



RANGATAHI

EVENT MANUAL

2019



Event Details:

Start Time 9.00am

Date: Thursday 28th November
2019

Location: Frimley Road,
Frimley, Hastings

(Frimley Park & Pool)

**RACE PACK PICK UP/LATE REGISTRATION:
Thursday 28th November 2019**

Frimley Park, Frimley Road, Hastings

7:30am-8.30am

Event Distances:

Age: 13 - 17 years old

Swim

500m

Walk/Run

3km



Sponsors:

We would like to thank the following sponsors for their support



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 or (06) 8355644 and 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. 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

Enjoyed training for and participating in this event?

Go to www.ironmaori.co.nz or see the appendix for our upcoming events....



Event Timetable:

Thursday 28th November 2019

Time	Activity	Location
7:30AM	Race Pack pick up Late Registrations Open	(Frimley Park) Frimley Road, Frimley, Hastings
7:30AM	Transition Open	Transition
8:30AM	Race Pack pick up Late Registrations Closed	
8:30AM	Transition Closed	Transition
8:45AM	Karakia/Race Briefing	
9:00AM	Event Starts	
Est 10:30AM	PRIZE GIVING	Or when the last participant crosses the finish line
You must have picked up your race pack before you can enter transition		



Competitors Brief & Helpful hints:

Pre-Event Preparation:

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

Swim

- Swim Suit/Togs
- Goggles
- Swim Cap (Provided in your race pack)

Walk/Run Leg

- Walking/Running 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

Your race pack will include your race number and T shirt (please note that t shirt sizes will be as per your registration details and cannot be changed).

Race pack pick up area also hosts the event Help Desk and Information boards. This is also where you go to make changes.

Race Numbers

Only one race number will be issued for the individual and one each for the swimmer (does not need to wear), and the walker/runner in a team (must wear). The numbers need to be **pinned to the front** of your shirt for, ease of identity, safety and photographic purposes.

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

Any changes to your registration details can be discussed with the registration team but please expect delays.

Please feel free to come and check out transition set up so that you are taking responsibility to understand the transition flow before your race begins.

Getting to the Venue and Parking-

The Venue is located at Frimley Park & Pool, Frimley Road, Hastings. You will be able to park down the nearest side streets, such as Frimley Road, Frimley Ave, Karaitiana Street, Nottingley Road and Lyndhurst Road

Please ensure you let your whanau and support people know where they can park and respect local businesses by not parking in their business car parks, driveways or on the footpaths. Any car found parking in these areas will be towed at the owner's expense



Event Day

Onsite support:

There will be nurse's onsite to assist with any medical issues.

Hydration Stations

Due to the short nature of the course, we will only have one water/hydration station located at the finish line providing water only.

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 gear and leave transition before the event opening.

Transition

Pre-race: Check out the course maps or alternatively go onsite and view the course details, 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. On race day no spectators or supporters are to enter transition. 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 marshal's instructions.

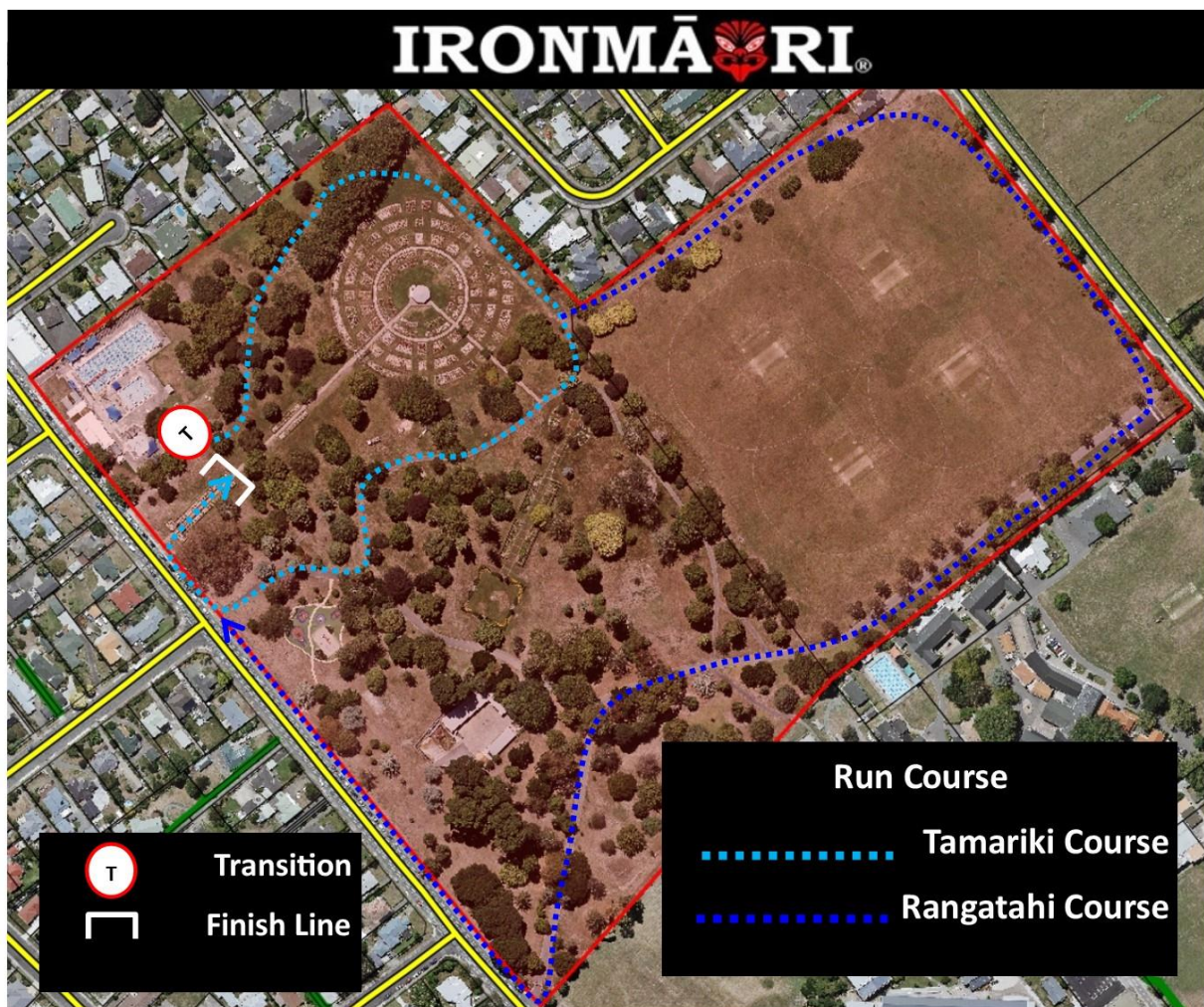


Know the course:

Please see Course Map below to familiarize yourself with the course directions, location of turns and general course information.

The table below outlines the distance for each event:

Event	Swim	Walk/Run
Individual and Teams:	500m (10x laps of the Frimley Pool)	3km (1 lap of outskirts of Frimley Park)





Individual-

Swim Course

The Swim will be held in the Frimley Pool. The Pool length is 50m. The course is a 500m swim; this means you will be required to swim 10 laps of the pool.

Walk/Run Course

You **MUST wear shoes** for the **walk/run** for safety reasons. If a child presents with no shoes for the run course, they will not be allowed to take part in the event.

The walk/run course consists of walking/running around Frimley Park. You will exit transition and head left towards the Frimley Park Rose Garden. You will continue around the outside of the Rose Garden, then making a left turn now heading towards Lyndhurst Road. Continue straight along the outskirts of Frimley Park, heading towards Lyndhurst Road. Turn right, continuing along the outskirts of Frimley Park now heading along Lyndhurst Road. Once you have reached the Lyndhurst Road entrance into Frimley Park, turn right now following the inner park road. Continue along this road until you reach Frimley Road, turn right now heading along the Frimley Road footpath. Once you reach the Frimley Rose Garden Entrance (located off Frimley Road), turn right. You will now be heading down the finish line chute, towards the finish line. Please refer to the dark blue dotted line on the course map. Initially, you will be following the light blue dotted line as you exit transition and head around the Frimley Park Rose Garden. This will then lead you onto the dark blue dotted line.

Please listen to all marshals to ensure your safety, and that you are heading in the correct direction.

Team Tag Area-

Team members are to wait in the transition area located outside the Frimley Pool gate within Frimley Park. This is where the swimmer will tag the runner.

We encourage you both to cross the finish line together as a team.

If your parent, guardian or support person wishes to put your medal on they must wait at the finish area and let the organizer know that they wish to do this. Due to number of participants we ask you to clear the finish area as soon as possible.



Prize Giving-

This will be held at the event site at Frimley Park, Hastings as soon as the last competitor has completed their event.

In line with the Ironmāori Kaupapa the event area and prize giving is a smoke free/alcohol free venue. This event will not be timed as it is a participation event only.

Littering

Littering is against all race rules, so all litter needs to be carried back to transition. There will be rubbish bins provided at transition and at the hydration stations.

Other Queries

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

Positive or Constructive Feedback

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

Any further queries should be directed to the Event Director Heather Skipworth:
heatherskipworth@ironmaori.co.nz

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

Enjoyed training for this event? Go to www.ironmaori.com for future events



Upcoming Events

All of our events are open to everyone! We are a Drug, Alcohol and Patch Free Kaupapa! Come and participate, spectate and enjoy the whanaungatanga!

Event	Date	Registration
Taranaki Hawera	2020	Opening Soon
Taupo-Nui-a-Tia	21 st March 2020	Open, closes online 11/03/2020
Hawke's Bay Amazing Womens Duathlon	2020	Opening Soon
Wairarapa Duathlon	2020	Opening Soon
Napier IronMāori Quarter	7 th November 2020	Open, closes online 25/10/2020
Tamariki (5-9 years 10-12 years) Rangatahi (13-17 years)	2020	Opening Soon
Kaumatua (55+ years)	2020	Opening Soon
Napier IronMāori Half	2020	Opening Soon

