







R3: Makara Park, Karori. Sun 12-Oct 2025

Senior riders will do **LONG** & **MEDIUM** loops, with a repeatable **Northern Loop section**. Juniors (U11, U13, U15) will ride **SHORT** loops. Please see your age group/distance to determine how many of each you will be racing.

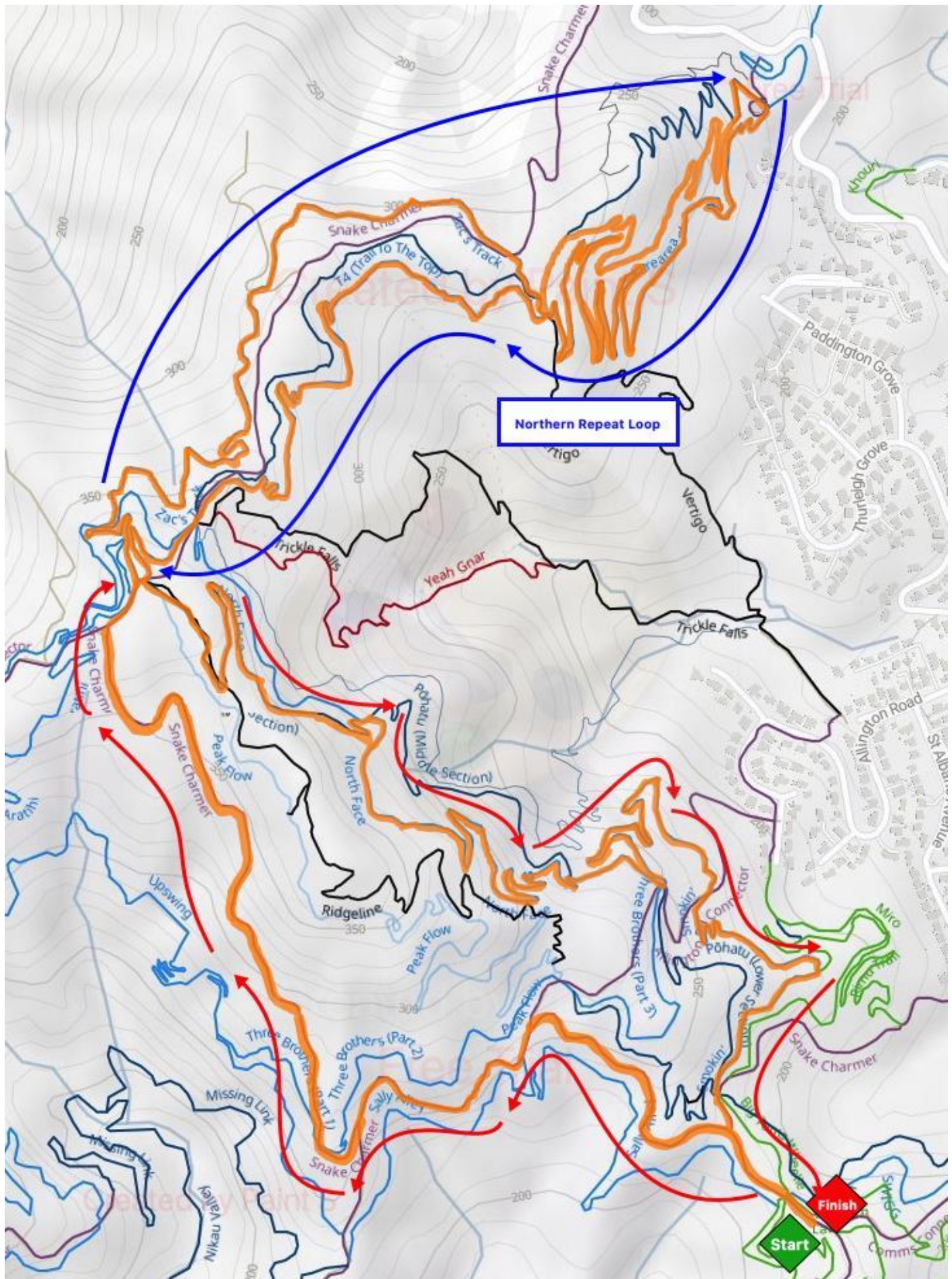
Note: Registration will be at **Karori West Normal school**, with riders riding together to the start line at the end of Koru. The prizegiving will be back at the school.

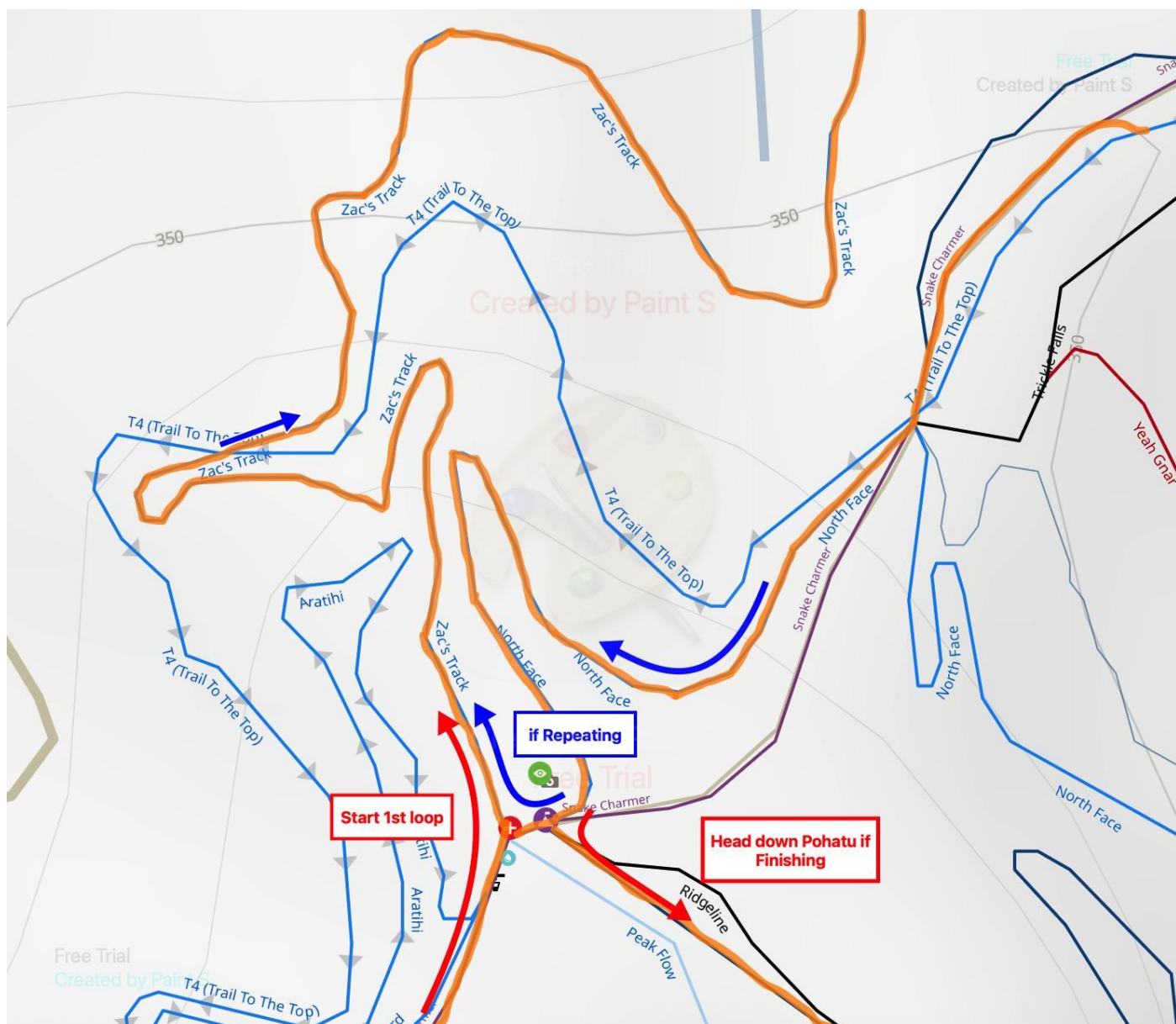
LONG & MEDIUM Loop Description

	Start on the TOWER 19 (T19) CONNECTOR 4WD by the end of Koru.
	Ride up the T19 4WD (120m), veer left up SNAKE CHARMER 4WD by the container. (Note: this is where the SHORT loop splits off)
	After about 400m, turn right into ARLINGTON RD CONNECTOR 4WD on your right.
	Continue 1.8km up SNAKE CHARMER to the Summit
	Northern Loop Repeat Section
	Ride through the summit lookout and into ZAC's TRACK, downhill. Note: There is a merge with Wha Out shortly before the end of Zac's Track, where we end at a multi-track junction
 TRACK SPLIT	<ul style="list-style-type: none"> MEDIUM-Loop 'Shortcut': If finishing off with a MEDIUM-Loop, turn right into T4 at this point, heading back uphill to the summit. LONG-Loop : For a FULL Loop keep left at the junction riding into KAREAREA and continue downhill.
	For a FULL Loop keep left at the riding into KAREAREA, continuing downhill.
	After 100m, slight right to stay on KAREAREA heading downhill toward the Watertank
	Ride around the left of the Watertank and enter T4, turning right - uphill.
	Ride T4 back to the summit. You will pass through the same multi-track junction, where some riders may be turning to do a half-loop.
	Ride on Snake Charmer 4WD for 100m when approaching North Face (overtaking).
	Turn right and ride the top section of NORTH FACE (Uphill = Reverse

	Direction!).
	<p>REPEAT NORTHERN LOOP ?</p> <p>If your race grade has multiple northern loops you will need to re-enter ZAC'S TRACK until you have completed the required number of Northern Loops.</p>
	Once you have completed your Northern Loops, ride into RIDGELINE/POHATU.
	Take the POHATU turn-off after 200m, on the first descent.
	Turn right onto NORTH FACE where those two tracks cross and ride to the end.
	<p>Turn left into SMOKIN' and ride to the end, exiting onto Snake Charmer 4WD.</p> <p>Warnings: Just before its end, Smokin' merges with Pohatu and Starfish.</p>
	On Snake Charmer there will be a lane reserved for the Short Loop riders riding in the opposite direction.
	On SNAKE CHARMER 4WD, turn right and ride the last 150m up to the FINISH.


LONG & MEDIUM Loops Map





SHORT Loop Description & Map - 'Figure 8' loops (U11, U13, U15)

Start on the **TOWER 19 (T19) CONNECTOR 4WD** by the end of Koru.

 Ride up the T19 4WD (120m), turning right into **SNAKE CHARMER 4WD** by the container.

Keep right, as the left lane is for the end of the Long Loop/Senior riders.


(Note: This is a Marshalled Track Crossing point.
Be prepared to STOP)

Turn left into **MIRO**, just after the exit of Smokin'/Pohatu

After 350m turn left, staying on Miro (watch for the red arrow).

At the next intersection, keep left/uphill and you will merge into **Smokin'**

(Note: this is a join with the LONG loop - but only at the very end of the Seniors race)

 At the exit onto Snake Charmer 4WD, veer right into **Big Tom's Wheelie**.

Note: This is a Marshalled Track Crossing point. Be prepared to STOP.


At the next intersection, turn right to exit onto **SNAKE CHARMER 4WD**, then turn left, riding south-east along the 4WD.


After 80m, turn left onto **MAGIC CARPET** - continuing south/east.

Continue until back on **SNAKE CHARMER 4WD** - Ignoring the turn-off to the skills area.

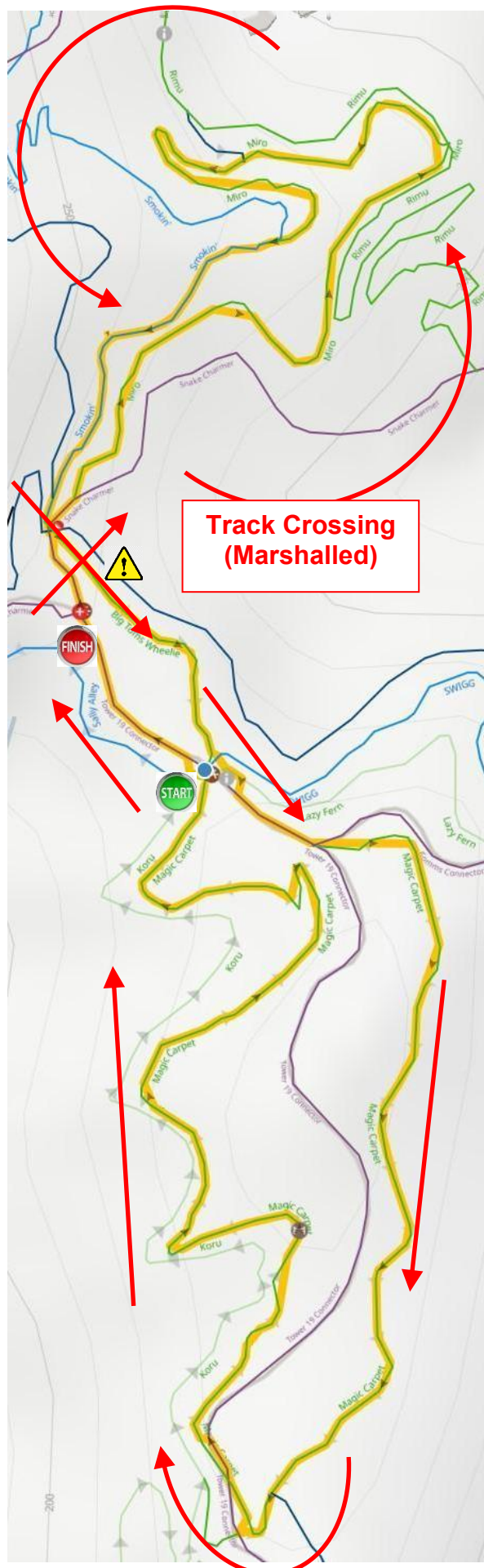
Cross Snake Charmer 4WD and ride **MAGIC CARPET** - heading north, to the end.

At the end of Magic Carpet (at the Start line) turn left to ride towards the FINISH at the Container (by the intersection with Snake Charmer 4WD).

 If you have more laps to do, turn right/downhill at the container then left into **MIRO** to start your next loop

 If you have completed all your loops - Congratulations! you may stop.

Please ensure you keep yourself and your bike out of the way of other rides still racing.



Loop Counts

Your age is based on the age you will be as at **31 Dec 2025**. Distances are approximate.

Open Men	Up - 3 Long - Down	22.8 km
Open Women	Up - 3 Long - Down	22.8 km
Masters Men 1 (30-39 years)	Up - 3 Long - Down	22.8 km
Masters Men 2 (40-49)	Up - 3 Long - Down	22.8 km
Masters Men 3 (50-59)	Up - 3 Long - Down	22.8 km
Masters Men 4 (60+)	Up - 2 Long, 1Medium - Down	20.1 km
Masters Women (40+)	Up - 2 Long, 1Medium - Down	20.1 km

Social Men (Any age)	Up - 1 Long, 1Medium - Down	14.1 km
Social Women (Any age)	Up - 1 Long, 1Medium - Down	14.1 km
Social eBike	Up - 3 Long - Down	22.8 km

U19 Men	Up - 2 Long, 1Medium - Down	20.1 km
U19 Women	Up - 1 Long, 1Medium - Down	14.1 km
U17 Men	Up - 1 Long, 1Medium - Down	14.1 km
U17 Women	Up - 1 Long, 1Medium - Down	14.1 km

Short Loops

U15 Boys	4 Short Loops	12.0 km
U15 Girls	4 Short Loops	12.0 km
U13 Boys	3 Short Loops	9.0 km
U13 Girls	3 Short Loops	9.0 km
U11 Boys	2 Short Loops	6.0 km
U11 Girls	2 Short Loops	6.0 km

Child (open to beginners 3-9 years) For our youngest riders, their course will be a series of loops of the pump track at the school, for a period of 10 mins prior to the prizegiving.

Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Jason Brown	MTB Convenor	0274 213 617
Deb Sherwin	Registrations	021 215 4450
Robert Comeskey	Timing Systems	021 717 311

Traffic/Parking Management

Parking will be available at Karori West Normal School and on surrounding roads. Riders will ride up to the start area as a group once registrations at the school are closed.

Event Updates/Communications

For event updates see the website: pnp.org.nz/mtb or <http://www.facebook.com/pnpmatb>

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.

In an Emergency - Call 111

Wellington Hospital: Accident & Emergency

49 Riddiford Street, Newtown, Wellington 6021

Ph: (04) 385 5999

Wellington After Hours Medical Centre

17 Adelaide Road, Mount Cook, Wellington 6021

Ph: (04) 384 4944

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 only pre/post event, managed as a managed ride up to the Start line. Riders may return to the school individually or periodically in groups with delegated club members as guides.
- Peak Flow is ridden in reverse (uphill). Cones, tiger tails, signage and a marshal will be posted at the top to ensure no casual riders ride this in a downhill direction.

- Walkers and social riders are common. Track closure signs will be out at least two weeks prior to the event. Notifications will be done via relevant social media groups, including Welly Tracks.

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.

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. The evacuation point will initially be on open space within the school away from the fire, e.g. down by the pump track.

Waste Management Plan

Waste collection will be provided for at the Event Base (Registration). ALL waste is to go into the approved collection bags, and will be sorted for Recycling materials after each event.

Any competitor who litters either during the race or at any time during the event will be subject to time penalties at this event and/or subsequent PNP MTB events.