



**KARAPIRO**  
**APRIL 12-14 2024**

**3 DAYS | 3 DISCIPLINES | 1 WEEKEND**

Compete on all three days or  
create a tailor-made weekend of your favourite discipline or two!

## Thorlo Karapiro Marathon Final Competitors Notes 2024

Welcome to the Thorlo Karapiro Marathon! We are thrilled to welcome you to this event where you can take on the 5km, 10km, half marathon and marathon courses. Please read through the final competitor notes below and use these for your final preparations into this weekend's event.

### Event Day Timetable

6:30am – 9:15am	Registration opens & late entries taken in the Sir Don Rowland Centre
7:50am	42.2km marathon run safety briefing at start chute
8:00am	42.2km marathon run event start
8:50am	21.1km half marathon run/walk safety briefing at start chute
9:00am	21.1km half marathon run/walk event start
9:20am	10.5km run/walk safety briefing at start chute
9:30am	10.5km run/walk event start
9:35am	5km run/walk safety briefing at start chute
9:45am	5km run/walk event start
12:50pm	Kids fun run safety briefing at start chute
1:00pm	Kids fun run event start
<b>**1:00pm</b>	<b>** Cut off time to start another lap</b>
1:00pm – 3:30pm	Good George Brewing Co bar open
2:30pm – 3:30pm	Prize Giving for Karapiro Marathon & overall LCW NZ presentations

### Travel & Parking

Travel to the [event venue](#) at Mighty River Domain is accessible from varying directions, please ensure you leave ample time to arrive at the event ahead of collecting race packs from registration and allowing yourself enough preparation time ahead of starting your race. We'd recommend checking for any current road closures, detours or delays ahead of travel and amending your route accordingly.

PLEASE NOTE: Due to the closure of the hydro dam, there will be NO vehicle access to the venue via the dam if coming from a southern direction. You will need to go via Cambridge, so allow an extra 20mins of travel time. Once you arrive at Mighty River Domain, please enter via Gate 2 and follow all parking marshal instructions.

Whilst travelling to the Mighty Waikato, make the most of your trip and check out what else there is to do in the area around your race day/s. [Where to eat and drink](#) or [top 10 things to do](#) outside of the event when [exploring the area](#).

## Event Race Number

Every participant will receive an official event race number. This is allocated to your personal information and entry type to record you around the course and provide your official finishing times.

Your timing transponder is attached to your race bib and cannot be bent as this may damage the chip. Your bib must be pinned onto the front of your shirt and must not be covered with other clothing.

## Start / Finish

The start / finish chute is located on Judd Lane alongside the lake front by the boat ramp within Mighty River Domain.

Starts – We ask all runners/walkers to remain around the start chute until they are called into the chute for their estimated finish time. Please position yourself according to estimated finish time to ensure you are with others of a similar ability therefore reducing the possibility of accidents. This is very important. For safety, there will be a full briefing on the start line.

As all competitors have a timing transponder, nobody is disadvantaged as all runners/walkers will receive their finish time from when they cross the antenna mats at the start line. Gun time will be used for the first three competitors across the finish line, but transponder time will be used to calculate 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group for safety reasons.

**Please support our amazing sponsors, event partners and funding organisations. We couldn't bring this event to life without them 😊**

---

## PARTNERS

---

**HUB**

SHORLAND



PEUGEOT

**THORLO**  
FOOT PROTECTION

*teamline*<sup>TM</sup>



**LYRE'S**  
NON-ALCOHOLIC



**vista**<sup>TM</sup>



  
HIDDEN LAKE  
HOTEL & APARTMENTS

  
RIVERSIDE  
ADVENTURES  
WAIKATO

**The Mighty  
Waikato**  
Where magic runs deep

Lake **Karāpiro**

  
**Waipa**  
DISTRICT COUNCIL

 **THERMAL EXPLORER**  
Regional Events Fund  
Waikato + Rotorua + Taupō + Ruapehu

## Course Descriptions

The race will begin on Judd Lane under the Start / Finish gantry by the boat ramp within Mighty River Domain.

### - **42.2km Marathon Course**

- All runners will run along Judd Lane to Gate 3, turn RIGHT and run along the Te Awa River Walkway (concrete path) staying on the right-hand side. Continue until Ariki Road, cross the road to continue along the Te Awa River Walkway (concrete path) until you reach the turnaround, 10m past 355 Maungatautari Road (Lexington Park). Make the turn and continue back to the Mighty River Domain on the Te Awa Trail. Just before Gate 3, veer safely off the trail onto Maungatautari Road for approximately 2kms. Turn left into the entrance of the Te Awa River Trail and return to Mighty River Domain Gate 3. All competitors turn right into Judd Lane and make their way to the turnaround on Judd Lane.
- **Once reaching the Judd Lane turnaround, all marathon competitors either turn to start another lap or carry on to the finish line once all laps have been completed (four laps total to complete the full marathon).**

### - **21.1km Half Marathon Course**

- All runners will run along Judd Lane to Gate 3, turn RIGHT and run along the Te Awa River Walkway (concrete path) staying on the right-hand side. Continue until Ariki Road, cross the road to continue along the Te Awa River Walkway (concrete path) until you reach the turnaround, 10m past 355 Maungatautari Road (Lexington Park). Make the turn and continue back to the Mighty River Domain on the Te Awa Trail. Just before Gate 3, veer safely off the trail onto Maungatautari Road for approximately 2kms. Turn left into the entrance of the Te Awa River Trail and return to Mighty River Domain Gate 3. All competitors turn right into Judd Lane and make their way to the turnaround on Judd Lane.
- **Once reaching the Judd Lane turnaround, all half marathon competitors either turn to start another lap or carry on to the finish line once all laps have been completed (two laps total to complete the half marathon).**

### - **10.5km Course**

- All runners will run along Judd Lane to Gate 3, turn RIGHT and run along the Te Awa River Walkway (concrete path) staying on the right-hand side. Continue until Ariki Road, cross the road to continue along the Te Awa River Walkway (concrete path) until you reach the turnaround, 10m past 355 Maungatautari Road (Lexington Park). Make the turn and continue back to the Mighty River Domain on the Te Awa Trail. Just before Gate 3, veer safely off the trail onto Maungatautari Road for approximately 2kms. Turn left into the entrance of the Te Awa River Trail and return to Mighty River Domain Gate 3. All competitors turn right into Judd Lane and make their way to the turnaround on Judd Lane.
- **Once reaching Judd Lane, all 10.5km competitors go directly to the finish line.**

### - **5km Course**

- All runners/walkers will run/walk along Judd Lane to Gate 3, turn RIGHT into the interior road that runs between the accommodation blocks to Gate 2. Exit Gate 2 to the LEFT and veer safely onto Maungatautari Road for around 2.0km. Turn left into the entrance of the Te Awa River Walkway (concrete path) and return to the Mighty River Domain. Approximately 150m before Gate 3, all competitors run/walk along the gravel off-road trail towards Judd Lane within the domain.
- **Once reaching Judd Lane, all 5km competitors go directly to the finish line.**

### - **Kids Fun Run Course (approx. 2.2kms)**

- The course for the kids fun run will be well marshaled and take place within the Might River Domain grounds.

All corners will be marshaled and signed, along with signage warning of aid station coming up and distance markers etc.

### **Course Maps**

These can be found online here - <https://www.karapiromarathon.com/athletes/course-maps/>

The elevation of the course can also be viewed [HERE](#) for your information.

### **Cut Off Times**

For safety purposes, and to ensure all participants are off the course ahead of course closure, no runners will be allowed to begin another lap of the course from 1:00pm.

If you are unable to complete your registered distance due to the cut off, you will be moved down to the subsequent distance you do end up completing.

### **Safety Tips**

No roads are closed for the event and all normal road rules apply. Extra caution must be taken when approaching intersections and driveways, and ALL competitors must stop if there is a car passing. Obey instructions given to you by the Police, event officials and marshals at all times - thank you.

### **Walkers**

Walkers are requested to walk no more than two abreast to not impede the progress of runners or to create a traffic hazard. We rely on the integrity of walkers to WALK, so please, in the spirit of the event, abide by the walking criteria. ***If you are going to RUN/WALK, please enter as a RUNNER.***

### **Aid Station**

Water and R-Line electrolyte will be available at the aid station situated at the entrance to Gate 2 of Mighty River Domain, along with a portaloos toilet. You will go past the aid station twice per lap.

There will also be an aid station on Judd Lane by the finish chute for when you have completed your race to replenish.

### **Support Crews / Vehicles**

There is no need for support crew or vehicles to be on the course, however if you require personalized hydration or nutrition, you are able to leave these at the aid station (clearly labeled with your name and bib number) or have a support person pass this to you within 50m of the aid station (ensuring that all personal rubbish / belongings are collected).

### **Event Referees and Staff**

There are many event referees throughout the course. Runners / Walkers breaking traffic rules, or caught being overly aggressive causing hazards to others, or running when entered as a walker will be instantly disqualified. The decision of Event Promotions marshal referee's, in conjunction with the Event Director, is final and no discussion or correspondence will be entered into. Please always show courtesy to others.

### **Listening Devices**

At no stage during the event may any competitor use any forms of listening devices for safety reasons.

### **Showers / Toilets**

There are showers available for \$6.00 at the event venue. Please see the Mighty River Domain office for more information onsite.

Toilets are also available at registration in the Sir Don Rowland Centre, alongside the Start / Finish chute and at the aid station.

### **Results**

A full set of results for all finishers will be available [HERE](#) for all distances on the evening of the event day.

### **Finishers Medal**

All competitors will receive a stunning finishers medal. Competitors will be awarded their medal on the finish line once having completed their allocated 5km, 10.5km, half marathon, full marathon or kids' fun run event.

### **Prize Giving**

Prize giving will be held at 2:30pm on stage in the Sir Don Rowland Centre. Here we will commend our top male and female finishers, as well as merit prizes for the age group winners and present some spot prizes. Competitors must be present at prize giving to be eligible for spot prizes.

The Good George Brewing Co bar will be open in the Sir Don Rowland Centre from 1:00pm.

***Please note, the LCW NZ athletes who have completed the Full, Half or Quarter distances will have their merit prizes presented after the Karapiro Marathon prize-giving has been completed.***

### **Official Event Photos**

Marathon Photos are the exclusive event photographers who will be capturing participants out on the course whilst you take on your chosen distance and discipline. Your personalized images are a great way to remember the event and may be viewed in the week following the event [HERE](#).

### Event Merchandise

If you have pre ordered merchandise, this will be available to collect from the merchandise area on the day of your event alongside registration. We will have limited additional stock available for purchase.

If you do not collect your merchandise at the event, we can post it to you after the event, however there will be an additional postage fee (\$5.00) which needs to be paid ahead of posting.

### Food and Beverages

Mighty River Domain is a world class venue, and they have a great café onsite, Podium, which will be open each day for you to purchase a variety of food and beverages.

The event bar, hosted by Good George Brewery Co, will also be open ahead of prize giving in the Sir Don Rowland Centre from 1:00pm.

### Dogs

Dogs are NOT permitted at the event venue. Please ensure you leave your furry friends at home.

### FAQ's

There is a list of FAQs on the website if we haven't answered anything above. Click [HERE](#).

**We hope you have an amazing day out there from The Long Course Weekend  
New Zealand Team - Proudly brought to you by Event Promotions.**



The banner features four logos for the Karapiro events: 'LONG COURSE WEEKEND NEW ZEALAND' with a fern leaf icon, 'HUB SWIM KARAPIRO' with a blue swirl icon and distances '1km, 1.9km or 3.8km', 'SHORLAND PEUGEOT CYCLE KARAPIRO' with a pink swirl icon and distances '50km, 90km or 180km', and 'THORLO FOOTWEAR KARAPIRO MARATHON' with a yellow swirl icon and distances '5km, 10.5km, 21.1km or 42.2km'. Below the logos, it reads 'KARAPIRO APRIL 12-14 2024' and '3 DAYS | 3 DISCIPLINES | 1 WEEKEND' with the subtext 'Compete on all three days or create a tailor-made weekend of your favourite discipline or two!'.

Information on other events run by Event Promotions can be found online here:

<https://eventpromotions.co.nz/>