

2025 Waitoa Mount Festival Half Marathon Athlete Race Manual



THE HOME OF FREE RANGE CHICKEN
Waitoa MOUNT FESTIVAL
HALF
MARATHON

 **Fulton Hogan**
Mount Festival
of MULTISPORT

CONTENTS:

MESSAGE FROM THE TITLE SPONSOR.....	4
MESSAGE FROM THE SUPPORTING SPONSOR.....	4
MESSAGE FROM THE HOST CITY.....	5
SCHEDULE OF EVENTS.....	7
WAITOA MOUNT FESTIVAL HALF MARATHON EVENT SCHEDULE.....	7
COURSE MAPS.....	8
21.1KM DISTANCE.....	8
21.1KM INFORMATION.....	8
10.5KM DISTANCE.....	9
10.5KM INFORMATION.....	9
5KM DISTANCE.....	10
5KM INFORMATION.....	10
RUN AID STATIONS.....	11
EVENT CHECKLIST.....	11
GENERAL EVENT INFORMATION.....	12
POST RACE INFORMATION.....	14
MEDAL PERKS.....	17
RULES & REGULATIONS.....	19
CONTACT INFORMATION.....	20



THANK YOU TO OUR SPONSORS



Supported By



MESSAGE FROM THE TITLE SPONSOR



There are so many reasons that people come from all over New Zealand and, increasingly, the world, for this great event. One of them is that they love the course. We're pretty fond of it too, especially as we were fortunate enough to have built half of it!

We love nothing more than a good road, and to help people use it safely. Our people have helped set up the Fulton Hogan Mount Festival of Multisport course, and are making sure traffic is managed and people are safe. Many of our people are competing again this year.

We see it as a significant honour to be so involved in this highlight of the year in Tauranga, and we're delighted you're here to join us.

Anita Varga

MESSAGE FROM THE SUPPORTING SPONSOR



Welcome to the 2025 Mount Festival Half Marathon, proudly brought to you by Waitoa Free Range Chicken. We think it's awesome you are taking on this challenge, and we're stoked to back you all the way.

This year, we're excited to launch our biggest-ever campaign, reintroducing Kiwis to the tasty goodness of Waitoa. Our new campaign is all about bringing cosy-ness and quality to Kiwi homes—just like our free-range chicken.

Good luck on the day and with your training, and don't forget to refuel with something free-range and delicious after the race!

Emma Carson
Brand Manager

MESSAGE FROM THE HOST CITY



Office of the Mayor



Tauranga City

Warm welcome to the Fulton Hogan Festival of Multisport.

On behalf of the Tauranga Community, I am delighted to welcome you to the Fulton Hogan Mount Festival of Multisport.

This festival is a highlight of Tauranga's sporting calendar and is much-loved by visitors and our local community.

This event unites athletes across several codes in one of Aotearoa's most beautiful settings, Mount Maunganui. We are especially proud to once again be the custodians of the Loan Market Oceanside Tauranga Half, which has been an iconic part of our summer for over 36 years.

While you are in Tauranga we hope you have time to visit our beautiful beaches, walk Mauao, our sacred maunga, explore our parks and walkways, and enjoy some of our excellent restaurants and cafes.

Best wishes to all athletes and supporters for an exceptional and memorable event, and we look forward to welcoming you back in **2025**.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mahé'.

Mahé Drysdale MNZM
Mayor of Tauranga



Mayor Mahé Drysdale
Tauranga City Council

Private Bag 12022, Tauranga 3143, New Zealand

Phone 07 577 7000 Email mayor@tauranga.govt.nz www.tauranga.govt.nz

ALL THE FEELS FOR ALL THE MEALS

Waitoa



SCHEDULE OF EVENTS

FRIDAY 17th JANUARY 2025

2.30PM – 6.30PM ATHLETE CHECK IN & SPONSORS EXPO

Athlete Check In Tent, Event Village, Pilot Bay, Mount Maunganui

Athlete check in will be held at Pilot Bay on Friday the 17th January 2025 from 2:30pm - 6:30pm. There will be a sponsor's expo alongside athlete check in which gives you the opportunity to purchase your last-minute race gear and take advantage of great offers and specials from our sponsors. This designated Event Village includes the finish line, sponsor expo sites and athlete check in area and will be in place for both athlete check in on Friday and throughout Race Day on Saturday.

You must collect your **own** race pack (which includes your timing transponder and race numbers) and complete your Athlete check in during these times. **If you do not collect your race pack during these times you will not be allowed to start the race.** By collecting your race pack, you are attesting that you **have read and understood** the Athlete Race Manual. Please ensure you read through this prior to check-in and race day.

WAITOA MOUNT FESTIVAL HALF MARATHON EVENT SCHEDULE

The graphic features a large blue arrow pointing right, with the text '2025 SCHEDULE' in large blue letters. Below this, the schedule is divided into two columns: 'FRIDAY 17 JAN' and 'SATURDAY 18 JAN - RACE DAY'. Each column contains a list of events in blue rounded rectangles. At the bottom left is the logo for 'Waitoa MOUNT FESTIVAL HALF MARATHON' with the tagline 'THE HOME OF FREE RANGE CHICKEN!'.

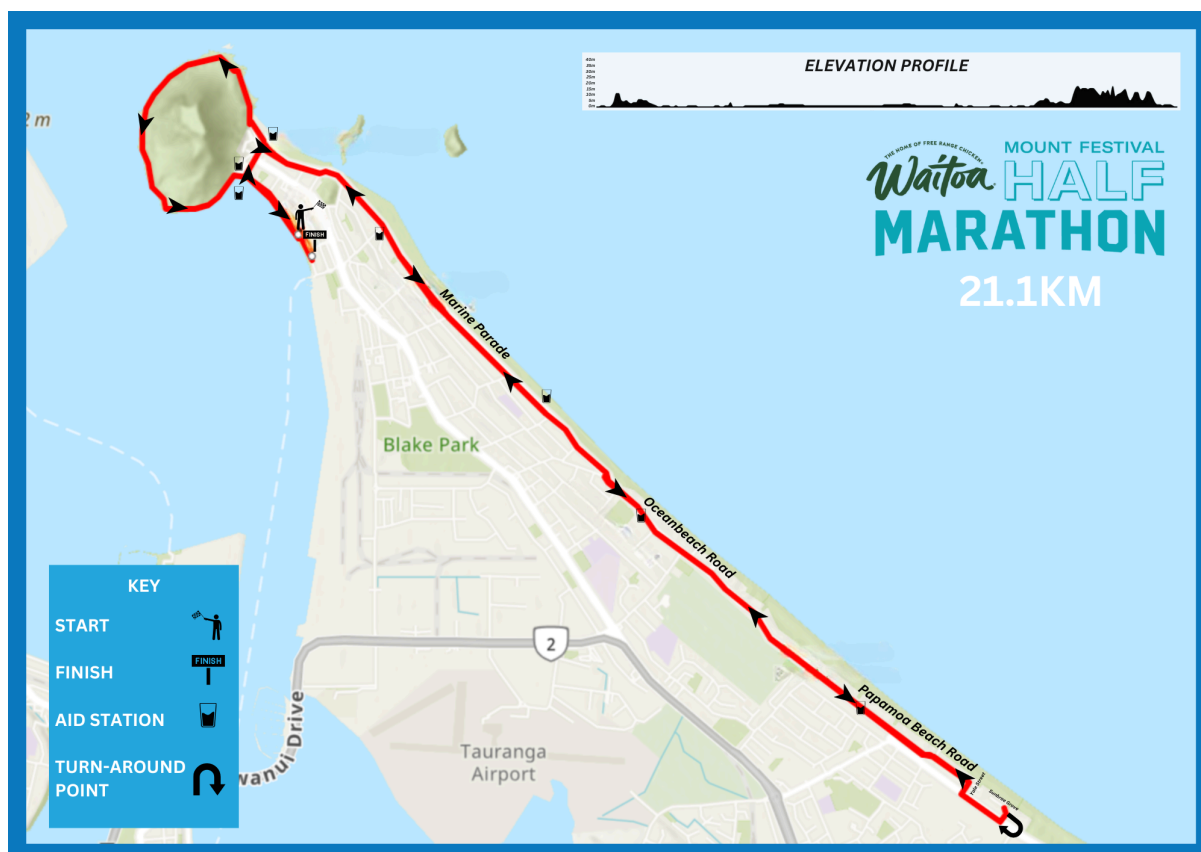
FRIDAY 17 JAN	SATURDAY 18 JAN - RACE DAY
2.30pm - 6:30pm: Athlete Registration & Onsite Entries	5.45am-6.45am: 21km check-in
2.30pm - 6:30pm: Event Expo	6am-7.30am: 10.5km & 5km check-in
5pm: ASICS & Public Runners Shake Out Run	7am: 21km Race Briefing
	7.15am: 21km Race Starts
	7.45am: 10.5km Race Briefing
	8am: 10.5km Race Starts
	8am: 5km Race Briefing
	8.10am: 5km Race Starts
	12.30pm: Run Course Closes
	12.30pm: Prize Giving - Run Start

Waitoa MOUNT FESTIVAL HALF MARATHON
THE HOME OF FREE RANGE CHICKEN!

COURSE MAPS

Run Cut off: 12:30pm for all competitors

21.1KM DISTANCE



21.1KM INFORMATION

(NEW COURSE)

Starting in Pilot Bay (near Prince Ave) run down The Mall, turn right into Adams Ave. Turn right into Marine Parade. Continue to run along Marine Parade (on the seaward side of the road) then proceed along Oceanbeach Road. Turn right onto Yale St, another right onto Maranui Street until you reach a turnaround at Sunbrae Grove before retracing your steps (being aware of runners in both directions).

Please be aware that there will be a turnaround point beyond Tay Street for all Tauranga Half Triathletes and 10.5km distance runners – do not turn here.

Head back along Marine Parade (still on the seaward side), joining the boardwalk where you will be directed to continue around the base track in an anti-clockwise direction. Please be aware that the base track is still open to the public during the race, so be aware and courteous of this. Exit the base track and run down The Mall to the finish chute.

10.5KM DISTANCE



10.5KM INFORMATION

Starting in Pilot Bay (near Prince Ave) run down The Mall, turn right into Adams Ave. Turn right into Marine Parade. Continue to run along Marine Parade (on the seaward side of the road) until you reach the turnaround point near Tay St (being aware of runners in both directions). Your turnaround point will be labelled clearly for the 10.5km distance turnaround and will also double up as the Tauranga Half Triathlon turn around point. The 21km Half Marathon will have a turnaround further down Oceanbeach Road so be aware that some runners will be continuing straight.

Head back along Marine Parade (still on the seaward side), joining the boardwalk where you will be directed to continue around the base track in an anti-clockwise direction. Please be aware that the base track is still open to the public during the race, so be aware and courteous of this. Exit the base track and run down The Mall to the finish chute.

5KM DISTANCE



5KM INFORMATION

Starting in Pilot Bay (near Prince Ave) run down The Mall, turn right into Adams Ave and then right onto the start of Marine Parade where you will be directed to turn left running past the Mount Surf Club onto the boardwalk and around the Mount Base Track. Please be aware that the base track is still open to the public during the race, so be aware and courteous of this. On exiting the base track runners turn right and run back down The Mall to the finish line in Pilot Bay.

RUN AID STATIONS

Aid stations 1-4, 7-8 will have the below supplies;

- SIS Nutrition Electrolytes
- SIS Nutrition Gels
- Water
- Ems Power Bites
- Coca Cola
- Bananas
- Lollies
- Sunblock
- Vaseline

Aid stations 5-6 (only applicable to the 21.1 km distance) will be equipped with water and SIS Nutrition Electrolytes.

We care about our environment and our community. Discard rubbish only at aid stations.

EVENT CHECKLIST

Pre-Event

- Familiarise yourself with the Athlete Race Manual
- Check the event schedule and take note of key times that apply to you
- Let the Fulton Hogan Mount Festival team know if there are any changes to your registration
- Pack everything you will need for Race Day (allow for all weather conditions)
- Ensure you attend Athlete Check-In (Friday 19th January 2:30-6.30pm)

Race Day

- Collate everything you will need to complete your race
- Arrive at the event village with enough time for your briefing and to warm up
- Ensure your race bib is attached correctly

Good luck!

Post-Race

- Relax in our Athlete Recovery Lounge
- Attend prize-giving (Run Start Line, Pilot Bay - 12:30pm)

GENERAL EVENT INFORMATION



GARMIN TIMING

The event will use electronic timing. Each competitor will be issued a race bib with a transponder attached at registration.

The race bib must not be removed during the entire race. If you are forced to withdraw at any stage, you must report to the timing tent at the finish line as soon as possible and return the race bib. Failure to do so will cause delay in official results. Please do not return to any race volunteers on course.

RACE NUMBERS

You will be supplied with one race number. Your race number must be secured to your upper body clothing or on a race belt. Race numbers must be worn on the front, at waist height on the run leg of the race.

BAG DROP OFF

We will provide a bag drop off from 5am race day located in the Information and Bag Drop tent.

COURSE CUT OFF TIMES

To ensure the safety of all athletes and volunteers there is a 12:30pm cut off time for all athletes across the Waitoa Mount Festival Half Marathon events. Should an athlete not be able to reach this cut off time, they will no longer be able to continue racing and will be asked to return to transition. Results will be classified as Did Not Finish (DNF).

Event personnel will assist in transporting the athlete back to the Event Village should assistance be required.

AGE CATEGORIES

There will be the following age groups for the Waitoa Mount Festival Half Marathon:

5- 9 years (5km only)	10 – 19 years (16 – 19yrs for the 21km)	20 – 29 years	30- 39 years	40- 49 years	50 – 59 years	60 – 69 years	70 + years
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NOTE: This event is run with age groups with your age calculated as of 18th January 2025 (event date).

21.1km – participants must be at least 16 years of age on event day

10.5km – participants must be at least 10 years of age on event day. All participants between the age of 10 – 13 must be accompanied by an adult for the entire duration of the event and the accompanying adult takes full responsibility for the safety of the entrant 13 years or under. Participants over the age of 13 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

5km – participants must be at least 5 years of age on event day. All participants between the ages of 5 – 13 must be accompanied by an adult for the entire duration of the event and the accompanying adult takes full responsibility for the safety of the entrant 13 years or under. Participants over the age of 13 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

POST RACE INFORMATION

L.T. MCGUINNESS ATHLETE RECOVERY LOUNGE

Athletes are welcome to utilise all facilities within the Athlete Recovery Lounge in the Event Village. Athletes will be directed into the recovery lounge after crossing the finish line.



20 minute massage available from P3 Recovery for \$20!

- Waitoa Free Range Sausages
- RealCOCO Coconut Water
- Bananas
- CocaCola
- SIS Electrolytes
- New World Mount Maunganui Lollies
- New World Mount Maunganui Potato Crisps
- Premier Beehive Sausages



Thank you to all these epic brands for stocking our L.T. McGuinness Recovery Lounge!

BAG COLLECTION

Please leave all gear that you do not need for the race at the Information and Bag Drop tent located in the expo tent. Present your race number at bag drop to retrieve after the race.

FINISHERS MEDALS

Medals will be presented to all competitors at the finish line who finish within the cut off time.



FOLLOWING THE ACTION

We will be doing our best to keep your friends and family updated throughout the day. Stay tuned on our social media pages for updates.

INFORMATION TENT

The information tent is located in a large marquee, next to the recovery area; this is the place to go for any questions prior to and after the race.

VIP PARKING

VIP parking will be located within Coronation Park, with access from Nikau Crescent. Only vehicles displaying VIP parking will be given access to this area.

REGULAR PARKING

There are parking options within the local streets. Please park respectfully and observe all parking signage. You must not park in Mount Mainstreet for the entire day. Please observe parking restrictions.

PRIZE GIVING

Location: Run Start Line (Pilot Bay)

Time: 12:30pm

Awards: 1st, 2nd, 3rd place to male & female in each age group for each distance - all receive a medal.

Overall 5km Winners: 1st, 2nd, 3rd male & female each receive a trophy

Overall 10.5km Winners: 1st, 2nd, 3rd male & female each receive a trophy

Overall 21.1km Winners: 1st - trophy and prize money of \$250 for both male & female. 2nd, 3rd winners for male & female will receive a trophy.

Note: Figures are in \$NZ and New Zealand IRD rules apply.

Individual prize money will be paid following the results of any Drug Testing if applicable.

MEDAL PERKS



25% off your entry over event weekend (show them your confirmation email pre-event or medal post event!)

Visit: www.mounthotpools.co.nz

Valid from 17th - 20th January



25% off Wild Dolphin encounters

Code: Mount Festival

Visit: www.nzdolphin.com



15% off on Surf Lessons & Programmes (show them your medal at the main beach tent OR use the promo code below!)

Code: Fulton24

Visit: www.surfschool.co.nz



15% off Adventure Park Supreme Pass

Visit: www.glowwormkayaking.com



Buy any size pizza and get a personal 10" HAMLET (Hawaiian) pizza FREE (present your athlete finisher medal to their team for a discount)

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RULES & REGULATIONS

Medical personnel shall have ULTIMATE AND FINAL authority to remove a competitor from the race for medical reasons if the competitor is judged to be physically incapable of continuing the race without risk of serious injury or death.

No competitors may use alcohol or any illegal drugs, stimulants, depressants, or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose. For details on banned substances please see triathlon.kiwi.

Good sportsmanlike conduct will be demanded of all competitors. Fraud, theft and acts of grossly unsportsmanlike-like conduct are grounds for immediate disqualification and will result in competitors being prevented from competing in any Mount Festival of Multisport event in the future.

If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the Race Director, event personnel, Technical Official or Timing Official. Failure to give notification after withdrawing from the race may result in the competitor being prevented from competing in any Mount Festival of Multisport event in the future and any costs incurred in locating the withdrawn athlete will be passed on directly to the athlete (i.e. search and rescue).

The Mount Festival of Multisport reserves the right to make rule changes at any time. All competitors will be notified in writing of any changes before the race.

No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.

Competitors must complete the reverse of their race number with important medical and emergency contact information for use in the case of emergency.

Under no circumstances can a competitor swap timing devices with any other athlete and no competitor may race under any name other than their own.

The responsibility of keeping on the correct course rests with the competitor.

The Race Director has the right to remove any competitor from the course after the official cut off time of 12:30pm for the Waitoa Mount Festival Half Marathon.

PROTESTS AND APPEALS

Any competitor who wishes to lodge a protest must lodge the protest with the Race Director. The intention must be lodged within 15 minutes of the athlete's finishing time and a protest form must be lodged to the Race Director within 30 minutes of his / her finishing time. You can contact the Race Director through officials at the finish area.

GENERAL RUN RULES AND REGULATIONS

- The course will close at 12:30pm.
- Any competitor still on the course after this time will not be eligible for a finisher's medal and may be asked to withdraw from the race for his or her own safety.

- No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.
- No form of locomotion other than running or walking is allowed – crawling is not allowed
- Race numbers must be placed on the front of the runner where it is clearly visible and must not be obscured from view and must be worn at all times.
- The run is an out-and-back course. Please ensure you take care to avoid oncoming runners.
- Runners are expected to follow the directions and instructions of all race officials and public authorities.
- It is the responsibility of the competitor to know the course.
- You must not accept outside assistance from anyone not taking part in the race. This includes taking nutrition, clothing or other equipment from anyone other than from a race official and being paced or accompanied (either on foot or on a bike) during the run by a supporter who is not taking part in the race themselves. The penalty for this is disqualification.

CONTACT INFORMATION

SMC EVENTS		
Area	Name	Email Address
Festival Director	Julia Tilley	julia@smcevents.co.nz
Sponsorships & Operations Manager	Lauren Watson	lauren@smcevents.co.nz
Marketing & Customer Experience Manager	Hannah Thorne	hannah@smcevents.co.nz

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