

# IRONMĀRI®

## RANGATAHI INDIVIDUALS AND TEAMS Friday 2<sup>nd</sup> December 2016

### Race Briefing

Age: 13 - 17 years old

Distance: 500m swim, 7km cycle, 3km run

#### **Registrations:**

**Where:** Humber Street Domain, Pandora, Napier

**When:** Friday 2<sup>nd</sup> December 2016

**Race pack pick/late entries:** 7.00am to 8:30am.

**Karakia/ Race Brief:** 8.50am

**Event Start time:** 9.00am

You will pick up your race pack, which will include your race numbers, and T-shirt (please note that T-shirt sizes will be as per your registration details and cannot be changed).

Transition will be set up on Friday morning. If you want to come over see how this works, feel free to do so but remember that it is your responsibility to understand the transition flow on race day. Racking of Bikes for Individuals and also Teams

On race day no spectators or supporters are to enter transition. They are also not allowed to remove your bike.

You must do this yourself to avoid loss of equipment

#### **Timing:**

This event is not timed as it is a participation event only.

## **Race Numbers:**

Race numbers will be issued and they need to be pinned to the front of your shirt for ease of identity and photographic purposes. If you wear a race belt please ensure that your number is visible in the front when you enter and exit transition at the timing points (not scrunched up).

## **Course Maps:**

Can be found on the website and you must be responsible for knowing the course.

## **Swim Course:**

You will be walked to the start of the swim course, which is on the other side of Pandora Pond.

The course is a 500m Swim directly across the Pond to the Transition area where you will exit by the wooden steps.

## **Cycle Course:** 7km (This is one lap only)

Leaving transition on Pandora Road, toward State Highway 2, turn left on State Highway 2, heading toward the Prebensen drive roundabout, take the first exit on the roundabout on to Prebensen Drive, heading toward Mitre 10, turn left in to Severn Street, then right in to Thames Street, then left on to Pandora Road and head back towards transition, you will only complete one 7km cycle lap this year.

## **Lead vehicle / Tail End Charlie:**

There will be a vehicle leading out the first cyclist to ensure that they are taken onto the correct course. There will also be a vehicle following the last cyclist to ensure they get back safely and also to release the marshals.

NO Drafting is allowed during the cycle. If you are not aware of what drafting is a basic explanation is as follows: Do not follow too closely behind the wheel of the person in front of you. This gives you an advantage and saves your energy while you are letting the person in front do all the hard work!

Please note that Ipods, mp3 players or musical devices that require you to use earplugs are **NOT** permitted on the cycle course.

Traffic Management and/or marshals will be located on every corner.

Road rules will apply at all times, do not cross the centre line and ensure you stay left at all times. There are no road closures so please ensure you listen to marshal's instructions.

### **Note to Whanau:**

Please do not drive behind your cyclist, it is very dangerous, and the fumes from your car will affect other cyclists. We need to keep our rangatahi safe out there. Please obey all marshals' requests. It would be preferred that you stay at transition and support your cyclist as they pass you on each lap.

### **Run Course:**

You exit transition on Pandora Road cross the bridge and follow the lime track until you get to the Westshore Carpark directly opposite the Westshore Hotel, here you will turn around and head back towards transition. Enter transition and head straight to the finish line

There will be a drink station on the run course providing water at the turn around point. You **MUST** wear shoes for the cycle and for the run for safety reason. If a child presents with no shoes on the bike course or run course they will not be allowed to take part in the event.

### **Team Tag Area:**

Team members are to wait in the transition area on Pandora Road, for their swimmer, who will then tag their cyclist.

Once they have completed their cycle they will then tag their runner, and we encourage you all to cross the finish line together

As soon as you cross the finish line, you will receive your medal.

If your parent, guardian or support person wishes to put your medal on they must wait at the finish area and let the organiser know that they wish to do this. Due to number of participants we ask you clear the finish area as soon as possible.

### **Littering:**

Littering is against all race rules so all litter needs to be carried back to transition. There will be rubbish bins provided at transition and also at the

Aid Stations.

**Parking:**

Humber Street car park will be closed to the public

All competitors and spectators are asked to park elsewhere for the safety of the participants and to ensure the residents can leave and enter their buildings. We have arranged for you to park your car in the following two designated areas. Pandora Road there will be a gate opened to park on the grass just after the Pandora Road bridge. The car park directly next to the Wrightsons woolshed in Pandora Road is also for parking in. Please ensure you leave the driveway next to the fence line clear as this is the back entrance that leads to the apartments. **Please do not park in the businesses car parks**

**Prize Giving:**

This will be held at the Event Site at Humber Street, Napier (Pandora Pond) as soon as the last competitor has completed their event.

In line with the Ironmaori kaupapa the event area and prize giving is a smokefree/alcohol free venue.

Any further queries should be directed to the Event director Heather Skipworth: [heatherskipworth@ironmaori.co.nz](mailto:heatherskipworth@ironmaori.co.nz)