

# 2026 Athlete Race Manual



Loan Market™ | Oceanside  
**TAURANGA**  
**HALF** 

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## Host City



# Message From Our Title Sponsors



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 helping 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  
Bay of Plenty Regional Manager



# Message From Our Title Sponsors

Welcome to the Loan Market Oceanside Tauranga Half! We're thrilled to have you join us for this exciting event, and we can't wait to see you give it your all.

On behalf of the entire Loan Market Oceanside team, we wish you the best of luck and an unforgettable race day experience!

Nick Berry



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# Message From Our Sponsor City



Office of the Mayor



*Tauranga City*

I'm delighted to welcome you to the Fulton Hogan Mount Festival of Multisport.

Tauranga City Council is proud to support this incredible event, which is always a standout in our city's sporting calendar – a weekend that brings energy, excitement, and real pride to Tauranga.

What makes this event truly special is the way it brings together athletes across several codes, all gathering here in one of the most beautiful places in Aotearoa.

The Loan Market Oceanside Tauranga Half has been a much-loved part of our summers for more than 37 years, and it's fantastic to see its legacy continue.

To all athletes and your support crews, I wish you an exceptional and memorable day out there. Your dedication is inspiring, and our community is right behind you.

While you're here, I hope you get the chance to explore and enjoy everything Tauranga has to offer.

Yours sincerely,

Mahé Drysdale MNZM  
Mayor of Tauranga



**Loan  
Market™**

# **HEADBAND COMPETITION**

**Win an entry to the Loan  
Market Tauranga Half in 2027**

**HOW:**

**Grab a head band (limited to first 300)**

**Wear it during the run leg of the Tauranga Half**

**Post a picture racing in it and tag Tauranga Half and**

**Nick Berry @ Loan Market Oceanside**

**GOOD LUCK**

# Schedule of Events

## FRIDAY 16TH JAN 2026

2.30PM – 6.30PM ATHLETE CHECK IN & SPONSORS EXPO

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

Athlete check in will be held at Pilot Bay on Friday the 16th January 2026 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.

You will be issued with an official race ID band which must be worn until the prize giving. This band is your competitor ID; without this band, you will not be allowed into transition or 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.

## FRIDAY 16TH JAN 2026

**2:45PM - 6.45PM Compulsory Bike Racking** (no bikes race day)

Bike Transition, Event Village, The Mall, Pilot Bay, Mount Maunganui

You must check in (as per above) before you rack your bike. Bike numbers must be applied and bike numbers must not be altered. All bikes must be racked in the Transition by 6.45pm on Friday.

Please do not bring your helmet or race equipment on Friday. Helmet checks will be done on entry to Transition on race day. Helmet numbers must be applied prior to entering transition. Ensure helmet is fitted to head and chin strap fastened prior to entering transition where it will be checked by the Tri NZ Technical Officials. You will have time for last minute transition checks. Race equipment only in transition. There are no compulsory bike checks taking place prior to the event. It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

Athletes are advised to have their bike serviced leading up to race day, or a local bike shop if you require any repairs on arrival in Mount Maunganui.

You must first register & affix your UNALTERED bike sticker and wear your athlete wristband before entering transition to rack your bike. Athletes only in transition.

# Loan Market Oceanside Tauranga Half Event Schedule

## 2026 SCHEDULE

### FRIDAY 16 JAN

2.30pm - 6:30pm: Athlete Check in

2.30pm - 6:30pm: Event Expo

2.45pm - 6:45pm: Compulsory Bike Racking

3.30pm: Transition Tour - Transition Entrance

4.30pm: Swim Familiarisation - Swim Start

6pm: ASICS Shake Out Run

### SATURDAY 17 JAN - RACE DAY

5.15am-6.30am: Transition Open

5.55am - 6.30am : Elite & Open Swim Warm Up

6.25am: Elite & Open Briefing

6.35am: Elite & Open Race Starts

6.37am - 6.50am: Age Group Swim Warm Up

6.50am: Age Group & Teams Briefing

7am - 7.12am: Age Group Males Start

7.14am - 7.16am: Age Group Females Start

7.18am: Teams Start

8.40am: Swim Course Cut Off

12.45pm: Bike Course Cut Off

3.45pm: Run Course Cut Off

3:45pm: Race Closure

5pm: Prize Giving - Coronation Park

Loan Market | Oceanside  
**TAURANGA**  
**HALF**

## ASICS Shake Out Run

Kick off your Mount Festival of Multisport weekend the right way with the ASICS Shakeout Run in partnership with Public Runners. Join fellow athletes, supporters, and the ASICS team for a relaxed, social jog around the base of Mount Maunganui. This shakeout session is designed to loosen the legs, calm the nerves, and bring the community together ahead of race morning.

Snacks & Hydration provided.

Loosen the legs before race day! The ASICS Shakeout Run is on at the Mount Festival – come run, connect, and get race-ready.

Register here: <https://raceroster.com/events/2026/113028/asics-shakeout-run-in-partnership-with-public-runners>

# Swim Course Map



## Swim Course Information

**Swim Distance: 2.0km**

**Swim course closure: 8:40am**

The start area will be on the beach behind the Recovery Lounge by the Salisbury Wharf. All athletes are required to walk through the swim entry chute, over the timing mat and into the swim waiting area to ensure your timing chip is activated. If you do not walk over this mat you will not get a finisher's time.

Note that the swim is in the opposite direction to the previous years. This is because of the strong current expected with the incoming tide.

Participants will start in the water in a group of up to 100 competitors in their retrospective age group or category. The swim course will be a one-lap route starting at the Salisbury Wharf end of the bay.

Participants will swim towards Mauao, then make a right-hand turn towards the shoreline followed by another right-hand turn near the boat ramp to swim parallel to the shoreline heading back toward Salisbury Wharf where they will exit the water.

The swim course is patrolled by Surf Life Saving NZ. If you are in any difficulty or distress or see any other competitors in difficulty, please raise one hand above your head.

# Swim Course Cut-Off Times

To ensure the safety of all athletes and volunteers the below cut off times are for all athletes across the event. Should an athlete not be able to reach one of these cut off times, 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.

- All swimmers must be out of the water by 8:40am.
- Any swimmers still in the water by 8:40am will be assisted to shore by the water safety personnel and registered as a DNF.

## GENERAL SWIM COMPETITION RULES

Each swimmer must wear the cap provided at registration on the outside and start in the correct allocated start wave and area.

The water temperature will be taken 1 hour before race start with the Head Referee making a decision based on this temperature as to wetsuit use/or not. This will be announced via the race announcer.

Any athlete who misses the start of their wave will not be permitted to start until the start of the next wave.

Dolphin diving or wading in shallow water is permitted but an athlete is not allowed to deliberately move off a straight line course between swim markers in order to take advantage of wading or dolphin diving in shallow water or running along the beach or on a sand bank. Note that Disqualification is the "default" penalty for violations of this rule however the Head Referee has the discretion to apply a time penalty. Penalties include disqualification or a time penalty in T1. A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary kayak, however a competitor may not use the inanimate object to gain an advantage.

### Illegal Equipment

- Artificial propulsion devices
- Flotation Devices
- Gloves or socks
- Wetsuits with thickness exceeding 5mm
- Wetsuits when they are forbidden due to water temperature (including wetsuit shorts)

Penalty for use of illegal equipment = disqualification. Not completing the correct course or cutting swim buoys will result in disqualification

In the interests of competitor safety, race officials reserve the right to reduce either the swim distance or the cut off time if the water conditions are adverse on race day or cancel the swim if the water temperature is below 13°C.

Wetsuits are compulsory if the water temp is below 16°C and wetsuits are not allowed if the water temp exceeds 23°C (22°C for Elite and open category).. For athletes aged 60 years and over, wetsuits are allowed up to 24.5 degrees.

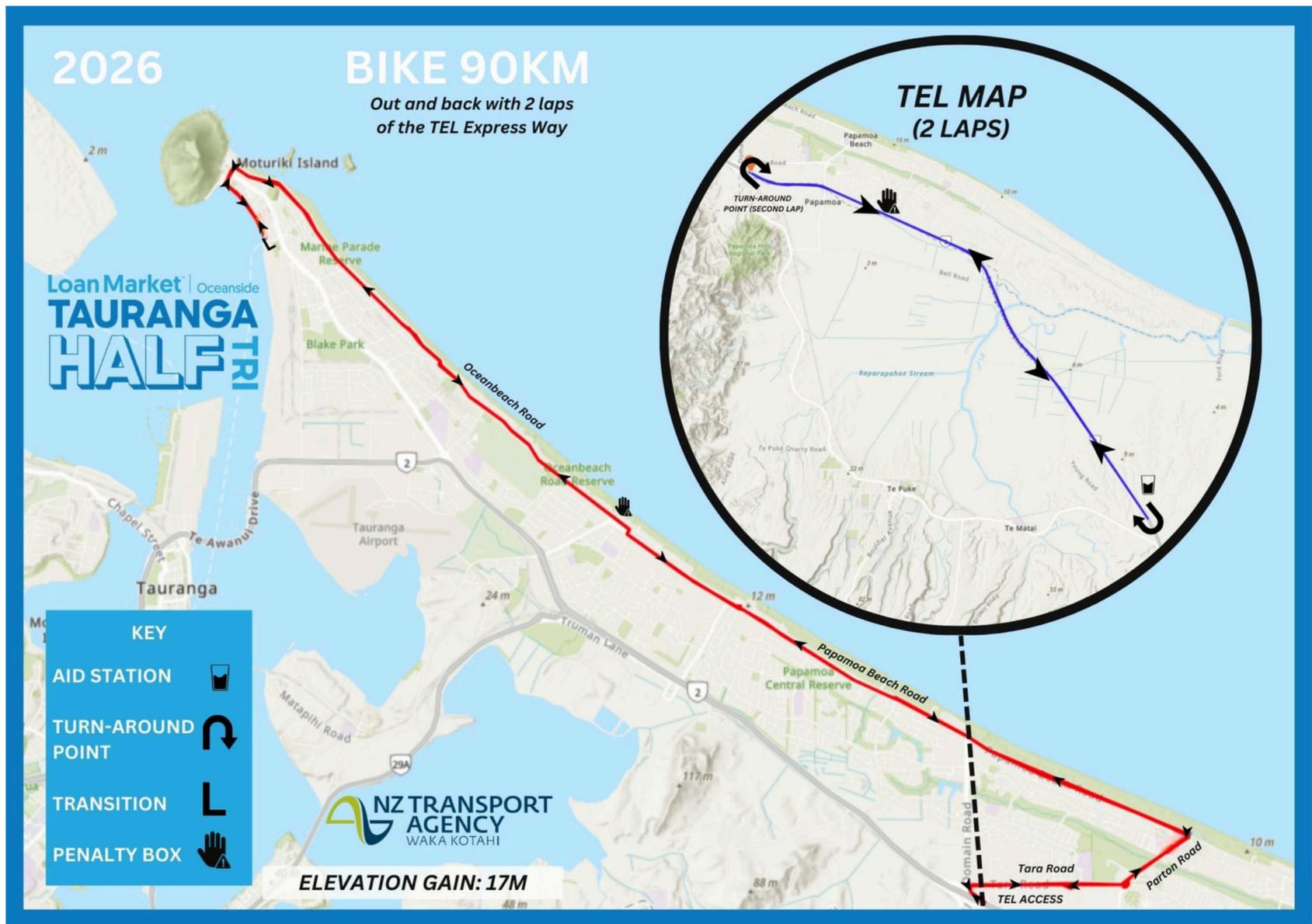
# Top Tips for Navigating the Swim Course

## Here are a few local knowledge tips to help navigate the swim course:

- Check out where the boats are pointing before you start to get an idea of where the water is heading. (The pointy end of boats always faces into the incoming water).
- If it's windy or the tide is moving then the direction of the boats may change through your swim, so don't use a boat to sight off.
- Swim tight to the buoys both ways. You should get assistance from the current of the incoming tide as you swim the last leg back towards the wharf and transition.
- Make the most of the swim familiarisation the day before and ask our swim experts questions and more tips.
- Swim the course the day before with a buddy and use the opportunity to plan your swim route. Pick an easy to spot landmark on the Mount above the furthest swim buoy to help with sighting. Do the same for the return leg above the wharf.
- The straighter you swim, the quicker you will be, you can easily lose time from swimming further than necessary.
- Sight more often than usual especially as you approach turns is a must as the current can catch you out and the last thing you want to do is inadvertently swim past a turn or work harder than necessary against the current to make a turn.
- Swim until your hands touch the bottom before standing up/dolphin diving at the finish (make the most of the momentum).
- Draft off someone faster than you but don't trust their directional skills (and if you are a mid-pack or slower swimmer...you are better to focus on swimming your own straight course than trusting those around you)

And the most important tip of all – when you exit the water, smile for the camera...it makes everything look better!

# Bike Course Map



## Bike Course Information

**Distance: 90km**

**Bike course closure: 12:45pm**

You will exit transition onto Salisbury Avenue then turn left onto Victoria Road before another left turn onto Prince Avenue then a sharp right run on The Mall and stay in the right-hand lane. Progressing along The Mall, veer right into Adams Ave, right into Marine Parade.

Continue along Marine parade in the right-hand lane until around the Clyde st intersection where you will be directed onto the correct side of the road (The left-hand lane). Continue along Marine parade which turns into Oceanbeach road. Just before the end of Oceanbeach Road turn right into Omanu Way, then left onto Maranui St which turns into Papamoa Beach Road.

Continue along Papamoa Beach Road turning right anticlockwise at the roundabout onto Parton rd. This lane has been separated to have two way cycle traffic. The entire right hand lane of Parton Road will be a two way cycle lane. At the next large roundabout you will stay in the right hand lane around the corner of the roundabout before being crossed over to the left hand side. Make your way up Tara road then turn left onto the Tauranga Eastern Link Expressway (TEL). You will then complete 2 laps on the TEL before exiting the course on the same on/off ramp as you entered and return to transition the same way as you arrived.

## Cycle Check In

Transition will open Friday 16<sup>th</sup> January 2:45pm – 6.45pm for compulsory bike racking (you will not be able to rack your bike race morning). You must have your bike sticker on your bike and wristband on to enter transition.

Place your bike on the rack with your corresponding number. Note: bike racks are made to fit 5 bikes per rack, please be courteous to other athletes and keep your items within a small area.

Transition will open from 5.15am on race morning (to athletes only) to allow athletes to complete last-minute race preparation. Please note boxes, bags, bike pumps, and containers etc. are not allowed to stay in transition and must be removed.

Only official race staff and competitors with an ID band are permitted inside transition. Please assist us by advising your friends and family of this.

## Cycle Course Cut-Off Times

To ensure the safety of all athletes and volunteers the below cut off times are for all athletes across the event. Should an athlete not be able to reach one of these cut off times, 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.

- The cycle course cut off is 12:45pm for all athletes – this is also the whole course cut off for AquaBike athletes. Should a rider be overtaken by the Tail End Charlie (TEC) motorbike they will be notified that they need to increase their speed and stay ahead of the TEC to continue on the course. If they are unable to do so their number will be noted and they will be asked to return to transition.
- Any cyclists sent back to transition by the TEC will be registered as a DNF.

## Bike Collection

Bikes cannot be removed from transition until all competitors have started the run course (approx. 1pm). An announcement will be made when transition is open for collection. Only competitors with the official ID band or in possession of a bike collection card will be allowed into transition and you must show your race number / bike collection card to remove your bike.

Supporters can collect an athlete's bike on their behalf as long as they have the bike collection card. If you predict your finish time may be close to 3:30pm please ensure a support person has your bike collection card so they can collect your bike for you.

## GENERAL BIKE COMPETITION RULES

Normal NZ Road Code rules will apply during the event. **Roads are open** and cyclists must be aware that residents, businesses and visitors will have access to the road at all times.

No riding in transition – push bike until/beyond the mount/dismount line. All helmets must be approved by a Triathlon New Zealand Technical Official and are required to be worn during the entire bike leg. Helmets must be secured before you remove your bike from the transition rack and must remain secured throughout the entire cycle course and must not be undone until you have re-racked your bike.

Competitors who DROP OUT at any time on race day must notify the officials in the timing tent at the finish line immediately upon their return.

# Drafting Penalties

This event is a **non-drafting** race held under Triathlon NZ Competition Rules. Technical Officials will monitor all athletes on the bike course and serve penalties for those athletes who infringe.

## Draft Zones

Elite & Open - 20m draft zone, 45 secs to pass. Race Ranger devices to be fitted in this category.

Age Group - 12m draft zone 25 secs to pass.

A drafting penalty will be notified to the athlete by the technical official sounding a whistle and showing a blue card to the athlete (any other infringement including blocking you will be shown a yellow card).

The athlete number will be called and the words "drafting penalty" stop at the **NEXT** penalty box. Failure to stop at the **NEXT** penalty box will result in disqualification.

Competitors who receive 3 X drafting penalties will be disqualified

In this race the drafting penalty is a THREE-minute stand down in the next penalty box (see below).

There will be PENALTY BOXES located on the course (as shown on the course map) at:

- On the left as you enter the TEL - note this can only be accessed when you are heading in a Southern direction.
- On Oceanbeach Road on your return towards transition (near Omanu Way)

Competitors receiving a drafting penalty will be required to stop at the next penalty box after receiving the penalty and stand down for the required THREE minutes. Your time of arrival will be recorded on a form and when the time is finished the technical officials will tell you to re-join the race.

## Serving the Penalty

The athlete dismounts their bike and advises the technical official what colour card they were shown. The technical official will start the time after the athlete has dismounted their bike and both feet are on the same side of the bike. The official will say "GO" when the penalty time elapses.

NOTE: Drafting & Blocking penalties cannot be appealed.

## Illegal Equipment

- Headphones, headsets or technical earplugs
- Glass containers
- Cameras must receive approval from Technical Officials prior to the race. Cameras and other devices may not be attached to helmets.
- Fairings are prohibited
- Bottles/Hydration attached to or inserted in the athlete's race suit.
- Wheel covers on the rear wheel when prohibited by the Technical Delegate (be prepared bring a spare)

An athlete may enter a bike Draft Zone in the following circumstances:

- If the athlete enters the Draft Zone and **MUST** progress through it within 25 seconds (age group, athlete) or 45 seconds (elite/open athlete) in the overtaking manoeuvre.

For safety reasons:

- 100 metres before and after an aid station or transition area.
- At an acute turn.
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

### **Overtaking:**

- Athletes must overtake on the **RIGHT** of the athlete passed
- Overtaking on the left is not allowed. The penalty for passing on the left = Time Penalty of 1 minute.
- Do not cross the centre line, penalty = Disqualification
- Discarding outside of the designated littering zones will result in a time penalty.
- An athlete is passed when another athlete's front wheel is ahead of theirs.
- Once overtaken, the passed athlete must move out of the Draft Zone of the leading athlete within 25 seconds (age group, athlete) or 45 seconds (elite/open athlete)
- Athletes must keep as far to the left of the road as possible, or they may be liable for a blocking penalty. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course. The penalty for blocking is a 1 minute penalty.
- Athletes must overtake to the right of the athlete being passed. Overtaking on the left is not allowed – the penalty for passing on the left is the same as for blocking
- Athletes must not cross the centre line of the road. The penalty for this is disqualification.
- A blocking or overtaking on the left penalty will be notified to the competitor by an official showing a **YELLOW** penalty card with their race number in black letters.
- All penalties will be served in the next Penalty box

Penalties Drafting = 3 minutes

All other infringements = 1 minute

### **The following diagrams show the age group drafting zone (12m):**

**Distance of Drafting Zone for Age Group Competitors**



An athlete may enter the Draft Zone of another athlete but must be seen to be progressing through that zone. A maximum time of 25 seconds will be allowed to pass through the zone of another athlete.

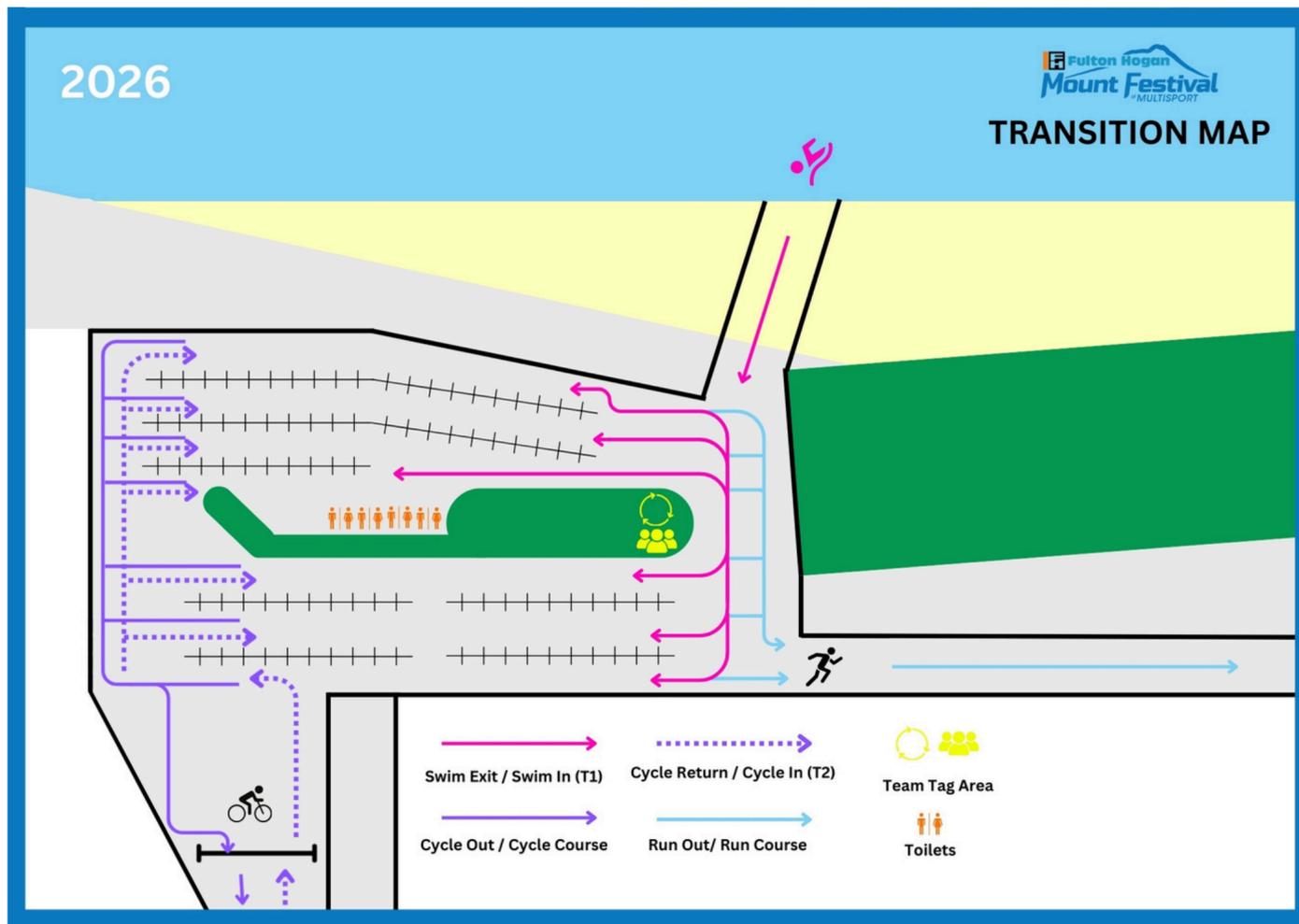
**Diagram 4** Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

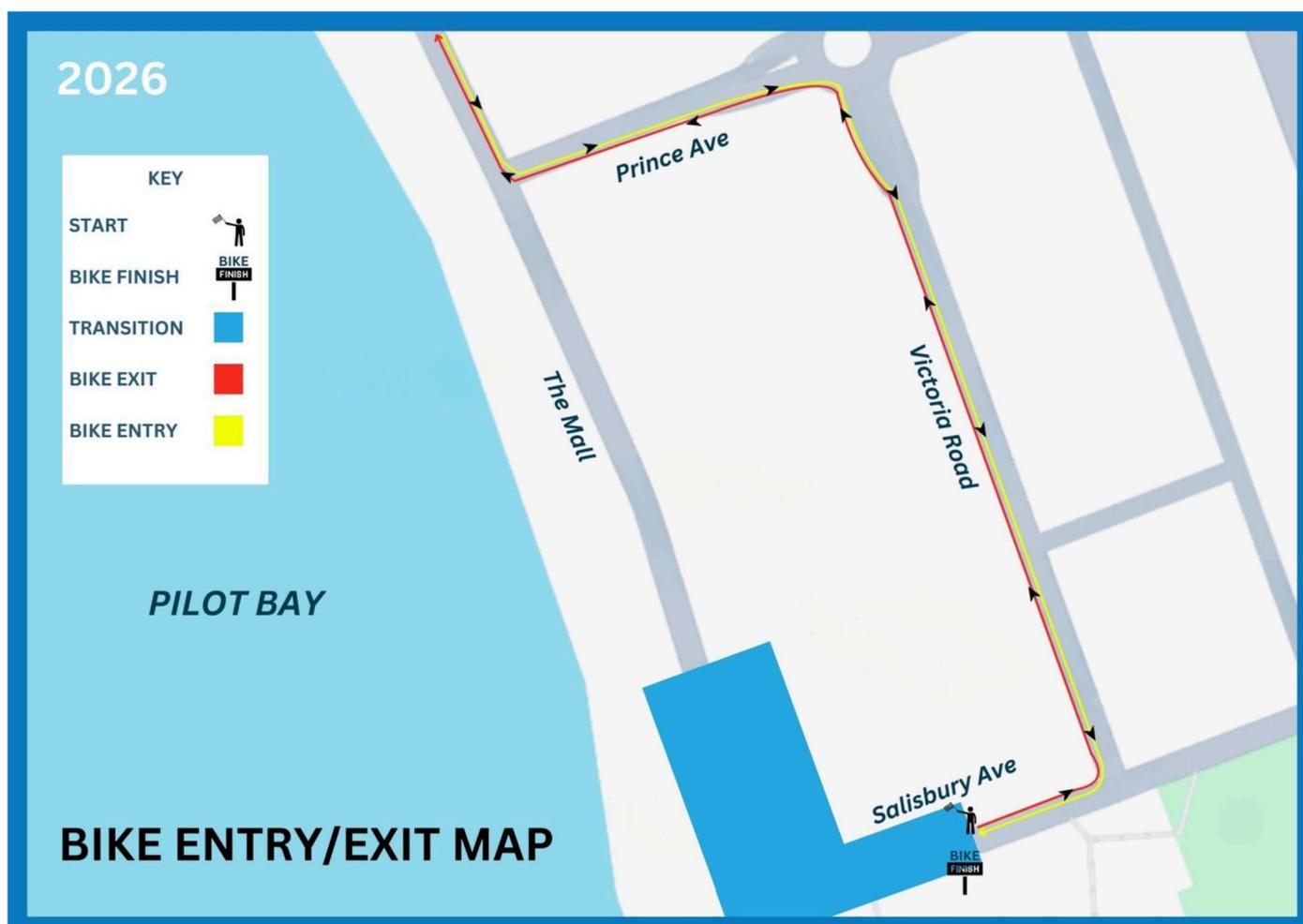
# Transition

Please familiarise yourself with the flow of transition for the 2026 event. The bike exit and entry will be on Salisbury Avenue.



# Bike Entry/Exit Map

Athletes will exit and enter on Salisbury Avenue and head around the block (down Victoria Road then left on Prince Avenue) before linking back up to The Mall. Once on The Mall athletes will be riding from here until the corner of Clyde St and Marine Parade on the opposite side of the road (the right hand lane).



# Important Bike Course Notes



**Thank you to NZ Transport Agency Waka Kotahi and Fulton Hogan for granting access to the Tauranga Eastern Link Toll Highway for our bike course!**

- Cyclists do not go around the Pap Beach/Parton roundabout, instead when heading out to the TEL Highway you will be in the right hand lane and turn directly right at the roundabout onto Parton Road. Space here is tight and this is strictly a NO PASSING zone.
- At the end of Parton Road and at the start of Tara Road, on either side of the roundabout there are speed bumps.
- Cyclists do not go around the Parton/Tara roundabout, instead when heading out to the TEL Highway you will be in the right hand lane and turn directly right at the roundabout onto Tara Road.
- Tara Road is fully open to traffic. Once you have crossed over into the left hand lane, you **MUST KEEP LEFT** at all times and obey all instructions from Marshals and Traffic Management Staff. Take extra care during this section and be mindful of pedestrian islands and roundabouts. All areas will be managed by Fulton Hogan, but we need you to be alert!
- The entry and exit from the TEL is narrow, you must ride single file and off your aerobars. This is strictly a NO PASSING ZONE.
- All riders will be on the Southern side of the TEL – this will mean there will be one lane for each direction of cyclists and there will be oncoming cyclists in the opposite lane **DO NOT CROSS THE CENTRE LINE**.
- The bike aid station and a penalty box will be located on the TEL as per the cycle map.
- Except for the TEL, all sections of the course are open to residents, emergency vehicles and event vehicles, so this will mean there will be vehicles on the course at all times.
- On the TEL the only vehicles you can expect are the Tri NZ Technical Officials on Motorbikes, event vehicles and emergency vehicles.
- Once you exit the TEL, onto Tara Road, there is a section that you will be cycling on the **WRONG** side of the road. This will be a designated cycle lane of which you must remain in until you are directed to cross to the correct side of the road near Twin Oaks Drive. This is strictly a NO PASSING zone.
- No spectators will be allowed to view the event on the TEL section. Only participants and event vehicles only will be allowed onto this section of the course.
- Please encourage spectators to stay away from Tara Road and Parton Road, to reduce the volume of traffic on these 2 short sections of the course. We appreciate you working with us to bring this unique experience to you for this event.
- Riding on the TEL is a privilege thanks to Fulton Hogan and Waka Kotahi NZ Transport Agency and will only occur during the event. Under no circumstances can you train on this section of the course!

**While road restrictions are in place, be aware that residents and businesses will have a right to use the road and there will be official event motorbikes and vehicles on the course.**

# Cycle Aid

## Cycle Aid Station

The bike support station will be positioned at the far turn around at the TEL. You will go past this at 32km and again at 56km into the cycle leg.

Discard your empty bottles at the bottle drop target trailer 100m prior to the aid station. We care about our environment and community. Discard only at aid stations. Discarding anything, anywhere else on the course is considered to be littering and will be penalised.

Wherever possible we encourage you to discard recyclable plastic bottles (i.e. bottles you would purchase water in or sports drink in that have recycling numbers 1 & 2 listed on them, this will assist us to recycle these post-race).

Ride past the bottle drop and prepare to pick up your bottle as you pass the aid station. Be aware of those competitors around you when you are entering the support station.

Volunteers are there to assist you, but it is your responsibility to slow down and to ensure your safety and those around you.

### **The cycle aid station will have the following on offer:**

- Drink bottles
- SIS Nutrition electrolytes
- SIS Nutrition Gels
- Bananas
- Sunblock
- Premax Chamois and Anti-Friction Balm



## Cycle Course Mechanical Support

Cycle Obsession will be the Official Cycle Support for the Fulton Hogan Mount Festival of Multisport 2026. There will be mobile mechanics roaming the course with minimum supplies on board.

If you require assistance, please look out for these mechanics! Bike support is provided to enable tubes and tyres to be exchanged for damaged ones and tyre levers and spanners if required. Mechanics on the course cannot help or assist with the repair - it must be done by the competitor alone. Tyres and tubes will only be supplied to competitors carrying used spares to swap. All competitors must start with at least one spare tube. No wheels will be supplied.

Competitors will be required to pay for any tubes or spare parts received during the event. Payment can be made post event. Competitors who do not pay will not be able to participate in the event in the future.

"At Cycle Obsession we are proud to have been a part of the local cycling community for over 50 years. Our passion for all things bikes has us cover all types from kids to grandparents, casual to racing and now of course all the e-bike categories. We have a pumping workshop with a highly skilled team of technicians ready to tackle whatever challenges come through the door."

# Garmin Run Course



**Run Course: Distance: 21.1km - 2 laps**

**Run course closure: 3:45pm**

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). Please be aware that the first turnaround point beyond Tay Street is for all Loan Market Tauranga Half Triathletes.

The 21km run event will continue straight for their turnaround point. You will turn around at the first turn around point marked out for Loan Market Tauranga Half athletes. 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 turnaround point at Prince Ave.

Turn on The Mall as you make your way back out for your second lap (being aware of cyclists out on course) as above ensuring you head down the finish chute at the end of your 2nd lap only.

**New Rule: Single file ONLY around Mount Base Track**

## RUN COURSE – Cut off

- The run course cut off is 3:45pm for all athletes. Should a runner be overtaken by the TEC bike they will be notified that they need to increase their pace and stay ahead of the TEC to continue on the course. If they are unable to do so their number will be noted, and they will be asked to return to transition.
- Any runner sent back to transition by the TEC will be registered as a DNF.

## GENERAL RUN RULES AND REGULATIONS

The course will close at 3:45pm. Any competitor still on the course after this time will not be eligible for a finisher's medal and will 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 are compulsory during the run section and must be worn on the front. The run is a two-lap 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.

Outside assistance is forbidden which means you cannot receive assistance or give anything to anyone not taking part in the race. Please make your friends & family aware of this rule. 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.

# Run Aid Stations

There are 5 aid stations located on the run course located every 1.5–3 kms. We care about our environment and our community. Discard rubbish only at aid stations.

### **There will also be refreshments at the finish line.**

- SIS Nutrition Electrolytes
- SIS Nutrition Gels
- CLIF Bar
- Coca Cola
- Bananas
- Lollies
- Sunblock
- Premax Chamois and Anti-Friction Balm

# General Event Information

## Timing

The event will use electronic timing. Each competitor will be issued with a transponder as you enter transition before you rack your bike which should be attached by the Velcro band to either ankle. Please have your race number ready for the timing team.

The band must not be removed at any time during the race. If you are forced to withdraw at any stage, you must immediately inform one of the Event Staff or TRI NZ Technical Officials and report to the timing tent at the finish line as soon as possible and return the band. Failure to do so will cause delays in issuing official results. Please do not return to any race volunteers on the course. A NZ\$50 replacement cost will be charged for missing bands.

In the event of your band being lost during the race, you must report to timing personnel at transition before starting the next leg and a replacement will be issued.

Teams will have one transponder which will act as the 'baton' to be passed between each team member in transition.

## Race Numbers

You will be supplied with 3 race numbers to be worn/used during the event. Your race bib number must be secured to your upper body clothing or on a race belt. Race numbers must be worn at waist height, on the front on the run leg of the race. Race bibs DO NOT need to be worn during the swim or the cycle, however, MUST be worn for the run.

Race sticker numbers must not be folded or reduced in size in any way. Numbers must be fully visible throughout the day on the cycle your numbers will be clearly displayed on your helmet and seat post, on the run your race bib will be visible on the front of your body. If numbers are not displayed in this way competitors may be disqualified. Make sure you complete your name and medical details on the reverse of your number.



# Cycle Check In

Transition will open Friday 16<sup>th</sup> January 2:45pm – 6.45pm for compulsory bike racking (you will not be able to rack your bike race morning).

You must have your bike sticker on your bike and wristband on to enter transition.

Place your bike on the rack with your corresponding number. Note: bike racks are made to fit 5 bikes per rack, please be courteous to other athletes and keep your items within a small area.

Transition will open from 5.15am on race morning (to athletes only) to allow athletes to complete last-minute race preparation. Please note boxes, bags, bike pumps, and containers etc. are not allowed to stay in transition and must be removed.

Only official race staff and competitors with an ID band are permitted inside transition. Please assist us by advising your friends and family of this.

# Bag Drop Off

We will provide a bag drop off from 5.30am race day located in the Information & Bag Drop tent, located in the expo tent. You will not be able to leave bags/ boxes and unnecessary items in transition as space is limited and you will not be allowed access transition again until the last competitor has finished the cycle course. You will be issued with a bag tag in your race pack. Please attach this to your bag and hand it to our volunteers.

These bags will be available for pick up as you finish, by showing your wrist band as identification. All drop bags must be collected before 5pm on **Saturday 17th of January.**

# Age Categories

The Loan Market Ocenaside Tauranga Half is run under Tri NZ Rules. The event runs 5 year age groups with your age calculated as at 31 December the year of the event. This will mean many of you will 'age up' one year.

The official Age Categories for both men and women are as follows:

18-19	20-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75-79	80+

Event medals & trophies are awarded at the festival prize giving at Coronation park at 5pm.

# Team Competition

All team members should read the full manual. The following is **ADDITIONAL** information for teams.

## GENERAL TEAM NOTES

Your timing transponder is your team baton. The team swimmer must start with the transponder on their ankle, pass to the cyclist and the runner must finish with it on. Your swim start is in the same place as the individual race so please stay well clear of athletes already racing.

All bikes must be racked in transition by 6.45pm Friday evening. If you wish to warm-up you must do so on a secondary bike outside the transition area.

## SWIM TO BIKE TAG

### Notes for the swimmer:

You must hand over your timing transponder in the "TEAM TAG AREA". The swimmer must promptly exit transition after exchanging the timing transponder.

### Notes for the Cyclist:

Team cyclists must assemble in the area sign posted "TEAM TAG AREA" (see transition map in this manual). The swimmer will approach you and hand over the timing transponder. You then enter transition, attach your transponder to your left ankle, collect your bike and exit through the Cycle Exit. You may have your helmet and shoes on prior to tagging your team member; either way you must have your helmet on and secured before un-racking your bike.

## BIKE TO RUN TAG

### Notes for Runner:

Team runners assemble in the "TEAM TAG AREA" (see transition map in this manual). This is the same area that the team cyclists were located. Team cyclists dismount their bikes at the front of the cycle dismount line, rack their bikes and then enter the "TEAM TAG AREA" by foot (without your bike). You may leave your helmet on after racking your bike. You then hand over the timing transponder to the team runner. They attach the transponder to their ankle. Team runners then exit through the run exit point and start the run.

Team runners must finish wearing the timing transponder on their ankle and the race number on their race belt or pinned to the front of their tops.

Team cyclists **MUST** leave their bikes in transition until it opens for collection at 1pm.

# Post Race Information

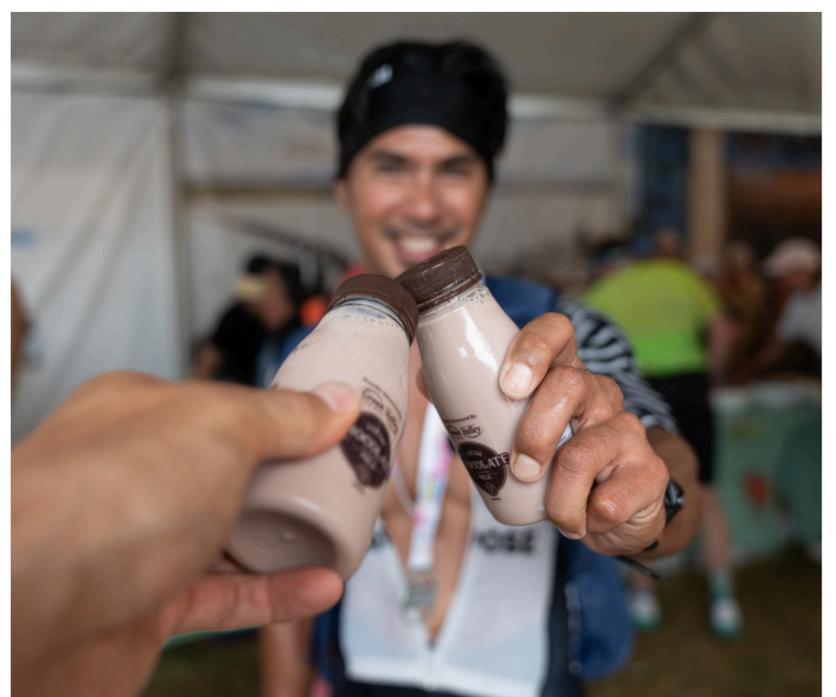
## USL SPORT ATHLETE RECOVERY LOUNGE

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.



**10 minute massage available for \$20! (cash or bank transfer)**

- Waitoa Free Range Sausages
- RealCOCO Coconut Water
- Bananas
- CocaCola
- SIS Electrolytes
- New World Mount Maunganui Lollies
- New World Mount Maunganui Potato Crisps
- Nibblish Raspberry Fruit Swirls
- Haribo Star Mix Lollies
- Red Bull
- Green Valley Chocolate Milk
- Steinlager Beer



**Thank you to all these epic brands for stocking our USL Sport Recovery Lounge!**

## Finisher's Medals

Medals will be presented to all individual and team competitors at the finish line who finish within the cut off time. The team runner will be presented with three medals when they cross the finish line, that they can then pass on to their team members.

Once crossing the finish line, to avoid congestion, you must continue moving and exit the post finish area to get your finisher medal and then to the recovery area where there will be hydration.



## 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.

Facebook: <https://www.facebook.com/Taurangahalf/>

Instagram: <https://www.instagram.com/taurangahalf/>

Website: <https://mountfestival.kiwi/>

## 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.

VIP parking can be purchased online via. Race Roster.

## 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: Coronation Park, 5pm**

Age Group Awards: Medals for 1st, 2nd, 3rd male & female in each age category.

Open Category Awards: Trophies for 1st, 2nd 3rd overall male & female.

The top five professional elite men and elite women will receive prize money as listed: To qualify for Individual prize money you must have selected the elite category on your entry form.

### **Elite Race Individual (Male & Female):**

Thanks so much to Nick Berry at Loan Market Oceanside for boosting our prize money purse!

1st Place - \$6,500

2nd Place - \$3,500

3rd Place - \$2,500

4th Place - \$500

5th Place - \$250



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.

## Protests and Appeals

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

# Medal Perks

Show your Mount Festival medal or confirmation email to access a range of exclusive athlete perks across the weekend. Thanks to our amazing local businesses for offering these specials and supporting our athletes!



25% off entry

**Present your medal or confirmation email**

**Valid from 16th-19th Jan**

<https://www.mounthotpools.co.nz/>



'All day Happy Hour' \$9 pints on tapped beers

**Present your medal or confirmation email upon purchase**

**Valid from 16th-18th Jan**

<https://www.therisingtidemt.com/>



15% off your meal

**Present your medal upon purchase or use code Medal15**

**Valid from 16th-18th Jan**

<https://www.waimarino.com/waimarino-bazzas-burgers/>



15% off entry fee

**Present your medal upon purchase or use code Medal15**

**Valid from 16th-18th Jan**

<https://www.waimarino.com/>



15% off all RRP wines (excluding already discounted items)

**Present your medal or confirmation email upon purchase or use code MF26LMR15**

**Valid from 12th-25th Jan**

<https://www.wineportfolio.co.nz/>



50% off all brews and beans

**Code: LDCMF26**

**Valid on 16<sup>th</sup> & 19<sup>th</sup> Jan ONLY**

<https://littledrumcoffee.co.nz/>



15% off any ticket booking

**Code: medalperks**

**Valid from 12th-25th Jan**

<https://www.thesaunaproject.co.nz/mtmaunganui>



10% off equipment hire.

**Code: MTFEST10**

**Valid from 16 Jan - 20 April (Saturdays & Sundays only)**

<https://mauoadventures.co.nz/>

# Merchandise

Check out our 2026 race shirts & merchandise!

Add one to your entry via. your Race Roster account or purchase on-site from our merch tent in January!



**2026 Race Shirt**

**\$55**



**Official Event Bottle**

**\$35**



**Official Event Visor**

**\$30**



**Official Event Cap**

**\$35**

# Competition Rules

The Loan Market Oceanside Tauranga Half is run under TRI NZ Competition rules. See [www.triathlon.kiwi](http://www.triathlon.kiwi) for more details. The Head Referee and Technical Officials have the authority to disqualify competitors. 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](http://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 Fulton Hogan Mount Festival of Multisport event in the future and may be grounds for Triathlon New Zealand to also impose a suspension.

If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the Race Director, event personnel, or Technical Official. Failure to give notification after withdrawing from the race may result in the competitor being prevented from competing in any Fulton Hogan 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 (ie search and rescue). This includes anyone who after having racked their bike in transition decides not to start the race.

The Fulton Hogan 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. Competitors may not compete with a bare torso during the bike and run sections.

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.

A time penalty will be enforced for any littering on course. We care about our community and our environment. Discard rubbish only at aid stations. Competitors must complete the reverse of their race number with important medical and emergency contact information for use in the case of emergency.

If a competitor exits the course they must re-enter the course in the same place to avoid disqualification. 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. Any athlete failing to stop and serve their penalty on the course, will be disqualified. The Race Director has the right to remove any competitor from the course after the official cut off time of 12:45pm for the cycle and 3:45pm for the entire event.

# Contingency Plan

If not decided prior to event day, a final decision if the swim will proceed as soon as practicable with daylight. This announcement will be made via the event PA system.

In the event that weather conditions or water quality preclude the swim, the race will revert to a Duathlon (run/bike/run) for the Loan Market Oceanside Tauranga Half.

The first run will be 5.3km. Starting near Prince Ave on the boardwalk, run down The Mall using the boardwalk, turn right into Adams Avenue and head up the boardwalk to complete the Mount Maunganui base track in an anti-clockwise direction. Exit the base track and run down The Mall between cones and kerb to re-enter transition at the original Swim Exit point.

Teams may elect for the original swimmer or the team runner to complete this new leg.

The remainder of the event remains as per the original race with a 90km bike, 21.1km run. In the event that weather conditions also prevent the bike leg taking place, the event will be cancelled. There is no 'rain-day' replacement event.

## Triathlon NZ

<b>Technical Delegate</b>	Lisa Shingleton	clshingelton@gmail.com
<b>Head Referee</b>	Juliet Fahey	juliet2thinke@gmail.com

## Contact Information

<b>SMC Events</b>		
<b>Area</b>	<b>Name</b>	<b>Contact</b>
Festival Director & Sponsorship Manager	Lauren Watson	lauren@smcevents.co.nz
Race Director	Craig Seuseu	craig@smcevents.co.nz
Marketing & Customer Experience Manager	Hannah Thorne	hannah@smcevents.co.nz
Operations Manager	Matt Clark	matthew@smcevents.co.nz
Volunteer Manager	Evelyn Estepan	evelyn@smcevents.co.nz

**Postal Address: 24E Morrin Road, Saint Johns, Auckland, 1072**

mountfestival@smcevents.co.nz | www.mountfestival.kiwi

