



HAWKE'S BAY

WOMEN'S DUATHLON

EVENT

MANUAL

2019



Event Details

Date: Saturday 7th September 2019

Location: Hawke's Bay (HB) Regional Sports Park, Hastings

RACE PACK PICK UP DATE AND VENUE: Saturday 7th September 2019: Under the grandstand inside, HB Regional Sports Park, Hastings: 7:30am-8.30am

Event Distances:

Individual Duathlon:

Walk/Run 5km

Cycle 12.5km

Walk/Run 2.5km

Team Duathlon:

Walk/Run 5km

Cycle 12.5km

Walk/Run 2.5km

Fun Run/Walk:

Walk/Run 5km



Sponsors:

We would like to thank the following sponsors for their support to the HB Women's Duathlon:



Tony, Justine, and the team, are only a short drive or phone call away. For any advice you need regarding your current or future bicycle, maintenance and any questions you may have, contact the team at CRANKED CYCLES:

www.crankedcycles.co.nz on (06) 8355644 or crankedcycles@xtra.co.nz



You can find team Raisey's in Ford Road, Onekawa. Kane will discuss all of your nutritional needs and has been providing supplements to the endurance community for many years. We will be using Raisey's Hydrate for the HB Women's Duathlon and it is highly recommended that you give the product a go before you use it on the course. He also has smaller and cheaper sample sized sachet to try before your event. Contact Kane, at RAISEY'S www.raiseys.co.nz, on (06) 8356586 or info@raiseys.co.nz



Event Timetable:

Saturday 7th September 2019

Time	Activity	Location
7:30AM	Race Pack pick up Late Registration Transition Open	Under the grandstand inside Transition area is on the field All bikes are racked today
8:30AM	Race Pack pick up Late Registrations Closed Bike Racking Closed	Under grandstand inside Transition area is on the field
8:30AM	Transition Closed	Transition area is on the field
8.45AM	Karakia	
8.45AM	Race Briefing	Beside Transition Transition will be closed
8.55AM	Event Dance/Warm Up	
9:00AM	Duathlon Individuals Start	
9:00AM	5km Run/Walk Start	
9:03AM	Duathlon Teams Start	
Tbc	Transition open for bike removal	Race Director will advise
Est 11:45AM	PRIZE GIVING	When last participant crosses the finish line
You must pick up your race pack before you can enter transition		



Competitors brief & helpful hints:

Pre-Event Week & General Information

Event updates/changes will be emailed out and posted on our facebook page, but you need to ensure you have liked our facebook page to receive them.

Checklist

Bike Leg

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

Run/Walk Leg

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



Race Pack Pick Up

You can collect your race pack.

1. Race morning Saturday 7th September 2019 Hawkes Bay Regional Sports Park, Percival Road from 7.30am – 8.30am Under the grandstand inside.

Your Registration fee includes: Event tee-shirt, race bag, medal, race number and timing chip.

It is compulsory that you fill out the emergency details on the back of your race number.

Race pack pick up area hosts the event Help Desk, Information boards and course maps.

The Help Desk and event staff will be able to answer any of your questions that our Information Boards do not have. This is also where you go to make changes.

Getting to the Venue and Parking

The Venue is located at Hawkes Bay Regional Sports Park, Percival Road, HASTINGS.

(Link to the Sports park website for more information: <http://www.sportspark.co.nz/>)

For Parking details please check the maps section at the end.



Event Weekend:

Onsite support:

We will have a number of marshals with first aid certification at the venue, and around the course. For emergency assistance our marshals will be instructed to dial 111. The hospital is located 4.7km away from the event.

Hydration Stations

Raisey's Hydration: Due to the short nature of the course, we will only have one water/hydration station located at the finish line providing water and Raisey's Hydrate.

Raisey's 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



Cycle Assistance

Cranked Cycles Napier: It is highly recommended that you take your bike for a check over and/or service at Cranked Cycles Napier before the event. Book in ASAP if you have not done this already. Mention to Tony and Justine, that you are doing the HB Women's Duathlon to receive a discount for this service. www.crankedcycles.co.nz or (06) 8355644 and crankedcycles@xtra.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 may need time to pick up your race pack, set up your transition gear and leave transition before the event opening.

Security will be provided around the park overnight.



Transition

Set up 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 lead 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 also result in disqualification.

Transition Access:

- Only competitors are allowed in transition area. There is plenty of spectator space close to transition and around the venue.
- Jumping any transition fences will lead to disqualification.
- To make the day safe and fair for all, we ask that you do not collect your bike until an announcement is made by the race director, you will then follow the marshals instructions.

Know the course:

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

Event	Walk/Run #1	Cycle	Walk/Run #2
Individual	5km (2 Laps)	12.5KM (2 Laps)	2.5km (1 Lap)
Team Run	5km (2 Laps)		2.5km (1 Lap)
Team Cycle		12.5KM (2 Laps)	
Fun Walk/Run	5km (2 Laps)		



Individuals:

Run Briefing (This includes 5km walkers/runners)

First walk/run

Your first run/walk will start outside of transition. This area will be identifiable and everyone will gather here before race briefing. You will run/walk over the timing mat to start your time, which means there is no need to bunch up at the start. Please self-seed (go where you feel comfortable to start) and if in doubt wait until the quicker runners/walkers have gone first. The run/walk map is attached to this manual. IPods and other electronic devices **ARE** allowed on the course, however it is imperative that you are able to use your hearing as much as possible on this course, and it is suggested that you only wear one earpiece in your left ear, so you are aware and can hear those wanting to pass on your right. While the vast majority of this course is on lime stone track, the run course crosses a main entrance to the park.

The run/walk is a loop course of 2.5km, and you will complete this loop twice before you enter transition using the entry chute to get ready for the cycle leg.

Bike Briefing

Once back in transition put your helmet on, then once ready you will take your bike off the rack and walk it to the mount line. Please **do not** ride your bike in transition or on the way to the mount line. Once you pass the mount line you will hop on your bike and cycle your two laps of the course to finish, then dismount at the line and walk your bike back to transition before removing your helmet to start the run/walk.

- Please ensure your helmet is secure from the time you remove your bike from the rack until you put your bike back on the rack.
- Please keep to the left at all times, unless overtaking on the right hand side and only if safe to do so. No roads are closed for this event and normal road rules apply.
- Please ensure you have a drink bottle on your bike to stay hydrated, as there are no hydration stations course.
- IPods and other electronic devices are **NOT** allowed on the cycle course.

The cycle course heads onto Percival Road, then left onto Evenden Rd. Please refer to the cycle map for the track to follow. Also note that there are coned chutes on several left turns. You will need to slow down and stay within the chute for your safety. Please consider other cyclists around you as you enter, go through and exit the chute. Also note that normal road rules apply and no roads are closed for this event.

Second Run/Walk

Once back in transition, put your bike back on the rack before removing your helmet. When you are ready you will head out and run/walk one final lap (2.5km) on same course as your first run/walk. Once completed you can head through to the finish line to collect your medal.



- There is only one hydration station on the course and it is located at the finish line. Please bring sufficient and additional hydration should you require it.
- Please keep left on the run course at all times unless overtaking, the track is narrow so please be mindful of those wanting to pass.
- Please note the event is timed. The timing chip **must be removed and returned** at the finish line. If not returned you will be charged \$50.00 an invoice will be sent out and payment is expected within 7 days.

Teams:

Teams have a minimum of two and a maximum of three participants. If there are only two team members one person is required to do 2 legs.

- Race number is to be worn by all participants, on the front for runners/walkers and on the back for cyclists. **It is compulsory that you fill out the emergency details on the back of your race number.**
- Change over point is inside transition. Runner/walker #1 must give the timing chip to the cyclist before they remove their bike from rack, the cyclist must rack their bike before passing the timing chip to the runner/walker.
- **Timing chip** is to be worn by **all** team members on the **left ankle** or this may result in your team not receiving a time. There will be identifiable sections for teams within transition.



Post-Event Weekend

Timing Queries

If you are having issues finding your time or have questions, for faster response please provide the following information in your email.

- What was your race number?
- Was the number on your timing chip different to your race 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 finishing at same time?

Then email your questions to gavin.chaplow@tridentrfid.com

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 should be directed to the Event Director

Heather Skipworth: heatherskipworth@ironmaori.co.nz

We welcome constructive feedback, as this helps us to be better at what we do

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

Changes

Changes can be made at event registrations on Saturday 7th September 2019. This will be a physical change only and the tee shirt size will remain. However the new person will need to sign the waiver at registrations. **No exceptions**

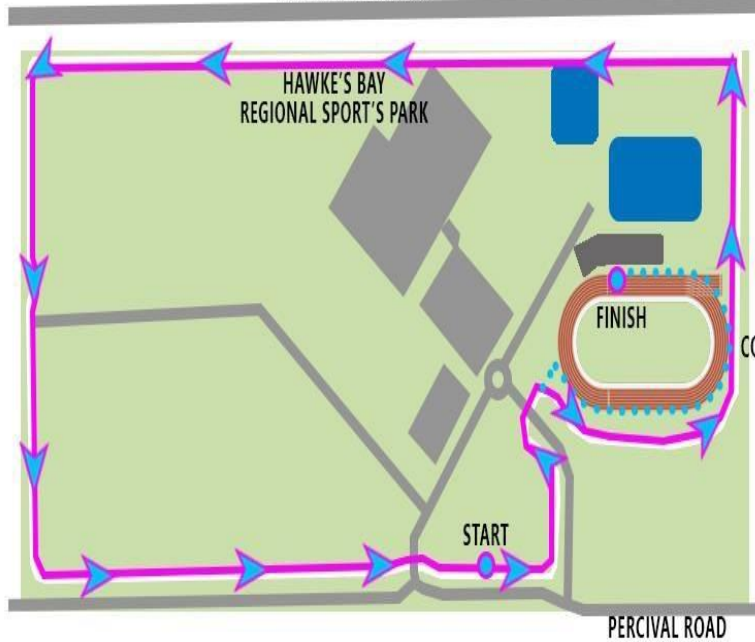


Walk/Run Course



**HAWKE'S BAY WOMEN'S DUATHLON
RUN COURSE**

STATE HIGHWAY 50A



STARTS OUTSIDE THE TRACK GOING LEFT
AROUND THE LIME STONE TRACK
2X ANTICLOCKWISE FOR THE 5KM RUN
BEFORE HEADING INTO TRANSITION FOR CYCLE LEG

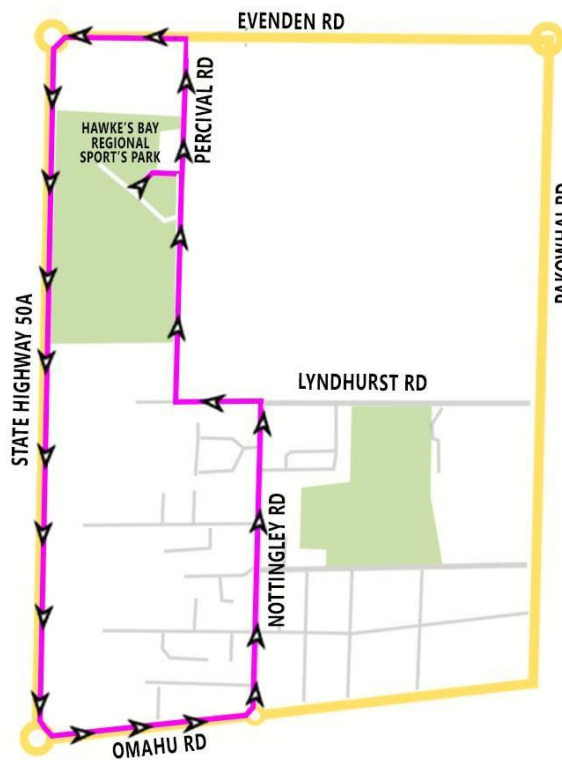
FOR THE 2.5KM LEG 1X LAP OF LIME STONE TRACK
THEN HEAD INTO SPORT'S PARK RUNNING TRACK
COMPLETING 1 LAP ANTICLOCKWISE BEFORE FINISHING
IN FRONT OF GRANDSTAND



Cycle Course



HAWKE'S BAY WOMEN'S DUATHLON CYCLE COURSE



LEAVE SPORT'S PARK TURN LEFT INTO EVENDEN ROAD
TURN LEFT ONTO STATE HIGHWAY 50A
TURN LEFT ONTO OMAHU ROAD
LEFT ONTO NOTTINGLEY ROAD
LEFT ON LYNDHURST ROAD
THEN TURN RIGHT ONTO PERCIVAL ROAD
TO COMPLETE ONE LAP

YOU MUST DO TWO LAPS OF CYCLE COURSE
BEFORE HEADING BACK TO TRANSITION



Site map:

PARKING: is provided in the grey shaded area, with lines representing carpark.



For better quality and to enlarge maps please go to the HB Women's duathlon section on our website www.ironmaori.com



Enjoyed training for this event? Go to www.ironmaori.com or see below

Our upcoming events

All of our events are open to everyone!

Come and participate, spectate and enjoy the whanaungatanga!

Event	Date	Registration
MASTERTON-Wairarapa Duathlon	5 th October 2019	Now open Online Closes 22/09/19
NAPIER-Kaumatua (55+)	29 th November 2019	Now open Online Closes 17/11/19
NAPIER-Ironmaori Quarter	9 th November 2019	Now open Online Closes 13/10/19
NAPIER-Tamariki (5-9) Rangatahi (10-15)	28 th November 2019	Now open Online Closes 11/11/19
NAPIER-Ironmaori Half	30 th November 2019	Now open Online Closes 10/11/19
TARANAKI-Hawera	2020	Opening soon
TAUPO-Taupo-Nui-A-Tia	21 st March 2020	Opening soon

