

## R3: Tunnel Gully, Upper Hutt. Sun 2 Oct 2022

This course has multiple sub-loops. Different grades may skip/repeat sections.

### LONG Course Description. Note the optional sections for some grades!



#### Tunnel Loop

Start by the Mangaroa Tunnel and turn right to ride through the Upper Carpark to climb the **MT CLIMIE 4WD**.

After 1.2km turn right and ride down **PLATEAU RIDGE** to a knoll, where you will turn left into **MT CLIMIE FIREBREAK**

Ride the Mt Climie Firebreak to the bottom then turn right onto **MANGAROA TUNNEL RD** (the old railway line). Ride through the **TUNNEL** back past the Start.

Ride past the start and continue north along **STATION DRIVE** (old railway line) for 3.2 km. (Note: The **SHORT** loop splits off into tracks about halfway along this section. Keep going. After about 2.5k there is an intersection with Goat Rock 4WD. Veer left and keep going.)



After 3.2 km you will turn left onto **KAITOKE LOOP RD** - This is a **PUBLIC ROAD**. (Caution: Please slow down, keep left, and follow the instructions of the Marshals.)



In 100m, cross the road at the controlled crossing and pass into a **CULVERT** under SH1. (Caution: Slow and watch for riders coming the other way!)



Exit the Culvert and turn right into **UP FLOW**. Continue straight at the first intersection.

Turn left onto the **FLOW K** track, continuing up then traversing onto a knoll.

At a small clearing continue straight and enter the **HALF FLOW** downhill track, which you will ride down to the end.

At the end, turn left onto the **KAITOKE HILL TRACK 4WD**.

After 150m take the 4WD hairpin turn left, up the hill. (Do NOT continue straight)

After 300m of climb on the 4WD, turn left into **BACK TO THE FLOW** when it levels out.

After 1km ride back through the **CULVERT** under SH1.

(Caution: Slow and watch for riders coming the other way!)



Cross **KAITOKE LOOP RD** road at the controlled crossing then turn left and ride 100m. (Caution: Please slow down, keep left, and follow the instructions of the Marshals.)



Turn right to re-enter the park, riding back along **STATION DRIVE** for 450m.

At the 4WD intersection turn left onto **GOAT ROCK 4WD**, and then almost immediately turn right into the **2 BEE LINE** single track, uphill.

Ride all 1.1 km of 2 Bee Line (passing the Bees 2 Bridge entrance)

Turn right when you exit back onto the **GOAT ROCK 4WD**.

Turn right again almost immediately into the downhill **TANIWHA** track

After 900m, at the next (fast) intersection turn left (20m) then right into **BEE SWITCHED**

Ride Bee Switched down onto the main **STATION DRIVE** again, then turn right.

Ride 600m north along Station Drive, then turn left into Middle Pig and ride it (800m).

After the stream crossing, turn RIGHT. Trails merge towards the end, so follow the signs.

At the end of Middle Pig, turn left into **STATION LINK**, climbing back up to Station Dr.

(Caution: You join the Short Loop here. There may still be young riders on the tracks.)



There are multiple routes up Station Link. Some routes will be taped off but multiple options will remain at places to allow overtaking opportunities.

#### Pig Loop (not all)



Turn **Right** onto Station Drive 4WD and ride approx. 1 km to the Start/Finish area.

## Short Loop Description



Start by the Mangaroa Tunnel and turn left to follow **STATION DRIVE** for 1.2 km.



Once you pass the Station Link exit on your left you enter the 'Repeatable Loop' which you may ride multiple times, depending on your age grade.

Turn left (down) into **UPPER TIMES TABLES** and continue into **LOWER TIMES TABLES**.

Turn sharp left into **STATION LINK** to start the uphill section.

Turn right to continue on Station Link and continue uphill.

(Caution: This is where the Long Loop joins the Short Loop. There is a chance that young riders may encounter senior riders on this track very late into the race.)

There are multiple routes up Station Link. Some routes will be taped off but multiple options will remain at places to allow overtaking opportunities.

When you exit back onto Station Drive, your direction will depend on whether you have to repeat this loop or not. **The rider is responsible for knowing how many loops they need to do and how have been done.**



**Repeat Loops:** Turn left and ride 450m back to the entrance of **UPPER TIMES TABLES**.

U11/Pink plates will do **two** loops/ two uphill then turn right to the Finish.

U13/Green plates will do **four** loops/ four uphill then turn right to the Finish



**Final Loop Completed:** Turn right and ride approx. 700m to the Start/Finish area.

Short  
Loop

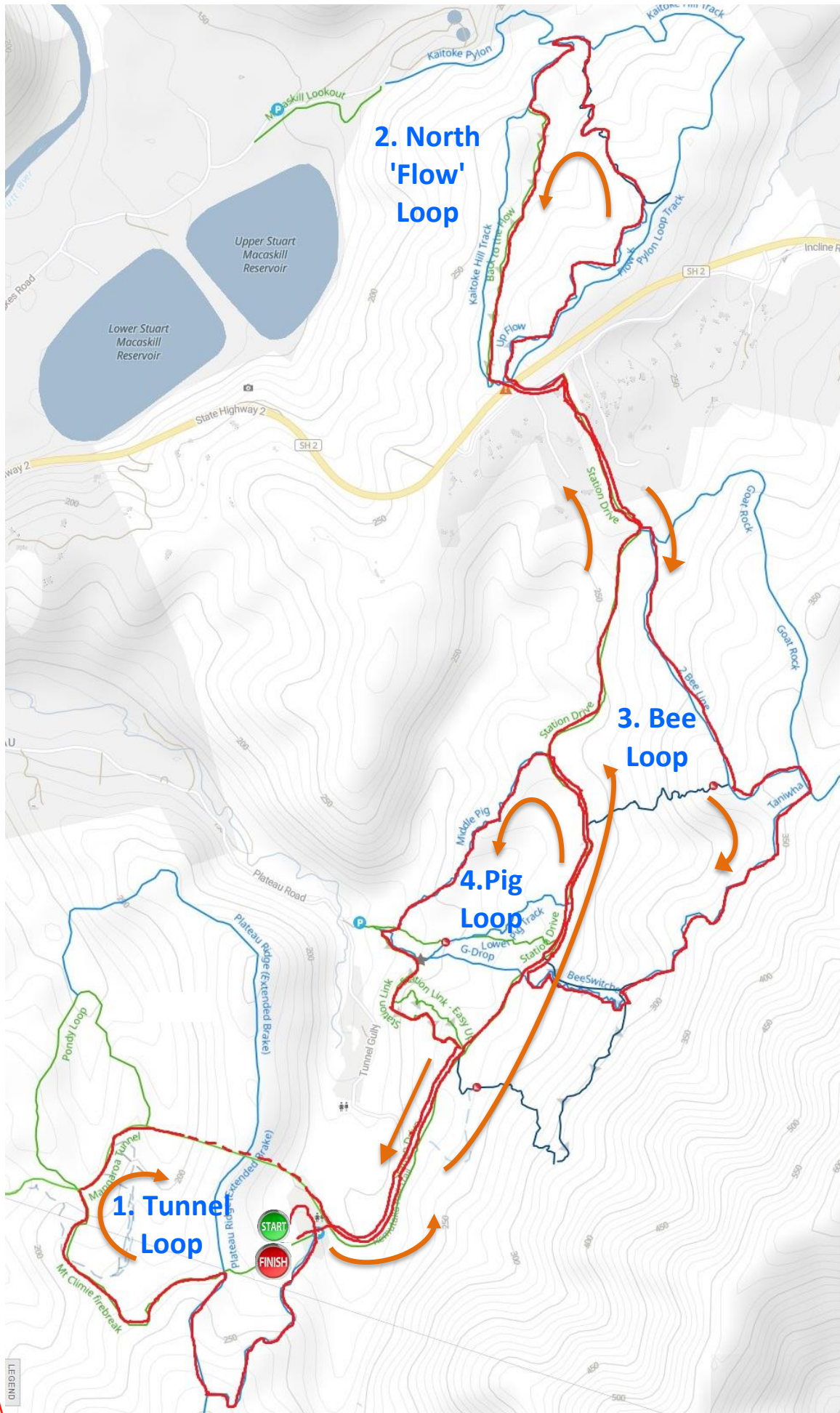
## Loop Configurations (Counts)

Your age is based on the age you will be as at 31 Dec 2022. Distances are approximate.

Open Men	1x Tunnel, 1x Flow, 1x Bees, 2x Pig
Open Women	1x Tunnel, 1x Flow, 1x Bees, 2x Pig
Masters Men 1 (30-39 years)	1x Tunnel, 1x Flow, 1x Bees, 2x Pig
Masters Men 2 (40-49)	1x Tunnel, 1x Flow, 1x Bees, 2x Pig
U19 Men	1x Tunnel, 1x Flow, 1x Bees, 2x Pig
Masters Men 3 (50-59)	1x Tunnel, 1x Flow, 1x Bees, 1x Pig
Masters Men 4 (60+)	1x Tunnel, 1x Flow, 1x Bees, 1x Pig
Masters Women (40+)	1x Tunnel, 1x Flow, 1x Bees, (no Pig)
E-Bike Social (Open age group)	1x Tunnel, 1x Flow, 1x Bees, (no Pig)
Social Men (Open age group)	1x Tunnel, 1x Flow, 1x short
Social Women (Open age group)	1x Tunnel, 1x Flow, 1x short
U19 Women	1x Tunnel, 1x Flow, 1x short
U17 Men	1x Tunnel, 1x Flow, 1x short
U17 Women	1x Tunnel, 1x Flow, 1x short
U15 Boys	1x Tunnel, 1x Flow, 1x short
U15 Girls	1x Tunnel, 1x Flow, 1x short
U13 Boys (green plates)	4x short loops
U13 Girls (green plates)	4x short loops
U11 Boys (pink plates)	2x short loops
U11 Girls (pink plates)	2x short loops

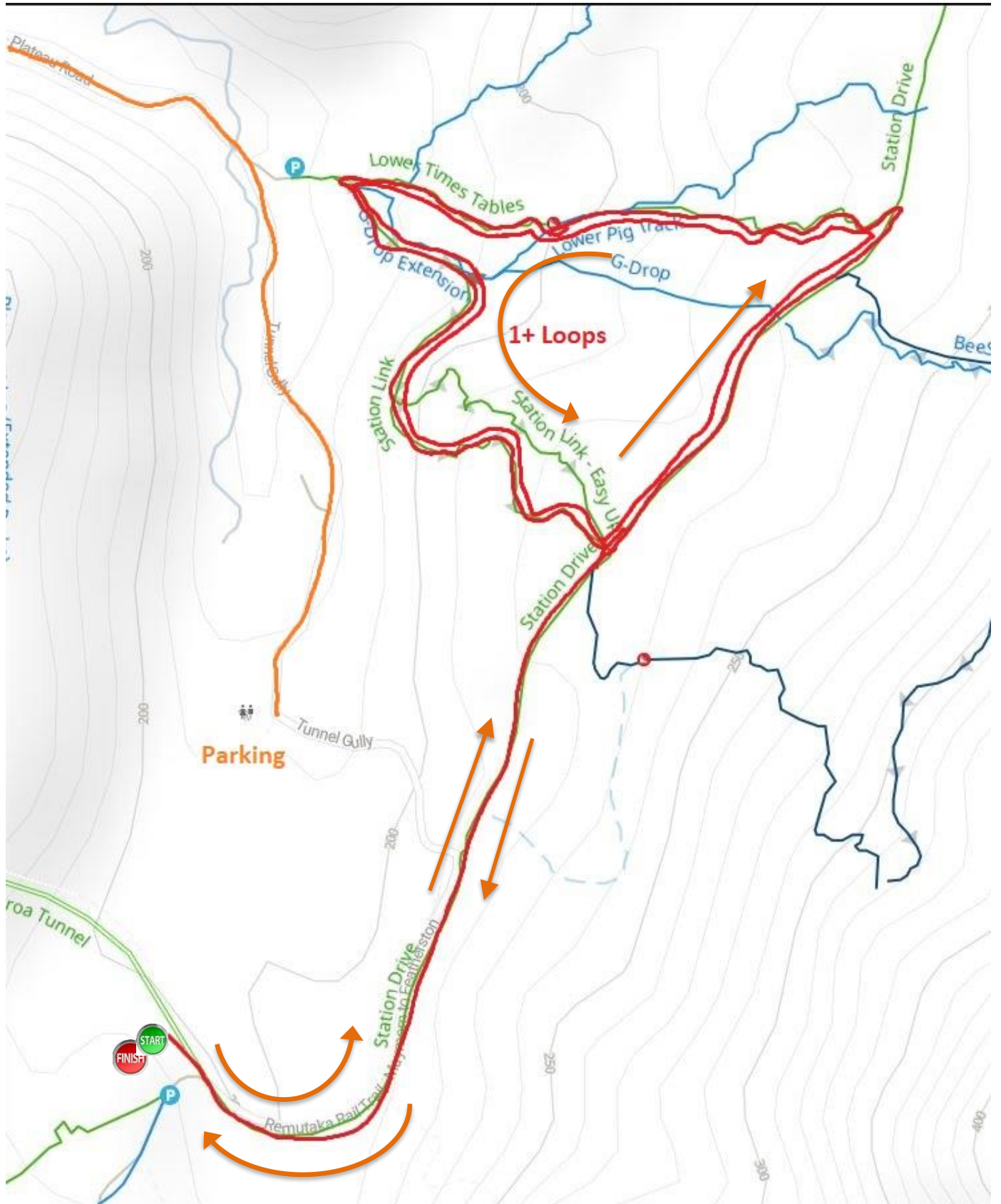
**Child (beginners 3-9 years)** We are looking to organise a short 10-15 min circuit race for the youngest riders around the park base around 11:30pm. We will be looking for parents and some finished (fast) riders to help set this up.

# LONG Course Map (All 4 loops shown. Not all grades do 3.Bee & 4. Pig)





# Short Loop Map



## Key Personnel (TBC)

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Pete Mitchell	Event Director Volunteer Manager	021 332 666
Robert Comeskey	Race Manager	021 717 311
Mark Renall	PNP President	021 2689506

## Traffic/Parking Management

Approximately 300m of public roads are being used in this event, in two areas. Please refer to the separate Traffic Management Plan for traffic and parking planning details.

## Event Updates/Communications

For event updates see the website: [pnp.org.nz/mtb](http://pnp.org.nz/mtb) or <http://www.facebook.com/pnppmtb>

At the Event Hub, a sound system will be used for all announcements and pre-race briefings.

Communication between organisers and marshals located around the event will be via PNP's 2-way repeater radios communicating on Channel 13.

Mobile Phone numbers for marshals will be distributed as a backup communication method, but it is known that mobile reception is very limited in this park.

## Health & Safety

The full PNP MTB Health and Safety Policy, Emergency Response Plan and Risk Management Plan are available via links from the MTB page on the website: [pnp.org.nz/mtb](http://pnp.org.nz/mtb).

**Equipment:** Riders should ensure that their bikes and other equipment are suitable for the conditions and are in a well maintained state.

**Hazards:** The following hazards specific to this site/event have been identified:

- The use of Public roads. This is addressed in the separate Traffic Management Plan.
- Sections of course will have 2-way traffic. Much of this is Cones with tiger tails, signage and marshals will be used to manage the pinch areas.
- Horses/Dogs. This area is popular for horse riding and dog walking. Lots of early publicity, including on-site signage will be used to advertise this event in advance. Efforts are being made to 'tap into' the local horse group social media via horse owners who live in the area.

**Procedures:** Riders are to be aware of the following Health & Safety procedures. Time allowances will be made for any riders stopping to assist with an injury.

**Instructions:** Riders are to follow instructions of marshals and event organisers. Failure to do so can result in disqualification and barred entry from future events.

**Non-serious self-injury on course:** If you have a non-serious injury on the course, but are able to safely move, please clear the track as quickly as possible to protect yourself and others from being hit by a following rider. If on an obscured part of the course, keep calling "Rider Down".

If you need assistance, call to the next rider to stop. Advise them of your **Injury, Name and Number** and they will be able to inform the next marshal on the course.

If abandoning the race, do NOT travel backwards on the track into oncoming riders.

**Finding an Injured Rider on course:** If you encounter an injured rider on the course, you must assist if they need assistance. If they are unable to move, this is to be treated as a serious injury and you must:

- Stop and stay with the injured rider until First Aid or a marshal arrives on-site.
- DO NOT MOVE the rider if they are unable to easily move themselves.
- Secure the scene, ensuring approaching riders do not hit you or the injured rider. Stop following riders for assistance: (one as messenger, one as lookout).
- Get any details of the **Injury** as well as the **Name** and **Number** of the rider.
- Send the following rider with these details onto the next marshal.

**Covid-19:** This event is run with no required restrictions. However all riders are strongly encouraged to maintain social distancing and sanitisation. Hand sanitiser will be available for riders. Please stay at home if you feel unwell. We will credit your entry against another event.

**Stoppage:** In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

**Evacuation:** If the Event Base area needs to be evacuated e.g. due to a fire in the shelter. The evacuation point will initially be 'far side' of the grassy area, where the finish line is situated. If more distance is required, the evacuation point will be the lower car parking area near the lower entrance to Tane's Track.