

SPEIGHT'S COAST TO COAST

THE MOUNTAIN RACE



Images by Kevin Clarke
CMS SPORT

The SPEIGHT'S World Multisport Championship

12th and 13th February 2010, South Island, New Zealand

www.coasttocoast.co.nz info@coasttocoast.co.nz

**Entries Limited to 800 • Entries are still open
Every competitor receives a spot prize**

TWO DAY EVENT

COMPETITORS PROGRAMME **Kayak 67km, Run 36km, Cycle 140km** INDIVIDUALS AND TEAMS

THURSDAY 11TH FEBRUARY 2010

3:00 P.M. to 7:00 P.M. All competitors register at Kumara Racecourse, Kumara. There are no exceptions. Competitors will be issued with their race-packs containing pre-event banquet and prizegiving brunch tickets, bibs, shirts, stickers and timing transponders at registration. Timing transponders must be checked. Stickers must be applied to equipment. Spot checks of compulsory mountain equipment, reflective ankle bands and cycle lights/helmet. Campsites are available at the Kumara Racecourse.

5:30 P.M. & 7:00 P.M. Pre-Event Banquet meal (included in entry-fee for competitors) at Kumara Town Hall, Kumara of two sittings (5:30pm and 7:00pm). Competitors are advised in their confirmation letter which banquet sitting they must attend.

8:00 P.M. Pre-Event Safety briefing at Kumara Town Hall. Compulsory attendance by all competitors and assistants including One Day competitors! Do not stand on the road outside the hall.

FRIDAY 12TH FEBRUARY 2010 - The Two Day event begins.

5:45 A.M. All Two Day competitors cycle from the Kumara Racecourse to the bike stands (4.2 km) at Kumara Junction and place their cycles in numerical order in the cycle stands on Highway 73. **They cannot be driven by car.** All competitors must have front and rear lights on their cycles. Competitors must wear the timing transponder, reflective ankle bands (competitors must supply their own) and cycling helmet for the 3 km walk to the beach and the run to the cycles. Competitors must not wear dark clothing or rubbish bags - you can't be seen. Do not walk on the road, use the right hand shoulder. Please go to the toilet before leaving your campsite.

5:45 A.M. All assistants drive from Kumara Racecourse to the end of the first cycling stage at Aickens and park in the car park at Aickens, not on the roadside. Do not delay! Leave early! Moana School will sell breakfast at Aickens to competitors, assistants and friends. These meals are not included in the entry fee.

6:15 A.M. All cycles must be in the cycle stands.

6:30 A.M. Competitor numbers will be recorded and helmets checked as competitors walk to the beach. Assemble on the beach in numerical order. Competitors should use a pair of running shoes for the run from the beach to the start of the cycling. They will be collected and can be reclaimed at Klondyke Corner. Make sure they are numbered.

STAGE ONE: RUNNING 3KMS AND CYCLING 55KMS

7:00 A.M. After a mass start from the beach competitors run 3km along a track then up the road to their cycles on State Highway 73. They then cycle 55km along Highway 73 to Aickens Corner. Competitors may carry warm up clothing on the ride to Aickens.

Highway 73 is sealed all the way and rises 500 metres over 55km. During the 55km cycling stage competitors will be followed by official vehicles with back up cycles.

Any competitor who does not complete the first cycling stage (Stage One) is automatically disqualified and **cannot continue** in Stages Two, Three or Four. If a team member does not complete the first cycling stage, his/her partner **cannot continue** in Stages Two, Three or Four.

This cycling stage will take between 1.5 and 2.5 hours depending on ability.

STAGE TWO: THE MINGHA DECEPTION ROUTE MOUNTAIN RUNNING 33KMS

Competitors finish cycling, hand their cycle to their assistant, exchange bibs and timing transponder if they are a team member, pick up their daypacks and run through the Aickens transition. Times for the first cycling stage will be taken at the Aickens transition. Officials will make spot checks of competitors' compulsory mountain safety equipment at the timekeeping checkpoint, Deception footbridge and Klondyke Corner. Do not discard any equipment, you could be spot checked at any time. **Competitors must wear their bib over all items of clothing. The bib may be worn under the day pack, but the bib number must be visible from the front.** Any competitor who drops rubbish on the mountain running stage will have time penalties of one hour imposed.

Competitors run along the farm track, then ford the Otira River above the Deception footbridge and run up the Deception riverbed. This stage has an intermittent track. Competitors must stay in the riverbed and not go into the bush except on formed/marked tracks. There will be checkpoints on the Mingha Deception route. Competitors must provide their competitor number to officials when requested.

As competitors near the summit of Goat Pass, 1100 metres, they can use a clearly defined track which takes them over the summit and down the other side into the Mingha riverbed. This track is approx. 8km long. Sections of the track are hazardous.

Competitors then cross the Bealey River and run a further 3km down the Bealey riverbed to Klondyke Corner. Competitors must not run on the road.

Assistants must not run down the riverbed with competitors or take equipment from them or assist them in any way.

Stage Two finishes at Klondyke Corner, is approx 33km and will take between 3 and 8 hours. Competitors are timed in at Klondyke Corner.

Any competitor who does not complete the mountain stage (Stage Two) is automatically disqualified and **cannot continue** in Stages Three or Four. If a team member does not complete the mountain stage, his/her partner **cannot continue** in Stages Three or Four.

Competitors, assistants and friends camp overnight at Klondyke Corner. Camp where directed. No camping between the shingle road and bush because of the fire danger. No camping at Mt White bridge. Competitors must provide their own tents and refreshments. Sheffield School will sell lunch, dinner and breakfast at Klondyke Corner to competitors, assistants and friends. These meals are not included in the entry fee. Take all rubbish away with you.

SATURDAY 13TH FEBRUARY 2010 - The Two Day event continues.

STAGE THREE: CYCLING 15 KMS, RUNNING 800M AND KAYAKING 67KMS

5:00 A.M. Assistants must leave Klondyke Corner and drive to Mt White Bridge. All vehicles must be parked across the Waimakariri River on the north bank. No parking on the road side. Do not delay! Leave early! Springfield School will sell breakfast and lunch at Mt White Bridge. These meals are not included in the entry fee.

Assistants must present their competitors kayak and all compulsory equipment for scrutineering at Mt White Bridge before 7:00am. All compulsory equipment must remain in the kayak once checked. Once checked by scrutineers, assistants will then place their competitors kayak and all compulsory equipment in numerical order on the north bank of the river. All boats arriving after 7:00am will be put in a holding area until numbers on the river bank have been recorded.

Competitors must report to the Klondyke Corner start line by 7:00am and all competitors must be in their start group by 7:10am. No exceptions.

7:30 A.M. The second and final day begins with 15km of cycling from Klondyke Corner to Mt White Bridge. Competitors are lined up numerically at Klondyke Corner. They start numerically in groups of ten at one-minute intervals. No warm-up rides on the road, no rolling starts and no swapping between groups. Competitors not available to start at their allotted time will start from the back. Competitors may carry warm up clothing on the cycle to Mt White bridge. No kayak helmets are to be worn on the cycle to Mt White Bridge. During the 15km cycling stage competitors will be followed by official vehicles with back up cycles. Competitors may use running shoes for the cycle and run to Mt White Bridge. No times are recorded at Mt White Bridge.

At the Mt White Bridge turn-off on Highway 73, competitors dismount and carry or walk their cycles 800m down to the river and across Mt White Bridge where their cycles must be collected by their assistant. No assistants are to wait on the railway side of Mt White Bridge or at the highway for their competitor.

Competitors are not to take their bib off until they have reached their kayak. Assistants may help their competitors with the kayaking equipment and launch them into the river. Competitors must wear their bib over all items of clothing and on top of their buoyancy vest. Kayaking helmets must be worn. All assistants must remain at the river until the last Two Day competitor has reached their kayak.

"I love this race, it's awesome"

"Best event around, get to race the best"

"Iconic race, run and managed by professionals"

Competitors set off immediately down river paddling approx 25km of flat braided river before entering the 25km gorge which is rated as a grade 2 stretch of water. The final pull out point before the Gorge is at Gooseberry Stream. The gorge will be patrolled by jetboats. Competitors are advised to kayak the Waimakariri River Gorge before the **SPEIGHT'S** Coast to Coast. After the Gorge there is approx 17km of braided flat water paddling with willow trees from Woodstock to Gorge Bridge, the end of Stage Three. The kayaking will take between 4 and 8 hours.

If competitors swim, it is expected they self rescue. Safety kayakers and jetboaters are positioned to support the safety of competitors, and will assist only if required. Jet boats are not there to take damaged kayaks from the Waimakariri River Gorge to Woodstock or Waimakariri River bridge. They will do this only if there is time and they are not endangering the lives or safety of other competitors. It is the competitors responsibility to remove damaged kayaks from the river after the **SPEIGHT'S** Coast to Coast is over.

Any competitor who does not complete the kayaking stage is automatically disqualified and **cannot continue** in Stage Four. If a team member does not complete the kayaking stage, his/her partner **cannot continue** in Stage Four.

There will be checkpoints on the river. Competitors must provide their number to officials when requested.

Times for the kayaking stage will be recorded before competitors run up the gravel road. After having their time recorded, team competitors exchange bibs and timing transponders with their team members who have assembled in the transition area.

STAGE FOUR: CYCLING 70KMS

Competitors finish kayaking under the Waimakariri River Gorge Bridge on the south bank of the Waimakariri River, exit their kayak and leave it with their assistant. Competitors cross over the timing mat, run up the gravel road and collect their cycles from the cycle stands near the main road. Team members tag and exchange their bib and timing transponder after the team kayaker has crossed the timing mat. The team cyclist runs up the gravel road. **Team members are not allowed warm-up rides on the road. Assistants are not allowed to assist their competitor run up the gravel road, help them on their cycle or push them up the road."**

Competitors cycle 70km to Sumner via Minchins Road and the Old West Coast Road, which brings them on to Yaldhurst Road. They cycle down Yaldhurst Road turning right onto Peer Street/Curletts Road, following that through and across Main South Road and Blenheim Road. They follow Curletts Road, then the Southern Motorway, then Brougham Street and the Opawa Expressway. They turn left into Garlands Road, left into Rutherford Street, then right into Ferry Road.

From Ferry Road they cycle across the Causeway, through Redcliffs to the cycle transition area in Sumner where they hand their cycles to an official and run across the beach to the finish under the banner. The cycle route is sealed all the way and falls 250 metres over 70km. The timing transponders will be exchanged at the finish line for finishers medals. Cycles must be removed immediately by assistants or competitors. A bib must be presented for identification.

Police will control most traffic light intersections en route through Christchurch from approx 1:30pm through 7:00pm. In the absence of police control, competitors must obey the road code.

Assistants must travel from Waimakariri River Gorge Bridge to the Sumner finish by crossing Waimakariri River Gorge Bridge and driving north on Highway 72 and turning right into South Eyre Road to Kaiapoi and Christchurch. Buy a road map! Leave early! Do not delay!

Competitors are not allowed any help from assistants, friends or family on any stage. If competitors have assistants, friends or family monitoring their own or another competitors behaviour they will be deemed to be assisting their competitor and their competitor will be disqualified.

The SPEIGHT'S World Multisport Championship

ONE DAY OR LONGEST DAY

Anybody can enter the One Day event.
No one has to pre-qualify.

COMPETITORS PROGRAMME **Kayak 67km, Run 36km, Cycle 140km** INDIVIDUALS ONLY

THURSDAY 11TH FEBRUARY 2010

3:00 P.M. to 7:00 P.M. All competitors register at Kumara Racecourse, Kumara. There are no exceptions. Competitors will be issued with their race-packs containing pre-event banquet and prizegiving brunch tickets, bibs, shirts, stickers and timing transponders at registration. Timing transponders must be checked. Stickers must be applied to equipment. Spot checks of compulsory mountain equipment, reflective ankle bands and cycle lights/helmet. Campsites are available at Kumara Racecourse.

5:30 P.M. & 7:00 P.M. Pre-Event Banquet meal (included in entry-fee for competitors) at Kumara Town Hall, Kumara of two sittings (5:30pm and 7:00pm). Competitors are advised in their confirmation letter which banquet sitting they must attend.

8:00 P.M. Pre-Event Safety briefing at Kumara Town Hall. Compulsory attendance by all competitors and assistants including One Day Competitors. Do not stand on the road outside the hall.

FRIDAY 12TH FEBRUARY 2010 - The Two Day Events Begins.

This is a rest day for the SPEIGHT'S World Multisport Championship One Day Competitors.

SATURDAY 13TH FEBRUARY 2010 - SPEIGHT'S World Multisport Championship One Day Event Begins.

5:00 A.M. All One Day competitors cycle from the Kumara Racecourse to the bike stands (4.2 km) at Kumara Junction and place their cycles in numerical order in the cycle stands on Highway 73. They cannot be driven by car. All competitors must have front and rear lights on their cycles. Competitors must wear the timing transponder, reflective ankle bands (competitors must supply their own) and cycling helmet for the 3 km walk to the beach and the run to the cycles. Competitors must not wear dark clothing or rubbish bags - you can't be seen. Do not walk on the road, use the right hand shoulder. Please go to the toilet before leaving your campsite.

5:00 A.M. All assistants drive from Kumara Racecourse to the end of the first cycling stage at Aickens and park in the car park at Aickens, not on the roadside. Do not delay! Leave early! Moana School will sell breakfast at Aickens to competitors, assistants and friends. These meals are not included in the entry fee.

5:15 A.M. All cycles must be in the cycle stands.

5:30 A.M. Competitor numbers will be recorded and helmets checked as competitors walk to the beach. Assemble on the beach in numerical order. Competitors should use a pair of running shoes for the run from the beach to the start of the cycling. They will be collected and can be reclaimed at Klondyke Corner. Make sure they are numbered.

STAGE ONE: RUNNING 3KMS AND CYCLING 55KMS

6:00 A.M. After a mass start from the beach competitors run 3km along a track then up the road to their cycles on State Highway 73. They then cycle 55km along Highway 73 to Aickens Corner. Competitors may carry warm up clothing on the ride to Aickens.

Highway 73 is sealed all the way and rises 500 metres over 55km. During the 55km cycling stage competitors will be followed by official vehicles with back up cycles.

Any competitor who does not complete the first cycling stage (Stage One) is automatically disqualified and cannot continue in Stages Two, Three or Four.

This cycling stage will take between 1.5 and 2.5 hours depending on ability.

STAGE TWO: THE MINGHA DECEPTION ROUTE MOUNTAIN RUNNING 33KMS

Competitors finish cycling, hand their cycle to their assistant, pick up their daypacks and run through the Aickens transition. Times for the first cycling stage will be taken at the Aickens transition. Officials will make spot checks of competitors' compulsory mountain safety equipment at the timekeeping checkpoint, Deception footbridge and Klondyke Corner. Do not discard any equipment, you could be spot checked at any time. **Competitors must wear their bib over all items of clothing. The bib may be worn under the day pack, but the bib number must be visible from the front.** Any competitor who drops rubbish on the mountain running stage will have time penalties of one hour imposed.

Competitors run along the farm track, then ford the Otira River above the Deception footbridge and run up the Deception riverbed. This stage has an intermittent track. Competitors must stay in the riverbed and not go into the bush except on formed/marked tracks. There will be checkpoints on the Mingha Deception route. Competitors must provide their competitor number to officials when requested.

"Finally fulfilled a lifetime dream"

"Something that had to be achieved"

"My friends made it look fun & exciting"

As competitors near the summit of Goat Pass, 1100 metres, they can use a clearly defined track which takes them over the summit and down the other side into the Mingha riverbed. This track is approx. 8km long. Sections of the track are hazardous.

Competitors then cross the Bealey River and run a further 3km down the Bealey riverbed to Klondyke Corner. Competitors must not run on the road.

Assistants must not run down the riverbed with competitors or take equipment from them or assist them in any way.

Stage Two finishes at Klondyke Corner, is approx 33km and will take between 3 and 8 hours. Competitors are timed in at Klondyke Corner. Sheffield School will sell lunch, dinner and breakfast at Klondyke Corner to competitors, assistants and friends. These meals are not included in the entry fee.

Any competitor who does not complete the mountain stage (Stage Two) is automatically disqualified and cannot continue in Stages Three or Four.

STAGE THREE: CYCLING 15 KMS, RUNNING 800M AND KAYAKING 67KMS

10:15 A.M. One Day assistants must present their competitors kayak and all compulsory equipment for scrutineering at Mt White Bridge between 10:15am and 11:30am (Do not arrive earlier! Two day assistants need to get out!). All compulsory equipment must remain in the kayak once checked. Once checked by scrutineers, assistants will then place their competitors kayak and all compulsory equipment in numerical order on the north bank of the river. One Day assistants must leave their vehicles at the Mt White Road intersection with Highway 73 and carry the kayak and all the equipment down to the bridge. No exceptions! Springfield School will sell breakfast and lunch at Mt White Bridge. These meals are not included in the entry fee.

Assistants are not allowed to assist their competitor on their cycle or push them up the road.

Competitors then cycle 15km from Klondyke Corner to Mt White Bridge. Competitors may carry warm up clothing on the cycle to Mt White bridge. No kayak helmets are to be worn on the cycle to Mt White Bridge. No times are recorded at the Mt White Bridge. During the 15km cycling stage competitors will be followed by official vehicles with back up cycles. Competitors may use running shoes for the cycle and run to Mt White Bridge.

One Day competitors may leave their cycle with an assistant at the Mt White Road intersection with Highway 73 and run down to the kayak transition.

Competitors are not to take their bib off until they have reached their kayak. Assistants may help their competitors with the kayaking equipment and launch them into the river. Competitors must wear their bib over all items of clothing and on top of their buoyancy vest. Kayaking helmets must be worn.

Competitors set off immediately down river paddling approx 25km of flat braided river before entering the 25km gorge which is rated as a grade 2 stretch of water. The final pull out point before the Gorge is at Gooseberry Stream. The gorge will be patrolled by jetboats. Competitors are advised to kayak the Waimakariri River Gorge before the **SPEIGHT'S** Coast to Coast. After the Gorge there is approx 17km of braided flat water paddling with willow trees from Woodstock to Gorge Bridge, the end of Stage Three. The kayaking will take between 4 and 8 hours.

If competitors swim, it is expected they self rescue. Safety kayakers and jetboaters are positioned to support the safety of competitors, and will assist only if required. Jet boats are not there to take damaged kayaks from the Waimakariri River Gorge to Woodstock or Waimakariri River bridge. They will do this only if there is time and they are not endangering the lives or safety of other competitors. It is the competitors responsibility to remove damaged kayaks from the river after the **SPEIGHT'S** Coast to Coast is over.

Any competitor who does not complete the kayaking stage is automatically disqualified and cannot continue in Stage Four.

There will be checkpoints on the river. Competitors must provide their number to officials when requested.

Times for the kayaking stage will be recorded before competitors run up the gravel road.

STAGE FOUR: CYCLING 70KMS

Competitors finish kayaking under the Waimakariri River Gorge Bridge on the south bank of the Waimakariri River. They leave their kayaks with their assistant, run up the gravel road and collect their cycles from the cycle stands near the main road. Times are recorded at the Waimakariri River. **Assistants are not allowed to assist their competitor run up the gravel road, help them on their cycle or push them up the road.**

Any competitor departing Waimakariri River Gorge bridge after 6:00pm must wear reflective ankle bands, have front and rear lights on their cycle, and wear an approved reflective high visibility safety vest over the top of their bib.

Competitors cycle 70km to Sumner via Minchins Road and the Old West Coast Road, which brings them on to Yaldhurst Road. They cycle down Yaldhurst Road turning right onto Peer Street/Curletts Road, following that through and across Main South Road and Blenheim Road. They follow Curletts Road, then the Southern Motorway, then Brougham Street and the Opawa Expressway. They turn left into Garlands Road, left into Rutherford Street, then right into Ferry Road.

From Ferry Road they cycle across the Causeway, through Redcliffs to the cycle transition area in Sumner where they hand their cycles to an official and run across the beach to the finish under the banner. The cycle route is sealed all the way and falls 250 metres over 70km. The timing transponders will be exchanged at the finish line for finishers medals. Cycles must be removed immediately by assistants or competitors. A bib must be presented for identification.

Police will control most traffic light intersections en route through Christchurch from approx 1:30pm through 7:00pm. In the absence of police control, competitors must obey the road code.

Assistants must travel from Waimakariri River Gorge Bridge to the Sumner finish by crossing Waimakariri River Gorge Bridge and driving north on Highway 72 and turning right into South Eyre Road to Kaiapoi and Christchurch. Buy a road map! Leave early! Do not delay!

Competitors are not allowed any help from assistants, friends or family on any stage. If competitors have assistants, friends or family monitoring their own or another competitors behaviour they will be deemed to be assisting their competitor and their competitor will be disqualified.

SUNDAY 14TH FEBRUARY 2010

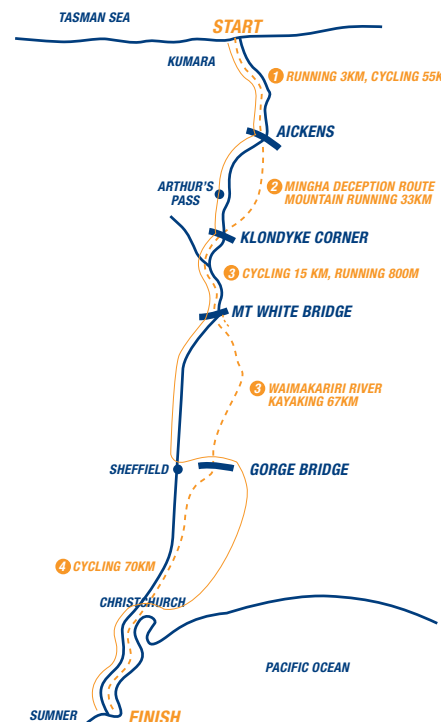
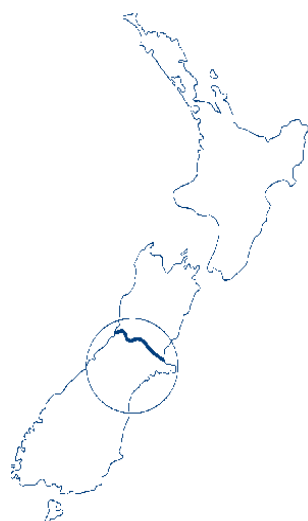
- 10:00 A.M.** Prizegiving brunch will be held upstairs at the Christchurch Town Hall, (Kilmore Street).
Spot prize collection and sponsor displays in the foyer at the Christchurch Town Hall.
- 12 Midday** Prizegiving will commence at the Christchurch Town Hall.
- 2:00 P.M.** Provisional results will be available in the Town Hall foyer after prizegiving.
- 2:30 P.M.** Party (**SPEIGHT'S** Ale House—Bealey Ave, Christchurch).

South Island, New Zealand

State Highway 73	—
Race route	- - - -
Assistants route	—

STAGES

- | | | |
|-------|---|---------------------------|
| 1 | = | 3km run
55 km cycle |
| 2 | = | 33km run |
| 3 | = | 15 km cycle
67km kayak |
| 4 | = | 70km cycle |
| 243km | | |



"Excellent motivation for people to reach and achieve their goals"

"You make good friends and feel like you belong to something iconic and special"

"It's a great challenge in a beautiful part of the country"

RULES

Age Limit

The minimum age of competitors must be 18 years at 12th February 2010, except that the minimum age of school team members must be 16 years at 12th February 2010. Competitors aged less than 18 years must have parents consent to participate in the **SPEIGHT'S Coast to Coast**.

Sections

You can compete in only one event and one section. Veteran's may enter the Open section.

Teams (of two competitors)

One team member does the 3km run and the 55km cycle on day one, followed by the 15km cycle, 800m run and the 67km paddle on day two while the other team member does the 33km mountain run on day one and the 70km cycle on day two. Team members must not run down the finish chutes together at Klondyke Corner or Sumner. All school team members must be current school pupils when they enter and must have their school name/s in their team name. School team members may have left school by 12th February 2010.

The Mountain Running Section

It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards on the mountain running stage. The Otira, Deception, Mingha and Bealey Rivers are steep and bouldery and can change condition rapidly. Competitors must acquire adequate river crossing skills before they compete in the **SPEIGHT'S Coast to Coast**. It is absolutely forbidden for any competitor to run on railway lines (except when directly crossing them) or to run on the Bealey River railway bridge.

Compulsory Mountain Equipment

Competitors must carry a daypack (not a bum bag) with the following equipment: polypropylene gloves, thermal balaclava or hat, waterproof jacket, waterproof pants, food, drink, first aid kit (which must contain a 1.5m long (un-stretched) roll of 5cm wide crepe bandage, a 5m long roll of 2cm wide strapping tape, 10 band aid strips, a triangular bandage and small scissors), survival bag and map of the area if they have not been through the running stage before. In addition to the above, you must also carry correctly sized clothing including polypropylene full-length top and bottom and a long sleeved top (mid-layer garment with insulation properties, approx. 220-280 gsm.) This clothing is in addition to what is being worn by the competitor during the mountain stage. The daypack must be large enough to carry all the compulsory clothing, food, drink and first aid kit.

Department of Conservation

The **SPEIGHT'S Coast to Coast** operates under a Department of Conservation concession. Practice running is allowed on the Mingha Deception route in the Arthur's Pass National Park. **You are not allowed to practice the 2km run from Aickens to Deception footbridge. This is private land.** Stick to the formed/marked track. Shortcuts are not allowed. There are huts, without facilities, in the Upper Deception, at Goat Pass and Mingha Biv. Take all the compulsory equipment and be prepared for an overnight stay. Check the weather before you go.

No open fires or solid fuel barbeques. Dogs are not allowed in the National Park. Do not bring them to the **SPEIGHT'S Coast to Coast**. Do not drop rubbish. Bring rubbish bags and take all rubbish away with you.

Do not park in long grass, as hot exhausts can start fires. Park vehicles in the designated mown areas. Giardia is present in the Bealey River. Don't drink water from the Bealey River.

Helicopter protocol

Should a helicopter approach, competitors are to follow the directions indicated by the crew. Do not approach the helicopter until told or signalled. If the helicopter approaches, do not move away from it. Never, under any circumstances go to the rear of the helicopter - remain in full view of the pilot and crew.

Maps

Competitors are responsible for their own navigation over the course, and should familiarise themselves with the terrain. Competitors who have not been across the course must carry maps during the **SPEIGHT'S Coast to Coast**. Get a topographical map of the mountain run stage (Topo50 Map BV20-Otira) and topographical maps covering the Waimakariri River Gorge kayak stage (Topo50 Map BV21-Cass, BW21-Springfield and BW22-Oxford).

Didymo Control

I support Biosecurity New Zealand in their attempt to stop the spread of Didymo throughout New Zealand's streams, rivers, canals and lakes. All kayak equipment and mountain shoes must be cleaned to Biosecurity standards before and after the **SPEIGHT'S Coast to Coast**. Check out www.biosecurity.govt.nz/didymo for procedures.

The Kayaking Stage

It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards on a grade 2 river. Any competitor that has more than 5 swims on the day may be withdrawn from the **SPEIGHT'S Coast to Coast**. Competitors must put training time in on a grade 2 river and ensure their choice of kayak is matched to their ability.

Competitors may use any type of kayak but not waveriders or surf skis. Inflatable or ride on kayaks are not permitted. Pods are not allowed on kayaks. Sea kayaks must have sealed compartments.

Kayaks must have pillars and two flotation/air bags or extensive water-tight sealed compartments that are drainable. The minimum requirement is two rear flotation/air bags of 20 litres each - correctly inflated and secured in the kayak. Wine bladders are not acceptable!

Competitors who withdraw from the **SPEIGHT'S Coast to Coast** must not leave the river bank. They must wait for the tail end charlie kayakers to arrive.

Compulsory Kayaking Equipment

Competitors must carry the following equipment: A sprayskirt, kayaking helmet (designed for paddle sports – a cycle helmet is not acceptable), buoyancy vest (securely fitted, free of defects and of 55N minimum buoyancy), paddle, repair/duct tape (at least 10m), polypropylene gloves, thermal balaclava or hat, waterproof long sleeve paddle jacket (to be either worn or in a dry bag), waterproof pants, food, drink, first aid kit (which must contain a 1.5m long (un-stretched) roll of 5cm wide crepe bandage, a 5m long roll of 2cm wide strapping tape, 10 band aid strips, a triangular bandage and small scissors), and survival bag. In addition to the above, you must also carry correctly sized clothing including polypropylene full-length top and bottom and a long sleeved top (mid-layer garment with insulation properties, approx. 220-280 gsm.) **This clothing is in addition to what is being worn by the competitor during the kayaking stage.**

Buoyancy testing of any vests that appear inadequate may occur at scrutineering. Competitors must check that their buoyancy vest meets the required standard before the SPEIGHT'S Coast to Coast.

Kayaking Certificates

All new competitors must submit a copy (not the original) of a completed Grade 2 Kayak Certificate. Kayak certificates can be obtained from a kayak instructor anywhere in the world. New competitors have until November 30th 2009 to complete their certificate. A blank kayak certificate, to be completed by the kayak instructor can be downloaded from the website.

Competitors from previous years need only state on the entry form the year(s) they have competed in the **SPEIGHT'S Coast to Coast**. They do not have to send in another kayaking certificate.

Grade 2 Kayak requirements

General knowledge: In discussion with the kayak instructor the candidate should show good knowledge of the following: Personal kayaking and safety equipment, river dynamics at grade 2 level, hazards associated with kayaking including broaching, strainers and foot entrapment and the actions taken to avoid or minimise these hazards, river signals, tying kayaks onto roof racks and trailers, and the symptoms and treatment of hypothermia.

Moving water skills: Candidates must demonstrate competence in the following skills in their event boat or boat of similar stability and performance in grade 2 water: Capsize in a grade 2 rapid and self rescue by actively swimming with all equipment to an eddy, forward paddling, forward and reverse sweep strokes, low brace, break in / break out of eddies, ferry glide, identifying a safe line and manoeuvring down grade 2 rapids.

Participate in Rescue Skills: The candidate must be able to competently participate in the following rescues: Receive a throw bag, be carried on the stern of a boat and deep water rescue.

While the ability to perform an eskimo roll is not a compulsory kayak requirement, we strongly encourage competitors to attain this skill.

The Cycling Stages

Helmets must be of a standard recognised by New Zealand Transport Agency and must remain on your head, securely fastened at all times while the cycle is in motion. Cycles ridden by competitors in the two day event must have either standard drop style or flat mountain bike style handlebars. No aero bars, clip-ons, bar-ends or bullhorn style bars are permitted in the Two Day event. Competitors in the One Day event can use any handlebar configuration. Each competitor must carry at least one water bottle and spare tubes or tubulars for their cycles. There are no drink stations. Competitors must effect repairs to their own cycles. **Spare cycles will not be given to competitors who puncture.**

Draughting is allowed in all cycling stages of the Two Day event. Draughting is allowed in only the first cycling stage of the One Day event. No draughting is allowed in the second or third cycling stages of the One Day event. No draughting off cyclists not in the **SPEIGHT'S Coast to Coast**. No draughting off vehicles.

Competitors must have front and rear lights on their cycles of a standard recognised by New Zealand Transport Agency and wear reflective ankle bands, before 7:00am and after 6:00pm. LED style front and rear lights must have a minimum of 3 LED's.

Any competitor departing Waimakariri River Gorge bridge after 6:00pm must wear reflective ankle bands, have front and rear lights on their cycle, and wear an approved reflective high visibility safety vest over the top of their bib.

Recumbents, uni-cycles, tri-cycles, tandems and row-bikes can only be used with prior approval of the Race Director. No pods or fairing are allowed. All cycling stages are on sealed roads. Obtain some bunch riding experience. Please contact a local cycle club or shop for details of bunch rides and cycle setup. Please have your cycle, lights and helmet checked at a cycle shop prior to the event. **Keep to the left, don't cross the centre line and obey the road code.**

Cut off times for the mountain stage and the river stage

All Two day competitors must have departed Goat Pass by 4:00pm on Friday.

The Two day mountain stage will be closed at Klondyke Corner at 7:30pm on Friday. Any competitor still on the mountain stage after 7:30pm will be withdrawn from the **SPEIGHT'S** Coast to Coast, and may be removed from the mountain stage.

All One day competitors must have departed Goat Pass by 1:00pm on Saturday.

Any competitor arriving at the northern end of Mt White Bridge after 3:00pm will be withdrawn from the **SPEIGHT'S** Coast to Coast. All One day competitors must have departed Mt White Bridge checkpoint in their kayak by 3:15pm and Woodstock checkpoint (15kms above Gorge Bridge) by 7:00pm. An air horn will be used to signal the 3:00pm, 3:15pm and 7:00pm cut-offs. All competitors must have reached Waimakariri River Gorge Bridge by 8:15pm on Saturday. Officials can remove competitors from the river after the cut off times."

All Two day and One day competitors must have finished the **SPEIGHT'S** Coast to Coast at Sumner Beach by Midnight Saturday 13th February 2010.

The Race Director reserves the right to close stages and alter official cut off times for safety or other reasons.

Equipment

All competitors are responsible for the equipment they use in the **SPEIGHT'S** Coast to Coast. **They must ensure that it is safe and in as new condition.** Appropriate footwear must be worn on all stages of the Speight's Coast to Coast.

Stickers

Helmet, kayak, cycle and assistants stickers will be provided and must be applied to equipment. Competitors must remove all old stickers and event numbers from their kayaks. All assistants vehicles must display the assistants sticker. Additional stickers are available at Kumara registration.

Bibs

There is only one competitor bib per team. Bibs must not be altered in any way and must be worn throughout the event and in the finish chutes. The competitor bib must be worn over the top of bouyancy vests and all items of clothing. The competitors bib may be worn under the day pack on the mountain running stage, but the bib number must be visible from the front. The waterproof jacket may be worn over the bib if it is raining on the mountain running stage, but the competitor must stop and display the bib number at all checkpoints.

Assistants

Assistants cannot follow their competitors or offer assistance on any cycling stage of the **SPEIGHT'S** Coast to Coast. This includes both the One Day and Two Day competitors.

Assistants are not allowed to offer assistance or enter any part of the running or kayaking stage except at transitions.

Competitor's assistants must be on hand at the end of Stage One, Two, Three and Four to take charge of the competitors equipment. With 800 competitors competing in the **SPEIGHT'S** Coast to Coast and limited areas to effect the transitions it is critical that assistants remove the equipment immediately from the transition areas.

No kayaking equipment may be removed from Mt White bridge after scrutineering and before the competitors arrive. It must remain in the kayak.

Assistants must provide names, cell phone numbers, vehicle registration and where they are staying during the **SPEIGHT'S** Coast to Coast. This is a requirement from the NZ Police.

A form will be mailed in January which must be presented at registration in Kumara.

An Assistants handbook will be sent to all competitors with their confirmation of entry.

Officials

Officials are an important part of the **SPEIGHT'S** Coast to Coast safety system. Instructions by officials to competitors and assistants must be followed.

Prizes

The **SPEIGHT'S** Coast to Coast and **SPEIGHT'S** World Multisport Championship have prizes in each stage of trophies, travel, clothing, cycling accessories, kayaking equipment, and of course, **SPEIGHT'S**. The total value of prizes and race packs is approximately \$240,000 including \$10,000 each for the first Open Man and first Open Woman in the **SPEIGHT'S** World Multisport Championship.

Entries Limited

Entries for the 2010 **SPEIGHT'S** Coast to Coast are limited to 800. Entries will open on 1st June 2009 and close on 30th June 2009. Subject to availability, late entries will be accepted up until 31st January 2010. No entries after 31st January 2010." Internationals may enter up until November 30th 2009. Photocopies and downloads from the website of the entry form may be used. Anybody can enter the One Day event. No one has to pre-qualify. Avoid disappointment get your entry in early! Entries received after 30th September 2009 are not guaranteed a shirt of the correct sizing.

Reserved Places and Internationals

Places in the 2010 **SPEIGHT'S** Coast to Coast will be reserved for those who were on the waiting list for 2009 and failed to get in, the 2009 prizewinners and the 2009 competitors who withdrew before the event provided they enter by June 30th 2009. 100 places are reserved for internationals who may enter up until November 30th 2009.

Photos

Competitors must email a passport style photograph in jpeg format, clearly labeled with their competitor number and name in the filename once confirmation is received.

Confirmation of Entry

A confirmation of entry will be sent to each competitor by July 10th 2009.

Terms and Conditions

I agree to abide by the rules of the contest, to display the sponsor's stickers on my equipment, to wear the sponsor's bib throughout the event and to allow the sponsors to use images, photographs, video and film footage taken during the event to advertise their products or to promote the event, at no cost to the sponsors and to accept emails from sponsors regarding their services. I also agree not to be sponsored by any company in competition with Lion Nathan products in beer. I understand that participation in this contest is at my own risk and I accept full responsibility for my well being during the event."

Refunds, Transfers and Team replacements

I understand that a 85% refund of entry fee will be made for withdrawals before 30th September 2009, that refunds of 70% of entry fee will be made for withdrawals after 30th September 2009 and before 15th December 2009, that withdrawals after 15th December 2009 and before 31st January 2010 will receive either a 50% refund or 50% transfer of entry fees towards the 2011 **SPEIGHT'S** Coast to Coast and that withdrawals after 31st January 2010 and before registration opens on the 11th February 2010 will receive a 25% transfer of entry fee towards the 2011 **SPEIGHT'S** Coast to Coast. Teams wishing to replace a team member are able to. They need to provide a completed entry form for the replacement team member. Should the **SPEIGHT'S** Coast to Coast have to be cancelled due to force majeure there will be no refund of entry fee. Right of entry reserved.

Travel

For the best deals on national and international air travel, interisland ferry travel, van and campervan hire, accommodation, go straight to www.hotevents.co.nz. Ph 0800 747 200 or 03 365 7687 E-mail Cathy Falconer calfalconer@hotmail.co.nz.

Pre-Race banquet and prizegiving brunch tickets.

A ticket to the Pre-Race Banquet and Prizegiving Brunch is included in the entry-fee for each competitor. Extra tickets for assistants and friends must be ordered by letter, with payment (cheque or credit card details), by December 15th, 2009 and will be issued to the competitor in their race-pack at registration.

Bad Weather Alternative Route

Should the **SPEIGHT'S** Coast to Coast be held up by bad weather then the mountain running stage will be held on the main road from Aickens to Klondyke Corner, followed by a cycling stage from Klondyke Corner to Waddington (near Sheffield), a further cycling stage from Waddington to Hagley Park, a kayaking stage down the Avon River to Shag Rock and then a run to the finish. The team member who would have cycled from Waimakariri River Gorge Bridge to Sumner must do the cycling stage from Klondyke Corner to Waddington.

Complaints

Any competitor or assistant who wishes to make a complaint about another competitor must do so in writing to the timekeepers within an hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

Withdrawals

Any competitor withdrawing from any stage must report to a timekeeping official at the end of that stage, hand in their timing transponder and bib and fill in a withdrawal form. **This is critical as search and rescue operations may be compromised!** If you are evacuated from any part of the course by helicopter or jet boat, you must report to an official immediately on disembarking. Do not try to find your assistants, team member or family until you have been checked off the course by our officials. This is very important. Any competitor who does not complete a stage (this includes failure to meet cut-off times) is automatically disqualified, and cannot continue on the stage or subsequent stages. If a team member does not complete a stage, his/her partner cannot continue on subsequent stages.

Timekeeping

Timing transponders will be issued to all competitors in their race packs at registration and must be returned at the Sumner finish line and exchanged for a finishers medal. Failure to return a timing transponder will result in a \$50 replacement fee. Timing transponders are attached to the ankle by a Velcro strap. The times and places announced on Sunday at the prizegiving will be provisional. It takes several days to check times and places and mistakes do occur.

Penalties

The Race Director reserves the right to disqualify or impose heavy time penalties on any competitor for cheating or breaking the rules of the **SPEIGHT'S** Coast to Coast.

Responsibility

No responsibility is taken by the Race Director or sponsors for any loss or damaged property of competitors, assistants, or friends during the 2010 **SPEIGHT'S** Coast to Coast. By completion of the entry form the competitor accepts full responsibility for the risks entailed in competing in the **SPEIGHT'S** Coast to Coast. Competitors and support crews must have their own personal property insurance policies.

Enquiries

SPEIGHT'S Coast to Coast, Post: PO Box 33330, Barrington, Christchurch 8244, New Zealand.

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TRANSITION AREA AND ROUTE DIAGRAMS

---> Competitor Route

