



# Athlete Information – Saturday 7 August 2021

## Mitre 10 Te Anau 10km

This event sold out at 200 with an extensive waitlist

We thank you for your entry – proceeds from this event go towards the Fiordland Trails Trust.

### Start time

The event starts at 10.30am.

All participants must be at the start line by 10.15am for a safety briefing.

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The event starts at 10.30am.

### Parking

Limited parking is available on the roadside on the Southern end of Golf Course Road, accessible from Queens Reach Road. We encourage athletes to book the bus.

### Finish

The event finishes at Lions Park, in Te Anau.

### Minimum age

Anyone participating in the Mitre 10 Te Anau 10km must be at least 14-years-old on race day (Saturday 7 August, 2021).

### Course summary

The course offers riverside and lakeside running, trails through native bush and small sections of road and 4WD tracks. Most of the route takes place on the Lake2Lake trail, a hard-packed trail, and there are some undulating sections.



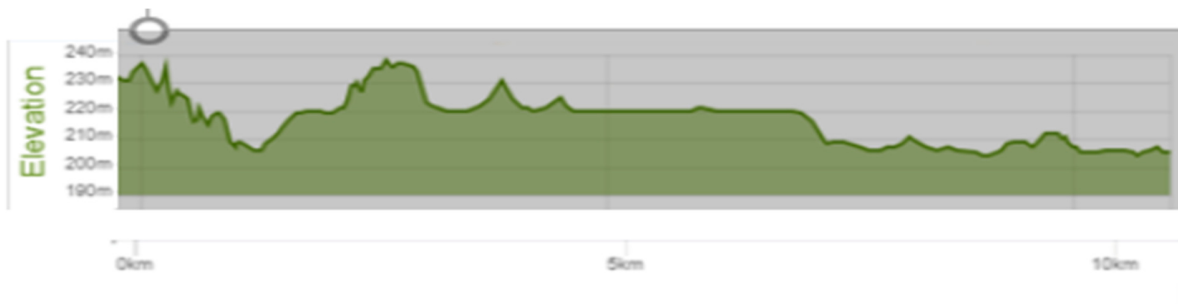
## Course description

The race starts on the Yerex Reach access road which is on the Southern end of Golf Course Road. (Queens Reach end) Runners will start on the narrow access road for approx 200m before joining the Lake2Lake trail which follows the Upper Waiau River, first dropping to the river level before climbing up to higher terraces on three occasions. A relatively flat section with a few rises leads to the Te Anau Control Gates.

From there, enjoy the lakeside trail with stunning views, pass Tui Bay, the bird sanctuary and the Marakura Yacht Club. The course continues on down Lakefront Drive and finishes in Lions Park – a new finish line for 2021.

The course elevation is between 190m and 240m

## Route map



## Athlete check-in

All participants must collect their race number from either of the following:

Friday 6 August, 5pm to 7pm – Outside Sports, 38 Town Centre, Te Anau

Saturday 7 August, 8am to 9.30am – Meridian marquee, Lions Park

If you have booked transport to the start line you will also collect your bus ticket from the registration point.

## Transport

Transport from Lions Park (departing on Lakefront Drive) to the start line is available at \$15 per person. Please [book your transport](#) when registering for the event.



## Race briefing

Participants should be at the start line no later than 10.15am. A safety briefing will be held at 10.15am and the race will start at 10.30am.

## Leaving your items at the start line

There will be a drop trailer available to leave personal items/coats – please provide your own bag and ideally label it with your name. Items will be transported to the finish line and available to collect there. Items are left at your own risk. Please do not leave any valuables.

## Toilets

There are public toilets at:

- The bus departure area
- Portaloos at the start line
- Near the Control Gates at the Kepler Track main car park
- Bird Park public toilets

The public toilets at Lions Park will be available for event participants and supporters to use free of charge on Saturday 7 August.

## Water stations

This is a zero rubbish (cup free) event so we ask you bring your own water, or container. Suitable SpeedCups or collapsible cups are available from most sports shops in New Zealand. Water will be available at the following locations:

- Control Gates
- Yacht Club
- Finish line

## Timing

We will have timing mats at the start, each drink station and at the end so your friends and family will be able to watch and see your progress and results during the race on the [SportSplits App](#) or the [website](#).

## Prizegiving

Prizegiving will be at 2.30pm at the Meridian Marquee, at the finish line. All participants will receive a finishers medal.



## Prize Money

1st Male \$100 and 1st Female \$100

2nd Male \$75 and 2nd Female \$75

3rd Male \$50 and 3rd Female \$50

## Spot prizes

Some of these will be awarded during the race to be collected as you finish to allow athletes that arrive after 1pm to be eligible, some will also be awarded at prize giving.

## Cut-off times

12.30pm at Queens Reach

## Walkers

Walkers are welcome to enter the event, but please be mindful of the cut-off time which is 12.30pm at Queens Reach. If you are walking, please start at the back of the field.

## Prams and strollers

Due to the narrow sections on the trail, we ask that you leave the pram/ strollers/buggy at home. We can NOT allow these in our health and safety plan. However there is a great playground for kids at the finish line.

## Spectator viewing

Spectators viewing is very limited. There will be no spectator viewing at the start due to the narrow access. You are welcome to continue along Golf Course Road where there is an opportunity to view runners close to the Kepler track carpark, Tui bay and limited viewing at the Yacht club. The best viewing will be along the Lakefront or at Lions Park as the runners enter the finish chute. The issue will be parking along the course as it is very limited. Support at the finish line at Lions Park is highly encouraged.

## Health and safety

- If any participant becomes distressed or exhausted, the race director has the right to withdraw that person from the event
- Please listen to all instructions given by officials at all times
- Please stay left at all times – the trail is open to other users



## Your fitness

Runners and walkers should be quite certain you are fit enough and sufficiently well trained to complete this event. If you are unsure about your general health or fitness consult your doctor before embarking on a training program. There are many running/ walking training programs available online.

## Road closures/ course safety

There will be limited road closures throughout the course, however runners and walkers should remain vigilant, obey normal pedestrian rules and respect other trail users at all times.

The trail is still open to the public so please be mindful should there be other trail users. Participants should constantly be on alert and follow all directives from the course safety marshals.

Participants must follow the indicated channeling of the cones where necessary.

Walkers should walk no more than two abreast and keep single file/ to the left on narrower sections of the course to allow runners to pass safely.

## Cancellation and refund policy

- Withdrawals up to 01 July 2021 will receive a 50% refund (or defer to 2022 event, and incur a \$20 administration fee)
- Withdrawals from 02 July to 01 August 2021 will receive a 25% refund (or defer to 2022 event, and incur a \$20 administration fee)
- There will be no refunds or deferments after 01 August 2021
- Any request for refund or transfer must be made in writing to [events@fiordlandtrails.nz](mailto:events@fiordlandtrails.nz)
- In the event of cancellation of the race due to any adversity, be it weather, flooding or any other force majeure, including restrictions due to Covid 19, the organising committee reserves the right to decide whether to defer entries to the 2022 event, and/or to make arrangements for entrants to request a **60%** refund. This will be communicated to all participants via email.
- Transfer of registration is only available up to 01 August 2021, and will incur a \$20 administration fee

## Any Space left?

The Mitre 10 Te Anau 10km has sold out and there are nearly 80 on the waitlist, so if you are NOT able to attend, please let us know so we can offer that space to someone else.



## Competitor List

You are able to view the list of competitors on the [website](#) and on [this link](#)

## Staying the weekend?

If you have not booked accommodation, there are some accommodation deals on the website. Why not support the local activity operators and make a weekend of it?

Further information is available on <https://www.fiordland.org.nz/see-and-do/>

## Dining in Te Anau

We strongly recommend you make a reservation if you intend to dine out. There will be over 600 athletes this year to swell the numbers in town plus family/support.

There is limited staff in Te Anau during the Winter, so although they appreciate your support to their businesses, booking in advance will make it a much easier and quicker option for you.

Alternatively you can book a \$20 buffet breakfast or \$45 buffet meal at the Luxmore Hilights on your registration, if you find you can't get a reservation elsewhere.

## Add or change your registration

You can add the bus, transport or even a donation by signing in on this link

<https://www.registernow.com.au/secure/AccessRegistration.aspx?E=43384>

## Next Years date

Save the date 6<sup>th</sup> Aug 2022, all participants will receive an email when the early bird registration is open.