



Hi there,

Well, we're now only a few days out from the seventh Northpower Wild Kiwi Multisport event and we can't wait to get this Northland classic underway! Welcome to those who are participating for the first time, and welcome back to those who are returning, we really appreciate your support.

We are extremely privileged to have the continual support of Northpower as naming rights sponsor – They have a huge number of people taking part so keep an eye out for them in their bright orange shirts!

Please ensure you have a good read of this pre-event information as it contains important info that will ensure you have an enjoyable experience on race day, Saturday 16th March.

KAURI DIEBACK PREVENTION – PLEASE READ CAREFULLY!

We are very grateful to have been granted access to continue using the Breamhead Scenic Reserve for this event. With this permission comes a responsibility to ensure we prevent the spread of Kauri Dieback.

What you need to do:

All footwear and gear MUST be spotlessly clean and free from any trace of soil before you arrive. Shoes will be checked on event morning before access to the event areas.

In addition to the pre-event checks, we will have blue mats containing SteriGene disinfectant on the way to the start line for you to scrub your shoes. We won't start until everyone is ready to go, so no rush! There will also be a cleaning station in Ocean Beach and another before you leave the finish pen, please be very thorough at each of these locations.

PRE-EVENT REGISTRATION ON FRIDAY

It helps relieve the pre-event jitters to have your race number/timing transponder attached when you board the bus to the start line.

The pre-event registration will be from 3:00pm-7:00pm Friday 15th March at [Activ8 Northland](#).- 3a Morningside Road, Whangarei (parking is also on Morningside Road)

You're welcome to collect for other people, the registration team will just need the names of the people you're collecting for (please make sure they know you have collected their kit).

Alternatively, if you are unable to make it to the pre-event registration, you can register at the start line for your chosen event. Please note: There is a bus trip from the car parking location to the start location (of the run/walk events), so please allow at least one hour to park, take the bus, and register for your event.

COMPULSORY GEAR - Multisport (Run), 21km and 15km run/walk events.

Compulsory Gear will be checked at registration before you can collect your race number. There are no exceptions to this – no gear, no race. Please ensure you have everything you need with you when you come to register either on Friday, or event morning.

- Long sleeve top (polyprop or wool)
- Beanie (polyprop or wool)
- Survival blanket
- Waterproof (seam sealed) jacket

Having this gear greatly reduces our need to postpone the event in the case of inclement weather.

While it may seem excessive, it is ultimately for your safety. You may not need it while you are moving, but if something happens causing you to stop, you will need it! The event is on very rugged/inaccessible terrain, and it can be very cold if you have to stay in one spot.

Multisport

LIFE JACKETS (PFDs) ARE COMPULSORY FOR ALL PADDLERS!

All cyclists must wear a helmet, which complies with NZ Road Rules, at all times.

START TIMES

Event Option	Briefing Time	Start Time
Northpower Wild Kiwi Multi-sport	7:30am	8:00am
Northpower *Mild* Kiwi Multi-sport	8:30am	9:00am
Northpower Whangarei 21km Run	8:50am	9:00am
Northpower 15km Run/Walk	9:50am	10:00am
Active8 Northland 8km Run/Walk	10:50am	11:00am
PAK'n'SAVE Whangarei Kids Dash	12:50pm	1:00pm

CUT OFF TIMES

As stated on the website, the cut off times for each event are as follows.

Event Option	Cut Off Time	Max Hours
Northpower Wild Kiwi Multi-sport Total	4:00pm*	8 hours
Northpower Wild Kiwi Multi-sport Kayak	10:00am	2 hours
Northpower Wild Kiwi Multi-sport MTB	1:00pm	n/a
Northpower *Mild* Kiwi Multi-sport Total	4:00pm*	7 hours
Northpower *Mild* Kiwi Multi-sport Kayak	10:30am	1.5 hours
Northpower *Mild* Kiwi Multi-sport MTB	1:00pm	n/a
Northpower Whangarei 21km Run	4:00pm	7 hours
Northpower 15km Run/Walk	4:00pm	6 hours
Active8 Northland 8km Run/Walk	4:00pm	5 hours

*If you arrive at Smugglers Bay after 4pm, you will be required to take the short cut through to finish and your finish time will not be official.

MULTISPORTERS GEAR

All drop bags/running shoes for your run leg, must be handed to staff at the Multisport Registration (event base) on event morning. These will then be transported to Ocean Beach and placed at transition for you. Please make sure it is labelled clearly with your race number and additional details such as name and contact number. Tags for labelling can be collected at the pre-event registration or registration tent on the morning if needed. Your bike and riding gear is to be raked/placed in transition 1 (behind event base) by yourself, on Saturday morning, pre-event.

It is your responsibility to collect your bike/gear from the Ocean Beach transition once you have finished. We will have staff onsite looking after it till 5pm. Support crew are welcome to take your running gear to the transition point if preferred. There is plenty of public car parking at Ocean Beach.

For more detailed multisport event info, please [CLICK HERE](#).

BRYNDERWYN DETOUR

The Brynderwyn section of State highway 1 is currently closed in both directions to all traffic for vital recovery work. Those traveling North to the event have three alternative options: SH12/SH14, Paparoa Oakleigh Road or Cove Road.

The Cove Road detour is the suggested route for light vehicles. It is arguably a much more scenic route than the Brynderwyn Hills, but it is slower, so you need to allow for this.

Put some thought into your journey before setting out, or even better, if not already in place, book some accommodation in Northland for the Friday night/weekend.

[Journey Planner](#)

ALLOWING TIME ON EVENT MORNING

21km, 15km & 8km run/walk participants: There is bus transport between the car parking location and where your event starts, so please allow plenty of time!

To ensure you aren't rushed or late, please allow at least one hour prior to your start time to park, board the bus, be driven to the event start line, be briefed, and then get under way. It won't be a good feeling to be parking the car 20mins before your event start time.

CAR PARKING

There is no car parking at the run/walk start location at Urquharts Bay. There will be car parking available for all run/walk participants on [Ody Road](#). Parking is in a paddock at the top of the hill and there will be marshals present to help guide you in. There will be mountain bikers travelling up this road and across the driveway you will be entering, so please drive carefully and give the riders plenty of space!

Multisporters ONLY: Please park in the event base and follow the signage and/or staff directing you where to park. This is to allow easy access for the handling of your kayak to the beach start and your bike to transition. If you are bringing someone with you who is going to take part in either the 21km, 15km or 8km run/walk, they will need to walk along to the bottom of Ody Rd to catch the bus to their start – the bus will not be stopping at the event base in the morning.



RUN/WALK TRANSPORT TO THE START LINE AT URQUHARTS BAY

Buses will take participants doing the 21km, 15km & 8km run/walk events from the entrance to the parking paddock (see above) to the event start line at Urquharts Bay. We request that supporters do not catch the bus due to capacity limits.

Feel free to take a bag with you and we will bring this back to the finish for you for after your race. There will also be buses travelling between the event base and the parking location throughout the afternoon, so you do not need to walk up the hill on tired legs.

CHANGING DISTANCES

Injuries and life can foil the best of intentions. If you need to downgrade or upgrade your distance option or withdraw from the event – you can do this on the day, at either of the registration locations. Changes are subject to availability.

CUP FREE EVENT

We take waste seriously and are working hard to reduce our environmental impact.

We have removed disposable cups from all aid stations. Please remember your reusable cup, hydration pack or water bottle to fill up! We will have collapsible silicone cups available at registration for \$5.

FOOD AND DRINK OPTIONS AT THE EVENT BASE

Cash is usually the easiest form of currency in these remote locations, so stock up on your way!

The Blue Light team are firing up the BBQ again! They will have steak sandwiches, bacon and egg sandwiches, and a sausage sizzle on the go. There will be some smaller snack options too, lots of cold beverages, and even some slightly healthier options for those more disciplined than others...

Classic Coffee will be onsite all day once again, for that all important caffeine hit pre and post event.

All finishers will also receive a complimentary Speight's or non-alcoholic beverage.

PRIZEGIVING

Prizegiving will be held at 3.00pm at the event base. There will be an award for first place male, female, Individual & teams in each distance option - run, walk and multisport.

There will also be plenty of spot prizes up for grabs thanks to these very generous businesses! [Parau Bay pub](#), [Hundertwasser Art Centre](#), [Go Mama](#), [A Perfect Day Ocean Cruises](#), [Anti-Flamme](#), [Red Seal](#) & [Canon](#).

MASSAGE

Bring a little extra cash with you on the day for a massage to relieve those tired limbs. Being a beach location, there aren't any ATM's readily available. Go and see the massage crew after the event to add your name to the list. \$20 for 15minutes (legs only).

DOG RESTRICTIONS

Because dogs and kiwis don't play well together, please do not bring dogs into the Whangarei Heads area as we are trying to respect the amazing Backyard Kiwi recovery programme and the work they are doing in the region.

A FEW EXTRA BITS & FAQ

Mobile reception: There is patchy reception at the event base, Urquharts Bay, and Ocean Beach, so please be aware that you may be off the grid in places, depending on your mobile provider.

Course note: A reminder for those doing the 15km and 21km walk/run options. Your cut off times to complete these are 6 hours and 7 hours respectively. Feel free to use as much of that as you need so that you enjoy the day. There are lots of steps, ups and downs, so patience and pacing are key if you haven't been on the course before. These courses are absolutely stunning, but they are tough! Go out too hard at your peril...you have been warned!! The

views on course make the effort worthwhile. You will have definitely earned your cold Speights beverage at the finish line.

Interesting fact: At Whangarei Heads we really do have Wild Kiwis in our backyard. You are likely to see kiwis crossing the road after 6pm as there are very few possums left in the area. Please keep an eye out for our feathery friends while on the roads during the event.

Check out <https://discoverwhangareiheads.nz/> to learn more about the beautiful area of the Whangarei Heads. Here you can find information about accommodation options, activities, walking trails and much more! Make a weekend of it and see what else the Heads have to offer!

If you have any event related questions, please contact Mark @ markf@totalsport.co.nz

For all registration queries, upgrades, or downgrades, contact Christine at registrations@totalsport.co.nz before 10am, Thursday 14th March.

We look forward to seeing you later this week!

Cheers

The Northpower Wild Kiwi Team