



IronMāori
Quarter Ironman
Event Manual
2019



Event Details

Date: Saturday 9th November 2019

Location: Hardinge Road,
(Hot Chick car park) Ahuriri, Napier.

START TIME

6.45am Team/Solo

Discipline Cyclists

7.00am Individuals

7.40am Team/Solo

Discipline Swimmers

8.15am Team/Solo

**Discipline
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 2019 IronMāori Quarter 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.



Legal at www.kahuilegal.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



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



Many Māori have told us that their experience with the criminal justice system in Aotearoa has not been good. Hāpaitia te Oranga Tangata is an initiative from the Ministry of Justice, NZ Police, the Department of Corrections and Oranga Tamariki to transform the criminal justice system and create a safer Aotearoa NZ.
Talk to us at IronMāori in the participant/whanau area, visit our website safeandeffectivejustice.govt.nz and like and follow us at #InaiaTonuNei and #ShapeOurJusticeFutureNZ.



The IronMāori Quarter 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.



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.

Event Timetable

Friday 8th November 2019 – Registration and transition set up

Time	Activity	Location
4.00pm	Registration Opens - for individuals, teams and solo discipline including any changes, and late entries. (Cash only for late registrations). Individuals- Please note that you will need to register and pick up your race pack to be allowed into transition to rack your bike.	Please note: Next to the merchandise and finish line vicinity
4.00pm	Iron Māori Merchandise Opens	Finish line vicinity
4.00pm	Please note - bike racking in transition is for individuals only.	4 Hardinge Road (Hot Chick car park), Ahuriri, Napier -Transition
6.30pm	Registration, transition and merchandise close .	

Saturday 9th November 2019 – Event Day timetable

Time	Activity	Location
5.30am	Registration Opens - for individuals, teams and solo discipline including any changes, and late entries. (Cash only for late registrations). Individuals- Please note that you will need to register and pick up your race pack to be allowed into transition to rack your bike.	Next to the merchandise and finish line vicinity
6.15am	Registration and transition close	
6.30am	Karakia/opening	Transition
6.35am	Race Briefing	Transition
6.40am	Wero	Transition
6:45am	Team Cyclists/Solo Discipline cyclist start	Transition

7.00am	Individual's start swim	Transition
7.40am	Team Swimmer/Solo Discipline swimmer start	Transition
8.15am	Team Runners/Walkers/Solo Discipline run-walker start	Transition
9.00am	Swim course closed	
9.00am	Iron Māori Merchandise Opens	Finish line vicinity
11.00am	Cycle course closed	
1.00pm	Run course closed	
11.30am	Transition opens for bike removal. You will need to show your race number that will match your bike sticker and follow the transition director. Transition director will advise of exit.	Transition
1.30pm	Prize Giving	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- **Update: Please note change**

Registration will be located next to the Iron Māori Merchandise, and the finish line vicinity. Information boards and maps for the course can be found around registration. Iron Māori officials will be happy to answer your questions that our Information Boards can't.

Getting to the Venue and Parking

Parking is available on the grass area at Perfume Point, 46 Nelson Quay, Ahuriri, Napier, as well as free parking at Wilson car park located at 5 Customs Quay, Ahuriri, Napier. 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 on 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 2 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

Peak Outdoor Safety & Emergency Management: will be onsite and on the course from 6.30am until shortly after 2.00pm.

Friday 8th 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 8th November. Ensure you remove any non-race equipment (including bags) away from the bike racks before leaving transition. Team cyclists; please keep your bikes with 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 11.30am, 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 Purple/White/Blue (one cap 3 colours on it) caps will go first. If you were not given a multi coloured Purple/White/Blue cap in your race pack then you will have a Rainbow coloured cap, and the Swim director will start Rainbow caps after he has let the Purple 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 Rainbow coloured caps group in transition but (behind the Purple/White/Blue 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 Purple/White/Blue cap on. Your swim time will start once you cross the timing mat; you will then head down the swim chute, 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. From once you have entered the water you will have 10 minutes to reach buoy one, which is approximately 200m. Given our new swimming environment we will have to enforce this cut off time to ensure health and safety reasons are paramount.

Cycle Briefing - 45km **Update: Please note change**

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 Clifton Road, Te Awanga.
- 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.
- You must not cross the center line; this is not only dangerous for yourself but also for other motorists. If caught doing so, you will be disqualified.
- Some sections of the course near transition and on Marine Parade are closed to vehicles. However there will be opposite direction cyclists, so stay left whenever you can.
- Stop/Go traffic control will be operating at a number of intersections. As much as possible, cyclists will have right of way. However you should always check for vehicles and be prepared to stop.
- Before crossing any lanes, remember to check for vehicles approaching from behind you.
- Cyclists must remain single file when crossing the bridges at Ngaruroro and Clive. Do not overtake/pass other cyclists on the bridges.
- Some sections of the course are 100km/hr speed limit, so vehicles will be travelling at high speed.
- Earphones/headphones are prohibited at all times on the cycle course.

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) **Update: Please not change**

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 two 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 (\$50.00)

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

TEAMS-

Swim Briefing - 1km (7.40am) **Update: Please note change**

All team swimmers will be wearing multi coloured Green/White/Black (one cap 3 colours on it) swim caps. You will be called to Transition at 7.30am, our swim Marshals will lead you to the start. At 7.40am you will be released in an orderly fashion down the swim chute to begin your swim. Your start time will be recorded once you cross the timing mat. 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 (6.45am)

There will be a lead vehicle that all team and solo cyclists will follow behind until you pass the Napier Port. Once the lead vehicle accelerates off, you are then able to cycle at your own pace. 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 (ensure to 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 8.15am, 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 (8.15am)-2 x 5.25km laps

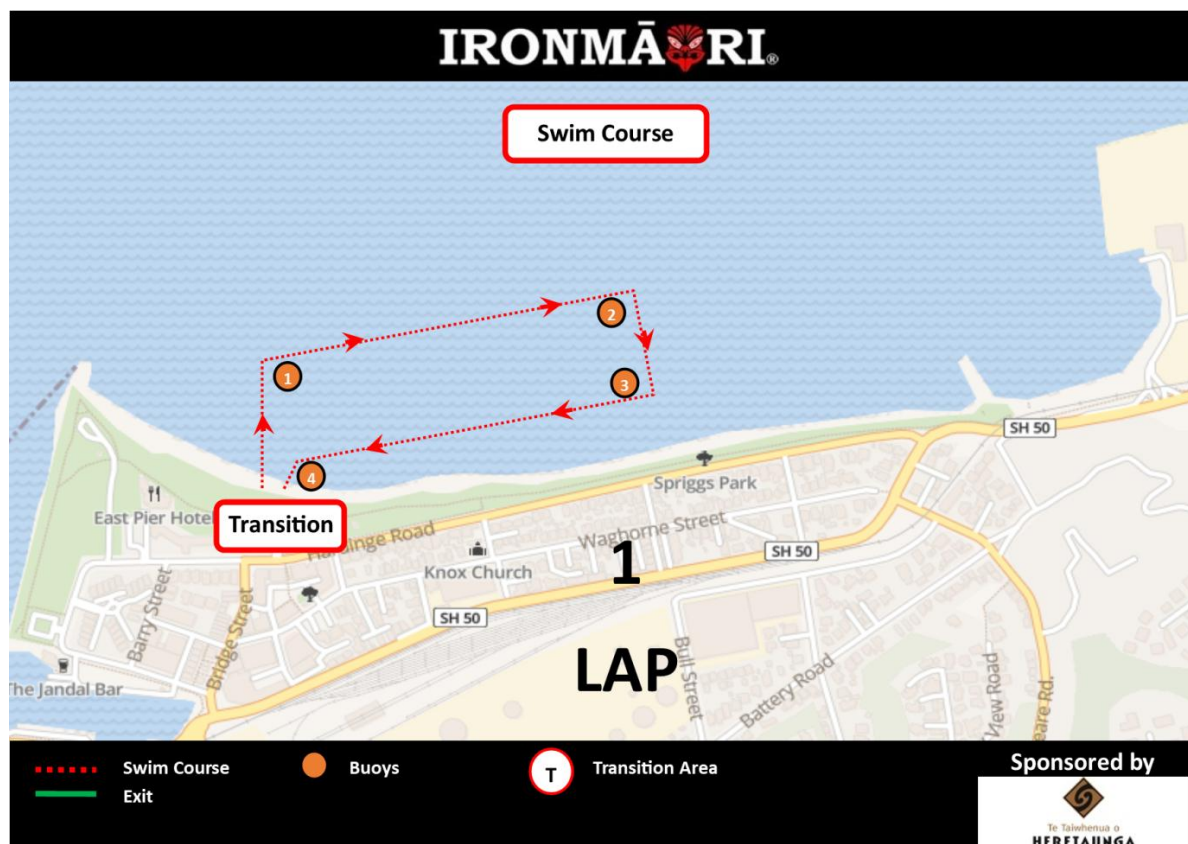
ALL Team runners will become part of a group start whether your cyclist is back or not. No Team runners will start before or after this time. Each team runner has his or her own timing chip. You will start where your Team Cyclist started on Hardinge Road.

Course Maps-

For better quality and to enlarge maps please go to www.ironmaori.co.nz, IronMāori ¼ Event section.

Swim Course

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



Swimmers will congregate in and around transition.

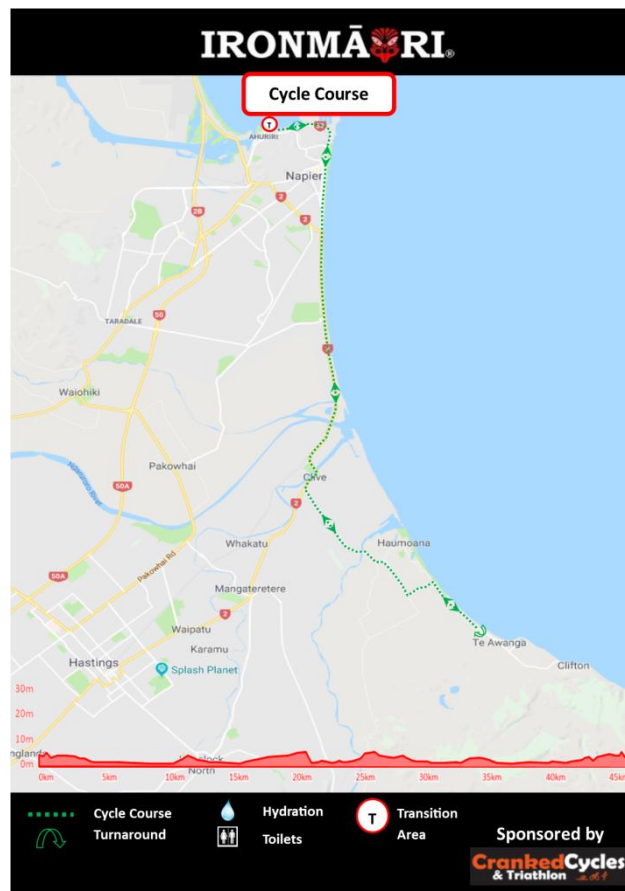
The swim chute will lead you from transition to the water. Your time will not start until you cross the timing mat.

Swim straight keeping to the outside of the buoy (Left side). Swim around BUOY 1, and ensure that you're on the outside of the buoy, head down towards BUOY 2, and then head back towards the shoreline and around BUOY 3, keeping to the outside of the buoy (Left side).

Swim down towards BUOY 4. As you get closer towards BUOY 4, you will need to ensure that you're now swimming on the inside of the buoy, as you head towards the shoreline. You will now be on the inside of the buoy, and will head around the buoy towards the shoreline. Once you have reached the shoreline 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).



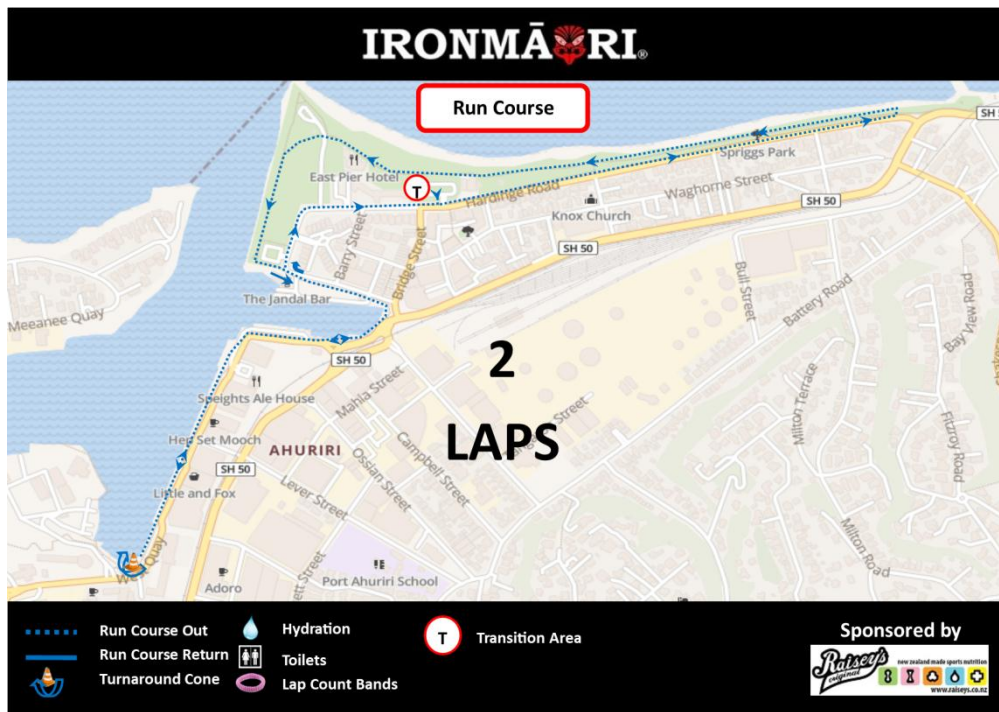
Exit transition, and head east along Hardinge Road. At the intersection, turn left onto State Highway 50. Continue straight, which will directly transition into Breakwater Road, then Marine Parade, and eventually onto State Highway 51.

Continue straight on State Highway 51 for approx. 9.1km, heading towards Clive. In Clive, turn left onto Mill Road, you will continue straight through the roundabout and over 'Black Bridge'. Turn left onto Haumoana Road. Haumoana Road turns slightly right and becomes Parkhill Road. Continue along Parkhill Road, which will directly transition into East Road. East Road turns right and becomes Clifton Road.

Continue along Clifton Road for approx. 2km to the turnaround point. The turnaround point is located just past the small bridge, opposite 'Clearview Winery' in Te Awanga. A Port-a-loo and a drink station will be situated at the turnaround point. You will then be required to follow the same route back to transition.

Run Course- Update: Please note change

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



Exit transition, and head east along Hardinge Road. At the second pavement cut out (located between the last two Palm Trees) along Hardinge Road, you will turn around and head back towards transition now on the footpath. Continue past transition towards 'East Pier Hotel', and eventually crossing the driveway at the 'Perfume Point' car park. Toilet facilities and a water station will be situated at this point. Follow the pathway left, heading around the outside of the 'Jandal Bar' car park.

Continue straight along the footpath of Nelson Quay, and at the intersection turning right onto Bridge Street. Continue along the footpath, and turning right onto Customs Quay. Eventually Customs Quay turns left and becomes West Quay. Continue straight along West Quay to the turnaround point located near the 'Bluewater Bar'. Here you will receive your first wrist band and your second one on your return for your final lap. Toilet facilities, as well as a drink station will be situated at the turnaround point.

At the turnaround point you will head back along West Quay, eventually turning right onto Customs Quay. Turn left onto Bridge Street, then another left onto Nelson Quay. Continue along Nelson Quay which will directly transition into Hardinge Road. Continue straight along Hardinge Road, to the second pavement cut out (turnaround point), now heading back towards transition to the finish line.

The finish line will be situated on the grass area in front of 'Harbour View Lodge'. You must ensure that you have completed TWO laps of the run course verified by TWO wrist bands before crossing the finish line.

Post-Event Weekend

Timing Queries

If you are having issues finding your time or your time is incorrect, please email Gavin on gavin.chaplow@gmail.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 sametime?

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

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
Napier IronMāori Quarter	9 th November 2019	Late registration available at event
Tamariki (5-9years /10-12years) Rangatahi (13-18years)	28 th November 2019	Open, closes online 11/11/2019 Please note: The Rangatahi bike component has been removed. We will only be offering an Aquathon which is a swim and run.
Kaumatua (55+ years)	29 th November 2019	Open, closes online 17/11/2019 Please note: The bike component has been removed. We will only be offering an Aquathon which is a swim and run.
Napier IronMāori Half	30 th November 2019	Open, closes online 10/11/2019
Taupo-Nui-a-Tia (2020)	21 st March 2020	Open, closes online 11/03/2020
Taranaki Hawera (2020)	TBC (2020)	Opening soon