



# WAIRARAPA DUATHLON EVENT MANUAL 2019

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**Event Details:**

**START TIME**

**8.30am Tamariki**

**9.00am Main events**

**Date:** Saturday, October 5<sup>th</sup>, 2019

**Location:** Henley Lake Park, Masterton

**Registration Location:** Henley Lake Park,  
Masterton

**Event Distances:**

**Duathlon**

**Individual and Team Short Course:**

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

**Individual and Team Long Course:**

5km Run/Walk - 40km Bike - 5km Run/Walk

**Run/Walk**

5km Run/Walk

10km Run/Walk

**Tamariki**

500m Run/Walk

1km Run/Walk



*Sponsors:*

*We would like to thank the following sponsors for their support*



**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.” – Trust House**



### 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 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.

8 Church  
Street  
Masterton  
(06)3771726



You can find team Raiseys in Ford Road, Onekawa. Kane will discuss all of your nutritional needs and has been providing supplements to the endurance community for many years. Raiseys has been an **IRONMĀORI** sponsor for over 10 years.

We will be using Raiseys Hydrate for the Wairarapa Duathlon 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](http://www.raiseys.co.nz), on (06) 835 6586 or [info@raiseys.co.nz](mailto:info@raiseys.co.nz)

*Like to sponsor this event? Contact [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz) for sponsorship opportunities.*



## Event Timetable

### Friday, October 4<sup>th</sup> 2019 Timeline

Time	Activity	Location
4:30PM	Race pack pick up, bike racking and late registration <b>Open</b>	Gazebo Henley Lake car park
6:00PM	Registration <b>Closed</b>	Gazebo Henley Lake car park

### Saturday, October 5<sup>th</sup> 2019 Timetable

Time	Activity	Location
7.00AM	Race pack pick up, bike racking and late registration <b>Open</b>	Gazebo Henley Lake car park
8.15AM	Race pack pick up <b>Closed</b>	
8.15AM	Transition <b>Closed</b>	Henley Lake car park
8.15AM	Karakia/opening	Transition
8.20AM	Tamariki Race Briefing	Transition
8.30AM	Tamariki Start – 500m/1km	Transition
8.55AM	Event Race Briefing	Transition
9.00AM	Duathlon - Long Course (Individuals and teams)	Transition
9.05AM	Duathlon - Short Course (Individuals and teams)	Transition
9.10AM	Run/Walk (5km and 10km)	Transition
Est. Noon	Transition open for bike removal	Race Director will advise
12.30PM	Prize Giving Restaurant opens at 12.30pm Prize Giving will commence at 1.30pm	<b>Copthorne Resort</b> <b>Solway Park, High St,</b> Masterton

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



## Competitors Brief – Helpful Hints

### Pre-Event Weekend

#### General Information

Event updates/changes will be emailed out and posted on our Facebook page. Please like our Facebook page to receive timely notifications.

#### Checklist

##### Bike Leg

**A Bicycle check is highly recommended prior to event day.**

- Bike (with safety lights is recommended)
- 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)
- High vis cycling attire is recommended in all weather and please dress for the conditions

##### Run/Walk 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



## Race Pack Pick Up

The Race Pack Pick up Gazebo will be located at the Henley Lake car park off Colombo Road.

1. Friday, October 4<sup>th</sup>, 2019 @ 4.30pm – 6.00pm, and
2. Saturday, October 5<sup>th</sup>, 2019 @ 7.00am – 8.15am

Your registration fee includes: Event t-shirt, race bag, medal, race number and timing chip (this needs to be returned immediately after the event)

**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 off Colombo Road, Masterton. Parking will be provided in the fields beside the venue. This is very close to transition. Please use these carparks as it will reduce risks and provide for a more pleasant experience for event and participants, spectators and other park users.

When parking we ask that you please ensure that the Henley Lake entrance driveway is kept clear, as this is where runners and cyclists will start the event.



### Event Weekend:

#### Medical Assistance

A Triple One Care personnel, will be onsite and on the course from 7:45am until 1.30pm.

#### 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](http://www.raiseys.co.nz), on (06) 8356586 or [info@raiseys.co.nz](mailto:info@raiseys.co.nz)



#### Cycle Assistance



Brent from Happy Valley Cycles, will be on site during registration (Friday) from approx. 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





### **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 race pack, set up your transition gear and leave transition before the event opening. We recommend you pick up your race pack on the Friday evening if possible. 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 leading up to the event. Failure to follow the designated course may result in personal injury or an accident; you do so at your own risk and may also result in disqualification (from result rankings).

### **Transition Access:**

- Competitors are ONLY allowed in the transition area. However, 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. This will be no later than mid-day but may be beforehand.



### Know the course and laps

Please see course maps below to familiarize 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
<b>Individual Short Course:</b>	5km	20km	2.5km
<b>Individual Long Course:</b>	5km	40km	5km
<b>Team Short Course:</b>	5km		2.5km
<b>Team Cycle:</b>		20km	
<b>Team Long Course:</b>	5km		5km
<b>Team Cycle:</b>		40km	
<b>5km Run/Walk:</b>	5km		
<b>10km Run/Walk:</b>	10km		
<b>Tamariki:</b>	500m		
<b>Tamariki:</b>	1km (It is an out & back course)		



## **Tamariki Run/Walk (500m & 1km)**

The Tamariki run/walk will start in transition. They head south, on the track, around Henley Lake. 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.

## **Run/Walk**

Your first run/walk will start in transition. This area will be identifiable and we will ensure that everyone is inside before race briefing. You will run/walk 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/walking with others at your pace) and if in doubt wait until the quicker runners have gone first.

There are two laps shown on the run/walk map. The 'blue' and the 'red dot' laps. The 5km run/walk starts in transition and runs the blue lap and then the red lap.

The 10km run/walk course runs the blue lap twice followed by the red lap twice.

The run/walk map is included in this manual. IPods and other devices are not allowed to be worn on the course. The vast majority of the course is on a lime stone track. Once you have completed the 1<sup>st</sup> run/walk leg, you enter transition to prepare for the bike leg (see bike briefing).

Blue race numbers will be used by short course participants and Red race numbers by long course participants.

## **Bike Briefing**

After your first run/walk leg, 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 or 2 laps (short or long course). 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/walk leg (2.5km or 5km - short or long course).

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.
- Please ensure you have a drink bottle on your bike to stay hydrated, as there are no hydration stations.



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, 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/walk. Once you are ready you will head out on to the run/walk course. It is the same 5k course you completed for your first run/walk (long course) or a shorter lap for the short course that is on your final lap you will enter into the finish chute. The 2.5km run/walk is the 'blue lap' and is slightly longer than 2.5km.

- There is only one hydration station on the course (at the finish line). Please bring sufficient additional hydration should you require it.
- Please keep left on the run/walk 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 (\$50)**



## 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 is to be worn by all participants, on the front for the 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 cyclist the timing chip before cyclist removes bike from rack and cyclist must rack bike and then gives runner/walker #2 the timing chip before the runner/walker begins.
- **Timing chip** – to be worn by **all** team members on the left ankle or the team may not receive a time. There will be identifiable sections for teams within transition.
- Any updates will be at the compulsory race brief before event starts.



## 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 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?

Then email your questions to [gavin.chaplow@tridentrfid.com](mailto:gavin.chaplow@tridentrfid.com)

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

PLEASE NOTE: All timing queries submitted may not be changed immediately upon receipt of email.

Other queries regarding the event should be directed to the Event Director

Heather Skipworth: [heatherskipworth@ironmaori.co.nz](mailto:heatherskipworth@ironmaori.co.nz)

### Positive or Constructive Feedback

If you wish to provide any positive or constructive feedback please do so by emailing [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz)

## Changes

Changes can be made at the registration gazebo on Friday 4<sup>th</sup> and Saturday 5<sup>th</sup> October, 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.**

Late registrations can also be made on these days but NO tshirt will be available.

Whanau Parking (refer to pink pin drop):

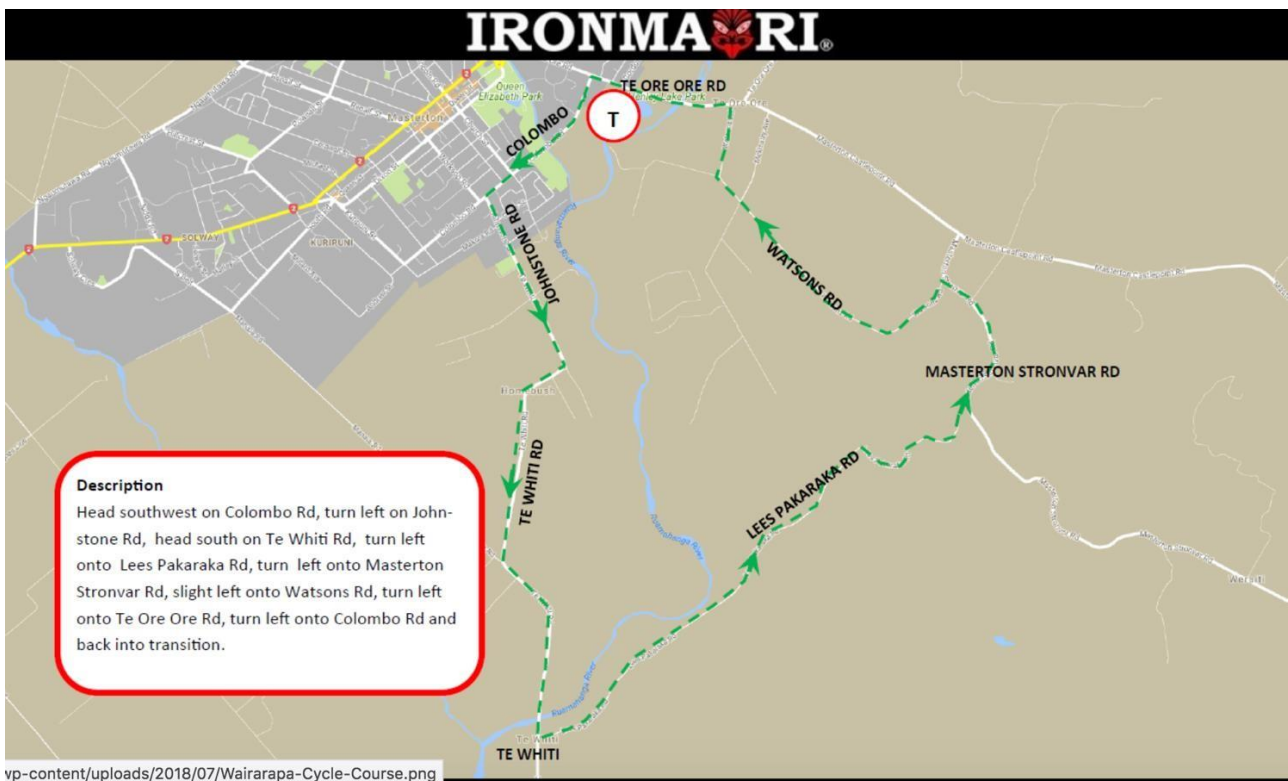




### Venue Maps follow:

For better quality and to enlarge maps please go to [www.ironmaori.com](http://www.ironmaori.com) and go to the Wairarapa Duathlon Event section.

### Bike Course:





# IRONMĀRI RI®

## Long Course Run:





## Upcoming Events

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

<b>Event</b>	<b>Date</b>	<b>Registration</b>
<b>Masterton Wairarapa Duathlon</b>	5 <sup>th</sup> October 2019	Late registrations available at event
<b>Napier IronMāori Quarter</b>	9 <sup>th</sup> November 2019	Open, closes online 13/10/2019
<b>Tamariki (5-9years /10-12years) Rangatahi (13-18years)</b>	28 <sup>th</sup> November 2019	Open, closes online 11/11/2019
<b>Kaumatua (55+ years)</b>	29 <sup>th</sup> November 2019	Open, closes online 17/11/2019
<b>Napier IronMāori Half</b>	30 <sup>th</sup> November 2019	Open, closes online 10/11/2019
<b>Taupo-Nui-a-Tia (2020)</b>	21 <sup>st</sup> March 2020	<b>Opening soon</b>
<b>Taranaki Hawera (2020)</b>	<b>TBC (2020)</b>	<b>Opening soon</b>