

New Zealand

Sotheby's  
INTERNATIONAL REALTY



Hawke's Bay  
Marathon

# 2023 Run Guide



V1 uploaded 26 July 2023

<https://hawkesbaymarathon.co.nz>



Section	Page
Race Director Message	3
Welcome Message	4
Event Schedule	5
Travel Information	6
Athlete Checklist	8
Pre-Race Info	9
Race Day Information	11
Bag Drop Race Bib Massage Race Start Aid Stations Personal Drinks	
Course Information	12
Race Rules Health & Safety Timing Wave Starts Cut-Off Times	
NZ Sotheby's International Realty Marathon	14
La Roche Posay Half Marathon	15
Havana Coffee 10km	17
Kennedy Park Resort Kids Run	18
Post Race Information	19
Bag Drop Collection Results Finish Line Area Finisher Medal Collection Photography Lost & Found Property	
Additional Information	21
Runaway Series App Volunteers Get Social	
Event Partners	22

# Race Director Message

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Hello and welcome to the 2023 New Zealand Sotheby's International Realty Hawke's Bay Marathon, the seventh edition of this great event!

After a successful event in 2022, the team are super excited to deliver this event again. While it hasn't been an easy road for the Hawke's Bay region over the past six months, we are pleased to welcome you back to the region.

To our MVP Athletes that will be racing this year, you are an inspiration to us all. You'll be able to spot these athletes on course with special stickers on their race bibs – make sure you give them an extra cheer as they pass.

Please ensure that you read this Runners Guide thoroughly to ensure you are all ready and prepared for race day and setting new personal bests!

With a scenic course set in one of the 12 wine capitals of the world and multiple distances to choose from, it's easy to find your happy place running towards the unique Elephant Hill Estate and Winery for a post event wine. Our unique course takes in some of the most iconic sights of the region including Pania of the Reef, The National Aquarium, the Spirit of Napier and the iconic limestone Hawke's Bay Cycle Trails.

The fact that we can hold an event of this size in the stunning Hawke's Bay is incredible. Please keep this in mind when you visit and make sure any waste that you generate goes into the right bin, especially when you are racing. The IRONMAN Group Oceania continues to work to divert as much event related waste from landfill as possible. This year we aim to divert over 80% of waste from landfill and in future years we will strive for continuous improvement. This is in addition to other initiatives we are already doing including using only using recyclable aid station cups and using elastic bungees instead of nylon zip ties.

A huge thanks to Hawke's Bay Tourism, Hastings District Council, Napier City Council, Hawke's Bay Trails, New Zealand Sotheby's International Realty and all our event partners for their continued support. A big thanks also goes out to the local Hawke's Bay community and volunteers who play a huge part in ensuring that this event is a great success year after year.

One final thing I would ask of you is to listen to your body out there. I know you have all been training hard (well, the majority of you), but if something doesn't feel right, make sure you ask for help. Please take care and I look forward to seeing every one of you cross the finish line at Elephant Hill Estate and Winery on Saturday 26 August!

All the best,



**Keegan McCauley**  
*Race Director*

# Welcome Message

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Welcome to the 2023 New Zealand Sotheby's International Realty Hawke's Bay Marathon. With this years' postponement, we are even more thrilled to be able to welcome you to this incredible event.

New Zealand Sotheby's International Realty is again proud to be the title partner of the Hawke's Bay Marathon, where the beautiful course encompasses the natural wonderland of coastline, wineries, and countryside. We hope you enjoy the exhilarating feeling of accomplishment while taking in the marvellous landscapes you are running through, and as loved ones cheer you on from the side-lines.

On the day we will be at the finish line to assist you with your post-race activities. Be sure to drop by, and warm down with our team.

Until then, congratulations on your participation of this event, and best of luck.



**Fraser Holland**

**Manging Director Central Region**

**New Zealand Sotheby's International Realty**

# Event Schedule

Event Schedule is up to date as at 26/07/2023 and is subject to change.

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## FRIDAY 25 AUGUST 2023

Time	Event	Venue
10:00am-9:00pm	Athlete Check-In	Napier War Memorial Centre 48 Marine Parade, Napier
10:00am-9:00pm	Merchandise Open	Napier War Memorial Centre 48 Marine Parade, Napier
10:00am-7:00pm	Sports & Lifestyle Expo Open	Napier War Memorial Centre 48 Marine Parade, Napier

## SATURDAY 26 AUGUST 2023

Time	Event	Venue
7:30am-3:00pm	Merchandise Open	Elephant Hill Estate & Winery
7:45am	NZ Sotheby's International Realty Marathon Start	Anderson Park, Greenmeadows, Napier
7:45am	Havana Coffee 10km Run Start	Evers-Swindell Reserve, Clive
8:00am	Havana Coffee 10km Walk Start	Evers-Swindell Reserve, Clive
8:00am-5:00pm	Event Hub Open	Elephant Hill Estate & Winery
8:00am	La Roche Posay Half Marathon Run Start	350-390 Marine Parade, Napier
8:20am	La Roche Posay Half Marathon Walk Start	350-390 Marine Parade, Napier
12:30pm	Prizegiving – 10km and Half Marathon	Elephant Hill Estate & Winery
1:00pm	Kennedy Park Resort Kids Run Start	Elephant Hill Estate & Winery
2:30pm	Prizegiving – Kids and Marathon	Elephant Hill Estate & Winery

## SUNDAY 27 AUGUST 2023

Time	Event	Venue
9:00am-11:00am	Info Desk Open	Elephant Hill Estate & Winery

## PRE-RACE TRANSPORT

Make your race morning transportation stress-free and use our easy shuttle service.

A shuttle service will begin at 6.30am from the Hawke's Bay Showgrounds to all start lines and from Napier iSite on Marine Parade to the Marathon and 10km start lines.

You can log in to your [My Events Portal](#) to make additional purchases under your profile. All online transport tickets must be purchased before Thursday 24 August. You will be able to purchase tickets in person at Athlete Check-In from the Transportation Desk.

START LINE	DEPARTURE LOCATION	TIME	PRICE
Marathon	Hawke's Bay Showgrounds in Hastings	Shuttle departs: 6:45am	\$16
	Napier i-Site on Marine Parade	First shuttle departs: 6:30am Last shuttle departs: 7:00am	\$16
Half Marathon	Hawke's Bay Showgrounds in Hastings	First shuttle departs: 6:45am Last shuttle departs: 7:15am	\$16
10km	Hawke's Bay Showgrounds in Hastings	First shuttle departs: 6:30am Last shuttle departs: 7:00am	\$16
	Napier i-Site on Marine Parade	First shuttle departs: 6:30am Last shuttle departs: 7:00am	\$16
Kids Run	Hawke's Bay Showgrounds in Hastings	First shuttle departs: 7:30am Last shuttle departs: 3:15pm	FREE
Spectators	Hawke's Bay Showgrounds in Hastings	First shuttle departs: 7:30am Last shuttle departs: 3:15pm	FREE

Check your race bib to find your shuttle sticker; simply show that sticker to the Transport Crew and you will be let on the bus. If you have purchased transport and it is not visible on your bib, you will need to collect your sticker from the Transportation Desk at Athlete Check-In.

## POST-RACE TRANSPORT

A FREE shuttle service will also be in place to take you back to both Hawke's Bay Showground and Napier iSite from the finish line at Elephant Hill after your race. This post-race service does not need to be pre-booked.

START LINE	DEPARTURE LOCATION	TIME	PRICE
Marathon	Elephant Hill (Haumoana School) to Hawke's Bay Showgrounds	Last shuttle departs: 3:45pm	FREE
	Elephant Hill (Haumoana School) to Napier i-Site	Last shuttle departs: 4:00pm	FREE
Half Marathon	Elephant Hill (Haumoana School) to Hawke's Bay Showgrounds	Last shuttle departs: 3:45pm	FREE
	Elephant Hill (Haumoana School) to Napier i-Site	Last shuttle departs: 4:00pm	FREE
10km	Elephant Hill (Haumoana School) to Hawke's Bay Showgrounds	Last shuttle departs: 3:45pm	FREE
	Elephant Hill (Haumoana School) to Napier i-Site	Last shuttle departs: 4:00pm	FREE
Kids Run	Elephant Hill (Haumoana School) to Hawke's Bay Showgrounds	Last shuttle departs: 3:45pm	FREE
	Elephant Hill (Haumoana School) to Napier i-Site	Last shuttle departs: 4:00pm	FREE
Spectators	Elephant Hill (Haumoana School) to Hawke's Bay Showgrounds	Last shuttle departs: 3:45pm	FREE
	Elephant Hill (Haumoana School) to Napier i-Site	Last shuttle departs: 4:00pm	FREE

## PRE-EVENT

- ☐ Read the Run Guide.
- ☐ Familiarise yourself with the [Event Schedule](#).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Lock in travel arrangements ensuring you arrive in time for [Athlete Check-In](#).
- ☐ Download the Runaway Marathon Series App on the [App Store](#) or [Google Play](#).
- ☐ If you cannot attend Check-In, a friend can collect on your behalf, but they must have a copy of your confirmation email.
- ☐ Confirm your Emergency Contact is current and available on race day (cannot be racing).
- ☐ Confirm your Medical/Health Insurance details are current.
- ☐ Check the forecast to ensure you bring relevant clothing and equipment (sunscreen).

## ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarise yourself with the venue and course.
- ☐ Attend [Athlete Check-In](#) and collect race bib.
- ☐ Pack items for race day.

## RACE DAY

- ☐ Bring a small bag to use for Bag drop on race day.
- ☐ Organise pins or a race belt to attach your Race Bib.

## POST RACE

- ☐ If a 10km or Half Marathon award winner – attend Prizegiving at 12:30 at the Elephant Hill Estate & Winery.
- ☐ If a Kids Run or Marathon award winner – attend Prizegiving at 2:30 at the Elephant Hill Estate & Winery.
- ☐ Check out your race results live on the Runaway Series app or online.
- ☐ Brag about your race time all over socials! Tag us in all your Medal Monday posts @hawkesbaymarathon



## ATHLETE CHECK-IN

**Location:** [Napier War Memorial Centre, 48 Marine Parade, Napier.](#)

All bibs will need to be collected during Athlete Check-In opening hours.

**Please note, no bibs will be posted out prior to the event.**

### Opening Hours:

- Friday 25 August: 10:00am - 9:00pm

### What you will need to bring:

- QR code from confirmation email  
(These will be re-sent to all participants in the week prior to Race Day.)

### Who can collect?

If you are unable to attend, another person can Check-In on your behalf, providing they have a copy of your **confirmation email**.

Check-In is compulsory for all athletes.

## SPORT & LIFESTYLE EXPO

Official merchandise will be available for purchase from the Merchandise Store. This is where athletes can pick-up and purchase the famous Name Tee.

You'll also be able to explore the latest products, special offers, free samples and competitions on offer from our incredible exhibitors listed below. Admission is free and all participants, friends, family and sporting enthusiasts are encouraged to visit.

- |                                                |                                              |
|------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> ASICS                 | <input type="checkbox"/> Hawke's Bay Tourism |
| <input type="checkbox"/> La Roche Posay        | <input type="checkbox"/> One NZ              |
| <input type="checkbox"/> Good George           | <input type="checkbox"/> Steigen / Maurten   |
| <input type="checkbox"/> PURE Sports Nutrition | <input type="checkbox"/> IPPNZ               |
| <input type="checkbox"/> Havana Coffee         | <input type="checkbox"/> Elephant Hill       |
| <input type="checkbox"/> Riffers Gin           | <input type="checkbox"/> Back on Track       |

MVP



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Runaway™  
Hawke's Bay  
Marathon



Runaway™  
Noosa  
Marathon

HOKA



Runaway™  
Sydney Half  
Marathon

## BAG DROP

A Bag Drop service is available at the start area of each distance on Race Day.

Athletes will need to use the event Gear Bags available at Athlete Check-in for any items they wish to have post-race. Please label your bag with the tag that is attached to your bib.

**All bags must be collected from the Event Hub at Elephant Hill Estate & Winery by 4:30pm Saturday 26 August.**

Any bags remaining, left at the start line or any part of the course will be collected and donated to charity.

## RACE BIB

Race bibs are to be worn on your front. Your timing chip is attached to your race bib. Be careful not to bend your bib prior to your race to avoid damaging your timing chip.

## MASSAGE & STRAPPING

Pre-event strapping is available on Friday 25 August at the Sports Expo and post-race massage therapy will be available on Saturday 26 August at the finish venue. View the Event Schedule (page 6) for times and location.

Cost: \$25 per 10 minutes.

## RACE START

All distances will be Self-Seeded Wave Starts, with your time beginning once you cross the timing mat. We ask that those who are walking to seed yourself at the back of the start group.

## AID STATIONS

Athletes are well supported with Aid Stations located on course for all distances. Aid Stations will provide: water, PURE Electrolyte Hydration, toilet facilities and first aid.

## SPECTATOR INFORMATION

A FREE transport service will be in place for friends and family, making it easy for them to get to the finish line at Elephant Hill. This shuttle doesn't need to be pre-booked.

Spectator shuttle departures will depart from Hawke's Bay Showground from 7.30am. Return shuttles from Elephant Hill will run frequently throughout the day.

To ensure your support crew, family and friends can see you out there on the event course and cheer you on. We have released a [Spectator Location map](#) so you can familiarise yourself with each location.

## Event Day Road Closures

There will be a number of road closures across the Hawke's Bay region on event day. Please familiarise yourself with these closures and plan your day and driving routes accordingly. [2023 Road Closure Map](#)



## RACE RULES

Due to Health and Safety, wheeled conveyances (including wheelchairs, baby buggies, scooters, bikes, inline skates) cannot be used for all events.

Accompanying animals are not allowed on the course.

Headphones and personal music devices are strongly discouraged.

## HEALTH & SAFETY

To ensure all athletes are safe and enjoy the event experience, please consider the following:

- Keep to the left of the course to allow runners to pass on the right.
- Be courteous to your fellow participants at all times.
- Obey instructions given from race officials, volunteers, Police and traffic management at all times.
- If you have to withdraw from the race, please make your way to the next Aid Station and inform the race officials. If you are unable to continue due to a medical emergency, please ask your fellow competitors to inform the next visible race official or volunteer who will be able to inform medical services of your location.

## TIMING

Overall distance placings will be based on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female runner across the finish line.

Timing Results will be available online by age group category and will be based on the athlete's mat time.

Timing mats will be located at all start lines and at the finish line. A timing mat will also be located at the half-way point of the Marathon.

Disposable timing chips are attached to the back of your race number and will record your time. Timing chips do not need to be returned.

## WAVE STARTS

To ensure a smooth start for all runners, wave starts and self-seeded start zones will be in place at the Marathon, Half Marathon, and 10km Run start lines.

Runners will need to gather in the appropriate zone depending on their expected race finish time. The wave start system will release a set number of runners at timed intervals after the start gun is fired.

Your race time is calculated from when you pass over the timing mat on the start line so no-one will be disadvantaged.

Introducing wave starts will help everyone to run at their own pace across the course, giving you a true race time. And you can soak up the scenery as much as you choose!

## CUT-OFF TIMES

Due to course management and road closure restrictions, the course will officially be closed at 4:00pm.

We welcome walkers in the Marathon, Half Marathon and 10km distances.

We ask all walkers to start behind the runners in the designated section at the start line and give way to runners at all times.



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exhilarating feeling of  
accomplishment.



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**SATURDAY 26 AUGUST 2023**

Title Partner of the World's Most Beautiful Marathon.

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Photo graememurraynz

# NZ Sotheby's International Realty Marathon



## COURSE

Flat course, easy running. The course offers a unique mix of terrain, with 50% of the course on smooth, hard-packed limestone Hawke's Bay Trails and 50% on sealed roads and paths.

Take in some iconic sights of the Hawke's Bay region including Pania of the Reef, The National Aquarium, and the Spirit of Napier along the Napier coastline.

Wind through the Waitangi Estuary at Clive on the Hawke's Bay Trails with ocean views out towards Cape Kidnappers, before the iconic finish line at the stunning Elephant Hill Estate & Winery.

## COURSE MAP:



# La Roche Posay Half Marathon

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Hawke's Bay  
Marathon

## COURSE

Flat course, easy running. The course offers a mix of terrain, with 55% of the course on smooth, hard-packed, limestone Hawke's Bay Cycle Trails and 45% on sealed roads and paths.

Take in some of the best highlights the Hawke's Bay region has to offer, including the stunning Napier Coastline where the Hawke's Bay trails will have you winding around riverbanks alongside the ocean with views out towards Cape Kidnappers, finishing at the impressive Elephant Hill Estate & Winery.

## COURSE MAP:







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# Havana Coffee 10km

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## COURSE

A flat easy running course with a combination of hard-packed limestone on the Hawke's Bay cycle pathways and a small amount of quiet closed road. Starting from the Evers-Swindell Reserve and taking in the beautiful Hawke's Bay coastline and farmland from Clive with views out towards Cape Kidnappers/Te Kauwae-a-Māui (the fishhook of Māui) and finishing at Elephant Hill Estate & Winery.

## COURSE MAP:

New Zealand

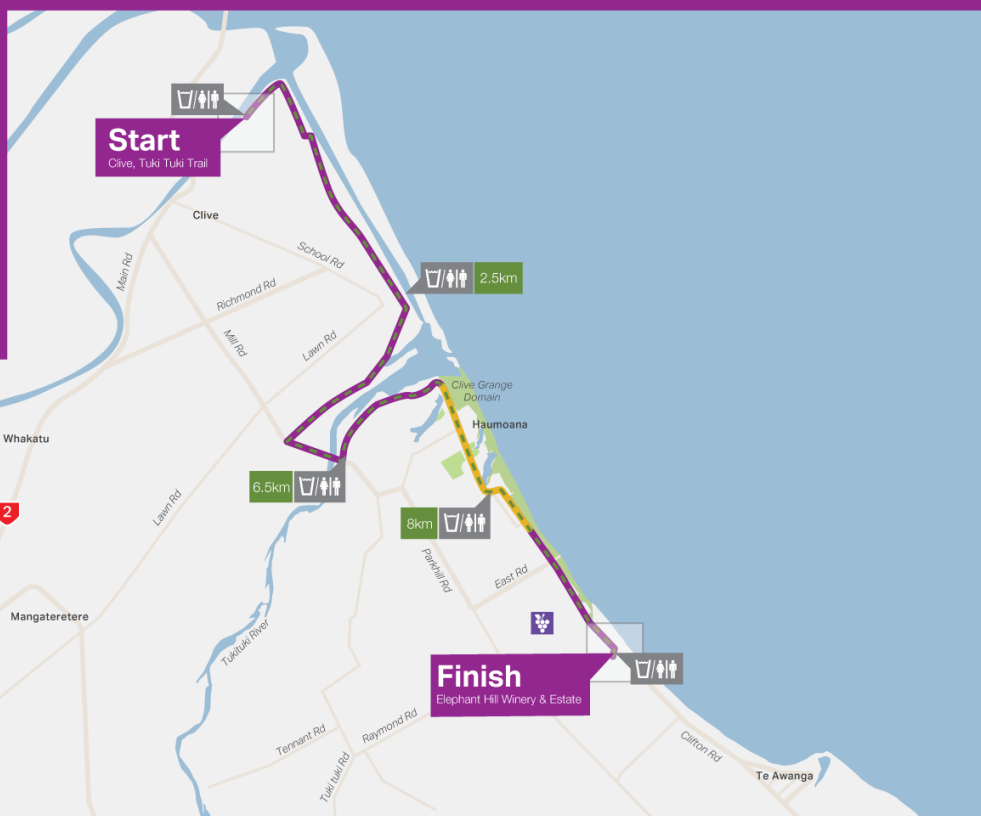
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Hawke's Bay  
Marathon

## Havana Coffee 10km run

### Legend

- Course
- Local Cycle Trails/Vineyards
- Sealed Road
- Aid Station/Toilet
- km from start
- Vineyards
- State Highway



### Elevation



## COURSE

The Kennedy Park Resort Kids Run begins amongst the vines of Elephant Hill, at the rear of the main building. Kids will run around the vineyard, then alongside Clifton Road.

Kids will then enter the front gates of Elephant Hill and run down the iconic finish chute, to receive their medal and celebrate their efforts at the finish line festival with friends and family.

## COURSE MAP:



## BAG DROP COLLECTION

Your event Gear Bags will be transported to the Event Hub at Elephant Hill Estate & Winery and will be available for you to collect when you complete your race. Please collect your bag by 4:30pm, Saturday 26 August before you leave the Event Hub. Any remaining gear will be donated to charity.

## RESULTS

Results can be viewed at the following locations:

- [Runaway Marathon Series App](#)
- [Event website](#)

No access to online services? Visit our team at Event Information who can assist.

## FINISH LINE AREA

Friends and family, including children, are not permitted in the finish chute or finish area. We ask all athletes to respect the finish line area and ensure celebrations do not interfere with other athletes' finish line experience.

## FINISHER MEDAL COLLECTION

Once you have crossed the finish line, please make your way through the chute to collect your medal from one of our volunteers who will present you with your Finisher Medal. Following this, please continue through to recovery where you can celebrate your race with your friends and family.

## OFFICIAL PHOTOS

Sportograf is proud to be the official athlete photo service for this event. They will provide you with their "Foto-Flat" which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

### Help them take the best photo of you:

- Please be sure to keep your bib number visible on the FRONT of your body during the run, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

## LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:





**ALWAYS REMEMBER YOUR RACE**  
 get your personal pictures on **SPORTOGRAF.COM**



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



## RUNAWAY SERIES APP

The Runaway Series App is available for download on both Apple and Android. The app will contain everything you need to know as an athlete or spectator. Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fave athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event Info and clear Schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Runaway Series App now!



## VOLUNTEERS

The 2023 NZ Sotheby's International Realty Hawke's Bay Marathon requires the support of over 500 volunteers in order to deliver the event.

Our team of volunteers will contribute a combined total of around 2,200 hours to assist, support and motivate you from the start to the finish.

We encourage you to say THANK YOU to the volunteers whenever possible! They love it when they are appreciated by our athletes and without the volunteers, we simply would not be able to run any IRONMAN Group events.

## GET SOCIAL

We encourage athletes to see, like and share the excitement through their social channels. Don't forget to tag us in your posts

#HawkesBayMarathon



See you soon,

The NZ Sotheby's International Realty Hawke's Bay Marathon Team

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