



# IronMāori Quarter Ironman 2018

## Event Manual

Pandora Pond  
Ahuriri / Napier

## **Event Details**

**Date: Saturday 3rd November 2018**  
**Location: Pandora Pond, Ahuriri, Napier**

### **START TIME**

**7.00am Individuals**

**7.00am Team Cyclists**

**8.00am Team Swimmers**

**8.15am Team Runners/Walkers**

### **EVENT DISTANCES**

**Individuals and Teams**

**1km Swim, 45km Bike, 10.5km Run/Walk**

**We would like to thank the following sponsors for their support of the 2018 IronMāori Quarter Ironman Event:**

 <p><b>Raiseys</b> SPORTS &amp; LIFESTYLE NUTRITION PROUDLY MADE IN NEW ZEALAND</p>	<p>Raisey's: We will be using Raisey's Hydrate for this event. It is highly recommended that you give the product a go before you need it on the course. They even have smaller, cheaper sample size sachet's so you can get you taste of it before your event. You can find Kane and the Raisey's team on Ford Road, Onekawa or make contact on <a href="http://www.raiseys.co.nz">www.raiseys.co.nz</a>, (06) 8356586 or <a href="mailto:info@raiseys.co.nz">info@raiseys.co.nz</a>.</p>
	<p>Cranked Cycles &amp; Triathlon are only a short drive or phone call away to help you with any advice you need regarding your current or future bicycle, maintenance and/or any questions you may have. Contact Tony, Justine and the team on: <a href="http://www.crankedcycles.co.nz">www.crankedcycles.co.nz</a>, (06) 835644 or <a href="mailto:crankedcycles@xtra.co.nz">crankedcycles@xtra.co.nz</a>.</p>
	<p>KAHUI LEGAL is a specialist law firm working at the forefront of Māori development with experience and expertise in legal issues that affect Māori and the interface between iwi and Māori organisations and the Crown, local government and other entities. Find out more about Kahui Legal at <a href="http://www.kahuilegal.co.nz">www.kahuilegal.co.nz</a>.</p>
	<p>Trust House Ltd and its businesses provide sponsorship for community-run initiatives. Trust House Ltd and its businesses sponsor a range of events, clubs, individuals and activities that align with their core aims and reflects the diversity of their communities.</p> <p>By supporting local businesses, you support your community too. Find out more about them at <a href="http://trusthouse.co.nz">trusthouse.co.nz</a></p>
	<p>Te Rangihaeata Oranga Trust / Hawke's Bay Gambling Services are the leading provider in Hawkes Bay for people who are affected by harmful gambling. Find out more at <a href="http://www.gamblinghb.co.nz">www.gamblinghb.co.nz</a>.</p>

**The IronMāori Quarter is proudly held in Ngāti Kahungunu, in the City of Napier.**



Ngāti Kahungunu Iwi Incorporated is the mandated & legislated Iwi authority for Ngāti Kahungunu. Kahungunu is New Zealand's third largest Iwi and is located on the eastern coast of the North Island from Hawkes Bay to the Wairarapa. The Iwi has been a proud supporter of IronMāori since 2009. Find out more at [www.kahungunu.iwi.nz](http://www.kahungunu.iwi.nz).



The City of Napier's mission is to provide the facilities and services and the environment, leadership, encouragement and economic opportunity to make Napier the best city in New Zealand in which to live, work, raise a family, and enjoy a safe and satisfying life. The vision is to continue to grow and maintain a vibrant Napier which surpasses expectations and embraces new opportunities for all aspects of the city. Find out more at [ww.napier.govt.nz](http://ww.napier.govt.nz).

## Event Timetable

### Friday 2 November 2018 - Registration and transition set up

Time	Activity	Location
4.00pm	Registration Opens - for individuals and teams (including any team changes). Please note - bike racking in transition is for <b>individuals</b> only.	<b>Pandora Pond, Humber Street, Napier</b>
6.30pm	Registration and transition is closed.	

### Saturday 3 November 2018 - Event Day timetable

Time	Activity	Location
5.30am	Registration Opens - for individuals and teams (including any team changes).	<b>Pandora Pond, Humber Street, Napier</b>
6.15am	Registration closed	
6.15am	Transition closed	
6.40am	Karakia/opening	Transition
6.45am	Race Briefing	Transition
6.55am	Wero	Transition
7.00am	Individual's start swim	Pandora Pond
7.00am	Team Cyclists/Solo Discipline cyclist start	Pandora Road
8.00am	Team Swimmer/Solo Discipline swimmer start	Pandora Pond
8.15am	Team Runners/Walkers/Solo Discipline run-walker start	Pandora Road
9.00am	Swim course closed	
11.00am	Cycle course closed	
1.00pm	Run course closed	
1.00pm	Transition open for bike removal	Transition
1.30pm	Prize Giving	Transition

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

## 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

##### Swim Leg

- Swim Cap
- Goggles
- Wetsuit or togs
- Timing chip

##### Bike Leg

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

##### 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

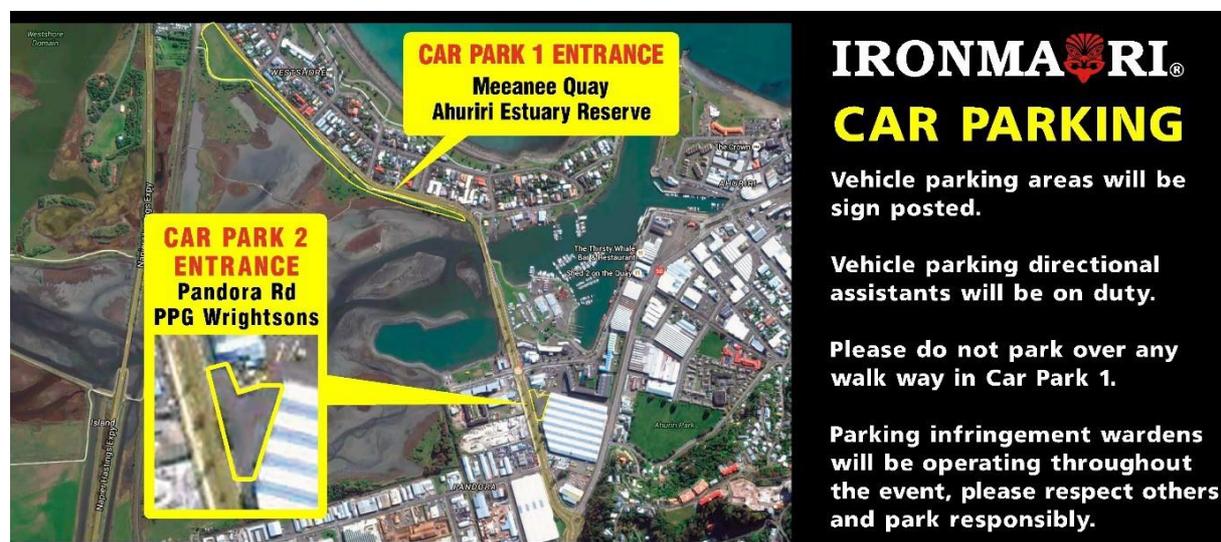
## Event weekend - locating key areas and services available

### Registration

Registration will be located at Pandora Park, Humber Street, Ahuriri/Napier. Information boards and maps for the course can be found around registration. IronMāori also hosts the event Registration help desk. The Registration kaimahi/helpers 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

Parking is available in the PGG Wrightson carpark on Pandora Road and opposite Nott Street on the Pandora Reserve. We ask that you respect local businesses and residents by not parking across driveways or on footpaths.



## Services available

### Cycle Assistance

**The Cranked Cycles Store:** will be open in Munroe St, Napier during registration (Friday) until approximately 7pm - directions will be available at Registrations. Tony from Cranked Cycles will then be on the cycle course from 7.00am until 11.00am on event day.

### Hydration Stations

**Raisey's Hydration:** There will be 3 water/hydration stations on the run course. We will have water and Raisey's Hydrate available at each station. Raisey's Hydrate is a sports drink which contains Carbohydrates and Electrolytes.

### Medical Assistance

**St Johns Medical team:** including ambulance services will be onsite and on the course from 6.30am until shortly after 2.00pm.

## Friday 2 November - preparation

### **Timing and registration packs**

Please make sure you have taken note of your start time and briefing time in the timetable on page 5. 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:** Individuals - place your bike on the rack and set up your race equipment to the right (chain side) or underneath your bike on Friday 2 November. Ensure you remove any non-race equipment (including bags) away from the bike racks before leaving transition. Team cyclists, please keep your bikes on you right up until you start your event.

#### **Transition Access:**

- Only competitors are allowed in the transition area. There is plenty of spectator space close to transition.
- Jumping any transition fences will lead to disqualification.
- Bike & equipment collection will not be available until after 1.00pm, unless otherwise noted over the PA system. Please follow marshal instructions.

### **Knowing your course and laps**

Pre-race, check out the course maps (page 10 and 11) or alternatively go onsite and view the course, during the week leading up to the event to familiarise yourself with the course directions, location of turns and general course information. The cycle is an out & back course. Failure to follow the designated course may result in personal injury or accident, and may result in disqualification.

## Event Briefings

### INDIVIDUALS

#### Swim Briefing - 1km

The multi coloured Silver/White/black (one cap 3 colours in it) caps will go first. If you were not given a multi coloured Silver/White/black cap in your race pack then you will have a multi coloured orange/pink/blue cap (one cap 3 colours in it), and the Swim director will start orange caps after he has let the silver caps go. You will need to self-seed, which means if you are a confident swimmer you should put yourself at the front of the 3 coloured orange/pink/blue caps group in transition but (behind the Silver/White/black caps). If you are not that confident put yourself at the end of the group. Your swim cap colour does not signify where you will start in the swim unless you have the multi coloured Silver/White/black cap on. Your swim time will start once you cross the timing mat; you will then walk down to the stairs, directed by our swim marshals. This will be a wave start of approximately 50 swimmers and the waves will start at regular intervals. You have up to 55 minutes to complete your 1km swim.

#### Cycle Briefing - 45km

When you have completed your swim, head back into transition and get ready for your cycle. Put on your helmet and 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 (45km). *When you complete the cycle* 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 run leg (10.5km).

- 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 is a 'water only' aid station on the cycle course locate at the turn around point on Swamp Road.
- 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.

**Drafting is not permitted** in this event, and you may incur a time penalty should you be caught drafting. Drafting can cause you to put other participant's safety at risk. We strongly advise you not to draft.

There will be marshals located on the cycle course (refer to the cycle map included in this manual).

#### Run Briefing - 10.5km (2 X 5.25km laps)

After your cycle 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 where you will complete 2 laps.

- There are three 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 (\$25.00)

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

## **TEAMS**

### **Swim Briefing - 1km**

All team swimmers will be wearing blue swim caps. You will be called on to Pandora Road from 7.50am, our swim Marshals will lead you to the start. At 8:00am you will be released in an orderly fashion to walk down to the stairs and enter the Pond to begin your swim. Your start time will be recorded once you cross the timing mat by the stairs. This will be a wave start. There is no particular starting order and you will self-seed. YOU will decide where in the group you start. All strong confident swimmers should put themselves at the front. You will wear your own timing chip. The Swim director will officially start the swim.

This will be a wave start of approximately 50 swimmers and the waves will start at regular intervals. You have up to 1 hour to complete your 1km swim.

### **Cycle Briefing - 45km**

There will be a wave start of approximately 50 cyclists per wave being released every minute. The Race Director has allowed you to self-seed, which means if you are a more confident cyclist you will arrive early and place yourself in the front. If you are not that confident at cycling, you will put yourself to the back of the group. Once you cross the timing mat your cycle time will start. On your return you will enter the main transition area (follow the cones and listen to the Marshals). You will dismount and then, push your bicycle across the finish line, to receive your medal. Please then exit with your bike. You will not be required to tag your runner as all team runners have their own timing chip and they will ALL leave at 8.30am, Team cyclists have their own timing chip.

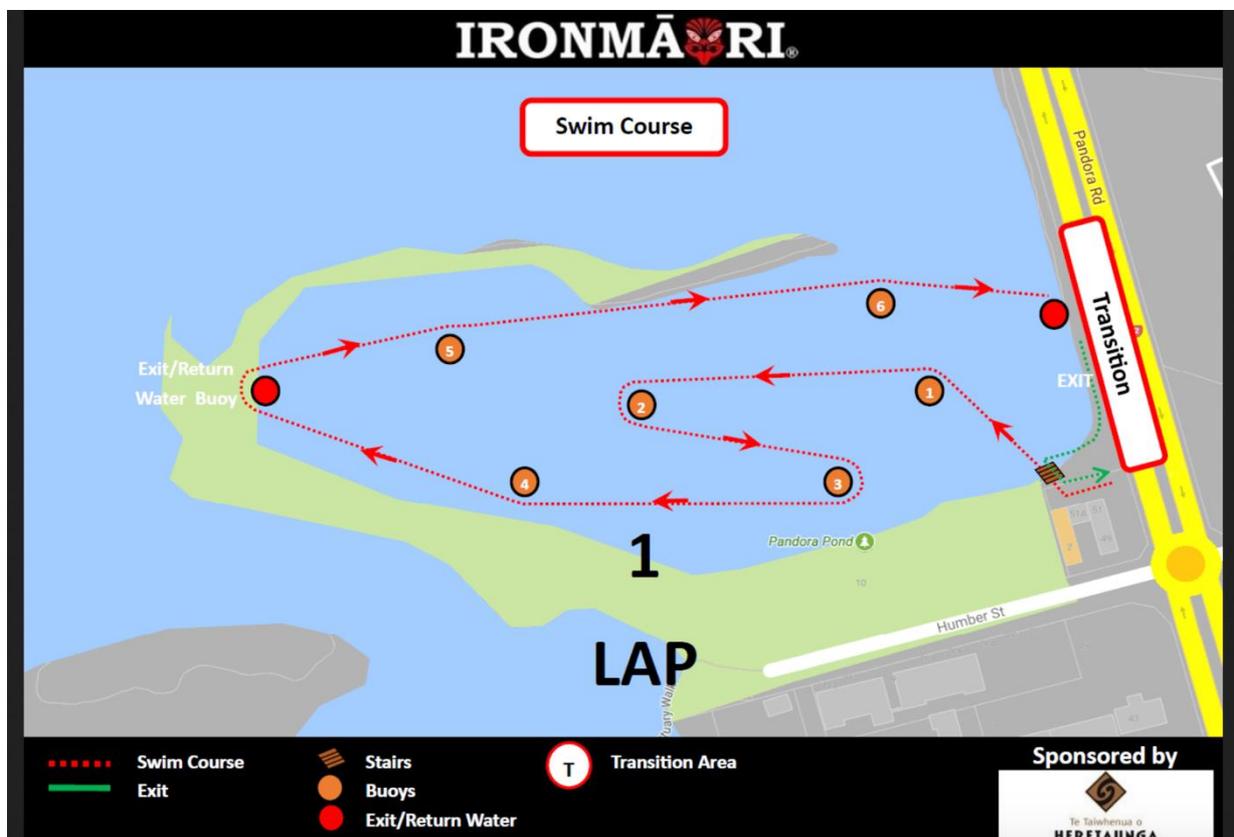
Drafting is not permitted in this event, and you may incur a time penalty should you be caught drafting. Drafting can cause you to put other participant's safety at risk and we strongly advise against drafting.

### **Run Briefing - 10.5km (2 x 5.25km laps)**

ALL Team runners will become part of a group start whether your cyclist is back or not. No team runners will start before or after this time. Each team runner has his or her own timing chip. You will start where your Team Cyclist started on Pandora Road.

## Course Maps

For better quality and to enlarge maps please go to [www.ironmaori.co.nz](http://www.ironmaori.co.nz), IronMāori ¼ Event section.



### Swim Course (1km, 1 lap)

Swimmers will congregate in and around the car park by the bakery.

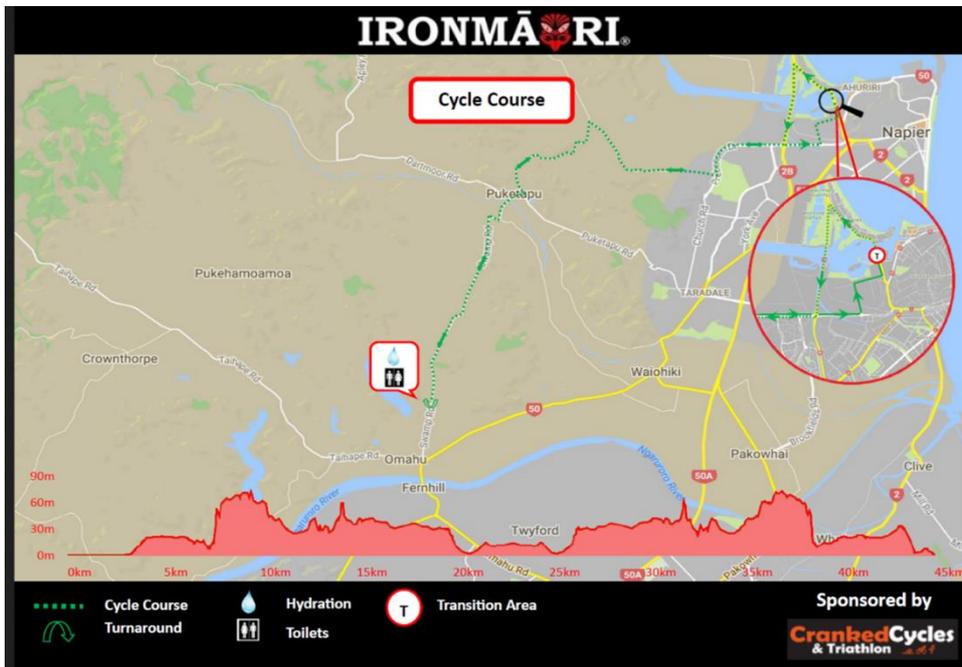
The swim chute will lead you from the car park to the stairs. The timing mat (start & finish) will be at the top of the stairs. Go down the stairs, keeping to the left, and enter the water.

Swim straight out keeping to the right side of the buoy. Swim around BUOY 1. Swim on the outside of this BUOY, head down towards BUOY 2, then head back towards the start area shoreline and around BUOY 3 (from now on swim on the outside of all buoys, so that all buoys will be on your right hand side as you go around the course).

Swim down to BUOY 4 and then towards the BLUE SEVENTY BUOY and EXIT on the shore. This is your half way point. Go around this BLUE SEVENTY BUOY, re-enter the water, swim towards the outside of BUOY 5 on its left side, then carry on to BUOY 6. Continue swimming towards the other BLUE SEVENTY BUOY which is situated on the shoreline, and EXIT the water. Your swim is now finished, WELL DONE!

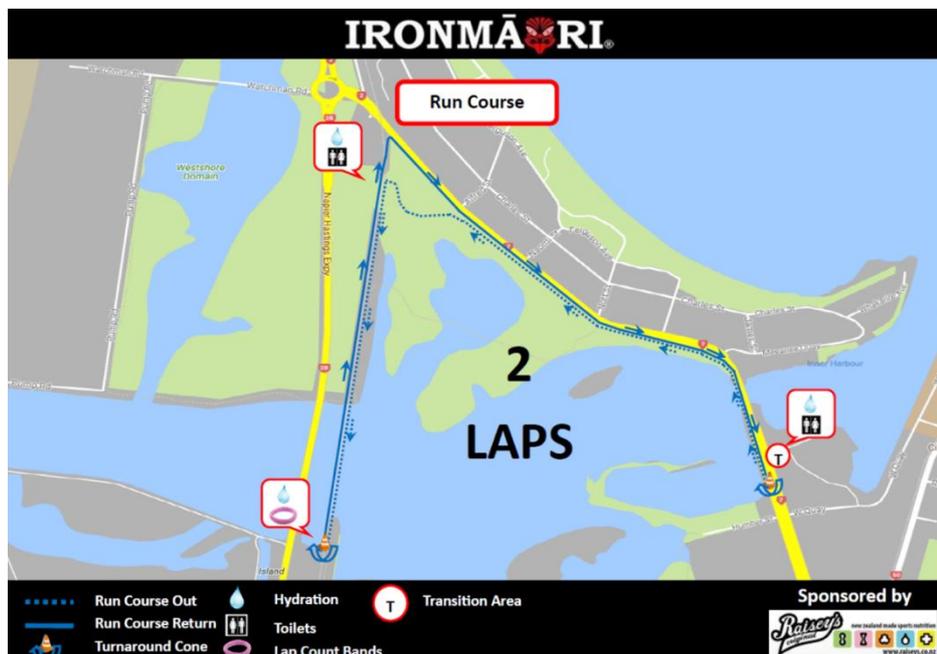
### Cycle Course

The cycle course is a 1 lap course (please refer to the green line for the course route).



### Run Course

The run course is a 2 lap course (please refer to the blue line for the course route).



Have fun!

## Post-Event Weekend

### Timing Queries

If you are having issues finding your time or your time is incorrect, please email Gavin on [gavin@tridentresults.com](mailto:gavin@tridentresults.com) 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 24hours 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.