CRATER RIM ULTRA

LA SPORTIVA®

Rapaki Rumble 12KM

Event Handbook 2025

Version 12.1 July 2025

THANK YOU to our incredible sponsors, supporters, and charity partners who make the event possible!

Thanks to our Charity Partners

Welcome to your Crater Rim Ultra – Rapaki Rumble journey!

It's Crater Rim Ultra time!

You've completed the first step on your Crater Rim Ultra event journey. This handbook will provide you with the information needed to make the next step on that journey. 😊

Event Timetable

Friday 26 September

All races- Named bib entries close at 6pm or when full

Wednesday 15 October

Entries for the Crater Rim Ultra 53km and Bellbird Buster 30km close. Online entries close at 6pm or when full

Saturday 18 October

13:00- 17:00- Registration Day @ Hansen Park, Christchurch- collect your bib, merchandise, final information and have your compulsory kit checked off.

17:00- Marshal and Volunteer Briefing

18:00- Online entries close for the Kiwi Challenge 22km, Rapaki Rumble 12km & Valley View 6km
(Manual entries available on race day before 8:30am (manual entries incur an additional $15 charge))

Sunday 19 October

7:05am- Crater Rim Ultra 53km- Race Briefing
7:15am- Crater Rim Ultra 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 12km- Race Briefing
10:15am- Rapaki Rumble 12km- Race Start

10:30am- Valley View 6km- Race Briefing
10:45am- Valley View 6km- Race Start

12:45pm- Hansen Park Dash 1km/2km- Race Briefing (Note: Race entries close at 12:15pm on the day)
12:50pm- Hansen Park Dash 1km- Race Start
13:00pm- Hansen Park Dash 2km- Race Start

13:45pm- Valley View, Rapaki Rumble & Kiwi Challenge Awards & Spot Prizes (Hansen Park)
17:00pm- Bellbird Buster & Crater Rim Ultra Awards & Spot Prizes (Hansen Park)

12km Rapaki Rumble Timetable

Saturday

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

Sunday

10:00am- Rapaki Rumble 12kms- Race Briefing
10:15am- Rapaki Rumble 12kms- Race Start

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

Registration

Saturday 18 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 course maps will be available to view in the race village.
- Questions- The CRU team will be available to answer any final questions.
- Partners Stalls – Those last-minute, crucial race items will be available from our sponsor stalls.
- Merchandise- If you ordered a 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)

Virtual Race Packs will be sent prior to registration so you can take full advantage of our partners' promos and deals!

Out of Towners

If you are coming from out of town and unable to make registration, please contact the CRU team at: race@craterrimultra.co.nz

Race Village – Hansen Park

Parking at Hansen Park

Hansen Park / Race Village parking is very limited. Please arrange for alternative transport to the race village and finish line.

Facilities at Hansen Park

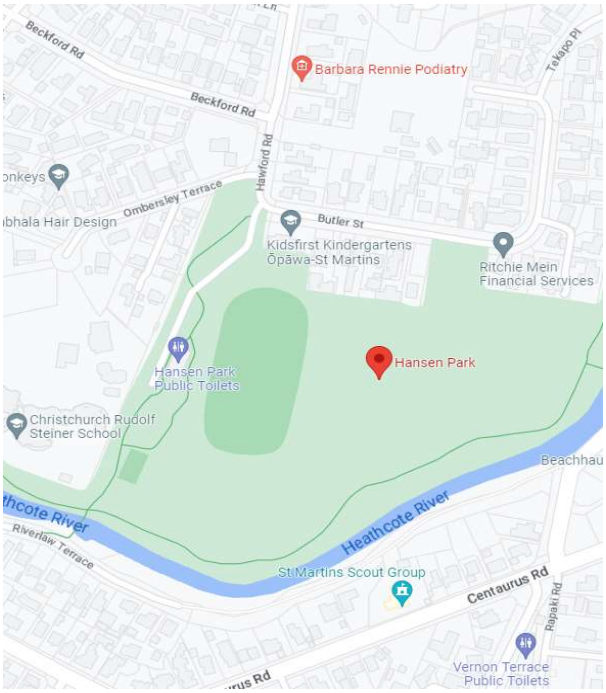
Hansen Park is used as the Race Village and finish line for all events.

Race Day Services at Hansen Park:

Toilets
First Aid
Coffee Vendor
Ice cream Vendor
Food Vendors
Partner & Supporter Stalls
Water Supplies
Recovery Station

Hansen Park Location

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



Race Day

Start Line
The Rapaki Rumble 12km starts from Hansen Park. Please refer to timetable for race brief and start times.
Race Briefing

Will be held 15 minutes prior to the race start. The briefing will provide you with any last-minute changes and safety tips for your day ahead and is compulsory.

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 strong & 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.

Marshals will ask you to stop and present your number if they can't easily view it. Please stop if asked to! Remember our marshals are volunteers – we are all here for a fun day.

Advisory Gear

There is no compulsory gear required in the in the 12km Rapaki Rumble, but we do recommend you carry the below gear to ensure you are prepared for a change in weather.

Recommended Gear List

- Waterproof jacket
- Long sleeve thermal top (wool/polypropylene)
- Thermal long johns (long thermal pants)
- Thermal hat
- Thermal gloves
- Ziplock bag for personal rubbish

The Course

The Words

Its go time! Under the arch and you're away.

Head out and across the park and after being guided to turn left, follow the concrete path along to the Aynsley Terrace bridge.

Cross the bridge turning right onto Aynsley Terrace and follow this footpath which leads towards Centaurus Road.

Marshals and traffic management will cross runners over Centaurus Road.
Runners will be directed towards Vernon Terrace and must stay on footpath along Vernon Terrace following the path to the Mt. Vernon car park. Use this as a warm-up!

Runners will head through the car park with the assistance of marshals and be pointed in the direction of what to some may look like a bush. I promise there is a track on the other side.

After a short scramble you'll arrive into the open valley and begin the uphill climb on the Dry Ridge Track, scaling the ridge before following the fence line toward the Mt Vernon Farm Track.

Here is the chance for an overtake on the wide grass track before you meet Summit Road. Marshals will meet runners and direct them across the road and onto the Mt Vernon MTB trail. Keep an eye out for bikers and share the trail.

After the Rapaki aid station marshals will direct you past Witch Hill on the harbour side of Summit Rd before crossing the road into the Linda Woods Reserve to begin your decent.

After some fast downhill grass tracking runners will arrive at the very runnable Jacks Track and traverse the head of Avoca Valley before starting on the final downhill decent.

Once at the Rapaki Saddle our marshals will direct you down the Rapaki track. The Rapaki track is very busy with other runners, walkers and bikers please keep left and share the trail.

Ensure you save some legs for the final section. Our marshals will direct you off the Rapaki Track and you will enter some fun technical running known as the Rogers Track. Take care as this track has rocky and narrow sections, it's great fun as a run or even a walk.

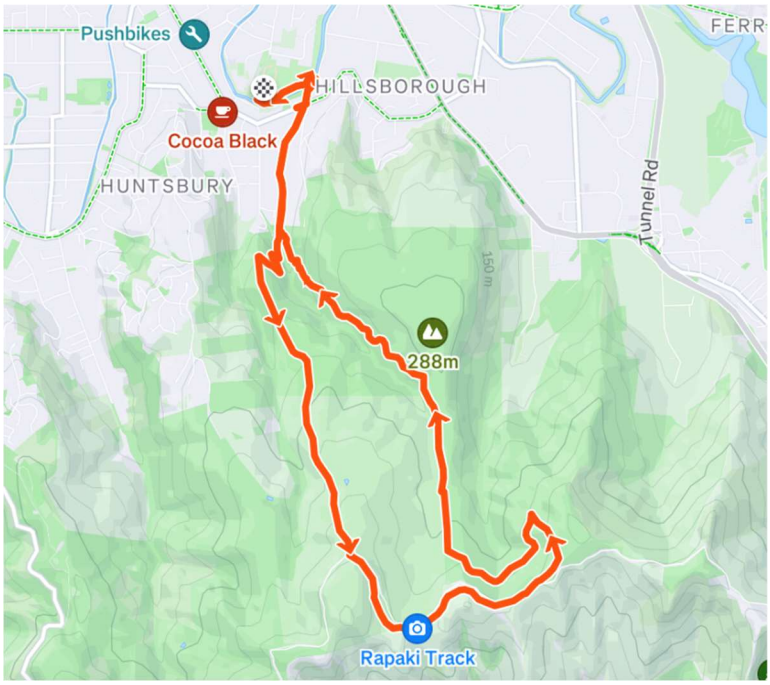
Nearly there, Rogers Track opens out into the Mt Vernon Valley car park. Marshals will direct runners onto Vernon Terrace. Please stick to the pavement as you head towards Centaurus Rd.

Marshals will meet runners at the bottom of the Vernon Terrace and direct them to the road crossing.
Traffic management will cross runners over Centaurus Rd.

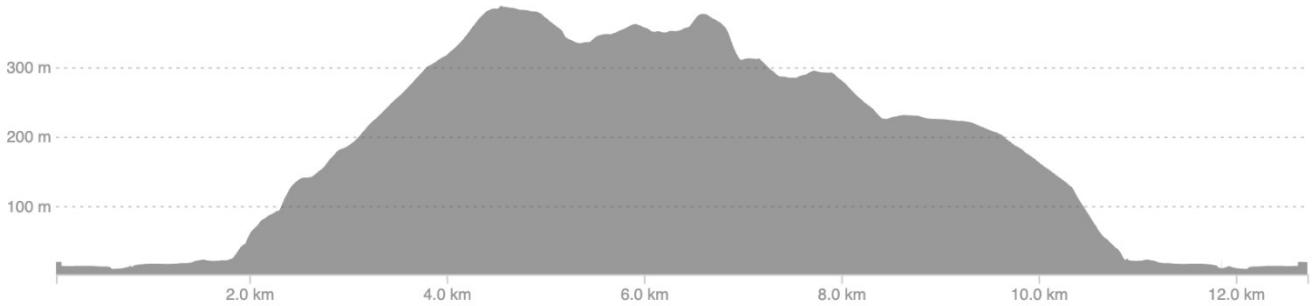
It’s time to prepare yourself for those finish line photos!

Head along the Ōpāwaho-Heathcote River on Aynsley Terrace.
Turn left over the footbridge and back into Hansen Park following the sealed path around to the finish line, big smiles!!

The Map



The Ups & Downs



GPX and Map available: www.craterrimtrailrun.com

Courses are subject to change to meet environmental conditions

Aid Stations

- 6km - Top of Rapaki
- 12km - Finish – Hansen Park

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

- Water
- Pure Sports Nutrition Electrolytes
- Flat Coke
- Lollies
- Pineapple or Watermelon (subject to availability)
- Oranges and Bananas
- Chips

Aid stations will not use paper or plastic cups. Please arrange your own cup, flask or bladder to use the water and electrolytes at the aid stations, or even better, check out our website store for a Crater Rim Ultra soft re-usable 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 there is limited parking etc. The safety to entrants, supporters and the public is a priority.

Our aid station areas are the best place for your family and friends 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
- Top of Rapaki / Summit Road

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 with it.

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.

Marshal 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 take care.

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 the right of way on all the mountain bike tracks.
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 will support you all the way however they will remove a competitor they believe is not sufficiently prepared to safely complete the course.

Retiring from the Race

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

If you retire, our marshals can assist in contacting family and friends.

Headphones

No headphones are to be worn on the course.
You will need to hear and follow the instructions of the marshals.
Don't miss out on the birdsong and rustle of the trees in the wind!

Course Closure

The course will close at 18:15pm

Finish line

The Rapaki Rumble 12km finishes in Hansen Park – the same location as the start.

Prizegiving & Awards

You've just completed the Rapaki Rumble 12km – 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 be provide a ticket with your race number on. Bring this with you to the prizegiving and place it in the designated box to be in with 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!

Photos from the 2025 event will be available from: http://www.photos4sale.co.nz/

Contacts

Should you have any questions around the event please contact our team race@craterrimultra.co.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://ccc.govt.nz/news-and-events/whats-on

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

Local running clubs

https://porthillsathletic.org.nz/

https://live2runtrail.com/

Accommodation in Christchurch

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