



2026 Athlete Race Manual



Waitoa MOUNT FESTIVAL HALF
MARATHON

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Thank You to Our Sponsors

This event would not be possible without our loyal sponsors.
We encourage you to support them whenever you can!

Naming Right Partners



Waitoa



Gold Partners



GARMIN®

Silver Partners



Bronze Partners



Host City



Message From Our Title Sponsors



Fulton Hogan

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



Waitoa

From all of us here at Waitoa Free Range, thanks for being part of the Waitoa Half Marathon!

As you prep for race day, remember that good protein fuels strong finishes. Our free-range chicken is an easy way to help your body recover and perform when it counts.

Good luck out there. We'll be cheering you across that finish line.

Emma Carson
Brand Manager



Message From Our Sponsor 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.

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



ALL THE FEELS FOR ALL THE MEALS Waitoa®



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 race number) 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.



The graphic features a large blue title '2026 SCHEDULE' at the top. Below it, two columns of events are listed for Friday 16 Jan and Saturday 17 Jan - Race Day. The Friday column includes Athlete Check in, Event Expo, and an ASICS Shake Out Run. The Saturday column includes 21km and 10.5km/5km check-ins, start times for 21km, 10.5km, and 5km participants, a run course cut-off, and prize giving. The Waitoa Half Marathon logo is at the bottom left.

2026 SCHEDULE

FRIDAY 16 JAN	SATURDAY 17 JAN - RACE DAY
2.30pm - 6.30pm: Athlete Check in	5.30am-6.30am: 21km Check in
2.30pm - 6.30pm: Event Expo	5.30am-7.00am: 10.5km & 5km Check in
6pm: ASICS Shake Out Run	7am: 21km participants start
	7.30am: 10.5km participants start
	7.45am: 5km participants start
	12.10pm: Run Course Cut Off
	5pm: Prize Giving - Coronation Park

Waitoa MOUNT FESTIVAL **HALF MARATHON**

**PLEASE DO NOT COME TO THE START LINE ANY MORE
THAN 15 MINUTES PRIOR TO THE START OF YOUR DISTANCE**

Course Maps

Run Cut off: 12:10pm for all competitors

21.1KM DISTANCE



21.1KM 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 get to the first lap turnaround just beyond Clyde st. There will be a Waitoa Mount Festival Half Marathon turn sign for you.

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

You'll come off the mount, turn left and head back to complete another out and back section along Marine Parade. Upon completing your second lap around the mount, head straight along The Mall to the finish line.

Please be aware that the base track is still open to the public during the race, so be aware and courteous of this.

New Rule: Single file ONLY around Mount Base Track

Course Maps

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 between Tay St and Clyde St (being aware of runners in both directions). Your turnaround point will be labelled clearly for the 10.5km distance turnaround.

Tauranga Half Triathletes will have a turnaround point just prior to the 10.5km distance turnaround. The 21km Half Marathon will have a turnaround further down Marine Parade 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.

New Rule: Single file ONLY around Mount Base Track

Course Maps

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.

New Rule: Single file ONLY around Mount Base Track

AID STATIONS

There are 5 aid stations located on the run course located every 1.5—3 kms depending on your distance – please refer to your course map for this.

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
- CLIF Bar
- Coca Cola
- Bananas
- Lollies
- Sunblock
- Premax Chamois and Anti-Friction Balm

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>

Contingency Plan in the event of Mount base track closure

Each year we work with Tauranga city Council and other stakeholders to ensure we have contingency plans in place for various scenarios. One scenario we have been looking at is the "during event closure of the Mount base track". We hope this doesn't happen, but please note below the contingency plan just in case.

If the Mount Base Track closes during the race, participants will be instructed to make a left at Café Corner, onto Adams Ave, and run in front of the Mount. The course then resumes as per normal. Please keep racing hard. Standard DNF rules apply, and DNFs are not tallied in the scenarios below.

There may be situations where all, some, or none of the participants in your age group have completed either 1, 2 or 0 laps of the base track. The following final splits, and ranking, will be taken as per below:

Waitoa Mount Festival Half Marathon 21km:

1. **ALL | ALL** – If everyone in your age group has completed 2 laps of the base track, final split would be recorded at the finish line. Final rankings distance: 21km
2. **ALL | SOME** – If everyone in your age group has made it onto the base track on the 1st lap, but only some people in your age group make it onto the base track for the 2nd lap, the final split would be from the timing mat the café corner. Final split, rankings distance: 17km.
3. **ALL | NONE** – If everyone in your age group has completed 1st lap of the base track, but on the second lap, everyone in your age group has been diverted along the front of the mount, the final rankings split would be recorded at the finish line. Final rankings distance: 18.1km
4. **SOME | NONE** – If only some of your age group have made in onto the base track on the 1st or 2nd lap, and the rest of the participants in your age group have been diverted along the front of the mount, the final split would be taken from the timing mat on Café Corner. Final rankings distance: Final split, rankings distance: 7.2km
5. **NONE | NONE** – If no one in your age group makes it on to the base track on either the 1st or 2nd lap, and everyone in your age group is diverted along the front of the mount for both laps, a U-turn will be made at the boat ramp, where you would usually come off the Mount base track, to head back along Marine Parade for the second lap. The final split would be at the finish line. Final split, rankings distance: 15.2km

Waitoa Mount Festival Half Marathon 10.5km:

1. **ALL** – If everyone in your age group has completed the lap of the base track, final split would be recorded at the finish line. Final rankings distance: 10.5km
2. **SOME** – If only some of your age group have made in onto the base track, and the rest of the participants in your age group have been diverted along the front of the mount, the final split would be taken from the timing mat on Café Corner. Final split, rankings distance: 6.4km
3. **NONE** – If no one in your age group makes it on to the base track, final split would be at the finish line, of the condensed course (no mount). Final split, rankings distance: 7.6km.

Waitoa Mount Festival Half Marathon 5km:

1. **ALL** – If everyone in your age group has completed the lap of the base track, final split would be recorded at the finish line.). Final split, rankings distance: 5km
2. **SOME** – If some of your age group has made in onto the base track, final split would be taken from the timing mat on Café Corner. Final split, rankings distance: 900m
3. **NONE** – If no one in your age group makes it on to the base track, and everyone is made to do a U-turn at café corner, the final split would be at the finish line, of the condensed course (no mount).). Final split, rankings distance: 2km

General Event Information

Timing

The event will use electronic timing. Each competitor will be issued with a race bib that includes a disposable chip 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 to be worn/used during the event. Your race 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.



Course Cut-Off Times

To ensure the safety of all athletes and volunteers there is a 12:10pm 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 17th January 2026 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

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 individuals at the finish line who finish within the cut off time.

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

Results link: <https://www.sportsplits.com/races/fulton-hogan-mount-festival-of-multisport-2026>

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/MountRunMountMaunganui/>

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

Time: 5pm

Medals will be awarded to 1st, 2nd, 3rd place to male & female in each age group for 21km distance.

Trophies will be awarded to the overall 5km Winners (1st, 2nd, 3rd male & female)

Trophies will be awarded to the overall 10.5km Winners (1st, 2nd, 3rd male & female)

Trophies will be awarded to the overall 21km Winners (1st, 2nd, 3rd male & female).

21km 1st place male & female will also receive \$250 prize money each.

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.

Rules and Regulations

Medical personnel and the race director 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 12:10pm.
- 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
- 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.

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 16th & 19th Jan ONLY

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



THE SAUNA
PROJECT

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

Contact Information

SMC Events		
Area	Name	Contact
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