

# Mons Royale

## Ultralong Bulletin



### Directions

**From Christchurch**, go West along State Highway 73 towards Castle Hill Village. Turn left off SH73 into Castle Hill Village around 3km after passing the Castle Hill Conservation Area. Once you enter Castle Hill Village, signs will be placed on the road which will lead to the event centre. Park on the streets around the event centre.

**From Forest Lodge**, go down the Mount Cheeseman Ski Field road to State Highway 73. Turn right onto state highway 73 and in 1.5km turn right into Castle Hill Village. Once you enter Castle Hill Village, signs will be placed on the road which will lead to the event centre. Park on the streets around the event centre.

### Out of bounds

At the end of each course, competitors will run through a residential area to get to the finish. There will be a taped route clearly marked which will show the best way to get to the last control without going through private property. All private property is out of bounds, and if you have any doubts about the area you are entering please choose a different route.

### Terrain

The Hogs Back map is a subalpine area with a mixture of mature beech forest and open tussock. The elevation ranges from 700m to 1200m above sea level (which means its COLD). Large flat areas are dissected by steep valleys and ridges. The beech forest offers a range of runnability, from open mature forest with running speeds < 4min/km to EXTREMELY thick areas of regrowth (slow walk). There are some isolated areas of limestone rock detail.

The topo map is your classical topo map. It consists of open tussock and mānuka. Please take the features you navigate off with a grain of salt (they are not accurate). It is recommended to use tracks to navigate this section of the course.

The Castle Hill Village terrain is a mixture of river terraces and landslip moraine. It is mostly covered with native beech, but includes open tussock and rejuvenating mānuka as well as some developed urban terrain. Includes numerous small hills and depressions. The bush is mostly runnable and includes a detailed track network, but does have some greener areas.

## Hazards

Hazards on the day include uneven ground, low branches, cold weather, cliffs, and wasps. There may also be mountain bikers on the tracks so be careful and give them right of way.

## Safety Bearing

The safety Bearing for the Castle Hill Map and topo map is East to State Highway 73. The safety bearing for Elite runners on the Hogsback map is East to the Mount Cheesemen Ski Field road. Then follow this road East to State Highway 73.

## Recommended Gear

- Warm clothing: It will be VERY cold on the day, so it will be compulsory for all competitors running the long courses to wear a thermal top. This is also encouraged for the shorter courses. There will be a gear shuttle from the start of the long courses to the event centre so bring all your warm clothes to the start.
- Long pants: The terrain is very rough with lots of low scrub. Test runs have shown that it is very difficult to get through the bush without long pants and socks so this is highly recommended.
- Shoes: Sturdy shoes with a lot of grip are highly recommended.

## Event Info:

### Courses:

There will be five courses on the day. These are as follows:  
Course 1 - M21E, M20E, Open 1 - 10.7km, truckloads of climb  
Course 2 - W21E, W20E, Open 2 - 8km, heaps of climb  
Red Short - 4km, a decent amount of climb  
Orange - 3.6km, a decent amount of climb  
Yellow - 2.8km, a decent amount of climb

### Registration, Course Closure & Toilets:

- Registration opens at 9am
- Course closure is at 3pm
- Toilets are located at the event centre and up at the Elite start



## Starts:

There will be two starts at this event. The Ultra Long courses, (Mens Elite/Open 1 and Womens Elite/Open 2) will start at Start 1. The short courses (Red Short, Orange, Yellow) will start at Start 2.

Start 1 is a 15 minute drive from the event centre. There will be shuttles operating to get people from the event centre to the Start 1. See the Start 1 shuttle section for more info about this.

Start 2 is a 1km walk from the event centre. This will be signposted from the event centre. For the Red Short, Orange, and Yellow courses there are no set start times. Starts will open at 10:00am and close at 12:30pm.

## Start 1 Shuttle:

Due to the long distance from the event centre to Start 1, there will be shuttles operating to get competitors up to the start. These shuttles will be leaving from the Castle Hill Public toilets every 10 minutes from 9:00am. The trip from the event centre to Start 1 will take 15minutes, and you may have to wait for a shuttle, so try to be at the pick-up area 50minutes to an hour before your start.

These shuttles will also be bringing any gear you want to take up to the start but not run with, back down to the event centre. The collection point for this will be made clear at the event centre.

## Scale Changes:

Courses 1 and 2 are the only maps to have scale changes (which there are multiple of). They will start at 1:15000 on the Hogsback map, then there is a small section of roughly 1:20000 topo map linking the two maps which are being run on. They will then finish on the Castle Hill Village map at 1:4000.

## Map flip:

All courses will have a map flip.



## Drink station:

Athletes running courses 1 and 2 will have the opportunity to have their drink bottles placed two thirds of the way through their courses, at the map flip control. Drink bottles should be handed in to registration by 10:00am.

## Prize Giving

Prize giving for all courses will be held at 3:30pm after the event. There will be awards/prizes presented to the podium places of both the Mens and Womens Elite courses as well as awards/prizes for the winners of the M20E and W20E grades. Spot prizes from our generous sponsors will also be given out, so be sure to stick around.