

**IRONMĀRI®**

EVENT MANUAL 2021

**HALF MARATHON  
2021**

**IRONMĀRI®**

# Event Details

**Date:** Saturday 10<sup>th</sup> April 2021

**Location:** Napier Soundshell, 70 Marine Parade, Napier

**Registration Location:** Napier Soundshell: Saturday 10<sup>th</sup> April 7:00AM to 8:30AM, within the Transition & Finish Line Vicinity

## Event Distances

**Individual 21km**

9.00AM

**Individual 10km**

9.00AM

**Individual 5km**

9.00AM

## Shoe Sponsor:



HOKA ONE ONE & IronMāori are behind you and your health & fitness goals. To show our support HOKA would like to offer all IronMāori participants 25% off online purchases. Simply go to [www.hokeoneone.co.nz](http://www.hokeoneone.co.nz) and enter the promotion code IRONMAORI at checkout. Good luck- you've got this, and we've got you!

## Event Timetable

**Saturday 10<sup>th</sup> April 2021**

Time	Activity	Location
7:00AM	Registration <b>opens</b> - including any changes, and late entries. (Cash only for late registrations).	70 Marine Parade, Napier.  Napier Soundshell.  Transition/Finish Line Vicinity
8:30AM	Registration <b>Closed</b>	
8:50AM	Karakia/Race Brief	
9:00AM	Each discipline will start at 9:00AM: Participants will be required to self-seed.	
	Individual 21km	4 LAPS
	Individual 10km	2 LAPS
	Individual 5km	1 LAP
9:00AM	IronMāori Merchandise <b>Opens</b>	Transition/Finish Line Vicinity
EST 1PM	Prize Giving	Transition/Finish Line Vicinity

# Event Preparation – Helpful tips for Competitors

## Pre-Event - Preparation

### General Information

Event updates, race numbers and relevant information will be posted on our [Facebook page](#). Please ensure you have liked us on Facebook so you get the most updated information.

### Gear Checklist

#### Run Leg:

- Running shoes
- Socks
- Cap/Visor
- Water bottle/s
  
- Nutrition
  
- Race number Bib (provided in your race kit)
- Race number belt or pins to attach your race number
- Sunglasses/weather appropriate clothing
- Timing chip

## Event weekend – locating key areas and services available

### Registration & Race Pack Collection-

Race Pack collection and Late Registration's will be located at the Napier Sound Shell (70 Marine Parade, Napier) within the Transition/Finish Line Vicinity on Saturday 10<sup>th</sup> April between 7:00AM to 8:30AM. Late Registrations are cash only.

Your race pack will include your timing chip, race number and t-shirt. Please note that t shirt sizes will be as per your registration details and cannot be exchanged.

Any changes will need to be made at Registration's but in the event of there being any serious issues regarding your registration you must see the Race Director (Heather Skipworth) to have this approved.

### Getting to the Venue and Parking

There will not be allocated parking for the event and we ask that you respect local businesses and residents by not parking across driveways or on footpaths.

#### Parking options include:

- Free Parking near the Sunken Garden (2-minute walk to Napier Soundshell)
- Free Parking next to Ocean Spa (Where the Napier Market is held) (3-minute walk to Napier Soundshell).

## Whanau Area

Spectators' and whanau are more than welcome to bring deck chairs and picnic blankets, which they can set up on the grass area near the start/finish line.

## Services available

### Medical Assistance

**Medics on Scene:** will be onsite and on the course from 8:30AM to 12:30PM.

### IronMaori Merchandise

IronMāori Merchandise will be available for purchase on Saturday 10<sup>th</sup> April from 9:00AM, located in the Transition/Finish Line Vicinity.

## Know your course

Please see Course Maps to familiarise yourself with the course directions. The table below outlines the Distance and Laps for each event:

DISTANCE	LAPS
21KM COURSE	4 LAPS
10KM COURSE	2 LAPS
5KM COURSE	1 LAP

## Timing

This event is timed by way of an electronic tag attached to a Velcro ankle strap (this must be around your ankle). Please ensure these are secure as lost tags will incur a \$50.00 cost to the individual wearing it. All timing chips must be returned once you cross the finish line.

## Race Numbers

Your **race number** needs to be **pinned on the front of your shirt** for timing and identification purposes. If you wear a race belt, please ensure that your number is visible when you enter and exit transition at the timing points, and it is not scrunched up.

## Event Briefings

### 21km Course

All participants will be required to make their way to the Transition/Finish Line Vicinity by 8:50AM for karakia, and the Race Briefing.

At 9:00AM all participants registered will commence there Run/Walk. Your time will officially start once you cross the start line timing mat. Participants will be required to self-seed.

You will be required to complete 4 LAPS before continuing around the fountain, and through the Finish Line chute.

- There are two hydration stations on the run course. Please bring sufficient additional hydration should you require it.
- Please keep left on the run course at all times unless overtaking.
- Please return the timing chip at the finish line. There is a charge missing chips as we do not own these (\$50.00)

There will be marshals located on the run course (Please refer to the run map included in this manual for course directions).

### 10 KM Course

At 9:00AM all participants registered will commence there Run/Walk. Your time will officially start once you cross the start line timing mat. Participants will be required to self-seed.

You will be required to complete 2 LAPS before continuing around the fountain, and through the Finish Line chute.

- There are two hydration stations on the run course. Please bring sufficient additional hydration should you require it.
- Please keep left on the run course at all times unless overtaking.
- Please return the timing chip at the finish line. There is a charge for missing chips as we do not own these (\$50.00)

There will be marshals located on the run course (Please refer to the run map included in this manual for course directions).

### 5KM Course

At 9:00AM all participants registered will commence there Run/Walk. Your time will officially start once you cross the start line timing mat. Participants will be required to self-seed.

You will be required to complete 1 LAP before continuing around the fountain, and through the Finish Line chute.

- There are two hydration stations on the run course. Please bring sufficient additional hydration should you require it.
- Please keep left on the run course at all times unless overtaking.
- Please return the timing chip at the finish line. There is a charge for missing chips as we do not own these (\$50.00)

There will be marshals located on the run course (Please refer to the run map included in this manual for course directions).

### **Hydration Stations**

There will be two hydration stations on the run course at each of the turnaround points. There will also be Port-o-loos available.

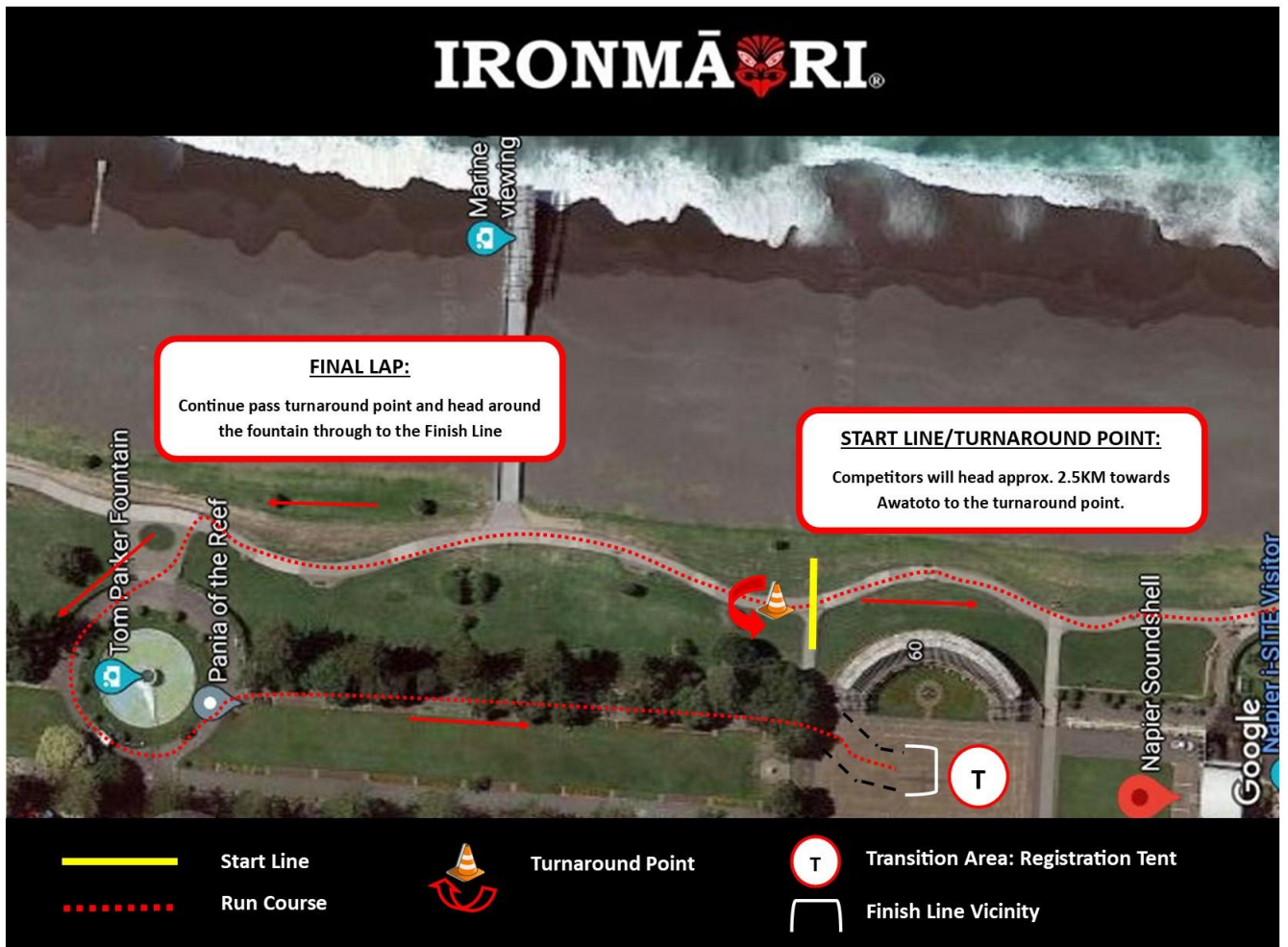
### **Finish Line**

We encourage your family members to be waiting to put your medal on you.

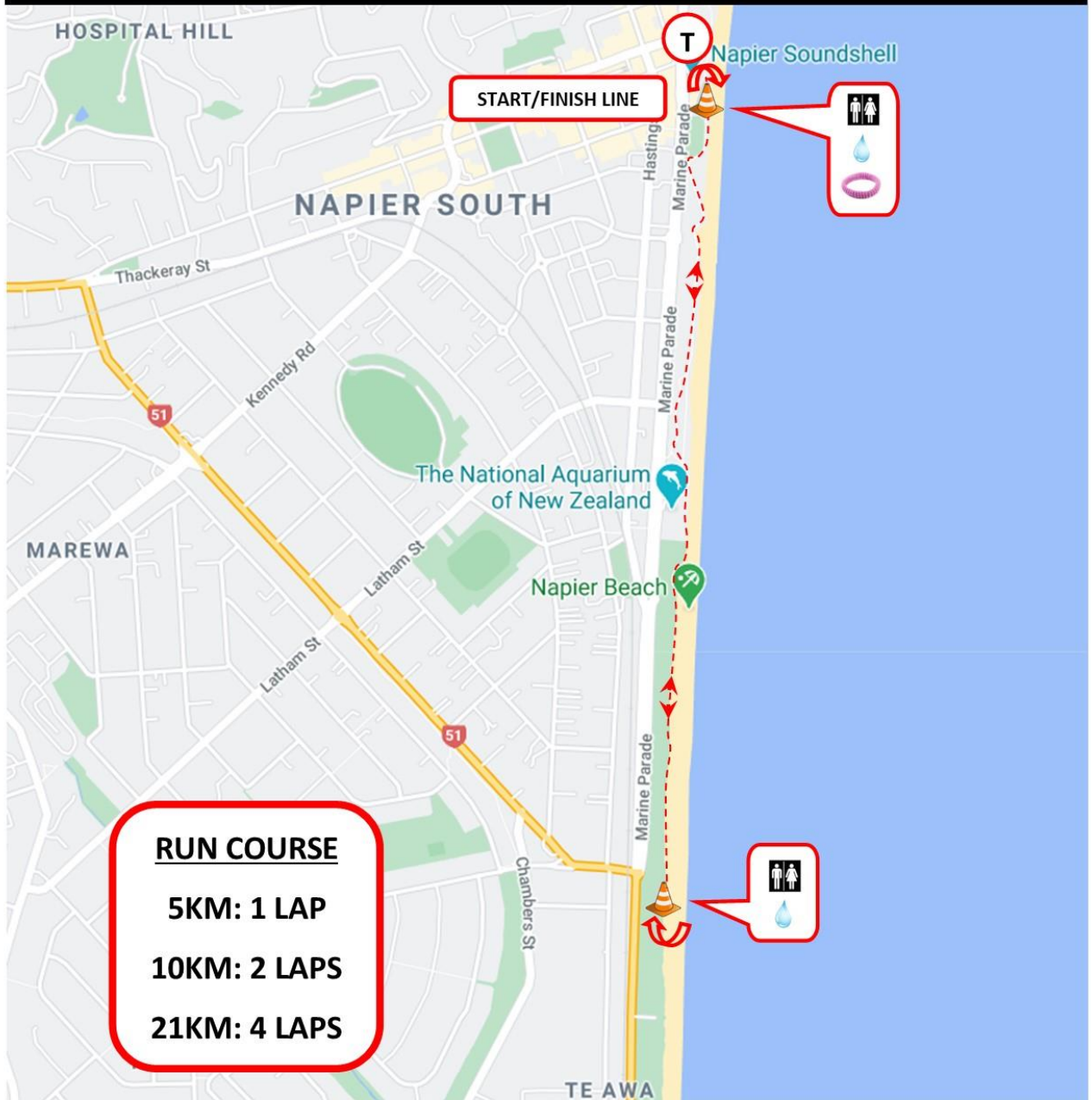
Once you have your medal, we ask you to move away from the finish area where the timing mats are immediately.

The finish line will provide a water station, and brief seating for competitor's post-race.

# Course Maps







Run Course  
Turnaround Cone

Hydration  
Toilets  
Lap Count Bands

Transition Area:  
Start/Finish Line Vicinity

## Post-Event Weekend

### Timing Queries

If you are having issues finding your time or your time is incorrect, please email [events@trihb.kiwi](mailto:events@trihb.kiwi) and provide the following information:

- Your bib number
- The number on your timing chip, if it is different to your bib number
- Were you a late entry? (You may not show in the provisional results for a few days)
- Did you change category before the event, if so when?
- Did you cross any of the blue timing mats before your event started?
- What wave start were you in (was this different to your scheduled start)?
- Do you have an estimate of the finishing time or notice any other competitors bib numbers around you that finished at same time?

Please allow 24 hours Post-Event before submitting timing queries.

PLEASE NOTE: All timing queries submitted, may not be changed immediately upon receipt of email.

### Other Queries

Any other/further queries regarding the event or feedback should be directed to Heather Skipworth at [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz).

### Enjoyed training for and participating in this event?

Go to [www.ironmaori.co.nz](http://www.ironmaori.co.nz) for future events.

# Upcoming Events

All of our events are open to everyone! We are a Drug, Alcohol and Patch Free Kaupapa! Come and participate, spectate, and enjoy the whanaungatanga!

Event	Date	Registration
Napier IronMāori Quarter 2021	Saturday 6 <sup>th</sup> November 2021	Open
Tamariki (5-9 years 10-12 years) Rangatahi (13-17 years)	TBC 2021	Opening Soon
Kaumatua (55+ years)	TBC 2021	Opening Soon
Napier IronMāori Half 2021	Saturday 4 <sup>th</sup> December 2021	Open