

2025 participant handbook



MEDITERRANEAN
FOODS
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VALLEY ULTRA
- CRAIGIEBURN -



Welcome to the 2025 Mediterranean Foods Valley Ultra Runner's Handbook

By choosing to be here, you've committed to challenge yourself, test your limits, and be part of something truly special. Whether you're running the Ultra, the 24 km, or the 10 km, you are stepping into an experience that goes far beyond the finish line.

This handbook is designed to give you everything you need to prepare for race day:

- ✓ Essential rules, safety advice, and mandatory kit
- ✓ Course maps, elevation profiles, and checkpoints
- ✓ Aid station details and cut-off times
- ✓ Logistics for drop bags, transport, and accommodation
- ✓ Contact details and emergency information

Each distance comes with its own unique challenges—but every runner is part of the same journey: a community of people chasing goals, sharing trails, and supporting one another.

Please take the time to read this handbook carefully. The more familiar you are with the details, the more you can focus on what matters most: enjoying the trails, respecting the challenge, and celebrating your achievement.

We are proud to welcome you to the Mediterranean Food Valley Ultra family. Get ready for breathtaking views, unforgettable miles, and the shared spirit that makes trail running so special.

See you on the start line, Sheree and her amazing team.

Sheree Stevens

Race Director/Owner

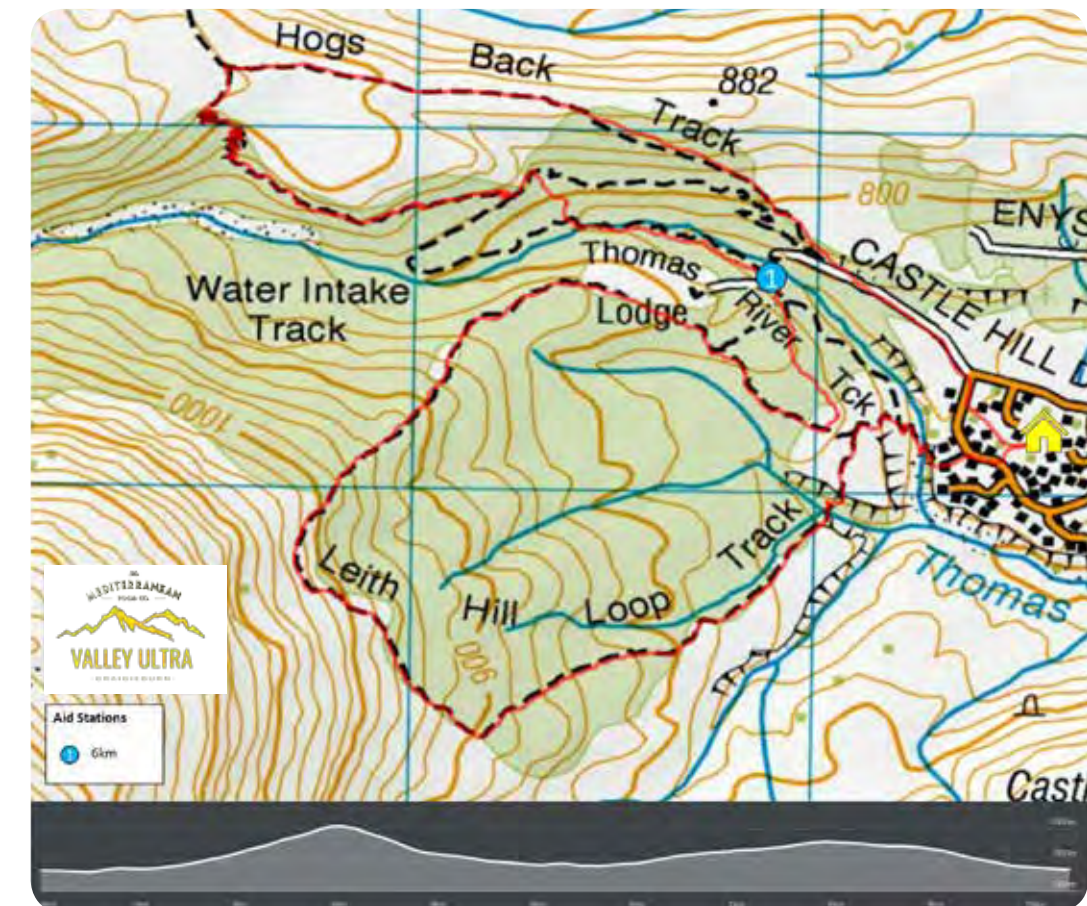
This event has
been created for
runners to **push
themselves over
tough** and
amazing terrain.



Course Maps



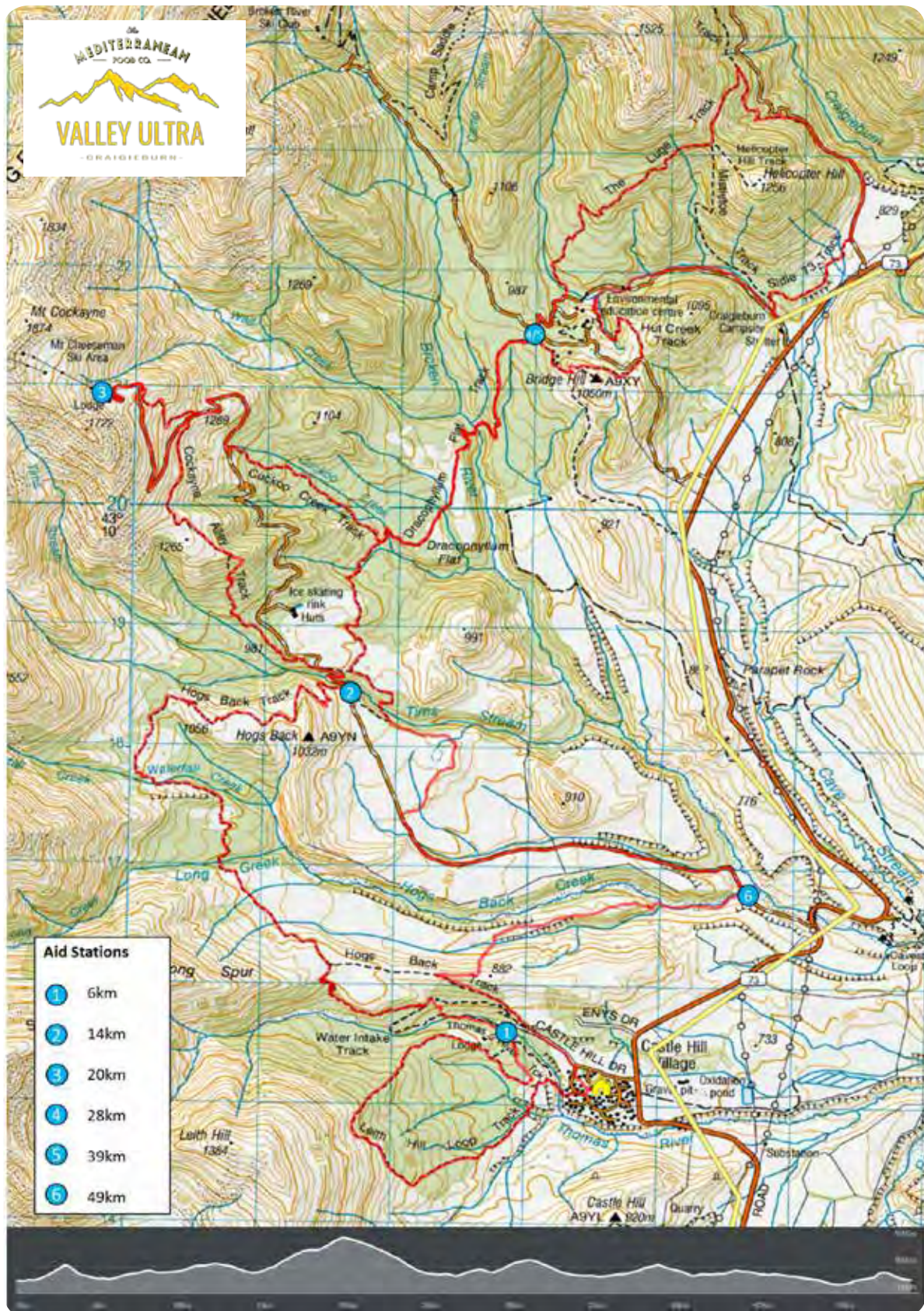
The Teacup (10km):



The Piglet (24km):



The Whole Hog (54km):



Aid Stations

The Valley Ultra is a “cup-less” event in line with our sustainability goals. You must carry a cup, water bottle or water bladder. Aid Stations will be provided at key locations along the course as shown below. Any changes to Aid Station locations will be communicated at registration.

- Each aid station will have a mixture of the following; (note not every aid station will have all of the below, some on the Hog Course will have everything, others will just have a few items to keep you going):

 - Water
 - Pre-mixed Tailwind Endurance Fuel
 - Mixed sweet nutrition – lollies, bananas,
- Crafty Weka Bars and salted Peanuts
 - Mixed savoury nutrition – potato chips, peanut butter sandwiches (including GF bread) salted baby potatoes
 - Coca-Cola
 - First Aid
 - Toilets

The Whole Hog (54km):

Station	From Start (km)	Next AS (km)	Previous AS (km)	From Finish (km)
Aid Station 1 (St Andrews Lodge)	5.5	8.5	5.5	48.5
Aid Station 2 (Texas Flat)	14	5.7	8.5	40
Aid Station 3 (Cheeseman Ski Field)	19.7	8.5	5.7	34.3
Aid Station 4 (Broken River Ski Field Rd)	28.2	11.1	8.5	25.8
Aid Station 5 (Broken River Ski Field Rd)	39.3	10.2	11.1	13.7
Aid Station 6 (Craigieburn Ski Field Rd)	49.5	4.6	10.2	4.6

The Piglet (24km):

Station	From Start (km)	Next AS (km)	Previous AS (km)	From Finish (km)
Aid Station 1 (St Andrews Lodge)	5.5	8.5	5.5	18.5
Aid Station 2 (Texas Flat)	14	5	8.5	10
Aid Station 3 (Cheeseman Ski Field)	19	4.6	5	4.6

The Teacup (10km):

Station	From Start (km)	Next AS (km)	Previous AS (km)	From Finish (km)
Aid Station 1 (St Andrews Lodge)	5.5	4.5	5.5	4.5

**Please note that all distances are approximate and may vary depending on which GPS technology is used* AS = Aid Station



Accommodation Race Starts, Kit Check & Registration

Accommodation

Camping is available in Castle Hill Village solely for this event. If you did not book a campsite when you registered, you can do so by emailing Sheree – notjustevents@xtra.co.nz. Camping is fully self-sufficient there will be toilet on site and camping is near the St Andrews Lodge. We have also arranged limited spaces available to sleep inside at the St Andrews Lodge. The comfortable Lodge sleeps 42 people in bunk beds, and has cooking facilities, equipment and utensils in its well-equipped kitchen. No linen or pillows supplied - you will have to supply your own. Access is best by 4WD.

The Race Village

The Race Village will be located on Castle Hill Village Green. You won't be able to miss us – head towards the Community Hall on Castle Hill Drive once you have parked your vehicle in the designated event car park off Castle Hill Drive, follow instructions of the marshals.

Start and Finish area

The race village will be located on Castle Hill Village Green. This is where the start and finish chute will be located as well as registration, event HQ, toilets and St Johns.

Mustering times for the distances

WHOLE HOG

Saturday 13th December (5:45am) start at 6.00am

PIGLET

Saturday 13th December (7:45am) start at 8.00am

TEACUP

Saturday 13th December (9:20am) start at 9.30am

Kit Check and Registration

Race Pack Pickup / Gear Check

There will be a mandatory kit check prior to the race (11th Dec). If you do not attend the kit check you will be unable to start the race.

Kit check and registration for all three distances can be done at Further Faster, 57A Buchan Street, Sydenham Christchurch on the 11th of December from midday to 6.00pm or at Castle Hill Village Community Hall (marquee in the Event Village) from 3.00pm to 7.00pm on the 12th of December.

Whole Hog competitors must have their gear checked and complete registration before race day.

Piglet and Teacup competitors can complete registration and gear check on race day at the Event Village, Castle Hill from 6:15am to 7:45am

Gear bag storage – your gear can be left in the information marquee while you are away – hand to the event staff to safely look after it.

At 7:00pm there will be a mandatory safety and race briefing for all Whole Hog Participants at the event village – The Piglet and Teacup participants are also welcome.

Kit Check

Mandatory Kit

Mandatory kit is required by all participants. Kit will be checked at the above times. Kit must be worn or carried for the duration of race. Kit checks may also be carried out by marshals or at Aid Stations along the course – this will only be done for your safety.

Kit Check

You will not be permitted to start your race until your kit has been checked and you have checked in at registration. Any persons without the correct kit on the course will be disqualified and removed from the race.

The Whole Hog

- | | |
|--|--|
| 1x Thermal long sleeve top | 1x Race number (including timing tag) to be worn at all times during the event (supplied by organiser) |
| 1x Thermal pants (non-compression) | |
| 1x Thermal hat/Buff | 1x Water container (bladder or bottles) with minimum capacity of 2L of water at start of race |
| 1x Thermal gloves* | 2x Sources of nutrition (e.g. gels, bars, lollies) |
| 1x Seam sealed waterproof jacket with a hood | 1x Whistle |
| 1x Seam sealed waterproof long pants* | |
| 1x Emergency thermal bag | |

The Piglet

- | | |
|--|--|
| 1x Thermal long sleeve top | 1x Race number (including timing tag) to be worn at all times during the event (supplied by organiser) |
| 1x Thermal hat/Buff | |
| 1x Thermal gloves* | 1x Water container (bladder or bottles) with minimum capacity of 1L of water at start of race |
| 1x Seam sealed waterproof jacket with a hood | 1x Whistle |
| 1x Emergency thermal bag | |

The Teacup

- 1x Thermal long sleeve top*
- 1x waterproof jacket*
- 1 x Race number (including timing tag) to be worn at all times during event (supplied by organisers at registration)

Race Pack Pickup / Gear Check.

There will be a mandatory kit check prior to the race 11th December at Castle Hill. If you do not attend the kit check you will be unable to start the race. Kit check and registration for all three distances can be done at Further Faster, 57A Buchan Street, Sydenham Christchurch on Thursday 11th December from midday to 6.00pm or at Castle Hill Domain marquee at the Event Village from 3.00pm to 7.00pm on the 12th of December.

**To be confirmed at registration (weather dependent)*





Race Rules

Your Safety

Marshals and Aid Station crew may require you to be assessed by medical staff along the course. If medical staff determine that you are unfit to continue then you must stop. If you disobey their advice, you will no longer be considered part of the race and continue at your own risk. If you continue and are unfit, you will be placing yourself and others in an unsafe environment.

The medical team, staff, marshals and event management hold your health and safety above all else. Please follow their instructions.

Cut-off Times

Cut-off times are implemented for your safety and for that of our team. These are non-negotiable and will be enforced. Final cut-off times will be confirmed at registration and will reflect race day conditions. We will assist you back to the race village if you miss a cut-off. There are no cut-off times for the Piglet or Teacup races.

Station	From Start (km)	Cut Off Time
Aid Station 1 (St Andrews Lodge)	5.5	n/a
Aid Station 2 (Texas Flat)	14	n/a
Aid Station 3 (Cheeseman Ski Field)	19.7	11:00 (5 hours)
Aid Station 4 (Broken River Ski Field Rd)	28.2	14:00 (8 hours)
Aid Station 5 (Broken River Ski Field Rd)	39.3	16:00 (10 hours)
Aid Station 6 (Craigieburn Ski Field Rd)	49.5	18:00 (12 hours)

Race Number

Your race number not only identifies you as part of the race and which distance you are taking part in, it also holds your timing chip. Your race number must be attached to the front of your body and be clearly visible in its entirety for the duration of the race.

The Course

You must follow the marked course and not cut corners. Failure to do this could result in disqualification.

Pacers

The use of pacers is not permitted.

Leave No Trace

This event operates under a 'Leave No Trace' policy. The race is taking place in a place of natural beauty and we want to keep it that way. Please take any rubbish with you and leave only footprints.

Race Rules

Withdrawal

If you choose to withdraw from the race, you must let a race official know as soon as possible. If possible, we will bring you back to the race village, however this may take some time depending on the operational requirements of the race. If you wish to change distance during the race then you must stop and consult a marshal who will determine with Race HQ if this is possible before you continue.

Course Changes

In the event of adverse weather or other factors outside of our control, the Race Organisers reserve the right to alter the course which may affect the distances and elevation of the races. Recent weather events may affect the courses. We will keep you updated with any course changes and our safety team will make a final assessment prior to your race registration. Changes to the course will only be made if it is unsafe to run the original route.

Headphones

We highly discourage the use of headphones on the event. This is to ensure you can hear other participants trying to pass or instructions issued by marshals or race officials. If headphones are worn, we ask that music is at a volume where you can still hear your surroundings and you only wear a headphone in one ear.

Capability

You must be fit and well and not under the influence of any drugs or alcohol when undertaking this race. Ensure that you are taking on a race distance that is within your capabilities.

Road Sections

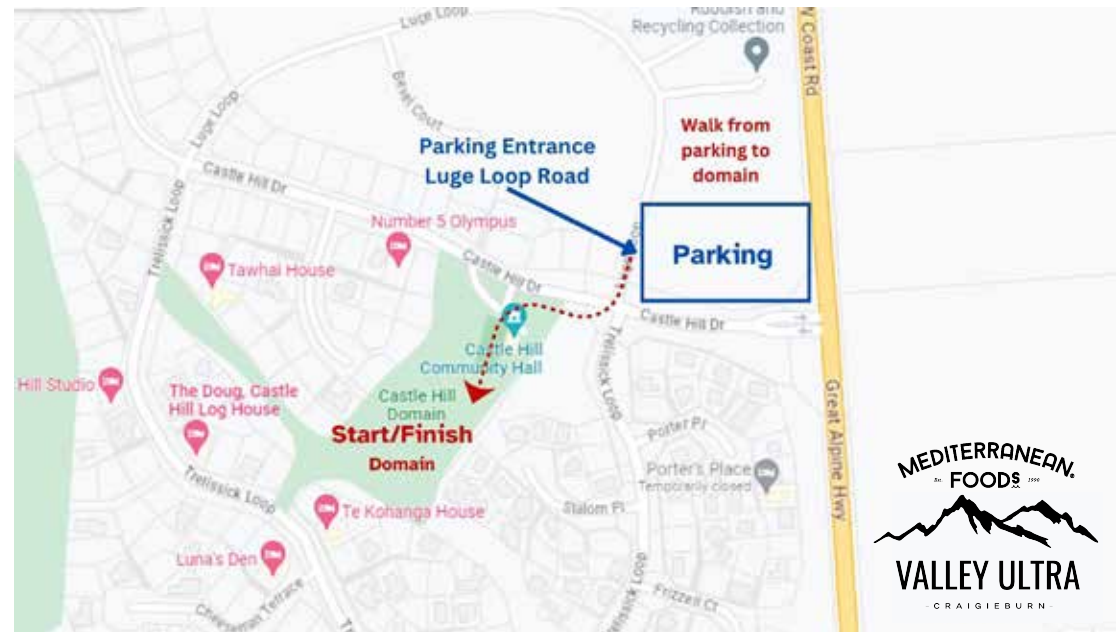
The course will take you along some short sections of road. These roads are closed for the event, however you may encounter event vehicles, safety vehicles and medical vehicles on the road at any time. Please be aware of the possibility of vehicles on the road and move over to the side to allow vehicles to pass if required.

Prizegiving

There will be prize giving held at 1pm at the event Village.



Site map



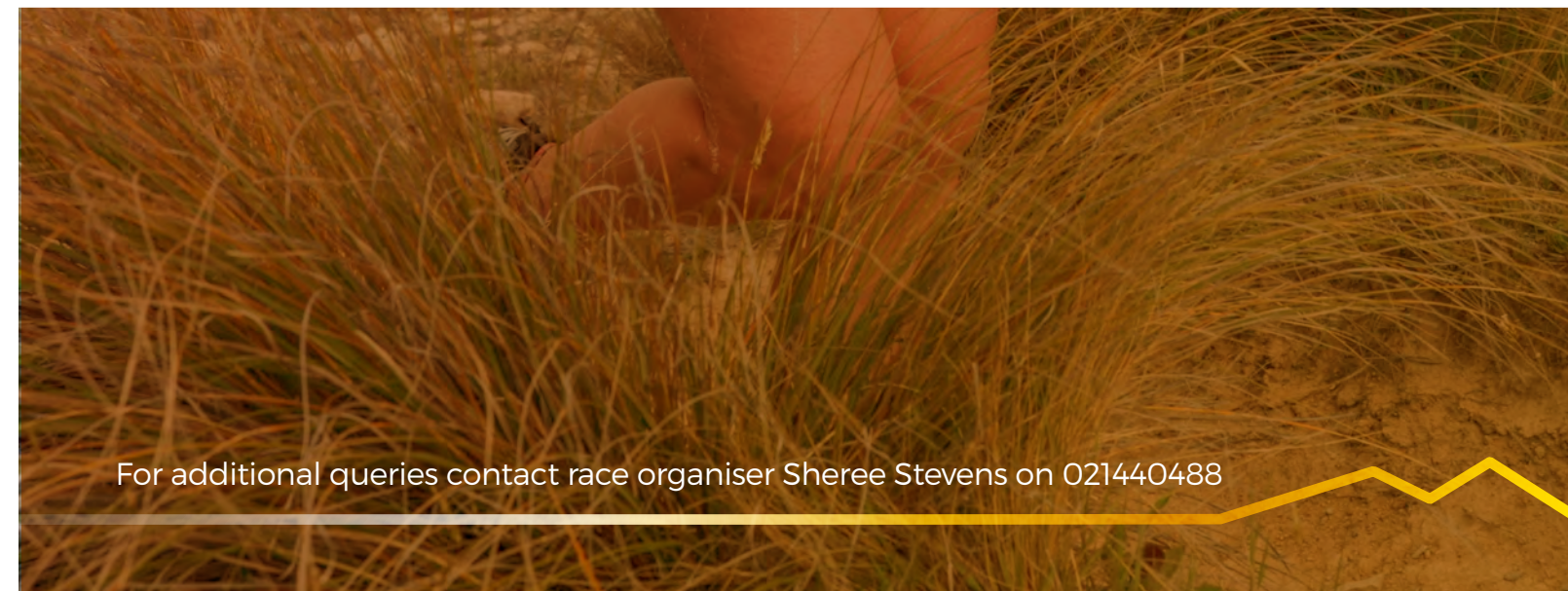
Emergency Procedures

This event takes place outdoors and these procedures are for everyone involved in case of a major earthquake, fire or extreme weather event.

- In the event of an emergency you **MUST** get to the emergency meeting location, so that you can be accounted for – Castle Hill Village Green (Race Village)
- Halt the activity (stop racing!)
- Drop, cover and hold in the event of an earthquake
- Move to open land away from trees and buildings or fire/flood risk
- Get to the next aid station as quickly as possible and wait with other competitors/ staff to be extracted to the evacuation point at the earliest possible time it is safe to do so.



We wish you the BEST of luck and we cannot wait to see you in Castle Hill!



For additional queries contact race organiser Sheree Stevens on 021440488