



MILLBROOK
Escape the everyday

**SAWPIT
GULLY TRAIL**

QUEENSTOWN

PARTICIPANT NOTES

**Thank you so much for exploring New Zealand with us.
We hope you have a blast!**

A note from our title sponsor, Aramex:

Aramex New Zealand is proud to be the naming rights sponsor of the 2022 Kiwi Walk & Run Series. What a terrific initiative, inspiring kiwis to get out and enjoy this beautiful country of ours. With 18 Regional Franchises and more than 250 courier franchisees delivering around New Zealand every day, Aramex is part of your local community. You may have known them in the past as Fastway Couriers. Now part of the global Aramex group, they deliver across town and around the world. Stop by the Aramex Van at the start/finish line to meet our team and pick up your complimentary light weight trail cup. Also make sure you look out for the Aramex pitstops on the course. We will be sure to give you some sweets to deliver you to the finish line.

Here is our awesome sponsor family. We couldn't do this event without their support. Give them a big elbow high five when you see them at event.

aramex



SUBARU



GARMIN.



EVENT SCHEDULE:

9:00 – 9:45am: Registration Open
9:00 – 9:30am: Onsite Registrations
9:50am: Participant briefing at start line
10:00am: Start time for all events

Other notes for you to read carefully:

- Carpark off Malaghans Rd, there is a gate next to the Old Barn. Parking on the Millbrook resort fields next to the event village.
- Please take your cell phone with you in case of an emergency
- Please save this phone number to your phone, in case of emergency on course and there is no marshal in easy access, please call the Event Team on a special H&S line, 021 119 4383 (more details below)
- First Aid will be on course at Eichardts Flat (top of Sawpit Gully)
- Unfortunately no spectators or supporters are allowed to follow participants at any stage of the event (COVID regulations)
- New Zealand road rules apply. All roads are OPEN to traffic. There are no road closures
- Please or run on the footpath at all times and within the marked course
- Please do not cut any corners nor venture off the track as marked
- Knowing the course is your responsibility, please double check the course map – there will be printed version for you at the info tent if you would like to take a map with you
- Please listen to and obey any instructions given by Race Officials and Marshals
- If you are walking or running in a group please do not walk or run more than two abreast
- Please be aware of participants passing you from behind and keep to the left
- For the long course – please GIVE WAY to runners coming down hill. The course is narrow. Keep left.
- This track is open to the public, so please beware of mountain bikes
- Please seed yourself accordingly at the start
- Please ensure you have adequate and suitable clothing (see equipment list below)
- Footwear must be worn
- There are 'pit stops' along the course with snack & drink options –please bring your own cup or bottle as well as and any course nutrition that you may need. You can also visit Aramex at the start line for a complimentary light weight trail cup

- Please do not participate under another persons' identity as we need to know exactly who is on course if medical attention is required
- All forms of wheeled conveyance including but not limited to bicycles, inline skates, skate boards, scooters & prams are not permitted due to the terrain
- Unfortunately no pets are allowed to accompany participants on course
- The use of any and all portable audio devices, including but not limited to: ipods, mp3, cellphones and walkman devices is discouraged
- All participants under the age of 18 must have the consent of their parent or guardian
- Should you wish to withdraw, please notify an event official e.g. marshal or course crew and await instructions
- Participants who require any personal medication or disability assistance devices while participating must carry those items themselves
- Unfortunately There is no bag drop at the event so please leave any excess items in your car

Recommended equipment list

- Waterproof and Windproof Jacket
- Thermal Base Layer Top (wool or similar)
- Thermal Hat (wool or similar)
- Warm socks (Thorlos or similar)
- Appropriate footwear (LOWA boots or trail running shoes)
- Small Dry Bag to contain items as above
- Whistle. NB – pea-less so works when wet
- Back pack
- Drink bottle, cup for pitstops and nutrition
- Cell phone

This is a recommended equipment list and is only a guideline of what you should consider taking during the event.

What to do if someone gets hurt:

Should you encounter an incident on course, please follow these steps:

- Stop – do not place yourself in danger
- Try to communicate with the person
- Assist with basic first aid if you are capable and can do so safely
- Call the race official on 021 119 4383 and follow their instructions
- If there is no cell phone reception, send the next participant through to notify the next event official of the situation and location of the incident
- Stop the next participant and request assistance if required

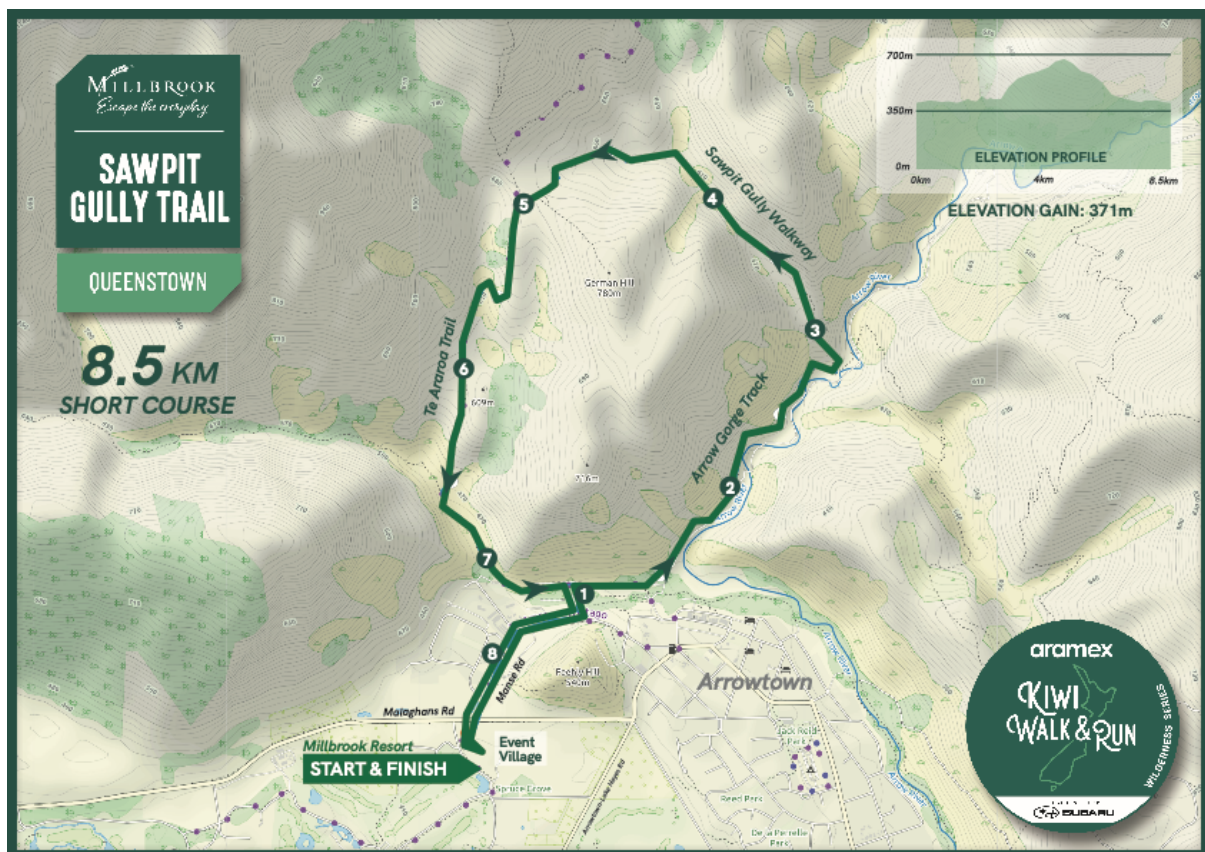
Course Maps:

Short Course 8.5km.

Exit Millbrook Resort and cross Malaghans Road onto Manse Rd. Keep left on the footpath. Head north and cross the Rd to the other side of Manse Rd as directed. Drop down onto the Queenstown Bike Path Trail and hop over the little stream. We are going in the opposite direction from last year. Turn right and enter into the Sawpit Gully in the Anti-Clockwise direction. Follow the signs and marshals around the Sawpit Gully Loop. Exit the Sawpit Gully turn left and follow the same way back to Millbrook Resort.

Distances are approx. Trail walking and running can never be 100% accurate depending on what exact line you take around the track.

Course cut off is: 11am. Please be back before this time.



Long Course 16.5km

Exit Millbrook Resort and cross Malaghans Road onto Manse Rd. Keep left on the footpath. Head north and cross the Rd to the other side of Manse Rd as directed. Drop down onto the Queenstown Bike Path Trail and hop over the little stream. We are going in the opposite direction from last year. Turn right and enter into the Sawpit Gully in the Anti-Clockwise direction. At Eichardts Flat Turn right at the Cookie Time Pit stop to head up Big Hill. Follow the trail to the Saddle, at the saddle, turn around and come back down.

When back at Eichardts Flat, turn right and head down the Sawpit Gully to finish the anti-clockwise loop. Exit the Sawpit Gully turn left and follow the same way back to Millbrook Resort.

Distances are approx. Trail walking and running can never be 100% accurate depending on what exact line you take around the track.

Course cut off it: 2:30pm. Please be back before this time.

