

CRATER RIM  
ULTRA



# Rapaki Rumble 10KM

## Event Handbook 2023

Version 10.0 April 2023

80 KM | 53 KM | 30 KM | 22 KM | 10 KM  
ULTRA CRATER RIM BELLBIRD BUSTER KIM CHALLENGE RAPAKI RUMBLE

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.....



Mt Vernon Park  
PORT HILLS PARK TRUST



# Welcome to your Crater Rim – Rapaki Rumble 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 30<sup>th</sup> September

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

### Saturday 14<sup>th</sup> 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 15<sup>th</sup> 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)



## 10km Rapaki Rumble Timetable

### Saturday

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

### Sunday

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

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

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

## Registration

Saturday 14<sup>th</sup> 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](mailto:secretary@porthillsathletic.org.nz)



## 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.

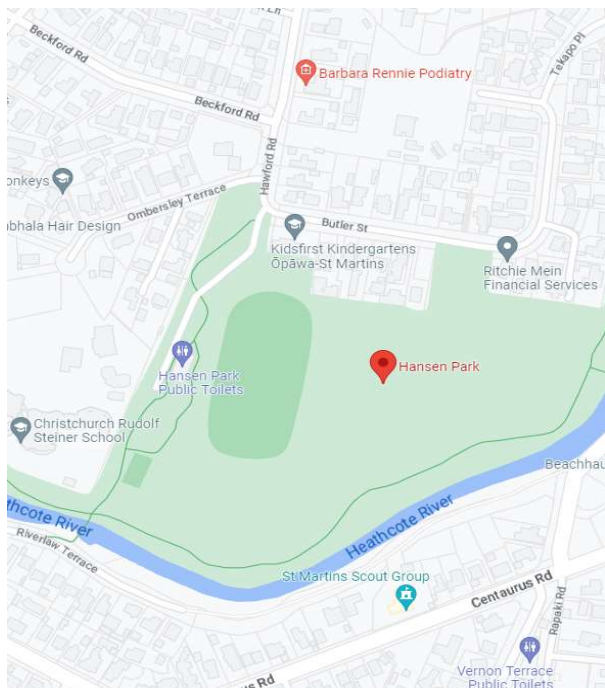
Race Day Services at Hansen Park:

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

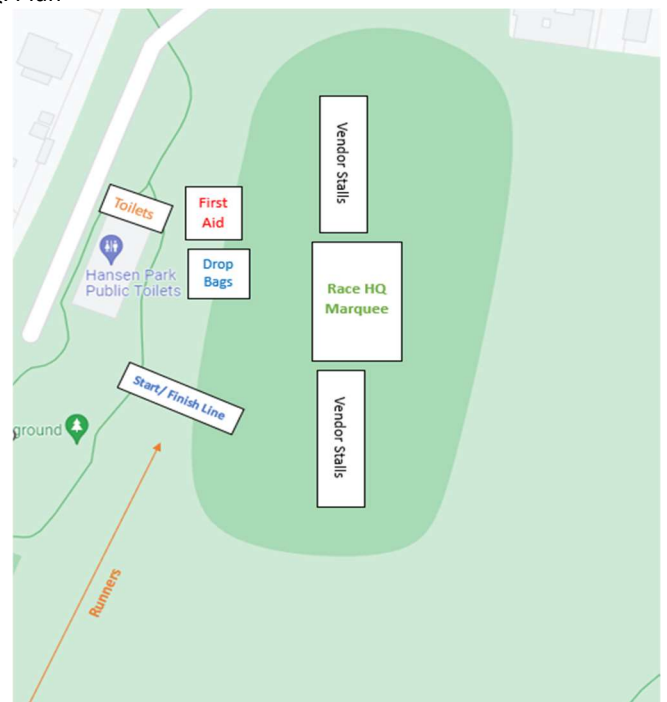
### Hansen Park Location

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

Location:



Race HQ: Plan



## Race Day

### Start Line

It's race day!!

The Rapaki Rumble 10km starts from Hansen Park. Please refer to timetable for race brief and start times.

### 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!

### Advisory gear

There is no compulsory gear required in the in the 10km Rapaki Rumble, but we do recommend you carry the below gear to ensure you are prepared for a change in weather.

#### Recommended Gear List

- Water-proof jacket
- Thermal hat
- Thermal gloves
- Ziplock bag for personal rubbish



Photo taken one week out from race weekend.

## 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 Aynsley bridge.

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

Runners will continue on the trail to the top of the Rapaki Track/Summit Rd where a marshal will guide you across Summit Rd as you make your way down the Rapaki Track. Note: Aid station/Toilets/Tracking Mat are stationed here

Stay left as you descend down Rapaki as bikers also descend this shared trail track.

Stay on Rapaki Rd until you reach Centaurus Rd.

Once at the bottom of Rapaki Road, turn sharp left, marshals will assist you to cross over Vernon Tce.

Stay on footpath to run along Centaurus Rd

Marshals and traffic management will cross runners back over Centaurus Rd. opposite the scout den.

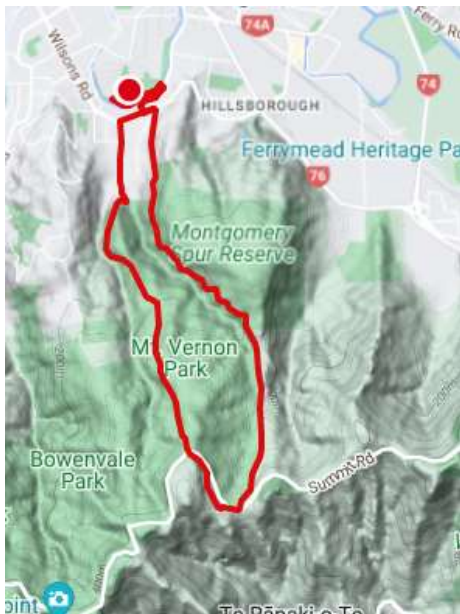
Run through Scout Den and turn right at river, back onto the track through to Aynsley Terrace. From here return left back over the Aynsley River bridge and back into Hansen Park – following the sealed path around to the finish line.

Finish!!

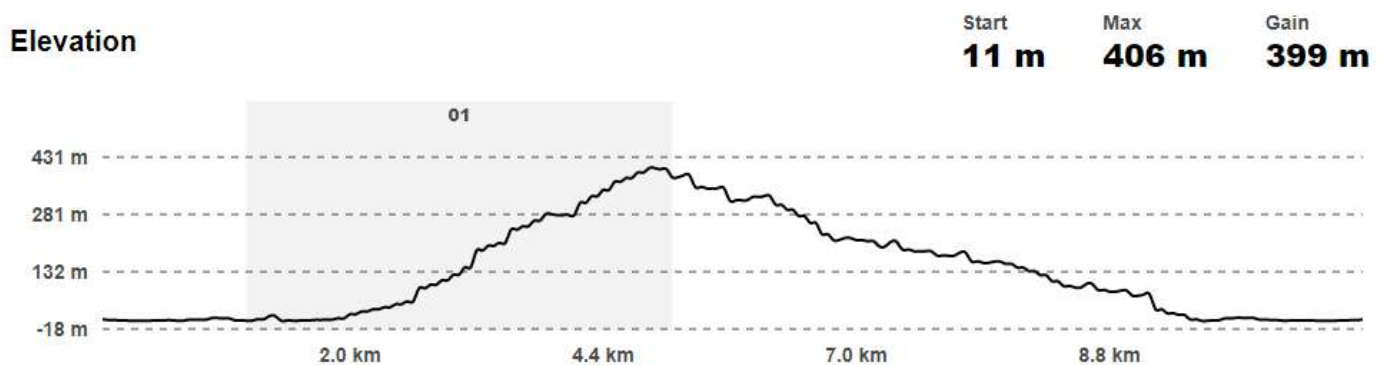




## The Map



## The Ups & Downs



Map available: <https://www.craterimtrailrun.com/rapaki-rumble-10km.html>

## Aid Stations

- 5km - Top of Rapaki
- 10km - Finish – Hansen Park

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

## Timing mats

Timing mats will be at the following locations:

- Mt Vernon/Summit Rd
- Hansen Park

## 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 Taramea/ 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.

## 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 organisers vehicle becomes available.

## Headphones

No headphones are to be worn on the course.

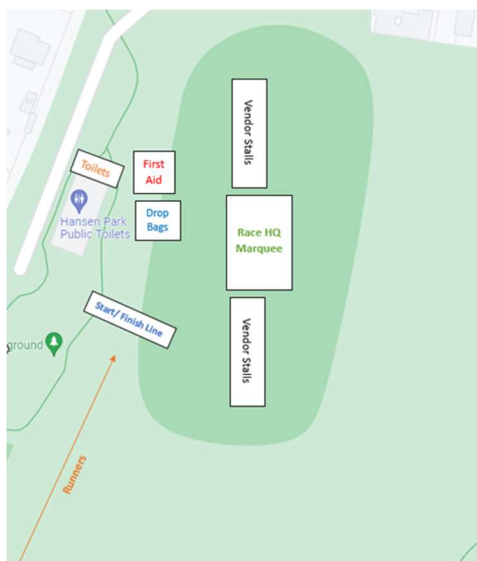
You will need to hear and follow the instructions of marshals.

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

## Finish line

The Rapaki Rumble 10km 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 Rapaki Rumble – 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 marque- 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 on [secretary@porthillsathletic.org.nz](mailto: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-Y4lvdXZYQaC88kVCOD8NPBcpm5hoCQe0QAvD\\_BwE](https://www.ccc.govt.nz/news-and-events/whats-on/?gclid=CjwKCAiAxvGfBhB-EiwAMPakqvYLhSbzVcAN6-NRpoyf9sR1z-Y4lvdXZYQaC88kVCOD8NPBcpm5hoCQe0QAvD_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.

