



ACC
SportSmart

IronMāori
Half Ironman
2018

Event Manual

Pandora Pond
Ahuriri / Napier

EVENT DETAILS

Date: Saturday 1st December 2018
Location: Pandora Pond, Ahuriri, Napier

START TIME:

5.55am: Race Karakia/Briefing/Wero

6.15am: Individuals

6.15am: Team/Solo Cyclists

8.00am: Team/Solo Swimmers

9.30am: Team/Solo Runners/Walkers

EVENT DISTANCES:

**Individuals and Team/Solo:
2km Swim, 90km Bike, 21.1km Run/Walk**

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



Ngāti Kahungunu Iwi

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.

**CITY OF
NAPIER**



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 www.napier.govt.nz.

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



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 www.raiseys.co.nz, (06) 8356586 or info@raiseys.co.nz.



Cranked Cycles & 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: www.crankedcycles.co.nz, (06) 8355644 or crankedcycles@xtra.co.nz.



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

www.kahuilegal.co.nz.



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.

By supporting local businesses, you support your community too.
Find out more about them at trusthouse.co.nz

**Te Rangihaeata
Oranga Trust**



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 www.gamblinghb.co.nz.



Come along to the ACC SportSmart Recovery and Chill Out Zone to get some awesome giveaways. We will have physios on-site to help you with any sports-related injuries you might have.

We're about helping everyone achieve their goals and stay injury free - whether you consider yourself a beginner, a competitive athlete or something in between. The ACC SportSmart programme is based on nine key principles and will help you perform well and keep on enjoying your active lifestyle.

We've partnered with IronMāori to promote whānau wellness and support good preparation for individual wellness journeys. You can find out more about ACC SportSmart at www.accsportsmart.co.nz.

Event Timetable

Friday 30 November 2018 Timetable

Time	Activity	Location
4.00pm	Registration/Race pack pickup, Open for individuals and teams	Pandora Pond, Humber Street, Napier
4.00pm	Bike racking - for individuals only	
6.30pm	Registration/Race pack pickup and transition closed	Pandora Pond, Humber Street, Napier

Saturday 1 December 2018 Timetable

Time	Activity	Location
5.00am	Registration/Race pack pickup, Open for individuals and teams	Pandora Pond, Pandora Road, Napier
5.30am	Registration/Race pack pickup closed	
5.30am	Transition closed	
5.55am	Karakia/opening	Transition
5.55am	Race Briefing	Transition
5.55am	Wero	Transition
6.15am	Individual Event start	Pandora Pond
6.15am	Team/Solo Cyclists start	Pandora Road
8.00am	Team/Solo Swimmer start	Pandora Pond
9.30am	Team/Solo Runners/Walkers start	Pandora Road
9.30am	Swim course closed	
1.00pm	Transition open for bike removal	Transition
1.30pm	Cycle course closed	
5.30pm	Run course closed	
6.00pm	Prize Giving at NEW VENUE	PLEASE NOTE NEW VENUE Pettigrew Green Arena

Please note that you will need to register and pick up your race pack, and that your seat post sticker is on your bike, to be allowed in 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

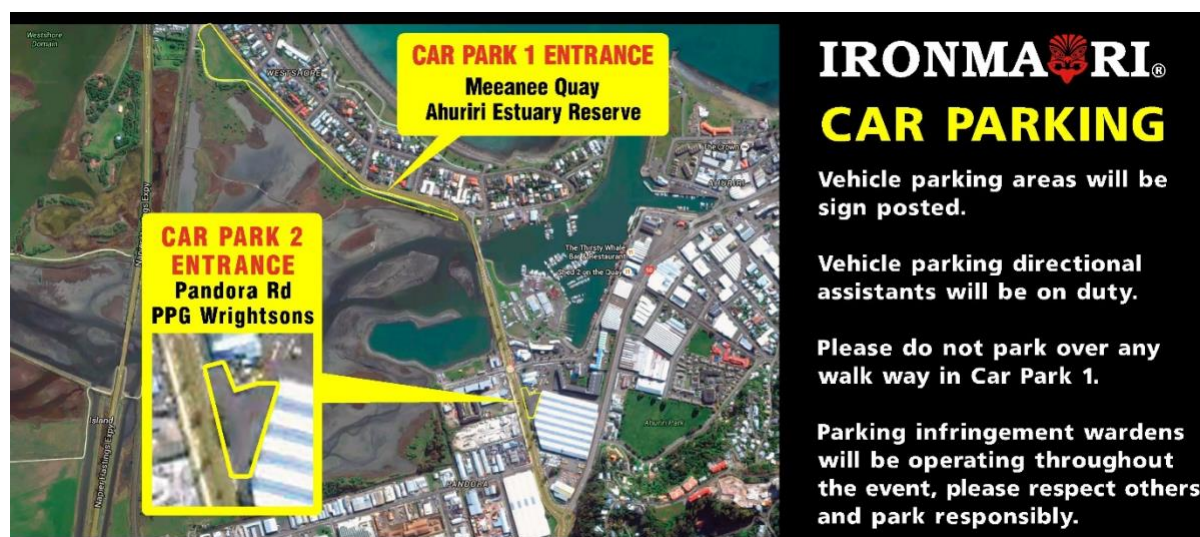
Registration

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 130 Station Street, 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 6.00am until 1.00pm 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 5.30am until shortly after 5.30pm.

Friday 30 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 7. 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 - 2km (2 x 1km lap)

The Blue-white caps will go first. If you were not given a Blue-white cap in your race pack then you will have a Purple-white cap.

The Swim director will start the Purple-white caps after he has let the Blue-white caps go. You will need to self-seed, which means if you are a confident swimmer you should put yourself at the front of purple-white caps group in transition (behind the Blue-white 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 a Blue-white cap on.

Your swim time will start once you cross the timing mat; you will then walk down to the stairs, directed by the swim marshals. There will be wave starts of approximately 50 swimmers and the waves will start at regular intervals.

You have 1 hour and 30mins to complete your 2km swim.

Cycle Briefing 90km (Out and Back)

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 (90km).

To ensure yours and everyone's safety 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
- keep to the left on the bike course at all times, unless overtaking
- cycling or walking bikes up hills **MUST** be single file
- ensure you follow all the road rules, as no roads are closed for the event
- ensure you have a drink bottle on your bike to stay hydrated.

There is a 'water only' aid station/toilets on the cycle course located at Ōmahu School (23km mark), at Pukehomoamoā school (33km mark), at the turn around point (45km mark), again at Pukehomoamoā school (57km mark), and again at Ōmahu School (67km mark).

When you complete the cycle dismount your bike at the dismount line, walk your bike back to transition and rack it before removing your helmet and starting the run leg (21km).

There will be marshals located at every turn on the cycle course.

Drafting is not permitted in the event, and you may incur a time penalty should you be caught. Drafting can cause you to put other participant's safety at risk. We strongly advise you not to draft. 7m is the distance needed between another cyclist's back wheel to your front wheel.

You have 5 hours to complete your 90km cycle.

You must be back in transition by 1.00pm the cycle course will close at 1.30pm

Run/Walk Briefing 21km (4 x 5.25km)

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/walk. Once you are ready you will head out on to the run/walk course where you will complete 4 laps.

There are three hydration stations on the run/walk course. Please bring sufficient additional hydration should you require it.

Please remember to:

- keep left on the run/walk course at all times unless overtaking
- return the timing chip at the finish line
- ensure you hand in your timing chip to the marshals at the finish line or you will be charged \$25.00.

The run/walk course will close at 5.30pm.

There will be marshals located on the run/walk course.

In total you have 11 hours and 15mins to complete your day's journey. If any discipline gives you extra time you can add that to your next time i.e. if your swim takes you 1 hour you can add the 30mins to your bike time, and so on.

TEAMS/SOLO - Swim Briefing 2km (2 x 1km lap)

8.00am

All team swimmers & Solo discipline swimmers will be called onto Pandora Road from 7.50am. You will be wearing Green-blue swim caps. 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.

There will be wave starts of approximately 50 swimmers and the waves will start at regular intervals.

You have up to 1 hour and 30mins to complete your 2km swim.

Once you complete your 2km swim you will go through the exit swim chute to the finish line, where you will receive your finishers medal.

Please ensure to hand in your timing chip, or you will be charged \$25.00.

Teams/Solo Cycle Briefing 90km (Out and Back)

6.15am

The 'Assembly' point is on Pandora Road in front of HB Sea foods, (we have road closure), please assemble on the right hand side of the road. Marshals will be there to help you.

Cycling or walking bikes up hills must be in single file. You are not permitted to cycle more than single file up hill. Please ensure you follow all the road rules, as no roads are closed for the event. Helmets are compulsory and must be done up before leaving transition. No wearing of Ipods or ear phones on the cycle, if you are seen wearing them on the cycle you will be disqualified, this is a safety risk for yourself and others.

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 into the main transition area (follow the cones and listen to the Marshals). You will dismount and then walk 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 9.30am. Team cyclists have their own timing chip. Please ensure to hand in your timing chip to the marshals at the finish line or you will be charged \$25.00.

Teams/Solo Run/Walk Briefing 21km (4 x 5.25km)

9.30am

At 9.20am you will be called on to Pandora Road in the same place your team cyclist started from, whether your cyclist is back or not.

ALL Team/Solo runners/walkers will become part of a group start. No team runners/walkers will start before or after this time. Each team runner/walker has his/her own timing chip. This will not be a wave start. There is no particular starting order, and you will self-seed.

All strong, confident runners should put themselves at the front. Once you get near the beginning of transition you will cross the timing mat. This is when your run/walk time will start.

You will wear a timing chip around your left ankle. You will receive your finisher's medal, and hand in your timing chip to the marshals at the finish line or you will be charged \$25.00.

The wearing of Ipods or ear phones on the run is accepted, however you must ensure that you stay as FAR to the left as possible so people can pass you and you must also ensure that you can hear instructions from the Marshals. We ask that you please abide by these rules or we may have to ban them in future events. Please enjoy the atmosphere and environment and take time out to embrace everything you have achieved to get you to this day.

You have 4 hours to finish your 21km run/walk. The run/walk course will close at 1.30pm for all team runners only.

Due to congestion on the run/walk course we are not allowing support runners/walkers as there will be 1000 people on the run/walk course over a 2.5km radius. Please respect our rules to allow those that have registered in the event to have full access and use of the course. Please also be mindful of others around you and keep to the left as much as possible especially on the limestone track

Cut Off Times

Individual swim: 1hour 20mins

Individual cycles: 5 hours

Individual run/walk: 4 hours 10mins

Team swim: 1 hour 20mins

Team cycle: 5 hours 30mins

Team run/walk: 5 hours

Teams have more time due to starting at different times and not having to tag team members

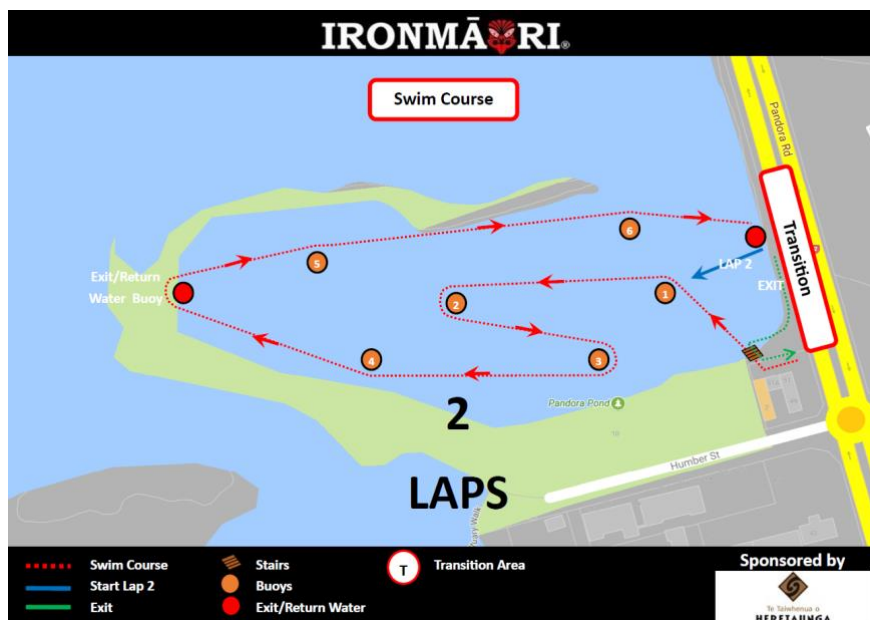
9.30am: Swim course officially closed.

1.30pm: Bike course officially closed.

5.30pm: Run course officially closed.

Venue Maps follow - for better quality and to enlarge maps please go to www.ironmaori.com and go to the IronMāori ½ Event section.

Swim Course 2km (2 x 1km laps)



Individual Swimmers will congregate in transition by the finish line and Team/Solo swimmers around the car park by the bakery.

The swim chute will lead you from transition/carpark 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.

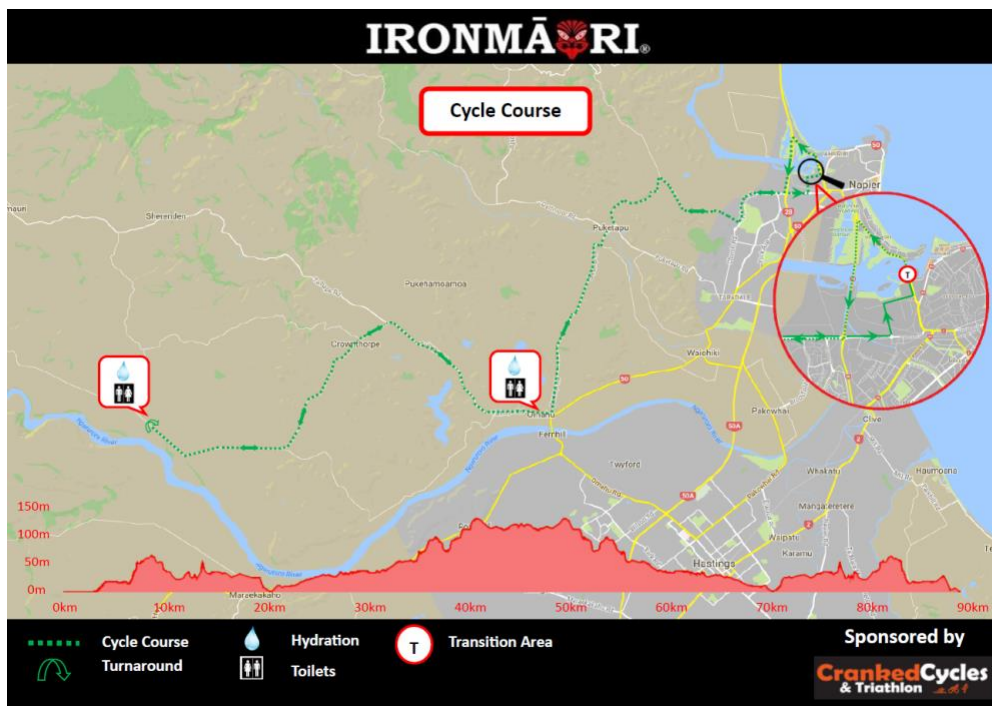
Swim straight out keeping to the right side of the buoy. Swim around BUOY 1. Swim on the outside of the buoy, head down towards BUOY 2, then head back towards the start area shoreline and around BUOY 3 (from now on swim on the outside of all buoys, so that all buoys will be on your right hand side as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

Swim down to BUOY 4 and then towards the BLUE SEVENTY BUOY and EXIT on the shore, go around the buoy and Re-enter the water. Swim towards the outside of BUOY 5 on the 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. Go around the buoy and re-enter the water, swim to BUOY 1 and repeat the swim again.

Once you have done the **2nd laps** of the swim EXIT the water at the second BLUE SEVENTY BUOY and run/walk to the stairs back to transition.

Keep to your left, through the chute to transition (Individuals) or the Finish line (Teams).

Cycle Course (Out and Back)



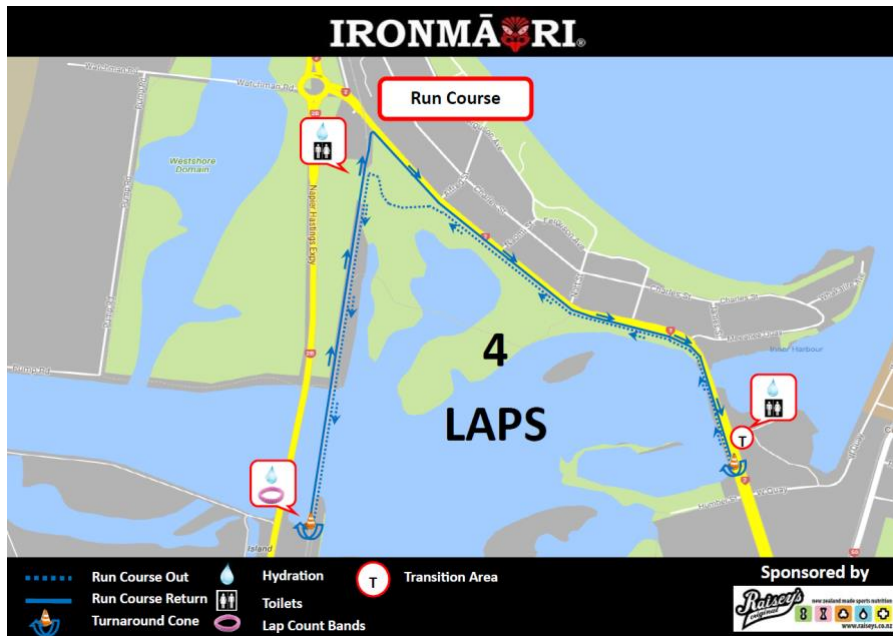
The 90km cycle is an out and back course.

Head North on Pandora Road going in to Meeanee Quay
Turn left on State Highway 2, and head south on State Highway 2
At the roundabout take the 3rd exit on to Prebensen Drive
At the next round about take the 2nd exit on to Prebensen Drive
Head south toward Church Road
At the roundabout take the 3rd exit on to Puketitiri Road, and head northwest on Puketitiri Road
Turn left on to Puketapu Road and head south on Puketapu Road turn right into Dartmoor Road,
Turn Left in to Vicarage Road
Turn Right in to Omarunui Road
Turn Left in to Swamp Road, and carry on South
Turn right in to Taihape Road, head west on Taihape Road
Turn left in to Matapiro Road,
Stay on Matapiro Road until you get to the turnaround point
Continue back the same way back down Matapiro Road
Turn Right in to Taihape Road heading East
Turn left in to Swamp Road
Right in to Omarunui Road
Left in to Vicarage Road
Right in to Dartmoor Road
Left in to Puketapu Road
Right in to Puketitiri Road
Take the 1st exit off the roundabout in to Prebensen Drive
Take the 2nd exit on the next round about going through Prebensen drive,
Turn left at Severn Street

Turn right on Thames Street
Turn Left on Pandora Road to head back towards transition where all your whanau and friends will be waiting to cheer you on

Run/Walk Course 21km (4 x 5.25km)

The run course is the same as the Quarter, just 4 laps for the Half



Prize giving

5.15pm: Doors open/Dinner served

6.00pm: Prize giving starts

Prize giving is now at The Pettigrew Green Arena, 480 Gloucester Street, Taradale, Napier. All participants must wear your finishers T-shirt to prize-giving as a meal will be provided for you only. We encourage you to bring all your family members to prize giving and they are more than welcome to bring their own kai to join in the festivities with us all.

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 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.

Enjoyed training for and participating in this event?

Go to www.ironmaori.co.nz for future events.

Upcoming Events

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

Event	Date	Registration
TARANAKI Hawera	Date tbc March 2019	Opening soon
TAUPO Taupo-Nui-A-Tia	Saturday 16, March 2019	Open
HAWKE'S BAY WOMEN'S	Date tbc September 2019	Opening soon
WAIRARAPA		Opening soon
QUARTER 2019	November 9 2019	Open now
KAUMĀTUA 2019	December 5 2019	Opening soon
TAMARIKI-RANGATAHI 2019	December 6 2019	Opening soon
HALF	December 7 2019	Opening soon

Go to www.ironmaori.com for all events and information

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