

Wairarapa Duathlon 2016

IRONMĀRI  **RI**®

Kindly and proudly sponsored by:



Event Details

START TIME

8.30.am Tamariki

9.00am Main events

Date: Saturday 15th October 2016

Location: Henley Lake Masterton

EVENT DISTANCES

Duathlon

Individual and Team Duathlon (Short Course):

2.5km Run/Walk, 20km Bike, 5km Run/Walk,

Individual and Team Duathlon (Long Course):

10km Run/Walk, 40km Bike, 5km Run/Walk

Run/Walk

5km Run/Walk

10km Run/Walk

Tamariki

500m Run/Walk

1km Run/Walk

We would like to thank the following sponsors for their support to the Wairarapa (Trust House) Duathlon:



Trust House Supports **IRONMĀORI**

“Trust House has invested in this very worthwhile event. We wanted to support this event because it’s all about getting the community fit and healthy, it includes a wide demographic and attracts people with varying degrees of fitness levels”





Happy Valley Cycles

Brent is the sole owner of Happy Valley Cycles and takes pride in offering you a top notch service for all your bicycle needs. He can guarantee honesty and direction when choosing the right bicycle for you or a family member.

With a fantastic display of Mountain, Road, BMX, Comfort Bikes and Children's Bikes, there is sure to be something there that will entice any bike enthusiast. If you don't see the product you are looking for, Brent knows most leading bicycle suppliers and can make an order for you.

Their workshop is open, in Masterton, daily for any bicycle repairs or adjustments. Call into Happy Valley Cycles for a chat with Brent or Toby. They have the experience and knowledge to help you decide on what sort of bicycle you require.



You can find team Raisey in Ford Road, Onekawa. Kane will discuss all of your nutritional needs and has been provides supplements to the endurance community for many years. We will be using Raiseys Hydrate for the Wairarapa Duathlon and Fun run/walk and it is highly recommended that you give the product a go before you need it on the course. He even has smaller, cheaper sample size sachet's so you can get you taste of it before your event. Contact Kane, at RAISEY'S www.raiseys.co.nz, on (06) 8356586 or info@raiseys.co.nz



Enjoyed training for and participating in this event? Go to www.ironmaori.co.nz or see the appendix for our upcoming events....

Event Timetable

Friday 14th October Timeline

Time	Activity	Location
4:00PM	Registration Open and bike racking	Henley Park/Racking in transition Henley Lake car park
6:00PM	Registration Closed	

Saturday 15th October Timetable

Time	Activity	Location
7.00AM	Registration Open and bike racking	Marque Tent Henley Park/ Racking Henley Lake car park
8.15AM	Registration Closed	
8.15AM	Transition closed	Transition - Henley Lake car park
8.15AM	Karakia/opening	Transition
8.20AM	Race Briefing	Transition
8.30AM	Tamariki Start - 500m/1km	Transition
9.00AM	Individual/Team Short Course Runners 5km	Transition
9.05AM	Individual/Team Long Course Runners 10km	Transition
9.08AM	Run/Walk Start - 5km/10km	Transition
12 Noon	Transition open for bike removal	Transition
12.30PM	Prize Giving - Subject to participants on course	Transition

Please note that you will need to register and pick up your race pack to be allowed into transition.

Competitors – Helpful Hints

Pre-Event Weekend

General Information

Event updates and race numbers, as well the event manual as well as being posted on our [Face book page](#). Please ensure you have liked us on Facebook to ensure you get the latest updated information.

Checklist

Bike Leg

- Bike (with safety lights is ideal)
- Bike shoes or Running Shoes
- Helmet
- Water bottle/s
- Bike pump (hand held)
- Spare tube / tyre levers
- Bike gloves (optional)
- Race number Bib (provided in your race kit)

Run Leg

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

Registration

Registration will be located at the Henley Lake carpark, Colombo Road entrance.

Information boards and maps may be found around registration. Registration also hosts the event Help Desk. The Help Desk will be able to answer any of your questions that our Information Boards can't. The Help Desk is also where you go if you would like to change your event category.

Getting to the Venue and Parking

The venue is off Colombo Road, Masterton.

When parking please keep the Henley Lake entrance driveway clear as this is where runners and cyclists will start the event.

Event Weekend

Medical Assistance

St Johns Medical team, including ambulance services will be onsite and on the course from 8.00am until shortly after 1.00pm.

CycleAssistance

Brent from Happy Valley Cycles, will be on site during registration (Friday) from aprox 5.15pm to 6.00pm. And then, from 7.00am until 9.30am, on event day. The store will be open, in Masterton, all day Friday, closing at 5.15pm



Hydration Stations

Raiseys Hydration: Due to the short nature of the course we will only have one water/hydration station. This will be in transition. We will have water and Raiseys Hydrate available. Raiseys Hydrate is a sports drink which contains Carbohydrates and Electrolytes. For more information or to try the product before the event, you can contact Kane Raisey at: www.raiseys.co.nz, on (06) 8356586 or info@raiseys.co.nz



Start Time

Please make sure you have taken note of your start time and briefing time in the [Timetable above](#). When planning your day please keep in mind you will need time to pick up your registration pack, set up your transition gear and leave transition before the event opening. Where possible, it is recommended that you pick up registration packs and rack your bike on Friday evening. Security will be provided both within Transition and around the park perimeter overnight.

Transition

Setup in Transition: find the bike rack allocated for your category (individual or team), place your bike on the rack and set up your race equipment to the right (chain side) or underneath your bike. Ensure you remove any non-race equipment (including bags) away from the bike racks before leaving transition. Pre-race, check out the course maps or alternatively go onsite and view the course, during the week leading up to the event. Failure to follow the designated course may result in personal injury or accident, you do so at your own risk and may result in disqualification.

Transition Access:

- Only competitors are allowed in transition area. There is plenty of spectator space close to transition.
- Jumping any transition fences will lead to disqualification.
- After your event finishes, and to make the day safe and fair for all, bike collection may not be available at all times. Please listen for announcements for times that bike collection is available and follow marshal instructions.

Knowing Course and Laps

Please see Course Maps below to familiarise yourself with the course directions, locations of turns and general course information. The table below outlines the Distance and Laps for each event:

Event	Run/Walk #1	Bike	Run/Walk #2
Individual Short Course	2.5km	20km	5km
Individual Long Course	10km	40km	5km
Team Run/Walk Short Course	2.5km		5km
Team Cycle		20km	
Team Run/Walk Long Course	10km		5km
Team Cycle		40km	
5km Run/Walk	5km		
10km Run/Walk	10km		
Tamariki	500m		
Tamariki	1km It is an out & back course		

Tamariki Run (500m & 1km)

The Tamariki run for both distances will start in transition. They head south, on the track, around Henley Lake and there will be a marshal located at each of the turnaround points for both distances. The Tamariki will then return to transition entering the finish chute.

Individual Long Course

Run Briefing (Includes 5km & 10km run/walk only events)

Your first run will start in transition. This area will be identifiable and we will get everyone inside before race briefing. You will run over a timing mat so there is no need to bunch up at the start. Please self-seed (go where you think you are running with others at your pace) and if in doubt wait until the quicker runners have gone first. The run starts at transition and heads out toward the forest area. This will be well marked and marshals will be there for direction & assistance. Once you run through the forest you will head onto the Henley Lake track which will lead you back to transition. This must be done 2x (2x blue loop on map). Then 2x around Henley lake (2x red dot on map). (The run map is included in this manual). The vast majority of the course is on formed track. Once you have completed the 1st run leg (2 blue loops and 2 red dot loops), you enter transition to prepare for the bike leg (see bike briefing).

Bike Briefing

After your first run leg (10km), you will head into transition and put on your helmet. Once you are ready, you will walk your bike from the racks to the mount line. Please don't ride your bike in transition or on the way to the mount line. Once you pass the mount line you will get on your bike and complete 2 of laps (40km). *You stay out on the course until you finish both loops (before coming back into transition)* You will then get off your bike at the dismount line, walk your bike back to transition and rack it before removing your helmet and starting the final run leg (5km).

- Please keep to the left on the bike course at all times, unless overtaking.
- Please ensure you have a drink bottle on your bike to stay hydrated. There are **no** aid stations on the cycle course.
- Please ensure your helmet is secured from the time you remove your bike from the rack until you put your bike back on the rack.

The cycle course leaves transition and follows the internal drive before turning left onto Colombo Rd and heading south. Turn left on Johnstone Street, head north on TeWhiti Rd towards Lee Pakaraka Rd. Turn left on Lee Pakaraka Rd heading northeast towards Masterton Stronvar Rd. Turn left onto Masterton Stronvar Rd, slight left onto Watson Rd and head south toward McKinistry Ave. Head north on

Watsons Rd toward Olivers Rd, heading west onto Te Ore Ore Rd. Then turn left into Colombo Rd before heading back to transition (refer to the cycle map included in this manual).

Also note that there may be coned chutes on several left turns for your safety. Please stay within the chute and slow down as you enter them, you may have to consider other cyclists around you as you enter, go through, and exit the chute. Also note that normal road rules apply at all times. Stick left at all times and passing is only allowable on the right hand side of the cyclist you are overtaking.

Second Run!

After your bike ride you will then head into transition and put your bike back on the rack. You can then remove your helmet and get ready for the run. Once you are ready you will head out on to the run course. The final 5km consists of running the blue loop and then the red dot loop as shown on the long course run map.

- There is only one hydration station on the 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 (\$25)

Individual Short Course

Run Briefing (Includes 2.5km & 5km run/walk only events)

Your first run will start in transition. This area will be identifiable and we will get everyone inside before race briefing. You will run over a timing mat so there is no need to bunch up at the start. Please self-seed (go where you think you are running with others at your pace) and if in doubt wait until the quicker runners have gone first. (The run map included in this manual.) The 2.5k run leg goes out of transition, down the drive, back into transition, then around Henley Lake. Once completed enter transition to prepare for the bike leg (see bike briefing).

Bike Briefing

After your first run leg (2.5km), you will head into transition and put on your helmet. Once you are ready you will walk your bike from the racks to the mount line. Please don't ride your bike in transition or on the way to the mount line. Once you pass the mount line you will get on your bike and complete 1 lap of the course.

The cycle course leaves transition and follows the internal drive before turning left onto Colombo Rd and heading south. Turn left on Johnstone Street, head north on TeWhiti Rd towards Lee Pakaraka Rd. Turn left on Lee Pakaraka Rd heading northeast towards Masterton Stronvar Rd. Turn left onto Masterton Stronvar Rd, slight left onto Watson Rd and head south toward McKinistry Ave. Head north on

Watsons Rd toward Olivers Rd, heading west onto Te Ore Ore Rd. Then turn left into Colombo Rd before heading back to transition (refer to the cycle map included in this manual).

Also note that there may be coned chutes on several left turns for your safety. Please stay within the chute and slow down as you enter them, you may have to consider other cyclists around you as you enter, go through, and exit the chute. Also note that normal road rules apply at all times. Stick left at all times and passing is only allowable on the right hand side of the cyclist you are overtaking.

Please keep to the left on the bike course at all times unless overtaking.

- Please ensure you have a drink bottle on your bike to stay hydrated. There are no aid stations on the cycle course.
- Please ensure your helmet is secured from the time you remove your bike from the rack until you put your bike back on the rack.

Second Run

After your bike ride you will then head into transition and put your bike back on the rack. You can then remove your helmet and get ready for the run. Once you are ready you will head out on to the run course. The final run is 5km. This consists of running the blue loop and then red dot loop as shown on the long course map (and insert into the short course map) On your final lap you will enter into the finish chute.

- There is only one hydration station on the 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 (\$25)

Teams

Teams have a minimum of two and a maximum of three participants. That means one person will be required to do 2 legs in a two-person team.

- Race number bib to be worn at all times.
- Change over point is inside transition. Runner #1 must give the cyclist the timing chip before cyclist removes bike from rack and cyclist must rack bike and then gives runner #2 the timing chip before the runner begins.
- Timing chip - to be worn by all team members on the left ankle or the team may not receive a time.

Team course is the same and you should also read the run/bike/run sections above. There will be identifiable sections for teams within transition.

Post-Event Weekend

Timing Queries

If you are having issues finding your time or your time is incorrect, please answer the below questions and email to phil.mossman@tridentrfid.com

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

PLEASE NOTE: All timing queries submitted in the 3 days after the event will go to the timing company on the Wednesday night following the event - no amendments will be made prior to this. Queries made between Thursday and close of business Friday will be dealt with in the week following. No amendments will be made for submissions made after 5 days. All inquiries need to include:

- What was your bib number?
- Was the number on your timing chip 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?

Whilst every effort will be made to correct any discrepancies with timing, there are times when the technology is not 100% accurate and occasions when the chips fail to read. In these instances, whilst we appreciate it is not ideal; we will try and give you a manual finishing time.

Positive or Constructive Feedback

If you wish to provide any positive or constructive feedback please do so by emailing info@ironmaori.co.nz

[Venue Maps follow – for better quality and to enlarge maps please go to www.ironmaori.co.nz](http://www.ironmaori.co.nz) and go to the Wairarapa Duathlon Event section.

Bike Course

IRONMĀORI
WAIARAPA DUATHLON
CYCLE COURSE 20KM

COURSE DESCRIPTION

HEAD SOUTH ON COLOMBO RD
TURN LEFT ON JOHSTONE STREET
HEAD NORTH ON TE WHITI RD TOWARDS LEE PAKARAKA RD
TURN LEFT ON LEE PAKARAKA RD
HEAD NORTHEAST ON LEE PAKARAKA RD TOWARDS
MASTERTON STRAVARA RD

TURN LEFT ONTO MASTERTON STRAVARA RD
SLIGHT LEFT ONTO WATSONS RD
HEAD SOUTH ON WATSONS RD TOWARD MCKINSTAY AVE
HEAD NORTH ON WATSONS RD TOWARD OLIVERS RD
HEAD WEST ON TE ORE ORE RD
TURN LEFT INTO COLOMBO RD TO TRANSITION

TE WHITI

*THIS COURSE DESCRIPTION IS SUBJECT TO CHANGE AND SHOULD BE READ ALONG WITH THE COURSE MANUAL, RACE WRITER AND RACE BRIEFING ON THE DAY

IRONMĀRI

WAIRARAPA DUATHLON LONG COURSE RUN



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WAIRARAPA DUATHLON SHORT COURSE RUN



Run course description:

The short course run starts in Transition and runs out toward the road, and comes back to transition and then does 1 lap of the pond, indicated in blue which is 2.5km

when you return from bike you will use 5km long course run indicated by map in the top right

(Greater) Site map

**Note: TRANSITION is in the Henley Lake carpark off Colombo Road.
PARKING is provided in the grey shaded areas with lines representing carparks.**

Upcoming Events



All of our events are open to everyone! Come and participate, spectate and enjoy the whanaungatanga!

Event	Date	Registration
AHURIRI/NAPIER		
Iron Maori Quarter (Pandora Pond, Napier)	November 2016	Teams still available
Kaumatua (55+)	November 2016	Open
Iron Maori Half (Pandora Pond, Napier)	December 2016	Teams still available
Tamariki (5-12)	December 2016	Open
Rangatahi (13-17)	December 2016	Open
TARANAKI		
Hawera	February 2017	Opening shortly
AUCKLAND		
Auckland, Umupuia, Maraetai	April 2017	Opening shortly
Watch www.ironmaori.co.nz for news of new events coming to 2017		