



**IronMāori
Quarter**

Event Manual

2020



Event Details

Date: Saturday 5th December 2020

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

START TIME

6.15am Team/Solo

Discipline Cyclists

6.15am Individuals

6.17am Team/Solo

Discipline Swimmers

9.30am 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 2020 IronMāori Quarter Ironman Event:*



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



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.

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.



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.

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 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 (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-

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.

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.

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- 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 4th December. 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 1.00pm, 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 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 Blue/Pink cap, and the Swim director will start Blue/Pink 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 the Blue/Pink caps group in transition but (behind the 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 the Purple/Light Blue/Dark 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.



Fast Individual Swimmers



Individuals/Teams/Solo Swimmer

Cycle Briefing - 45km

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 (3x 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. Once you are ready you will head out on to the run course where you will complete 3 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/SOLO-

Swim Briefing - 1km (6.17am)

All team swimmers will be wearing Blue/Pink cap. You will be called to the holding pen on the beach front at 5.55am for the race briefing. 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.

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 (6.15am)

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 6.15am, 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 (9.30am)- 3x Laps

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

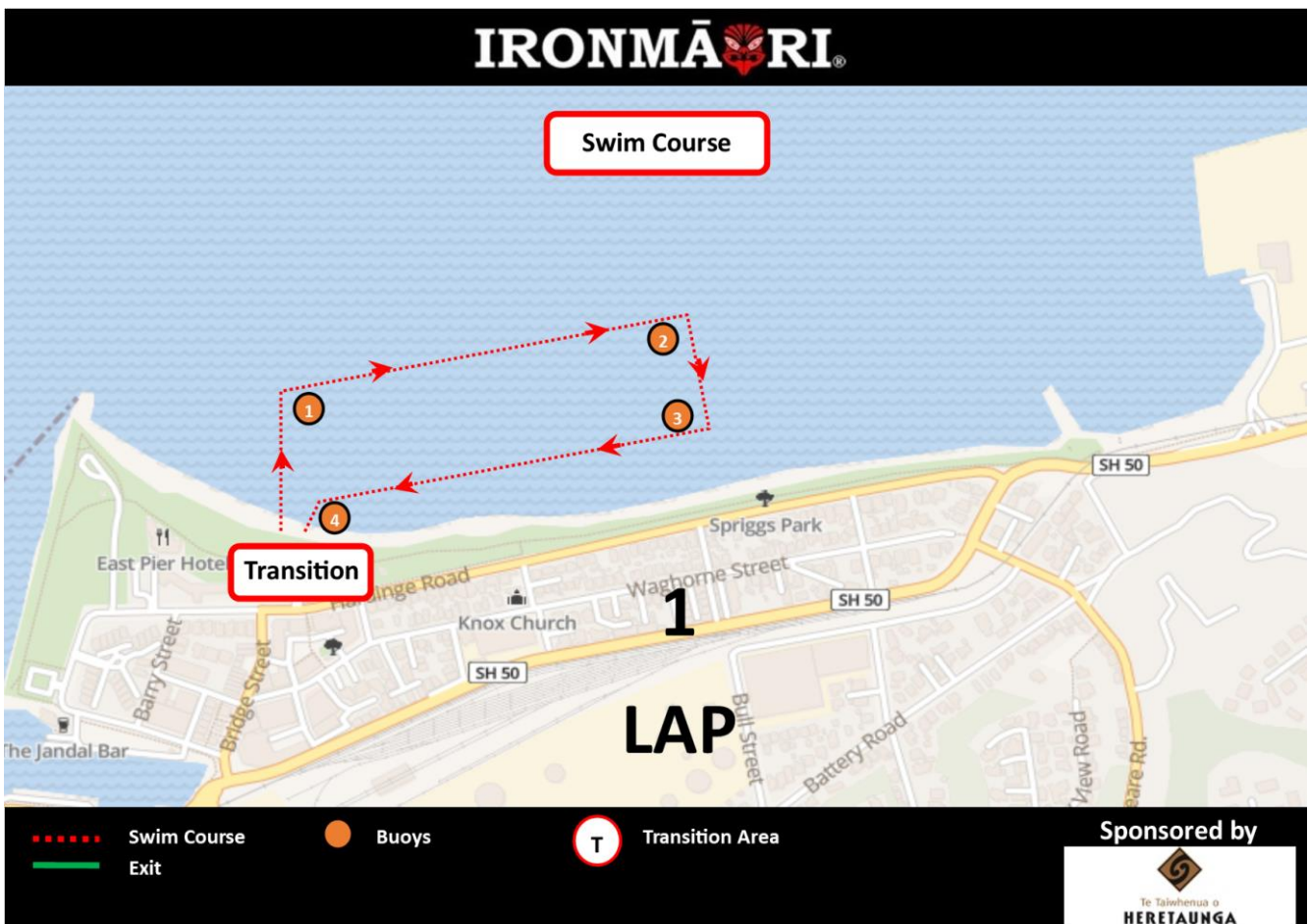
ALL Team runners will become part of a group start whether your cyclist is back or not. No Team runners will start before or after this time. Each team runner has his or her own timing chip.

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).



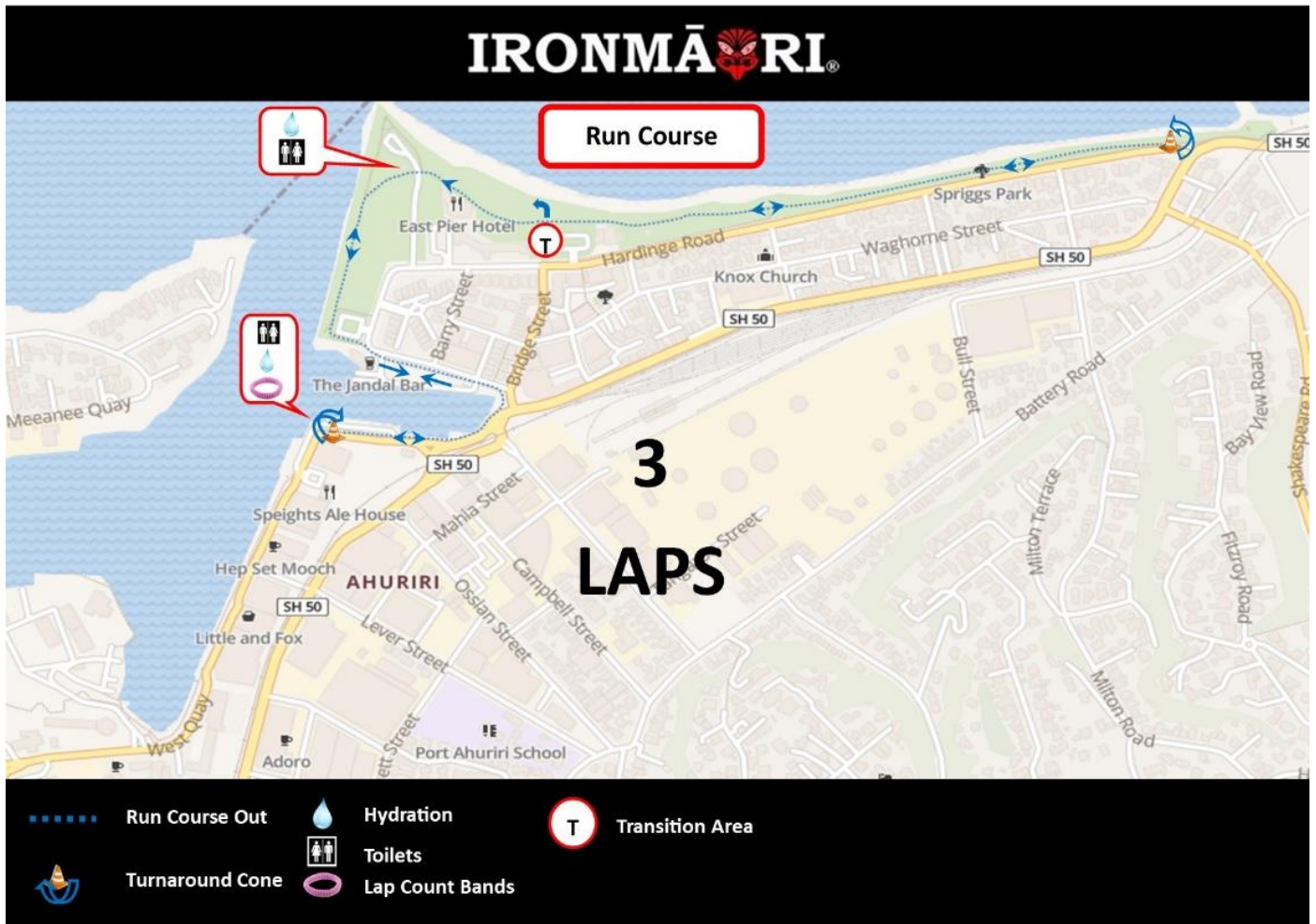
Exit transition, and head east along Hardinge Road. At the intersection, turn left onto State Highway 50. Continue straight, which will directly transition into Breakwater Road, then Marine Parade, and eventually onto State Highway 51.

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 to the turnaround point. The turnaround point will be located outside of the 'Gannet Beach Adventures', opposite the 'Hygge Café'. Toilets 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-

The run course is a 3- 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 THREE laps of the run course verified by THREE 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 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! 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