



# RACE GUIDE

**W**elcome to the 2022 Waterfront Half Marathon, the Grand Finale of the Shoe Science Auckland Half Marathon Series! After a crazy, unpredictable summer events' season, we are 100% amped to bring your our biggest and best day out of the year. This is your chance to put all of that summer training to work as you uncork a new PB on Tamaki Drive! What??? You spent all summer stressing about Covid and doom-scrolling your news feed? Never mind. Smile and wave and let a cruise along the beautiful Auckland Waterfront melt all of your worries away. Here is everything you need to know to be ready to race on Sunday ...

**EVENT DATE**

**10 APRIL  
2022**



**LOCATION**

**SELWYN RESERVE**  
MISSION BAY, AUCKLAND  
36°50'51.3"S / 174°49'50.8"E



**RACE DAY SCHEDULE**

**05:30 RACE SITE OPEN**  
**07:00 HALF MARATHON**  
**09:00 10K CLASSIC**  
**09:30 5K FUN RUN/WALK**  
**10:00 2K KIDS DASH**  
**10:30 AWARDS**  
**11:00 EVENT CLOSE**

**RACE NUMBERS & MERCHANDISE**

Everyone registered by 13 March had their race number sent by post to their registered address. If you haven't received your race number by race weekend, don't sweat it. Come along to in-person pick up and we'll get you sorted.

> **IN-PERSON NUMBER COLLECTION** / If you registered after 13 March, you'll need to collect your race number in-person. We strongly recommend collecting pre-race to take the stress out of race day (but if you must collect on race morning, leave plenty of time). Look for the green tents on the city side of Selwyn Reserve (near the playground). Sessions are 3-5pm Saturday (Race Eve) and from 5:30am Sunday (Race Day).

> **MERCHANDISE** / All Merchandise orders are available for collection during the Race Number collection times above and also throughout race day. Show your race number at the orange Merchandise tent (also near the playground) to collect. You'll often find this is easier done after you finish.

**GETTING THERE**

The race venue and Finish Line are in Selwyn Reserve, Mission Bay, with the amazing Mission Bay fountain at its centre. The Start Line is on Tamaki Drive directly opposite the fountain. If you are planning to come to the event in a private vehicle plan ahead as road closures are significant.

> **ROAD CLOSURES** / Tamaki Drive will be closed to all vehicles from 4am until 11:30am from Long Drive in St Heliers to Ngapipi Road. Traffic over the causeway from the city to Ngapipi Rd will not be affected, although delays are likely.

> **EVENT BUSES** / Our dedicated bus service from the City and North Shore to the event (and back home again) is the ideal way to travel. Take the stress out of race day and let someone else ensure you arrive in plenty of time to race. Details and availability are noted in the Info section of the event web site.

> **PARKING** / There is no official parking area for competitors and parking on Tamaki Drive is absolutely forbidden. Competitors who do not opt for the official event bus service will need to find street parking around the venue. Please park considerably in recognised parking areas. DO NOT BLOCK DRIVEWAYS. Auckland Transport are likely to send wardens out specifically because the event is on and we thank them for that. Don't ruin your event experience with a hefty fine or, worse still, a long walk to the car pond!

**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** / Selwyn Reserve has, not one, but two (!) public toilets available. In addition, a large number of portaloos will be sited near the changing room toilets (the ones on the promenade). That said, until we have one toilet per competitor, there will be queues! Plan ahead, go early or - even better - stop at a gas station or public toilet on the way to the venue.

> **GEAR DROP & KEY CHECK** / A large - uncovered - area will be fenced off on the eastern side of the reserve to act as our Gear Drop. Entry and Exit is via the red Gear Drop tents and you will need to show your race number to drop off or collect. Inside the fenced area, choose 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 at all times throughout the event. Avoid folding or crumpling the electronic tag to ensure it works correctly.

> **WARM-UP** / With thanks to the good guys from SportsLab, we'll have warm-up at the main stage 15 minutes prior to each event. Get loosened up and into running mode with a few minutes of exercises and stretching.

> **START LINE ASSEMBLY** / Once the warm up is complete, you'll be marshalled out onto Tamaki Drive to assemble for the start. Look for the pace signs - showing minutes per km as well as 10k and half marathon target times - at each fence break. Assemble in the area corresponding to a pace you can comfortably start at - don't confuse ambition with ability!

> **RACE BRIEFING** / A compulsory race briefing will take place at the start line five minutes before the gun. 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 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 Waterfront Half Marathon takes place exclusively on Tamaki Drive, New Zealand's most iconic running location. The course is pancake flat and exceptionally fast. If you are in good shape on race day, expect a shock when you look at your watch as you finish ... this is fertile PB-hunting ground.

> **COURSE MAPS** / Detailed course maps for all events - in a variety of formats - are available from the event web site:  
<https://waterfronthalfmarathon.co.nz/#maps>

> **COURSE NOTES** / Due to COVID related issues, the Half Marathon course this year will be two complete laps of the 10km course, plus a short out-and-back 1.1km section from Ngapipi Rd towards the city on lap one. That means that each big arch on the half marathon course will be 100m further than usual. So, from 3km onwards, the arches will be at 4.1k, 5.1k, 6.1k etc.

> **AID STATIONS** / Primary aid stations are located at Okahu Bay and Kohimarama, with a supplementary station at Mission Bay. You are never more than 3km from the next station. All stations will serve water and r-line sport drink. Check out the course maps for exact locations and distance markers.

> **TOILETS** / Public toilets are available - directly adjacent to the course - at Okahu Bay, Mission Bay and Kohimarama.

> **ENTERTAINMENT** / The Waterfront Half Marathon is rightly famous for the on-course entertainment that will make carving out that new PB just a teeny bit easier. This year our entertainment is located as follows:

- **BASTION POINT** "Tall Poppies" | Rock & Covers
- **NGAPIPI RD TURN** NZDJs | DJ Mix
- **KOHIMARAMA** "Mojave" | Jazz Trio
- **ST HELIERS TURN** NZDJs | DJ Mix

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. Timing points are placed at every KM (the only half marathon in Australasia to provide this) so that your friends and family - if they can't make it in person - can follow your process in real-time.

**WHEN YOU FINISH**

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

> **FINISHER MEDAL** / Right after your cross the hallowed finish line, be sure to collect your finisher medal from the medal table as you exit the chute.

> **GRAND SLAM MEDAL & HANGER** / It's why you came, right? The rewards are here for those who finished every series event. Collect your Grand Slam Medal (5 x "Classic" finishes or better) and exclusive Medal Hanger (5 x Half Marathon distance finishes) at the yellow tent right after finishing. Be sure to check your eligibility on the list at [halfmarathonseries.nz](http://halfmarathonseries.nz). No list = no awards!

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

> **MASSAGE** / Right after the finish line, the SportsLab team are ready to massage those aching muscles back into life. Only \$15 for a 10-minute life-saving rub down. Be sure to go there first and put your name down as there could be a queue.

> **FOOD & DRINK** / Water and bananas not quite cutting it? Yeah, we feel ya. Go see Pete at Espresso-on-the-Go to supercharge the batteries, "Trucking Delicious" for burgers and Mr Whippy for the wicked treats.

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 10:30am sharp in front of the main stage. Come along to acknowledge some of the great performances of the day and you might win from a rollicking roster of 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 15 mins before the ceremony.

**KEEPING SAFE**

The safety of yourself and your fellow participants is our number one priority.

> **COVID** / If you are COVID positive, a close contact of a case, awaiting a test result or feel at all unwell - please ... do not attend. Give those around you as much room as you are able and if you are personally worried about having people close to you, hang back for a few moments at the start line and things will clear out pretty quickly.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, 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. If it is a life threatening emergency, ask someone to call 111.

> **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 tent/ambo right after the finish line. A second set of medics is available to attend any on-course incidents.



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