



**Iron Māori
HALF**

Event Manual

2020

**ACC
*SportSmart***



EVENT DETAILS:

Date: Saturday 5th December 2020

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

START TIME:

5.55am: Race Karakia/Briefing/Wero

6.15am: Individuals

6.15am: Team/Solo Cyclists

6:17am: Team/Solo Swimmers

9.30am: Team/Solo Runners/Walkers

EVENT DISTANCES:

**Individuals and Team/Solo:
2km Swim, 90km Bike, 21km Run/Walk**

The IronMāori Half 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.

**CITY OF
NAPIER**



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 www.napier.govt.nz.

*We would like to thank the following sponsors for their support of the
2020 IronMāori Half Ironman Event:*



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 Legal at



We're about helping everyone achieve their goals and stay injury free - whether you consider yourself a beginner, a competitive athlete or something in between. The ACC SportSmart programme is based on nine key principles and will help you perform well and keep on enjoying your active lifestyle.

We've partnered with IronMāori to promote whānau wellness and support good preparation for individual wellness journeys. You can find out more about ACC SportSmart at www.accsportsmart.co.nz.

Come along to the ACC SportSmart Recovery and Chill Out Zone to get some awesome giveaways. We will have physios on-site to help you with any sports-related injuries you might have.



HOKA ONE ONE NZ is operated by Allsports Distribution Ltd. We are committed to providing you with exceptional service and support.

You can find more out about HOKA ONE ONE NZ at www.hokaoneone.co.nz



Te Taiwhenua o
HERETAUNGA

Te Taiwhenua O Heretaunga provides a full range of health services, education, and social services services for maori in Hawkes Bay. Being a key services provider for Heretaunga is just one of our roles - our involvement extends to providing leadership and guidance on community development issues and support for iwi in Hawkes Bay.

They have been a long time supporter and sponsor of Iron Māori.



ACC SportSmart is proud to support IronMāori participants and their whānau who are investing in their hauora. We have partnered with IronMāori to help participants prepare and recover well to minimise the risk of injury!

Visit us at the ACC SportSmart Recovery Zone



Recovery

Recovery and cooling down after the race is an essential part of sport – it's when the body has time to relax and recharge.



Physios

Got an injury? Visit our physios who will be onsite to help assess or treat injuries.

Visit us at accsportsmart.co.nz

Event Timetable

Friday 4th December 2020 Timetable:

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

Saturday 5th December 2020 Timetable:

Time	Activity	Location
5.00am	<p>Registration opens - for individuals, teams and solo discipline including any changes, and late entries. (Cash only for late registrations).</p> <p>Individuals- Please note that you will need to register and pick up your race pack to be allowed into transition to rack your bike.</p>	Next to the merchandise and finish line vicinity
5.30am	Registration/Race pack pickup closed	
5.30am	Transition closed	
5.55am	Karakia/opening	Transition
5.55am	Race Briefing	Transition
5.55am	Wero	Transition
6.15am	Individual Event start	Transition
6.15am	Team/Solo Cyclists start	Transition
6:17am	Team/Solo Swimmer start	Transition

9:00am	Iron Māori Merchandise opens	Finish line vicinity
9.30am	Team/Solo Runners/Walkers start	Transition
8.30am	Swim course closed	
1.00pm	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	Cycle course closed	
5.30pm	Run course closed	
6.00pm	Prize Giving at Napier Sound Shell	Napier Sound Shell, 70 Marine Parade, Napier South, Napier.

Please note that you will need to register, pick up your race pack, and ensure that your seat post sticker is on your bike, to be allowed into 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 (handheld)
- 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

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 cannot.

Competitor's and Whānau marquee area

The Competitor's and Whānau marquee area will be located on the grass area opposite the finish line vicinity. You are more than welcome to set up your tents, marquees, tables, and chairs on the morning of Saturday 5th December.

Services available

Hydration Stations

There will be 2 water/hydration stations on the run course, and one on the cycle course. We will have water available at each station, as well as toilets.

Medical Assistance

Medics on Scene: will be onsite on Saturday and on the course from 5:45am until shortly after 5.30pm. They will be located within the Finish Line Vicinity.

Blood Pressure Checks

There will be free Blood Pressure check's and advice on how to manage and/or avoid High Blood Pressure and reduce the risk of a Stroke. The van will be located within the 'Whanau Marquee Vicinity'.

Physio

There will be physio's available on Saturday only. They will be located within the Finish Line Vicinity.

Getting to the Venue and Parking

Parking is available on the grass area at Perfume Point, 46 Nelson Quay, Ahuriri, Napier.

We ask that you respect local businesses and residents by not parking across driveways or on footpaths.



Friday 4th December 2020 - Preparation

Timing and registration packs

Please make sure you have taken note of your start time and briefing time in the timetable on page 4. 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 the morning of Saturday 5th December. Ensure you remove any non-race equipment (including bags) away from the bike racks before leaving transition. Team cyclists, please keep your bikes on 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 1.00pm, unless otherwise noted over the PA system. Please follow marshal instructions.
- Please note that you will have to show your race number when collecting your bike from Transition.

Knowing your course and laps

Pre-race, check out the course maps (pages 15-18) 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 – 2km (2 Lap)

The Purple/Light Blue/Dark Blue caps will go first. If you were not given a Purple/Light Blue/Dark Blue cap in your race pack, then you will have a Orange/Yellow/Blue cap.

The Swim director will start the Orange/Yellow/Blue caps after he has let the Purple/Light Blue/Dark Blue caps go. You will need to self-seed, which means if you are a confident swimmer you should put yourself at the front of Orange/Yellow/Blue caps group in transition (behind Purple/Light Blue/Dark 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 a Orange/Yellow/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. 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 are paramount.

You have 1 hour and 30mins to complete your 2km swim.



Fast Individual Swimmers



Individuals/Teams/Solo Swimmer

Cycle Briefing 90km (Out and Back)

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 mountline.

Once you pass the mount line you will get on your bike and complete 1 lap of the course (90km).

To ensure yours and everyone's safety 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.
- Always keep to the left on the bike course, unless overtaking.
- Cycling or walking bikes up hills MUST be single file.
- Ensure you have a drink bottle on your bike to stay hydrated. There are only TWO

- drinking stations on the course, one at Clifton, and one in Tuki Tuki during the big loop.
- 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 several 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.

There will be marshals located at every turn on the cycle course.

Drafting is not permitted in the event, and you may incur a time penalty should you be caught. Drafting can cause you to put other participant's safety at risk. We strongly advise you not to draft. 7m is the distance needed between another cyclists back wheel to your front wheel.

- You have 5 hours to complete your 90km cycle.
- You must be back in transition by 1.00pm the cycle course will close at 1.30pm

Run/Walk Briefing 21km (6x Laps)

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/walk. Once you are ready you will head out on to the run/walk course where you will complete 6 laps.

There are two hydration stations on the run/walk course. Please bring sufficient additional hydration should you require it.

Please remember to:

- Always keep left on the run/walk course unless overtaking.
- Return the timing chip at the finish line.
- Ensure you hand in your timing chip to the marshals at the finish line or you will be charged \$50.00.

The run/walk course will close at 5.30pm.

There will be marshals located on the run/walk course.

In total you have 11 hours and 15mins to complete your day's journey. If any discipline gives you extra time you can add that to your next time i.e. if your swim takes you 1 hour you can add the 30mins to your bike time, and so on.

TEAMS/SOLO - Swim Briefing 2km (2 lap) 6am

All team swimmers & Solo discipline swimmers will be called to the holding pen on the beach front at 5.55am. You will be wearing Orange/Yellow/Blue cap. Our swim Marshals will lead you to the start.

At 6.17am 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.

There will be wave starts of approximately 50 swimmers and the waves will start at regular intervals.

You have up to 1 hour and 30mins to complete your 2km swim.

Once you complete your 2km swim you will go through the exit swim chute to the finish line, where you will receive your finisher's medal.

Please ensure to hand in your timing chip, or you will be charged \$50.00.

Teams/Solo Cycle Briefing 90km (Out and Back) 6.15am

The 'Assembly' point is on Hardinge Road; please assemble on the left-hand side of the road as this is where we have road closure. Marshals will be there to help you. 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. 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.

Cycling or walking bikes up hills must be in single file. You are not permitted to cycle more than single file up hill. Please ensure you follow all the road rules. Helmets are compulsory and must be done up before leaving transition. No wearing of iPods or earphones on the cycle, if you are seen wearing them on the cycle you will be disqualified, this is a safety risk for yourself and others.

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 9.30am. Team cyclists have their own timing chip. Please ensure to hand in your timing chip to the marshals at the finish line or you will be charged \$50.00.

Teams/Solo Run/Walk Briefing 21km (6x Laps) 9.30am

At 9.20am you will be called into Transition and your race will start at 9.30am.

ALL Team/Solo runners/walkers will become part of a group start. No team runners/walkers will start before or after this time. Each team runner/walker has his/her own timing chip. This will not be a wave start. There is no particular starting order, and you will self-seed.

All strong, confident runners should put themselves at the front. Once you get near the beginning of transition you will cross the timing mat. This is when your run/walk time will start.

You will wear a timing chip around your left ankle. You will receive your finisher's medal, and hand in your timing chip to the marshals at the finish line or you will be charged \$50.00.

The wearing of iPods or ear phones on the run is accepted, however you must ensure that you stay as FAR to the left as possible so people can pass you and you must also ensure that you can hear instructions from the Marshals. We ask that you please abide by these rules or we may have to ban them in future events.

Please enjoy the atmosphere and environment and take time out to embrace everything you have achieved to get you to this day.

You have 4 hours to finish your 21km run/walk. The run/walk course will close at 1.30pm for all team runners only.

Due to congestion on the run/walk course we are not allowing support runners/walkers as there will be 1000 people on the run/walk course over a 2.5km radius. Please respect our rules to allow those that have registered in the event to have full access and use of the course. Please also be mindful of others around you and keep to the left as much as possible especially on the limestone track

Cut Off Times

Individual Swim: 1hour 20mins **Individual Cycle:** 5 hours

Individual Run/Walk: 4 hours 10mins

Team Swim: 1-hour 20mins **Team Cycle:** 5 hours 30mins **Team Run/Walk:** 5 hours

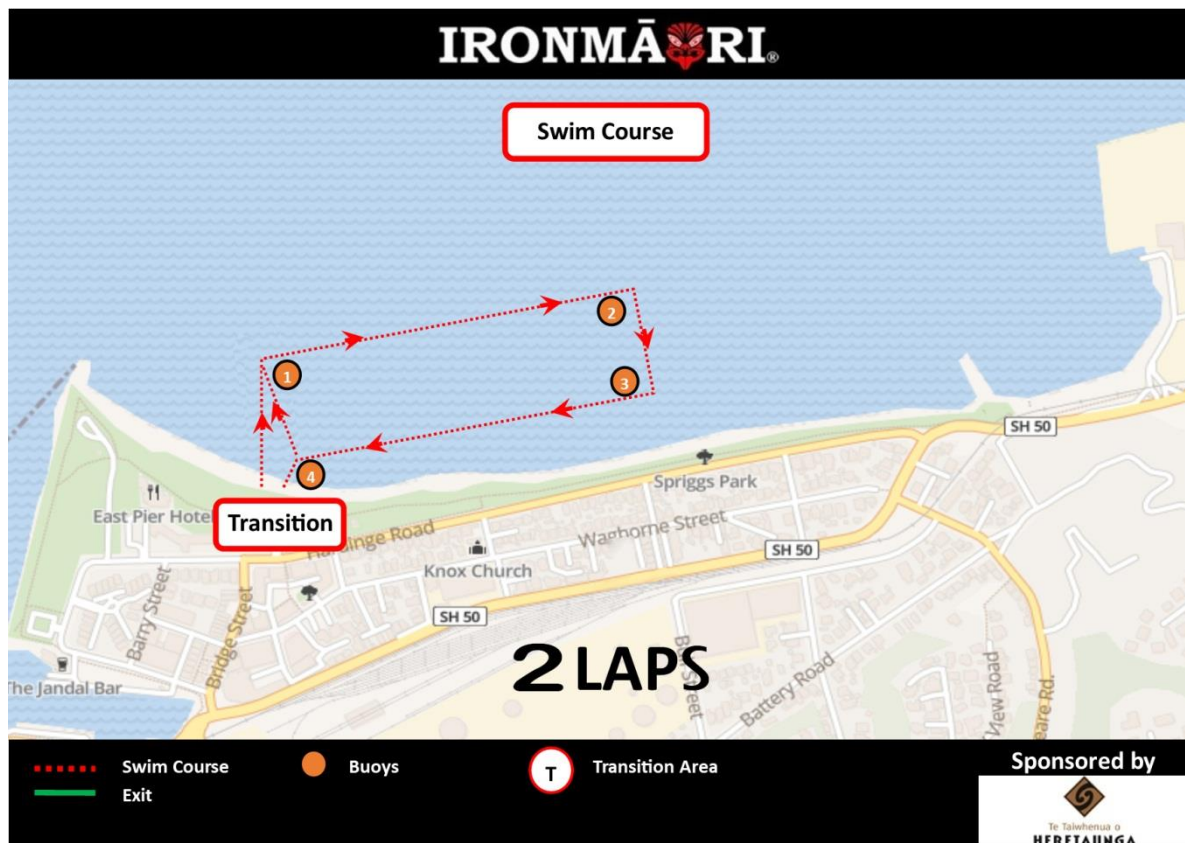
Teams have more time due to starting at different times and not having to tag team members

- **8.30am:** Swim course officially **CLOSED**.
- **1.30pm:** Bike course officially **CLOSED**.
- **5.30pm:** Run course officially **CLOSED**.

Venue Maps-

For better quality and to enlarge maps please go to www.ironmaori.com and then the IronMāori ½ Event section.

Swim Course: 2km (2 Lap)



Individual Swimmers will congregate in Transition.

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

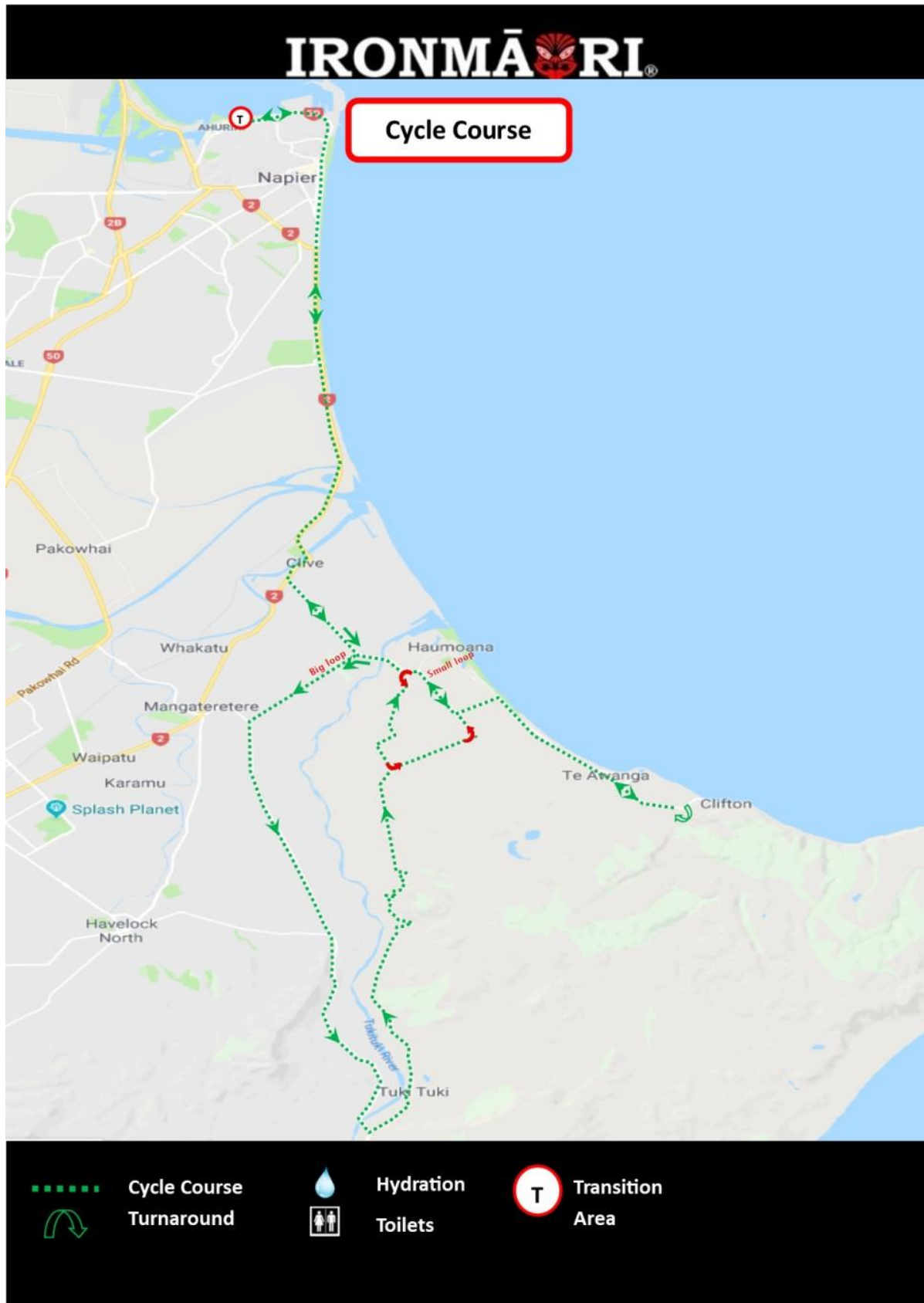
Swim straight keeping to the outside of the buoy (Left side). Swim around BUOY 1 and ensure that you're on the outside of the buoy, head down towards BUOY 2, and then head back towards the shoreline and around BUOY 3, keeping to the outside of the buoy (Left side).

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. Once you have reached BUOY 4, you will then begin your FINAL LAP of the course, following the aforementioned steps.

Once you have reached BUOY 3 on your final lap and are now heading towards BUOY 4 you will be on the inside of the buoy. You will head around the buoy and towards the shoreline. Once you have reached the shoreline EXIT the water and make your way up the swim chute towards transition. Your swim is now finished, WELL DONE!

Cycle Course: 90km (Out and Back)

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

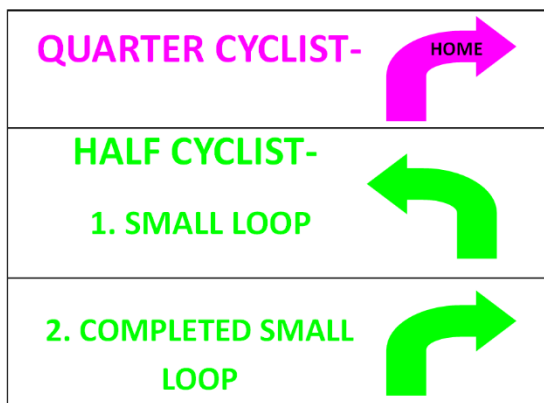


Exit transition, and head east along Hardinge Road. At the intersection, turn left onto State Highway 50. Continue straight, which will directly transition into Breakwater Road, then Marine Parade, and eventually onto State Highway 51. Continue straight on State Highway 51 for approx. 9.1km, heading 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. 5km to the turnaround point.

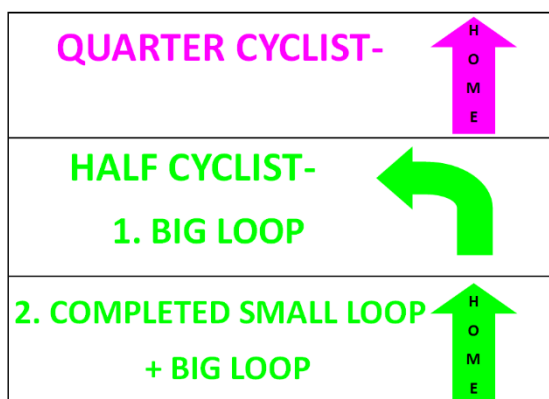
The turnaround point will be located outside of the 'Gannet Beach Adventures', opposite the 'Hygge Café'. A port-a-loo and drinks station will be situated at the turnaround point. You will then be required to head back along Clifton Road, turning left onto East Road, then right onto Parkhill Road. Take a slight left onto Haumoana Road, then left onto Tukituki Road.

Beginning of Small Loop: Continue straight along Tukituki Road for approx. 2.9km, where you will then turn left onto Raymond Road. Continue straight along Raymond Road. At the end of Raymond Road turn left onto Parkhill Road and continue straight. Take a slight left onto Haumoana Road where you will directly transition onto Mill Road and over the 'Black Bridge', heading towards the roundabout. You have now completed the small loop.



You will see this sign before completing the **SMALL LOOP**. Please follow the **BRIGHT GREEN** directions.

Beginning of Big Loop: At the Mill Road roundabout, take the first exit, turning left onto Lawn Road. Continue straight along Lawn Road for approx. 2.8km. At the roundabout take the first exit, turning left onto Te Mata Mangateretere Road. Continue straight along Te Mata Mangateretere Road, which will directly transition into Waimarama Road. Continue straight along Waimarama Road, where you will then head over 'Red Bridge'. At the end of the bridge turn left onto Tukituki Road. A port-a-loo and drinks station will be situated at this point. Continue straight along Tukituki Road for approx. 14.5km, until you reach the intersection onto Haumoana Road. Turn left onto Haumoana Road and continue straight, you will head back over 'Black Bridge' and directly transition onto Mill Road. You have now completed the big loop.

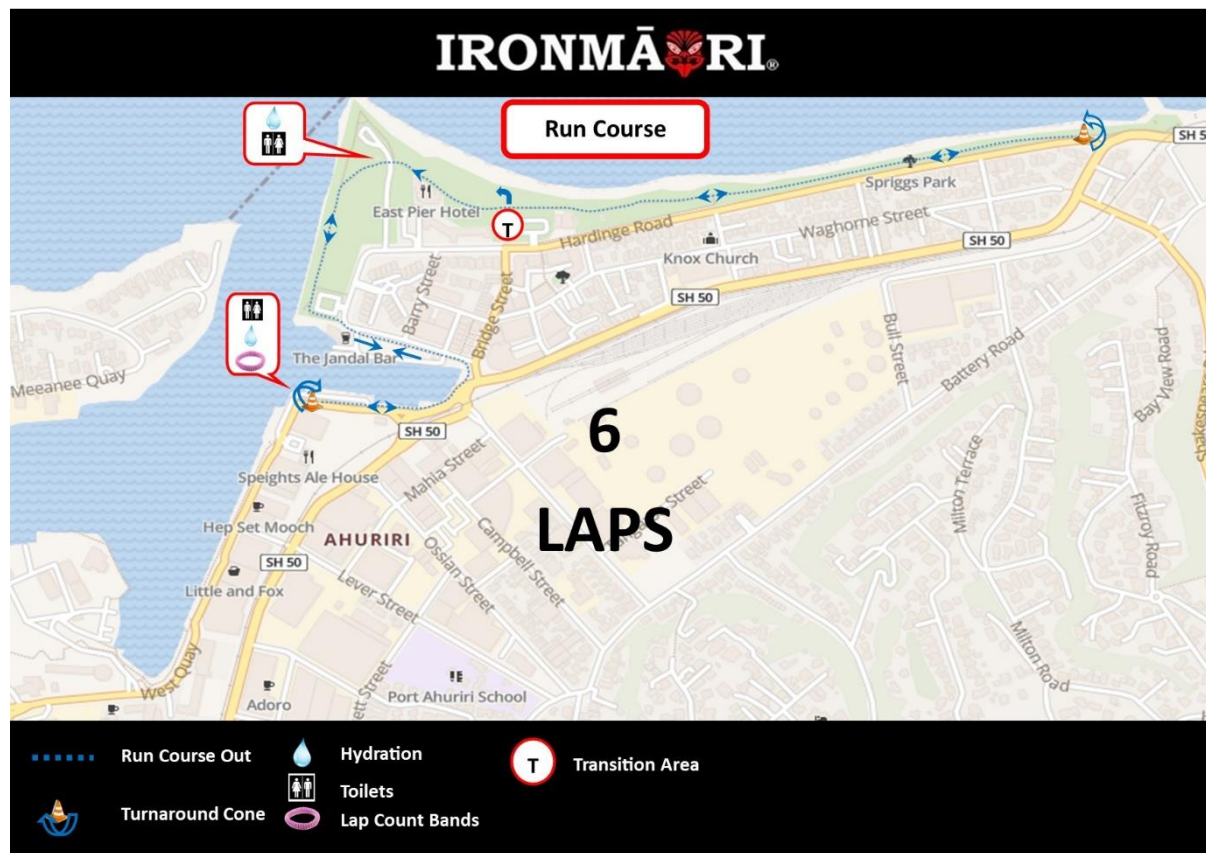


You will see this sign before completing the **BIG LOOP**. Please follow the **BRIGHT GREEN** directions.

Continue straight along Mill Road, then turning right onto State Highway 51. You will then follow the same route back to transition.

Run/Walk Course: 21km (6x Laps)

The run course is a 6-lap course (please refer to the blue line for the course route).



Exit transition and head left 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. Continue a long Customs Quay, until you reach the corner of Customs Quay and West Quay. Toilet facilities, as well as a drink station will be situated at the turnaround point.

At the turnaround point you will head back along Customs Quay. Turn left onto Bridge Street, then another left onto Nelson Quay. Continue along Nelson Quay, heading around the outside of the 'Jandal Bar' car park, and towards Perfume Point. Continue along the pathway, past Transition to the second pavement cut out down Hardinge Road. There will be a cone situated at this point, which you will head around before continuing to complete the next lap.

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

Prize giving

6.00pm: Prize giving starts

Prize giving is at the Napier Sound Shell, 70 Marine Parade, Napier South. The Sound Shell is in the heart of Napier City, and in walking distance of several eatery's for competitors and their whānau to enjoy once prize giving has concluded. You are also welcomed to bring a picnic to enjoy during prize giving.

Post-Event Weekend

Timing Queries

If you are having issues finding your time or your time is incorrect, please email Bengy on bengy@onetime.sport 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 same time?

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 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! We are a Drug, Alcohol and Patch Free Kaupapa! Come and participate, spectate, and enjoy the whanaungatanga!

Event	Date	Registration
Napier IronMāori Quarter	5 th December 2020	Late registration available at event
Napier IronMāori Half	5 th December 2020	Late registration available at event
Taranaki Hawera (2021)	TBC (2021)	Opening Soon