbird Buster 30km- Race Start

9:15am- Kiwi Challenge 22km- Race Briefing

9:30am- Kiwi Challenge 22km- Race Start

10:00am- Rapaki Rumble 10km- Race Briefing

10:15am- Rapaki Rumble 10km- Race Start

12:45pm- Hansen Park Dash 1km/2km- Race Briefing

12:50pm- Hansen Park Dash 1km/2km- Race Start (Note: Race entries close at 12:15PM on the day)

13:45pm- Rapaki Rumble & Kiwi Challenge Awards & Spot Prizes (Hansen Park)

17:00pm- Bellbird Buster & Crater Rim Awards & Spot Prizes (Hansen Park)

19:00pm – Ultra Awards & Spot Prizes (Hansen Park)



Crater Rim Ultra 80km Timetable

Saturday

13:00- 17:00- Registration Day @ Hansen Park, Christchurch

Sunday

4:35am – Pre-race Check in

4:50am – Crater Rim Ultra 80km- Race Briefing

5.00am - Crater Rim Ultra 80km- Race Start

19:00pm – Crater Rim Ultra Awards & Spot Prizes (Hansen Park)

Registration

Saturday 14th October 13:00- 17:00- Registration Day @ Hansen Park, Christchurch

Registration – we require all entrants to register on Saturday in preparation for Sunday's event

Course maps- large maps will be available to view in race HQ marque.

Questions- the CRU team on hand to answer any final questions.

Sponsor stalls – those last-minute crucial race items will be available from our sponsor stalls.

Merchandise- if you ordered t-shirt, singlet, or other merchandise- pick it up here.

Things we will give you:

Race Bib Number

Race Briefing

Spot Prize Ticket (Bring to Prizegiving)

Lunch Ticket (Lunch included in your entry fee)

Sponsor Goodies

Out of Towners

If you are coming from out-of-town and unable to make registration please make contact with the CRU team at:

secretary@porthillsathletic.org.nz



Compulsory gear

The compulsory gear is for your protection and safety.

This list of gear is the minimum requirement while competing, without the full list we cannot let you take part in the event.

If you have a bad injury and need to remain in one place, especially in poor conditions, for an extended period of time you will need all of these items, conditions are ever changing on the course.

Compulsory gear is in addition to the clothing you will be wearing on the day of the event.

Compulsory Gear List

- Headtorch
- Seam sealed waterproof jacket (Seam sealed and constructed of durable material)
- Long sleeve thermal top (wool/polypropylene)
- Thermal pants - Full length thermal base layer pants
- Thermal hat
- Thermal gloves
- Emergency space blanket
- Whistle
- Compression bandage
- Ziplock bag for personal rubbish

Although not compulsory, we advise carrying a mobile phone with you.

Compulsory gear checks will take place at race registration on Saturday.

Please bring your gear to registration to be spot checked.

Photo taken one week out from race weekend.



Race HQ – Hansen Park

Parking at Hansen Park

Hansen Park / Race HQ is very limited please arrange for alternative transport to the race HQ and finish line.

Facilities at Hansen Park

Hansen Park is used as the race headquarters and finish line for all events.

Race Day Services at Hansen Park:

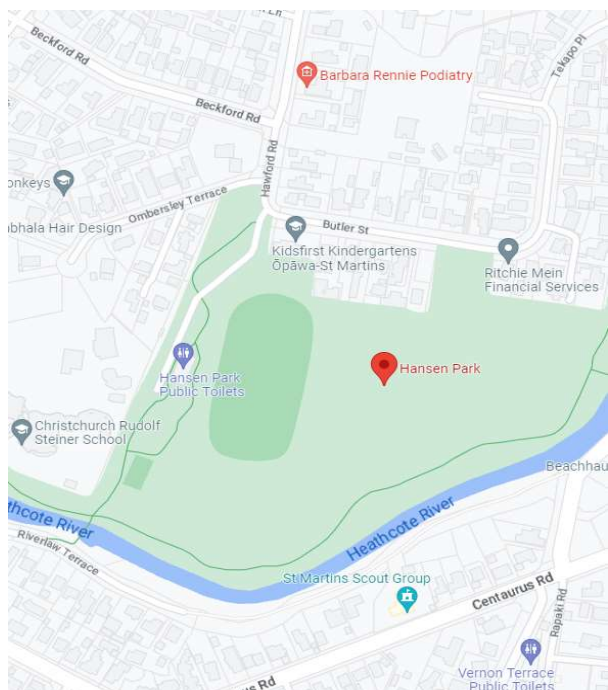
- Toilets
- First Aid
- Coffee Vendor
- Ice cream Vendor
- Sponsor Stalls
- Water Supplies
- Sports/ Nutrition Drink

Note: Due to the early hour of the Crater Rim Ultra 80km start the above food and sponsor services will not be available until the finish. Toilets and First Aid will be available.

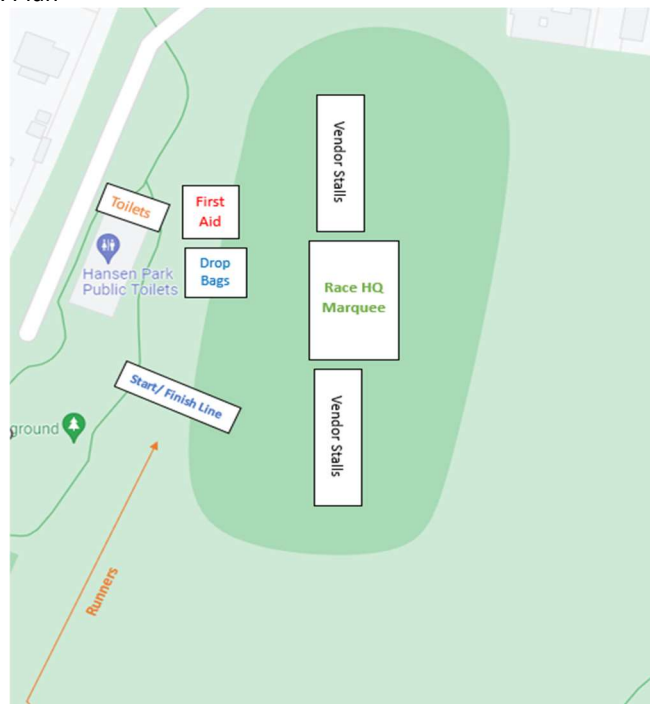
Hansen Park Location

Address: Behind- 8 Butler Street, St Martins, Christchurch 8023

Location:



Race HQ: Plan



Race Day

Start Line

It's race day!!

The Crater Rim Ultra 80km starts from Hansen Park. Please refer to timetable for race brief and start times.

Pre-race check in

We operate a 'pre-race check in' to ensure we know who is out on the course – this is a safety procedure – please make time for this check in. Look for a desk with officials wielding clipboards.

Race Briefing

Race briefings will be held approx. 10 to 15mins before each race. The briefing will provide you with any last-minute changes and safety tips for your day ahead.

Race Start

Please remember to start in a position to match your ability, the race is a mass start but there is plenty of room to find your place. Start steady – finish fast & safe!

Race Bib Numbers

To assist our volunteer marshals on the day and ensure they don't need to stop you running please wear your race bib number on your front so it can be seen as you run through a checkpoint.

We use checkpoints to mark off your race numbers to ensure no-one is left on course.

If the weather isn't favourable a race number can be worn under a jacket but please open up your jacket at all marshal points.

Marshalls will ask you to stop and present your number if they can't easily view it. Please stop if asked to!

Drop bags

We have the option for competitors to use drop bags to assist them through their day.

Drop bags must be marked with your Name and Race Number.

Bring your drop bag to the Crater Rim Ultra 80km start line at Hansen Park .

The CRU team will transport your drop bag to the Gebbies Pass Aid Station (approx. 28km from the start).

Athletes can access their drop bags at Gebbies Pass on the way out (28km) and the way back (57km). The CRU team will transport all drop bags from Gebbies Pass back to Hansen Park for approx. 16:30pm and placed in the drop bag collection area.



The Course

The words

All runners must be ready at the start line on the grass in front of the Port Hills Club rooms located at Hansen Park for the start.

Head out and around the basketball area and after being guided to turn left, follow the concrete path along to the Garlands Road Footbridge.

Cross the bridge right out onto Aynsley Terrace and follow this footpath which leads on towards the local Scout Den. Runners will be directed through the scout den which then brings the runners out onto Centaurus Road. (Major road crossing/marshal area here)

Marshals and traffic management will cross runners over Centaurus Road.

Runners turn right to stay on footpath along Centaurus Rd. to Hillsborough Tce

Runners turn left here and must stay on footpath along Hillsborough Rd and follow path to veer right and past/above the Mt. Vernon car park and upwards on The Crescent Road until you get to the start of the Mt. Vernon trail track.

Runners will then have 2.5km ascent up Mt Vernon Farm Track. This is a continuous steep 4WD track/climb up over farmland property.

At the end of this ascent runners will reach the Summit Road.

Follow marshal's instructions and cross Summit Road safely and turn right onto the Mt Vernon MTB trail, watch for bikers as this track is open to all public.

This is an undulating climb on a MTB trail which takes runners up and over to the road crossing.

Marshals will cross runners on to the Bowenvale MTB Track, this trail track runs just below the Summit Road.

Following the MTB trails/course marker ribbons, (Thomson track), marshals will guide runners onto the correct trail tracks to reach the intersection at Sign of the Kiwi.

Carefully cross the Summit Road here.

Traffic management and marshal's will cross runners over Dyers Pass Rd. This road is very busy so please exercise care.

From the Kiwi take a loop around Coronation Hill Reserve before crossing Summit Road at the Flying Nun track towards Worsley Spur.

Marshals will assist runner across Summit Road a second time to rejoin the Crater Rim Trail.

Continue down to the Ohinetahi Bush Car Park where you will find the first aid station (all aid station locations will be available from here and on the return to Hansen Park).

Head south on the trail on technical rocky terrain, under forest cover and over open tussocks.

Drop down through forest to the Summit Road.

Marshals will assist you to cross the Summit Road to enter the track entrance on the right.

Follow all tape and markers on the technical Waibls Track before a tight left-hand turn and steep descent on 4WD track to the start of the Bellbird Buster 30km.

Marshals will assist runners across the Summit Road.

Run down onto private land through Pine Forest and farmland.

Pop out from the private land next to Gebbies Pass.

Marshals will assist runners to cross the busy road and head out on the trail to the Sign of the Packhorse.

There is a mix of 4WD, technical rock and fast downhill.

From the Packhorse turn left on the trail that passes around Mt Bradley on the harbour side.



Turn right in the Orton Bradley Park valley, following the marshal instructions, for the haul up 4WD track to the saddle between Mt Bradley and Herbert.

Turn left at the saddle and make the climb to Mt Herbert.

On the main summit, head east along the ridge to Herbert's second peak.

Tag the top and celebrate the turnaround point.

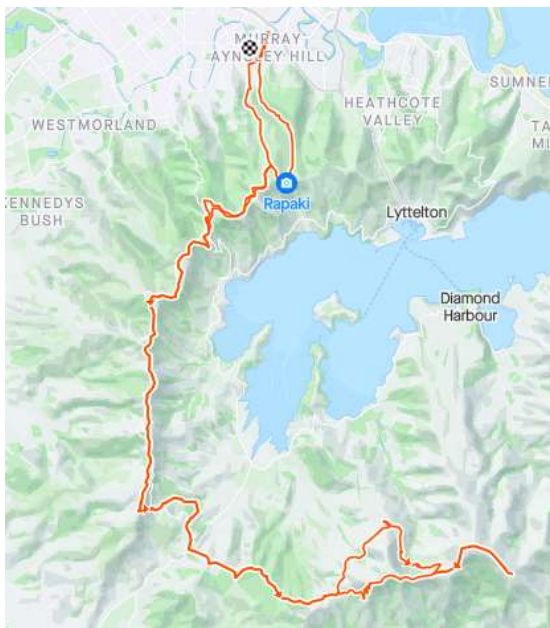
Follow the trail back to the Herbert/Bradley Saddle where, rather than descending the 4WD trail you came up, stay on the eastern side; you'll join the Crater Rim 53km course.

There are some exposed drop-offs so take care as you descend.

Once you get to the Packhorse Hut, the return to Christchurch City following course markers on the harbour side of Summit Road continuing to the Rapaki Track for your final descent to Hansen Park via Footbridge – following the sealed path around to the finish line.

Finish!

The Map



The Ups & Downs



Map available: <https://www.craterimtrailrun.com/ultra-80km.html>



Aid Stations

- 13km - Ohinetahi Bush Car Park
- 24km - Gebbies Pass
- 56km - Gebbies Pass (return)
- 66km - Ohinetahi Bush Car Park
- 69 km Sugarloaf Reserve Carpark (Comms Tower Carpark)
- 73 km - Top of Rapaki
- 80km - Finish – Hansen Park

Note: Rainwater is available from the Packhorse Hut and Mt Herbert Shelter

Aid stations will provide the following (subject to change):

- Water
- Sports/ Nutrition Drink
- Flat Coke
- Lollies
- Pineapple and Watermelon (subject to availability)
- Oranges and Bananas
- Chips

From 2023 onwards aid stations will not use paper/ plastic cups – please arrange your own cup/ flask/ bladder to use the water and Tailwind at the aid stations – or even better check out our website merchandise for a Crater Rim soft reusable cup.

Support crews and Viewing points

If you wish to take aid from your own supporters this must be done at one of our designated Aid Station areas, we say this because much of the course is inaccessible and where it is there is limited parking etc. Safety to entrants, supporters and public is a priority.

Our aid station areas are the best place for your family and “fans” to cheer you on – other good viewing spots would be Sign of the Kiwi café, Sign of the Bellbird carpark and Hansen Park.

There are no safe viewing areas on the longer courses prior to the Sign of the Bellbird.

Please bear in mind that all aid stations and viewing areas have limited car parking and are busy areas.

Toilets

Toilets will be available at the following locations:

- Hansen Park – start
- Sign of the Kiwi (Public Toilet a few meters off course)
- Ohinetahi Bush Car Park
- Packhorse Hut
- Mt. Herbert shelter
- Packhorse Hut
- Waibls Farm (2km up from Gebbies Pass/ Summit Road)
- Ohinetahi Bush Car Park
- Sign of the Kiwi (Public Toilet a few meters off course)
- Sugarloaf Reserve Carpark (Comms Tower Car Park)



- Top of Rapaki / Summit Road
- Hansen Park- finish

Timing mats

Timing mats/sensors will be at the following locations:

- Hansen Park
- Mt Vernon/ Summit Rd
- Waibls Farm (Return)
- Sugarloaf Reserve Carpark (Comms Tower Car Park)
- Mt Vernon/ Summit Rd
- Hansen Park
- Secret mat location somewhere on the course, look out for it!

Course markings

Although the course is well marked with yellow directional signs, orange ribbons and marshals at crucial direction points we advise that you research the course and become familiar.



Road crossings & Traffic Management

All roads on the course are open to traffic. The courses are designed to minimise the use of open roads but at times you will be required to cross open roads.

Marshall and traffic management are located at all road crossings, you must follow their directions unless it is unsafe to do so. Be aware of traffic on the roads, some vehicle drivers may not stop when asked so please be careful.

When the course uses the sealed road, you will be instructed which side of the road you must run on.

Public and Mountain Bikers

All trails are open to the public – you may encounter walkers, runners and mountain bikers throughout the course.

Please respect the public using these trails, and co-operate in making room when passing. Give them notice that you are passing them - call 'Runner', 'G'day', 'Morning' etc and pass with care.

Please always give way to all mountain bikers – bikers have right of way on all the Mountain Bike trails the course uses – the two mains being Tareamea/ Montgomery Spur Track and Bowenvale Traverse. Bikes hurt! Stay out of their way.



Tail End Charlies

All events will have a tail end Charlie to ensure we get everyone off the course at the end of the race.

Tail end charlies are cool dudes and dude-ettes who will support you all the way, but they WILL remove a competitor whom he/she believes is not sufficiently prepared to safely complete the course.

Cut Off Times

Strict cut offs will apply in the Crater Rim Ultra 80km:

15:00pm- Gebbies Pass check point (55km approx.)

18:40pm – Sugarloaf Reserve Car Park check point (69km approx.)

Cut off times are used to ensure the safety of our competitors and marshals.

In the event you miss the cut off times you will be offered a ride back to the start/finish line as soon as an organiser's vehicle becomes available.

Retiring from the Race

If you unfortunately need to retire from the race, please advise a race official/ marshal – this ensures we know you have retired, and we know you are safely off the course.

In the event you have to retire you will be offered a ride back to the start/finish line as soon as an organiser's vehicle becomes available.

Course Restrictions

Private Land

A small section of the course travels through Private Farmland from Gebbies Pass to the beginning of the Crater Rim Walkway trail on Summit Road. We are very lucky and appreciate the landowners allowing us access to the land for the Sunday event. The land is closed to public at all other times through the year – please do not enter this land at any other times.

Lambing Times

The course from Diamond Harbour through to Gebbies Pass, even though a public path, normally closes for Lambing from 8th August to 15th October, we have special permission to use the trails on the 15th October for the event. Please respect this closure and take guidance from the DOC website for the Mount Herbert Walkway/Te Ahu Patiki and Te Ara Pātaka restrictions.

Headphones

No headphones are to be worn on the course.

You will need to hear and follow the instructions of marshals.

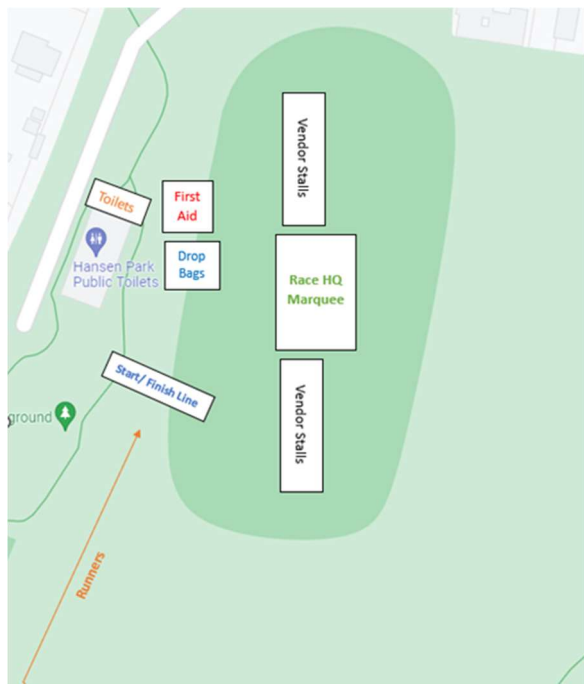
Don't miss out on the bird song and rustle of the trees in the wind!



Finish line

The Crater Rim Ultra 80k finishes in Hansen Park – the same location as the start.

Note: Please see above 'Race HQ – Hansen Park' for information on facilities available



Prizegiving & Awards

You've just completed the Crater Rim Ultra 80km – Get yourself to the awards to bag a deserved spot prize or collect that well-earned medal or trophy!

Awards will be held at Hansen Park in the marquee- see 'timetable' for details.

Spot prizes will be awarded on a ticket system – In your registration pack we will provide a ticket printed with your race number – bring this with you to the prizegiving and place in the designated box to be in for a chance of a spot prize.

Photos

Photographers will be roaming the courses throughout the day – if you see a camera throw it a smile!

Race day photos will be available from 16/10/23

Photos for 2023 are available from: <http://www.photos4sale.co.nz/>

Contacts

Should you have any concerns or niggling questions please contact the Crater Rim team at secretary@porthillsathletic.org.nz



Local Info

Course Weather- <https://www.metservice.com/towns-cities/regions/christchurch/locations/banks-peninsula>

City Weather- <https://www.metservice.com/towns-cities/locations/christchurch>
<https://www.summitroadsociety.org.nz/about-the-port-hills/port-hills-webcam/>

Things to do – <https://www.christchurchnz.com/explore/activities-attractions>

What's on- https://www.ccc.govt.nz/news-and-events/whats-on/?gclid=CjwKCAiAxvGfBhB-EiwAMPakqvYLhSbzVcAN6-NRpoyf9sR1z-Y4IvdxZYQaC88kVCOD8NPBcpm5hoCQe0QAvD_BwE

Plan your trip- <https://www.newzealand.com/int/christchurch/>

Local Running Club- <https://porthillsathletic.org.nz/>

Accommodation in Christchurch- There are many accommodation options within the city of Christchurch all within a short distance of green parks, beaches, river trails, quiet bays and the pinnacle of the city our lovely Port Hills.

