

MITRE 10 MEGAWALK 2025

ATHLETE BRIEFING

Date of Event:	Sunday 9 November 2025
Venue:	Haumoana Domain to Te Karaka Reserve (Perfume Point) using walkways and pathways.
Race Director:	Pip George - Mitre 10 MEGA

Thank you for taking part in this year's Mitre 10 MEGA Walk. It is important that you read this briefing to ensure your own safety. It is important that you listen to the verbal Race Briefing five minutes before the start of your event just in case something has happened that you need to be made aware of.

- Please make sure you run/walk on the footpaths, walkway, limestone track and grass verge when you are participating. No roads are closed, and you must keep off the road wherever this is possible.
- There are some roads where Traffic Management has been put in place to ensure your safety when you are crossing. You must cross at these designated points and abide by marshals' instructions.
- There will be directional arrows all along the course, and kilometre markings from the halfway point to the finish line. Marshals are placed at strategic areas. Please look for these arrows and abide by marshals' instructions.
- If you are injured or cannot continue there will be nurses and first aiders patrolling on a quad bike and in Mitre 10 Ute who is able to assist you. They will be on the course in the Awatoto/Marine Parade area, around the port through to Ahuriri. At any point, please let our course marshals know you need assistance, and they call to arrange transport for you to be taken to the finish line.
- If you withdraw from the course, please let someone know at either an aid station, start point or tell the tail end marshal who will be on a bike.
- Aid stations will be provided along the course, and they will have water for you, but you are strongly urged to carry your own drink bottle and fill this at the aid stations.
- Due to course management and roading restrictions, the course will officially be closed at 12:30pm.

Participants doing the 23km and 12km course must reach the following points along the course to ensure you make the course closure at 12:30pm. Any competitors reaching this point after the cut off time will not be permitted to continue. Waitangi Regional Park 12km by 9.30am & Ocean Spa 3km by 11.30am.