

RACE GUIDE

Welcome to the Maraetai Half Marathon. The beautiful Pohutukawa Coast sets the stage for one of New Zealand's most captivating running events, the GJ Gardner Maraetai Half Marathon. The course hugs the coastline of this stunning part of the City of Sails and offers unsurpassed views of the vast Waitemata Harbour. Run or walk over boardwalk paths, next to stunning, serene beaches and through two hidden gem Regional Parks for a truly unique event experience.

Here is everything you need to know to be ready to race on Sunday ...

EVENT DATE

10 MARCH
2024

LOCATION

TE PURU PARK
BEACHLANDS, AUCKLAND NZ
36°52' 56.4"S / 175°01' 04.0"E

RACE DAY SCHEDULE

06:00 RACE SITE OPEN
07:30 HALF MARATHON
07:50 10K CLASSIC
09:30 5K FUN RUN
10:30 2K KIDS DASH
11:00 AWARDS
11:30 EVENT CLOSE

RACE NUMBERS & MERCHANDISE

Everyone taking part in the Maraetai Half Marathon must wear their official race number on the front of their shirt. This year, the registration queues will be organised by surname, which we hope will make collection swift and efficient. Pickup times are:

SATURDAY: 2PM - 4PM
RACE DAY: FROM 6am

> **AHMS SERIES PASS** / Most series pass entrants should now have their race numbers for all series events. If you weren't able to attend the first 3 events your pack will be ready for collection at Maraetai. Just line up according to your surname and let the person serving you know that this is a "series pass collection".

> **SINGLE RACE ENTRY - ENTERED BY LATE REG DEADLINE** / Provided you registered prior to the late entry deadline - which is midnight on the Sunday 7 days prior to the event - your personalised number can be collected by lining up in the queue which corresponds with your surname. Queues are [1] A-C, [2] D-L, [3] M-R and [4] S-Z. Confirm that your name is printed on the bib number that is handed to you.

> **SINGLE RACE ENTRY - ENTERED AFTER LATE REG DEADLINE** / If you registered from Monday of race week (bib numbers 7000+) then your number can be collected from the LATE ENTRY/HELP DESK tent.

> **LATE ENTRY** / Late Entry (unless sold out prior - check Facebook for updates) is available right up until the race starts but be aware that race day entry incurs an additional fee. You can do it online via the event web site or by using the provided iPad at the venue. Payment can be made by credit card online or by paying cash at the race venue. There are no eftpos facilities.

> **MERCHANDISE** / All Merchandise orders are available for collection during the pre-race number collection times above and also **from 8:30am** on race day. Show your race number at the orange Merchandise tent (next to number pick up) to collect.

GETTING THERE

With no realistic public transport options, most of the roughly 2000 athletes will drive to the venue. It's important to understand the best parking areas, how to find them and when you can expect them to fill up. Full details are in a downloadable PDF from our website.

> **PARKING** / THE MOST thorough, and up-to-date car parking guide can be found on the website - it includes a map, best access times, and back-up plans for when they inevitably fill up! Have a really good read, and save it to your phone now so you aren't fumbling race morning!

<https://maraetai.werun.nz/wp-content/uploads/map-parking.pdf>

First light is approx 7:10am so you may be parking in the dark. Take care, drive slowly and obey the parking marshals. Consider bringing a torch for the short walk to the race venue.

Important! Please park appropriately and be considerate of other people's property. We are 100% supportive of AT parking enforcement officers who regularly target our events. There is really no excuse for inconsiderate behaviour. Is it really so hard to walk a few extra metres?

> **ROAD CLOSURES** / A full list of road and lane closures appears on the front page of the event web site.

BEFORE YOU START

Not long to go now! The adrenaline is starting to kick in big time. Here's what you need to be thinking about now ...

> **TOILETS** / Event portaloos will be located on the event site. As it is a long drive for most - the queues are inevitable! We strongly encourage all participants - particularly those in the half marathon - to arrive at the venue "unloaded" and ready to run.

> **GEAR DROP & KEY CHECK** / A self-service Gear Drop area is housed in the red tents adjacent to the number pickup area. Show your race number to enter/exit and select one of the numbered aisles to set your bag down. If you only have a set of keys to drop, a **Key Drop** container will be available at the Gear Drop entrance. Please ensure you label your keys with your race number.

> **RACE NUMBER** / Your official race number - with timing tag attached to the back - must be worn on the front of your top throughout the event. Avoid folding or crumpling the electronic tag to ensure it works correctly and keep your bib with you after you finish if you want to be included in the spot prize draw.

> **RACE BRIEFING** / A compulsory race briefing will take place at the start line a few minutes before each start. It is essential that you listen, understand and comply with the instructions given in the briefing, which will focus primarily on the safety of yourself and your fellow athletes.

> **COMPETITIVE WALK** / To be included in the 21KM or 10KM Competitive Walk competition, athletes must:

1. Register themselves in the Competitive Walk
2. Start on the designated walk start gun (3 mins after runners)
3. Walk at all times whilst completing the course.

DURING THE RACE

The signature half marathon course follows the coast along Maraetai Coast Road, passing the famous Maraetai Wharf and hidden beaches lined with Pohutukawas. A lap around stunning Duffers Regional Park does include some modest elevation but, oh boy, the views make it all worthwhile. Like those in the 21k, those in the 10k will also enjoy a run through Omana Regional Park and the amazing landscaped foreshore of the Omana Esplanade. The finish line is a stone's throw from the sparkling Waitemata Harbour, where you can cool off in the summer sunshine.

> **COURSE MAPS** / Detailed course maps for all events - in a variety of formats - are available from the event web site:

<https://maraetai.werun.nz/#traces>

Large format course maps will also be on display at the venue.

> **AID STATIONS** / Aid stations are spaced approximately every 5km throughout the course. All aid stations will carry water and sport drink.

> **TOILETS** / A large number of portaloos are provided at the event base. While there are no additional portaloos on the course, some toilets can be found along Omana Esplanade, Maraetai Coast Road and in Maraetai Beach Park.

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. To access live results, just look for the button on the front of the event web site during race weekend.

> **CUT OFF TIMES** / Marshals, aid stations, road closures and signage may all be withdrawn based on the 3.5hr half marathon cut-off schedule. If you are unable to maintain this pace you will need to withdraw or proceed as a member of the public. We feel that every participant who makes it to the finish line is a winner and we will continue to record finish times and award finisher medals until the race site is vacated.

WHEN YOU FINISH

Hey legend! You made it ... now what???

> **FINISHER MEDAL** / The only fitting reward after your extraordinary effort is one of our beautiful Maraetai Half Marathon finisher medals. The medal design this year is, we promise, like nothing you've ever seen before. Collect all five medals from the Auckland Half Marathon Series to complete the whole set.

> **REFUELLING** / Next up is the Refuelling Station - three blue tents of urgently needed re-supply! Fill up on water or SUPA sport drink and grab a banana (please, only one per competitor). Now you're ready to find a spot on the grass or beach and r-e-c-o-o-v-e-r!

> **FOOD & DRINK** / Come and say hello to Pete, the friendly coffee guy - at the race site or get something a little more substantial from J&J Catering

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 11am sharp on the main stage, right in the heart of the event venue. Come along to acknowledge some of the great performances of the day and you might just be taking home your share of over \$5,000 of amazing spot prizes. Remember, you must be present in person - and be recorded on the spot prize mats - to be eligible. Keep your race number and listen for announcements around 15 minutes before the ceremony.

KEEPING SAFE

The safety of everyone involved in the event; participants, contractors, crew and the public, is our number one priority and we expect all participants to act in support of this.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, uneven surfaces, pedestrians or stray vehicles. Even when the road is closed, we cannot guarantee it will be traffic free. If you see a competitor in distress, stay with them and send a message to the next marshal.

> **MEDICS** / The amazing team from St John will provide medical cover for our event. If you are feeling unwell as you finish, look out for their treatment area right after the finish line.

> **FEELING UNWELL?** / If you are experiencing cold, flu or other infectious symptoms, we ask that you please stay home. Remember that you have up to 3 weeks to complete the event virtually and still earn that beautiful finisher medal.

> **UNSURE IN CROWDS?** / The mass participation aspect is very much a part of our event but if you are nervous or unsure in crowds, just hold back on the start line for a few minutes and you'll find the crowds disperse quickly and you can still participate.

**IF THERE IS A LIFE THREATENING EMERGENCY,
ASK SOMEONE TO CALL 111**

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