

IRONMĀORI®

EVENT MANUAL 2020

**IRONMĀORI
TARANAKI**



Ngāti Ruauui
TARANAKI

Event Details

Tamariki Event

Date: Friday 28th February
2020

Location: TSB
Hub 61 Waihi
Road Hawera

Registration Location: Hicks Park at the back of the netball courts.

Adult/Kaumatua Event

Date: Saturday 29th February
2020

Location: TSB
Hub 61 Waihi
Road Hawera

Registration Location: Hicks Park at the back of the netball courts

Event Distances

Tamariki: 7-12 Years

Individual and Teams:

Swim 100m Run 1km

Adults

Individual and Team Long

Course:

Swim 600m Cycle 20km Run/Walk 5km

Individual and

Team Short

Course:

Swim 300m Cycle 10km Run/Walk 2.5km

Proudly Sponsored by

Event Sponsor:



Ngāti Ruanui
TARANAKI

Shoe Sponsor:



HOKA ONE ONE & IronMāori are behind you and your health & fitness goals. To show our support HOKA would like to offer all IronMāori participants 25% off online purchases. Simply go to www.hokeoneone.co.nz and enter the promotion code IRONMAORI at checkout. Good luck- you've got this, and we've got you!

Event Timetable

Friday 28th February 2020

Time	Activity	Location
3:00PM	Registration opens - for individuals, teams and solo discipline including any changes, and late entries. (Cash only for late registrations). Please note- that you will need to register and pick up your race pack to be allowed into transition to rack your bike. Also ensure that your seat post sticker is on your bike to be allowed into transition.	61 Waihi Road, Hawera Hicks Park at the back of the netball courts.
5:30PM	Registration Closed	
5:40PM	Whakatau/Karakia/Race Brief	
6:00PM	Tamariki Event Starts	
6:45PM	Prize Giving	This will start when final participant has crossed the finish line

Saturday 29th February 2020

Time	Activity	Location
7:30AM	Registration opens - for individuals, teams and solo discipline including any changes, and late entries. (Cash only for late registrations). Please note- that you will need to register and pick up your race pack to be allowed into transition to rack your bike. Also ensure that your seat post sticker is on your bike to be allowed into transition.	61 Waihi Road, Hawera Hicks Park at the back of the netball courts.
8:30AM	Registration Closed	
8:40AM	Karakia/Race Brief	
8:45AM	Kaumatua Walk/Run Starts	
9.00AM	Event Starts in the order below	
	Individual Long Course Swimmers	
	Team Long Course Swimmers	
	Individual Short Course Swimmers	
	Team Short Course Swimmers	
EST 1:00PM	Prize Giving	

Competitors Brief – Helpful Hints

Pre-Event Weekend

General Information

Event updates, as well as other important information that needs to be highlighted will, go out in both your event week email as well as on our [Facebook](#) page. Please ensure you have liked us on Facebook to ensure you get the latest update information.

Checklist

Swim

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

Bike Leg

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

Run Leg

- Running shoes
- Socks
- Cap/Visor
- Race number belt or pins to attach your race number
- Sunglasses/weather appropriate clothing

Registration

Registration will be held on Friday 28th February from 3pm to 5.30pm.

Where possible, it is recommended that you pick up registration packs on the Friday evening.

If you are unable to come at this time, then you can pick your race pack up on race morning from 7.30am – 8.30am.

Your race pack will include your timing chip, race number(s) and t-shirt(s) please note that t shirt sizes will be as per your registration details and cannot be exchanged.

Any changes will need to be made at registration but in the event of there being any serious issues regarding your registration you must see the Race Director (Heather Skipworth) to have this approved.

Registration also hosts the event Help Desk. The Help Desk will be able to answer any of your questions that our Information Boards cannot.

The Help Desk is also where you go if you would like to change your event category.

Event Weekend

Medical Assistance

Triple One Care: Will be onsite from 5.30pm – 7:00pm on Friday 28th February and again from 8.30am – 12.30pm on Saturday 29th February.

Medical Care

It is imperative that you train for this event.

Medical care is provided by Triple One Care on the swim/cycle/run course. If at any time, there are concerns for your health the race officials and/or Triple One Care staff members have the right to remove you temporarily from the course to assess your health and they will decide if you are able to continue. Their decision will be discussed with the Race Director before a final decision is made.

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 registration pack, set up your transition gear and leave transition before the event opening.

Transition

Transition will be set up on Friday so if you want to come over to the Park and see how this works feel free to do so. Please note that it is your responsibility to understand the transition flow on race day, so it would pay to check it out on the Friday.

Racking of your bikes will be done on Saturday morning.

Setup in Transition: It is compulsory that all bikes are racked on the racks and not leaning on fences or lying on the ground. Set up your race equipment to the right (chain side) or underneath your bike. Ensure you remove any non-race equipment 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 this may result in disqualification.

Transition Access:

- Only competitors are allowed in transition area. There is plenty of spectator space close to transition, in the grandstands and around the venue.
- Jumping any transition fences will result in 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 instruction.

Know your course

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

Event	Swim	Bike	Run
Tamariki Individual and Team Course	100m		1km
Adult Individual and Team Long Course	600m	20km	5km
Adult Individual and Team Short Course	300m	10km	2.5km
Kaumatua Walk/Run			Max 2km

Timing

This event is timed by way of an electronic tag attached to a Velcro ankle strap (this must be around your ankle). Please ensure these are secure as lost tags will incur a \$50.00 cost to the individual wearing it. All timing chips must be returned once you cross the finish line.

For teams, the swimmers tag will be passed on to the cyclists in transition after the swim is completed. The cyclist will hand their tag on to the runner in transition.

Race Numbers

Individuals will receive one race number, and the Teams will receive three race numbers – one for the runner, one for the cyclist, and one for the swimmer (swimmers race number is purely to acknowledge your participation in the event – you do not need to wear your race number during your swim).

Your **race number** needs to be **pinned on the front of your shirt** for timing and identification purposes. If you wear a race belt, please ensure that your number is visible when you enter and exit transition at the timing points, and it is not scrunched up.

Aid (drink) Stations

There are no aid stations on the cycle course or the run course so you will need to ensure you carry enough water with you. There will be water available in transition.

Toilets

There will be no toilets on the cycle and run course. However, there will be port-a-loos in transition on the main field (Saturday Only), and at the hub building.

For our Friday event toilets will be available at the pools only.

Mihi Whakatau

(Open the day) 8.40am karakia followed by a final verbal race briefing in transition before heading to the pools for the swim start.

Race Start Times

Kaumatua will start at 8:45am.

Long course triathlon will start as close to 9am as possible.

Short course triathlon will start as soon as the long course triathletes have completed their swim (Individuals then teams).

When you have completed your swim, you will exit the pool area through the gates and on to the field and into transition.

Teams

Team runners and cyclists are to wait in the transition area.

Once the swimmer has completed their swim they will go to transition where their cyclist will be waiting, remove their timing tag and give it to the cyclist to wear, who will go to their bike which is racked and walk their bike out of transition. A marshal will tell them where they can mount their bike.

When they return to transition, they will rack their bike and then run to the designated area where the runner/walker will be waiting, remove their timing tag and give it to the runner to wear.

Changeover of tags is to be done in the designated area in transition. All cyclists and runners must wait in this area for their team member to return.

Tags must be worn around the ankle.

Swim Brief

The swim for all the events will be held at the Power Co Aquatic Centre, which is on Waihi Road, Hawera.

It is a 50m outdoor heated pool.

For the long course you will swim 2 lots of 6 laps and for the short course you will swim 6 laps. It is important that you have trained for the swim. Once your swim is complete you will exit the pool and head towards transition through the back gate of the pool, out onto Hicks park, then across the field to transition.

Cycle Brief

Bike racking can be done during registration on Friday or Saturday Lead Vehicle/Tail End Vehicle:

There will be a lead vehicle leading out the first cyclist to ensure that they are taken on to the correct course. There will also be a vehicle following the last cyclist to ensure they get back safely, who will also release the marshals.

Drafting is not allowed during the cycle, if you are not aware of what drafting is, a basic explanation is as follows:

Do not follow too closely behind the wheel of the person in front of you. This gives you too much of an advantage and saves your energy while you are letting the person in front do all the hard work!!

One lap of the cycle course is 10km's.

Long course participants will do two laps of the course (to make 20km's) and the short course participants will do one lap of the course (10km's)

Turn left on Camberwell road, right on Glover road, left on Tawhiti Road. At The intersection on Glover Road and Tawhiti Road there will be cones placed at this intersection. As this is a compulsory **STOP** you are to stay to the left of the cones.

The turn to start lap 2 is a left turn from Turuturu Road into Glover Road. Again, at the intersection of Glover Road and Turuturu Road you must **SLOW DOWN** if you are doing the double circuit. This is also a **COMPULSORY STOP!**

Please note: All iPods, mp3 players or musical devices that require you to use ear plugs are **NOT** permitted on the cycle course.

Traffic Management and/or marshals will be located on every corner. Normal road rules apply at all times as no roads are closed for this event, so please ensure you listen to the marshal's instructions.

Do not cross the centre line and ensure you stay left at all times. Please do not have your supporters come out on to the course as this would be dangerous for everyone including yourself.

There will not be an IronMāori vehicle out on the course to assist anyone with mechanical issues. You must know how to change a tyre and have a spare tube with you

Run Brief

This is well marked but again you must ensure you know the course. It is a multi-lap course.

There will not be any aid stations on the run course, except when you come past transition.

The Aid station will provide water and Raisey's Hydration. After you have completed your walk/run you can enter the finish chute to the finish line.

We encourage all team members to cross the finish line together. There will be a person on a mountain bike leading out the first runner and again following the final participant.

Finish Line

Teams are encouraged to cross the finish line together, and we also encourage your family members to be waiting to put your medal on you.

Once you have your medal, we ask you to move away from the finish area where the timing mats are immediately.

The finish line will have a water station providing water and Raisey's Hydration (A sports energy and electrolyte replacement drink)

Littering

Littering is against all race rules, so all litter needs to be carried back to transition with you and discarded in the rubbish bins provided.

Prize Giving

This will be held by the transition area directly after the last walker/runner has completed the event.

There will be acknowledgement by way of trophies for individual and team winners at this prize giving.

Course maps

All course maps are at the back of this manual and on the website www.ironmaori.co.nz

IMPORTANT

In line with the IronMāori Kaupapa the event, prize giving, and venue are drug, alcohol, and patch free.

Results

Results will be made available through our website: www.ironmaori.co.nz

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

Positive or Constructive Feedback

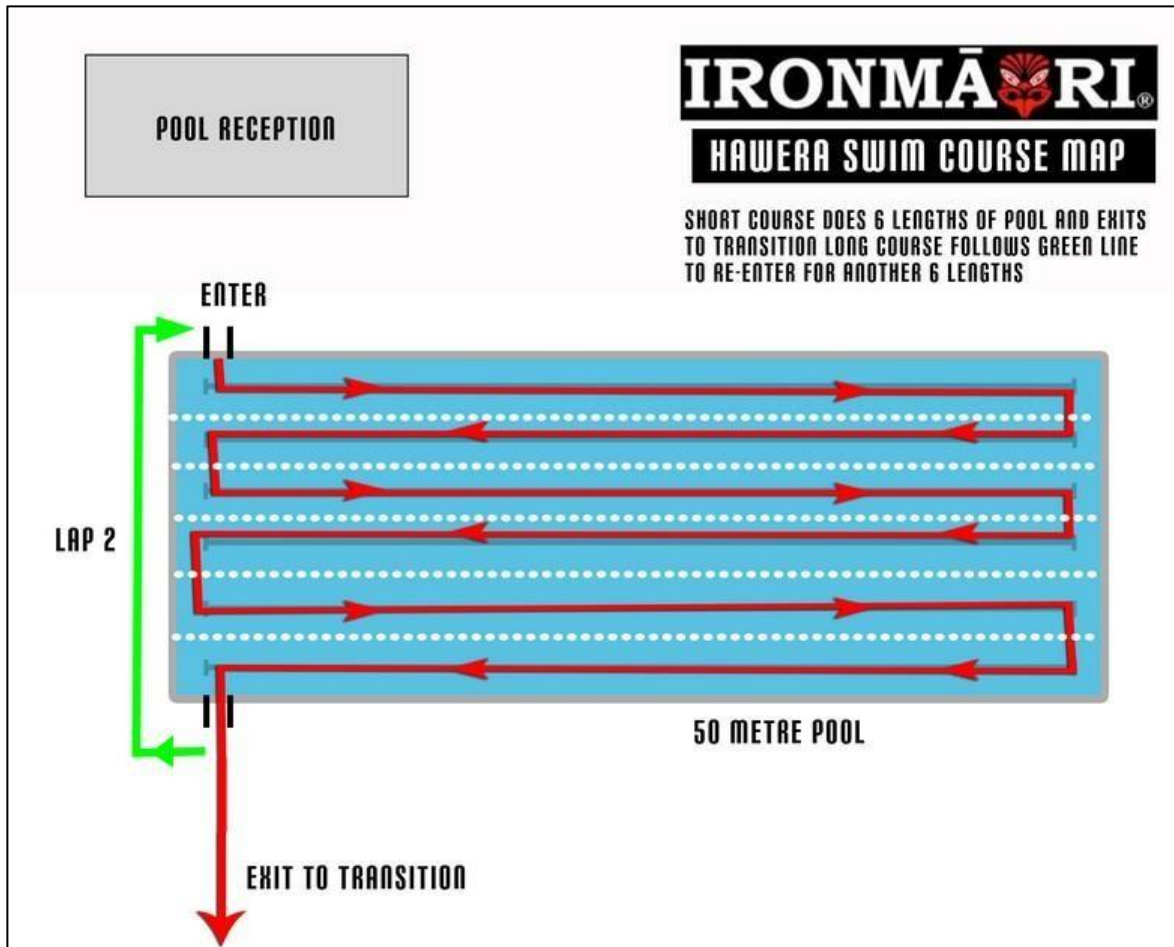
If you wish to provide any positive or constructive feedback please do so by emailing info@ironmaori.co.nz

Enjoyed training for and participating in this event? Go to www.ironmaori.com or see the appendix for our upcoming events

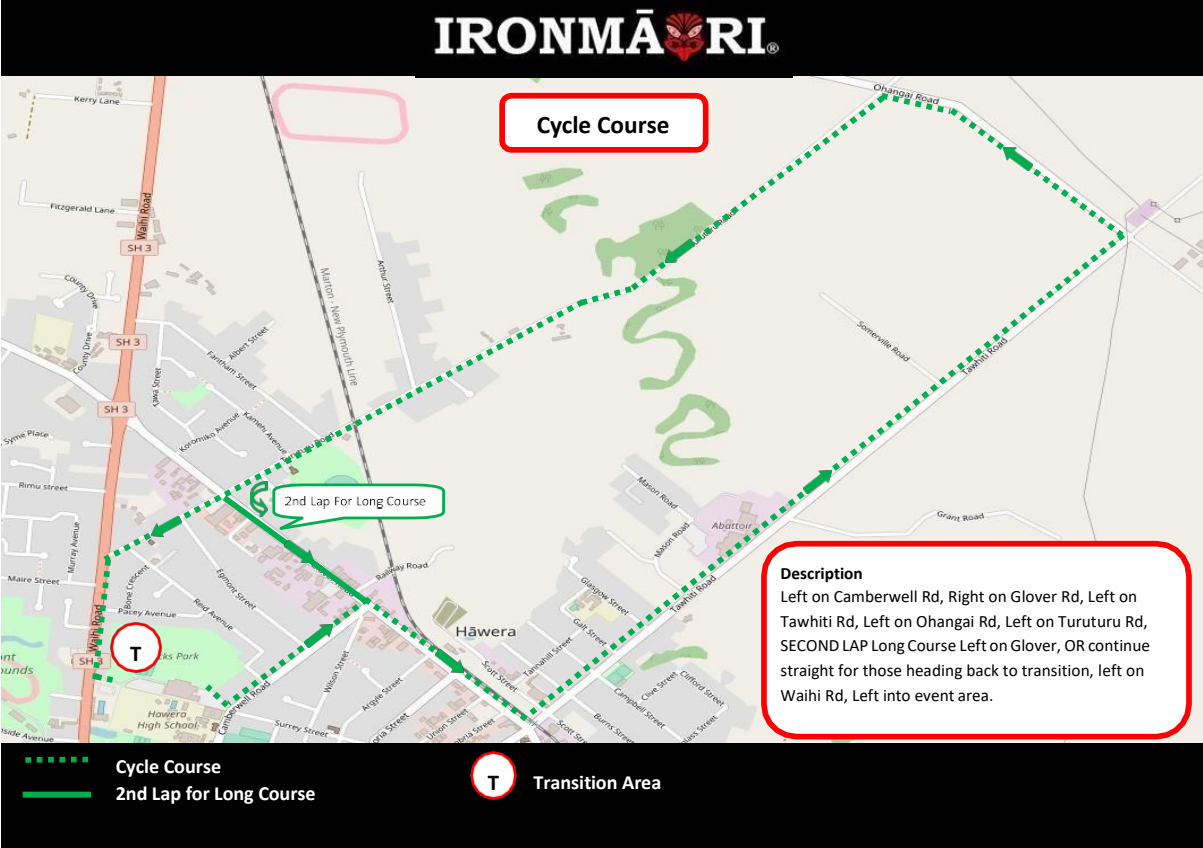
Venue Maps-

For better quality and to enlarge maps please go to www.ironmaori.com and then the IronMāori Taranaki Event section.

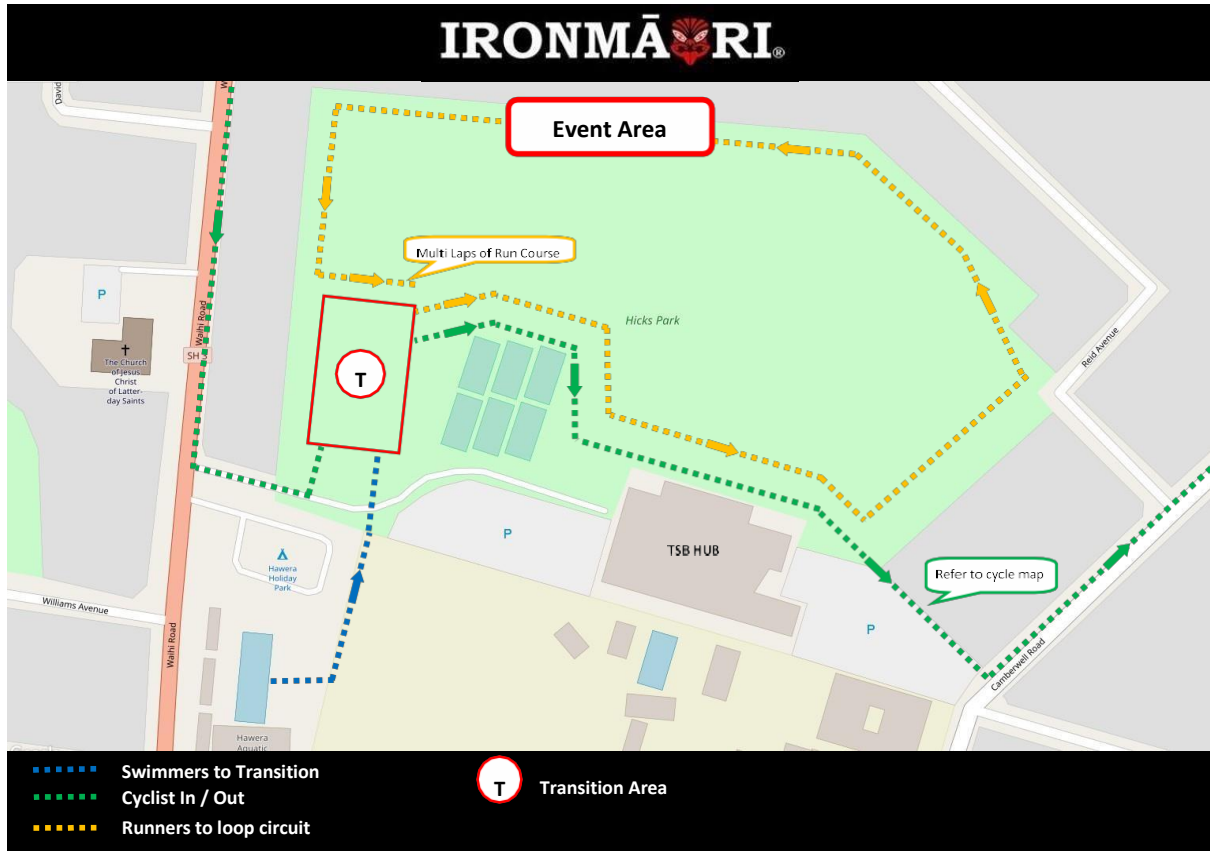
Swim Course



Bike Course



Run/Walk Course



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
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	8 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	5 th December 2020	Open, closes online 10/11/2020

