

# IRONMĀORI®

## EVENT MANUAL

## IRONMĀORI TĀMAKI 2023



# NGĀTI WHĀTUA ŌRĀKEI

## Event Details

**Date:** Saturday 2<sup>nd</sup> December 2023, 9:00AM

**Location:** Okahu Bay & Ōrākei Domain, Tāmaki Drive, Tāmaki Makaurau, Auckland

### **Athlete Check in/Race Pack Collection**

#### **Location:**

At Ōrākei Domain, on Tāmaki Drive.

Friday 1<sup>st</sup> December 2023 - 4:30PM to 6:30PM  
&  
Saturday 2<sup>nd</sup> December 2023 - 7:45AM to 8:30AM

# Event Distances

## Individual Course:

**Swim 500m   Cycle 20km   Run/Walk 5km**

## Team

### Course:

**Swim 500m   Cycle 20km   Run/Walk 5km**

## Solo Discipline

### Swim only:

**Swim 500m**

## Solo Discipline

### Cycle only:

**Cycle 20km**

## Solo Discipline

### Run/Walk only:

**Run/Walk 5km**

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*Event Sponsor:*



NGĀTI WHĀTUA ŌRĀKEI

## Event Timetable

### Friday 1<sup>st</sup> December 2023

| Time   | Activity   | Location                           |
|--------|--|------------------------------------|
| 4:30PM | Athlete Check in <b>opens</b> - for individuals, teams, and Solo Discipline including any changes, and late entries. (Cash only for late registrations).<br><b>Please note-</b> that you will need to register and pick up your race pack to be allowed into transition to rack your bike. | At Ōrākei Domain, on Tāmaki Drive. |
| 6:30PM | Athlete Check in <b>Closed</b>   |                                    |

### Saturday 2<sup>nd</sup> December 2023

| Time        | Activity   | Location                           |
|-------------|--|------------------------------------|
| 7:45AM      | Athlete Check in <b>opens</b> - for individuals, teams, and Solo Discipline including any changes, and late entries. (Cash only for late registrations).<br><b>Please note-</b> that you will need to register and pick up your race pack to be allowed into transition to rack your bike. | At Ōrākei Domain, on Tāmaki Drive. |
| 8:30AM      | Athlete Check in <b>Closed</b>   |                                    |
| 8:40AM      | Karakia/Race Brief   | At Ōrākei Domain, on Tāmaki Drive. |
| 9:00AM      | Event <b>Starts</b> in the order below   |                                    |
|             | Individual/Solo/Team Swimmers  | Okahu Bay                          |
| 9:00AM      | Solo/Team Cyclists   | At Ōrākei Domain, on Tāmaki Drive. |
| 9:30AM      | Solo/Team Walk/Runners   | At Ōrākei Domain, on Tāmaki Drive. |
| 10:30AM     | IRONMĀORI Merchandise <b>opens</b>   | At Ōrākei Domain, on Tāmaki Drive. |
| EST 12:30PM | Prize Giving   | At Ōrākei Domain, on Tāmaki Drive. |

## 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

## Athlete Check in/Registration

Athlete Check in's will be held on Friday 1<sup>st</sup> December 2023, at Ōrākei Domain, on Tāmaki Drive, from 4:30PM to 6:30PM.

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 event morning from 7:45AM to 8:30AM, at Ōrākei Domain, on Tāmaki Drive.

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.

## Event Weekend

### Food Vendor's

The following Food Vendor's will be present at the event on Saturday 2<sup>nd</sup> December 2023 to purchase kai (food) and beverages from:

- Local Legends Eats
- Hero Coffee
- Mr Whippy

### Hauora Provider's

The following Hauora providers and services will be present at the event Saturday 2<sup>nd</sup> December 2023:

- Chiropractic College
- Heart Foundation
- Lomi Lomi (Polynesian Massage)
- Immunisations
- Ready Steady Quit
- Cancer Society

### Medical Assistance

**Pro Med:** Will be onsite from 8:30AM Saturday 2<sup>nd</sup> December 2023, until 12:30PM.

### Medical Care

It is imperative that you train for this event.

Medical care is provided by Pro Med on the swim/cycle/run course. If at any time, there are concerns for your health the race officials and/or Pro Med 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.

### Event Parking/Road Closure

#### **Road Closure:**

**To ensure the safety of participants, road users and residents, the following road closure will be in place on Saturday 2<sup>nd</sup> December 2023:**

**Full Road Closure:** Tamaki Drive Closed between Ngapipi Drive and Long Drive 0500 – 1230hrs

**Side Road Closures:** Non course roads and resident access: 0500 – 1230hrs

- Okahu Street: Closure at Tamaki Drive
- Watene Cres: Closure at Tamaki Drive
- Kitemoana Street: Closure at Tamaki Drive
- Bastion Point Access: Closure at Tamaki Drive
- Atkin Ave: Closure at Marau Crescent
- Patterson Ave: Closure at Tamaki Drive
- Selwyn Ave: Closure at Tamaki Drive
- Kohimarama Road: Closure at Eltham Road
- Averille Ave: Closure at Eltham Road
- Nelgian Ave: Closure at Speights Road
- Sage Road: Closure at Speights Road

#### **Parking:**

You will be able to park along Watene Cres/Reihana Street. You will not be able to access this street via Tāmaki Drive and will be required to use the back streets/roads.

If you are coming via Hobson Point, you will be diverted via Ngapipi Road.



## Transition

Transition will be set up on Friday so if you want to come over to the domain 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.

Individual's, Team's and Solo Cyclists can rack their bikes in Transition (Please refer to the event timetable for times).

**Setup in Transition:** It is compulsory that all bikes are racked on the racks and not leaning on fences or lying on the ground. On Saturday morning, 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 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 |
|-------------------------------|------|------|-----|
| Individual Course             | 500m | 20km | 5km |
| Team Course                   | 500m | 20km | 5km |
| Solo Discipline Swim only     | 500m |      |     |
| Solo Discipline Cycle only    |      | 20km |     |
| Solo Discipline Walk/Run only |      |      | 5km |

## Timing (IMPORTANT)

### INDIVIDUALS/SOLO SWIMMERS/TEAM SWIMMERS:

**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, or else you will be charged the \$50 fee.***

### TEAM WALK-RUNNERS/ SOLO WALK-RUNNERS:

**This event is timed by way of a disposable electronic tag attached to your Race Bib.** (It is compulsory to wear your Race Bib). Please ensure these are secure as lost tags will incur a \$50.00 cost to the individual wearing it.

### TEAM CYCLISTS/ SOLO CYCLISTS

**This event is timed by way of a disposable electronic tag attached to your Race Bib, and Bike sticker.** (It is compulsory to wear your Race Bib, and to place your Bike sticker around your Bike seat).

## 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.

**You MUST fill in the Emergency Contact details on the back of your Race Bib**

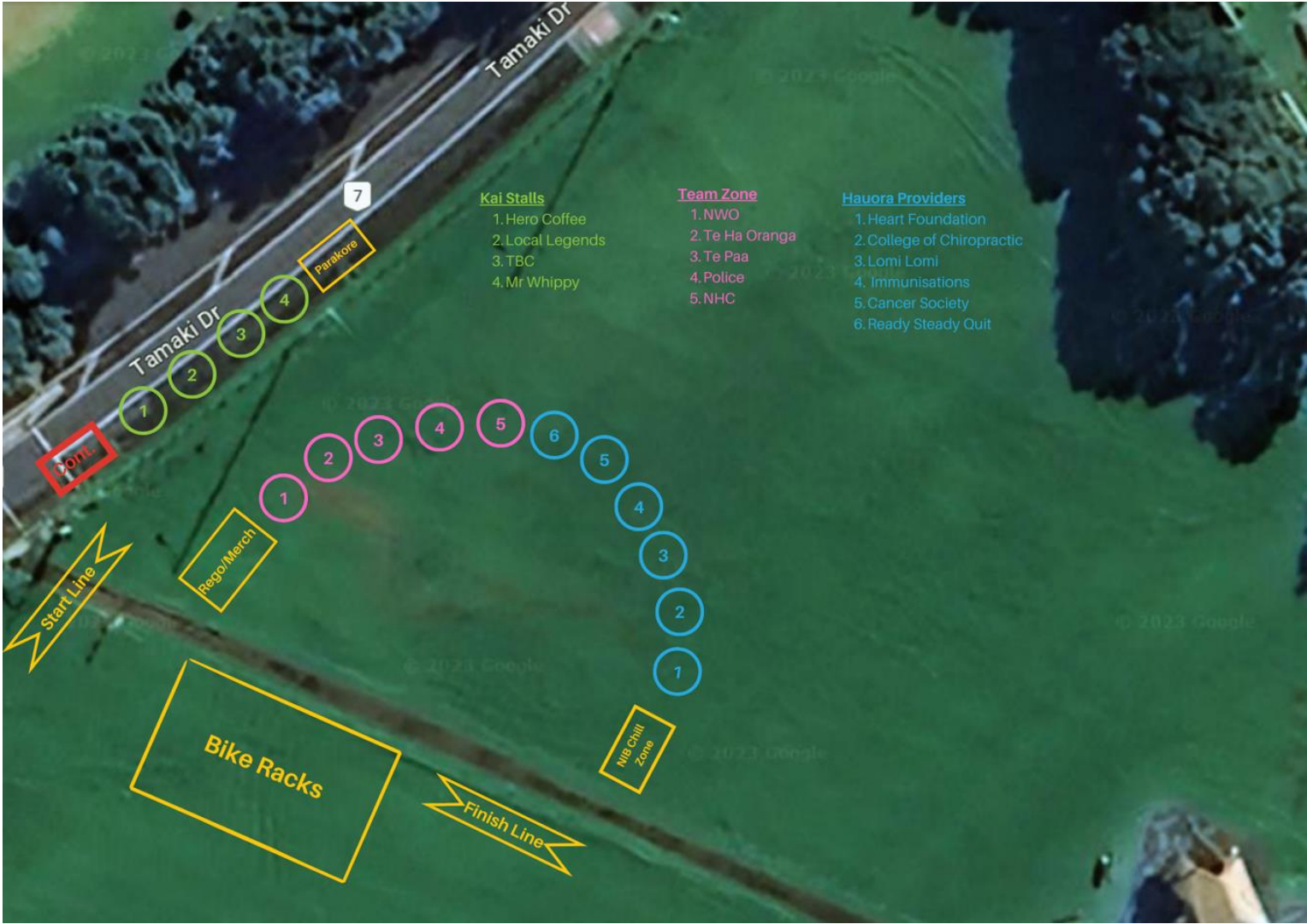
## Aid (Drink) Stations

There are no aid stations on the cycle course. There will be one drink station on the run course along Tamaki Drive, which is located opposite the Transition/Finish Line Vicinity. There will be water available at the Finish Line.

## Toilets

There will be no toilets on the cycle and run course. However, there will be port-a-loos in transition, as well as at Ōrākei Domain entrance. There are also public toilets at Okahu Bay.

Site Map



## Mihi Whakatau

(Event Morning) 8:40am karakia followed by a final verbal race briefing in transition before heading down to Okahu Bay for the Swim start.

## Race Start Times

### INDIVIDUALS/SOLO SWIMMERS/TEAM SWIMMERS:

Your Swim will commence at 9:00am, down at Okahu Bay.

Swimmers will be required to self-seed and will be let go in waves of 50, with 1-minute intervals. Your time will begin once you cross the timing mat. Once you have completed your 500m Swim, you will exit the water and cross the timing mat. You will make your way up the ramp, then safely crossing the road (with assistance from our volunteers), before heading into Transition, ready to begin your cycle. SOLO/TEAM Swimmers will not enter Transition, however, will head down the Finish Line Chute to collect your medal.

***\*Please ensure that you are wearing your Timing Chip on your ankle. All timing chips must be returned once you cross the finish line, or else you will be charged the \$50 fee.***

### SOLO CYCLISTS/TEAM CYCLISTS:

Your Cycle will begin at 9:00am, outside of Ōrākei Domain, on Tāmaki Drive. This will be a siren start, which is when your Cycle time will begin. Your Cycle time will end, once you enter the Finish Line Chute, after completing your Two Laps of the Cycle Course.

***\*Please ensure that you are wearing your Race Bib Number, Helmet Stickers and Bike Post Seat Sticker, as your Timing Chip will be attached to it.***

### SOLO WALK-RUNNER/TEAM WALK-RUNNER:

Your Walk-Run will begin at 9:30AM, outside of Ōrākei Domain, on Tāmaki Drive. This will be a siren start, which is when your Walk-Run time will begin. Your Walk-Run time will end, once you enter the Finish Line Chute, after completing your One Lap of the Walk-Run Course.

***\*Please ensure that you are wearing your Race Bib Number, as your Timing Chip will be attached to it.***

## Swim Brief

The Swim will be based at Okahu Bay. It is a 500M Ocean Swim. You will be able to wear a Wetsuit or Swimming Togs.

It is compulsory to wear the Swim Cap provided to you by IRONMĀORI. This can be found in your Race Pack.

You will **NOT** be able to use Swimming Fins or any other Bouncy devices to assist you with your swim.

### ***Course Description:***

You will be required to Swim 100M out towards Buoy ONE, once you reach this buoy you will make a right turn. You will then Swim 300M towards Buoy TWO, once you reach this buoy you will make another right turn. You will then Swim 100M back towards the shoreline.

For your safety, and the safety of others, Surf Life Saving New Zealand- Mairangi Bay Club will be there to assist you, if you require it. There will be 3 Inflatable Rescue Boats (IRB), as well as several lifeguards on rescue boards spread throughout the course.

If you require immediate assistance you will need to “where practical and when in use” to remove your swim cap, waving it above your head to indicate to lifeguards that you need assistance.

You will be able to use one of the lifeguard rescue boards to rest, however if you are seen making forward momentum through the use of the board, you will be immediately disqualified.

## Cycle Brief

Bike racking can be done during registration on Friday evening or Saturday morning for Individuals, Team's and Solo Cyclists.

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!!

### ***Course Description:***

You will be required to complete TWO Laps of the Cycle Course.

You will head west along Tāmaki Drive towards the first turnaround point. The turnaround point will be located at Ngapiipi Road. Once you reach this point, you will then head back towards Transition, heading out towards Mission Bay. Once you reach Long Drive, the

second turnaround point, you will then head back towards Transition to then complete your FINAL Lap, of the Ngapipi Road/Long Drive Loop.

**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 center 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

You will be required to complete ONE Lap of the Walk-Run Course.

There will only be ONE aid station on the Run course, which will be opposite Ōrākei Domain (Beach side). Once you complete your 5KM Walk-Run, there will be water for you at the Finish Line. We encourage all team members to cross the finish line together.

### **Course Description:**

You will be required to complete ONE Lap of the Walk-Run Course.

You will head west along Tāmaki Drive towards the first turnaround point. The turnaround point will be located at Ngapipi Road. Once you reach this point, you will then head back towards Transition, heading out towards Mission Bay. There will be a turnaround point before you reach Mission Bay, this will be adjacent to Hapimana Street. Once you reach this point, you will then need to head back towards Transition. Once you reach Ōrākei Domain, you will head down the Finish Line Chute to collect your medal.

\*Please ensure that you remove your timing chip, and hand it to one of the Finish Line Volunteers. All timing chips must be returned once you cross the finish line, or else you will be charged the \$50 fee.

### 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.

\*Please ensure that you remove your timing chip, and hand it to one of the Finish Line Volunteers. All timing chips must be returned once you cross the finish line, or else you will be charged the \$50 fee.



## IMPORTANT: What you will receive in your Race Pack

**Individuals-** You will receive a Personalised Race Bib, Bike Seat Sticker, Helmet Sticker, Swim Cap, Ankle Timing Chip, and Event Tee. During your entire Race you must ensure that you are wearing your Ankle Timing Chip as this will time your race. During your Swim you must wear the Swim Cap provided to you. During your Bike you must wear your Race Bib and have your Bike Seat/Helmet Stickers on. During your Run/Walk you must be wearing your Race Bib on the front of your top. ***You must hand in your Timing Chip once you cross the finish line.***

**Teams- Your Team's Race items will be packed all together.**

**Team Swimmer** will receive a Personalised Race Bib, Swim Cap, Ankle Timing Chip, and Event Tee. During the race they must ensure that they wear the Ankle Timing Chip and Swim Cap provided. The Timing Chip will time their leg of the race. ***They must hand in the Timing Chip once they cross the finish line.***

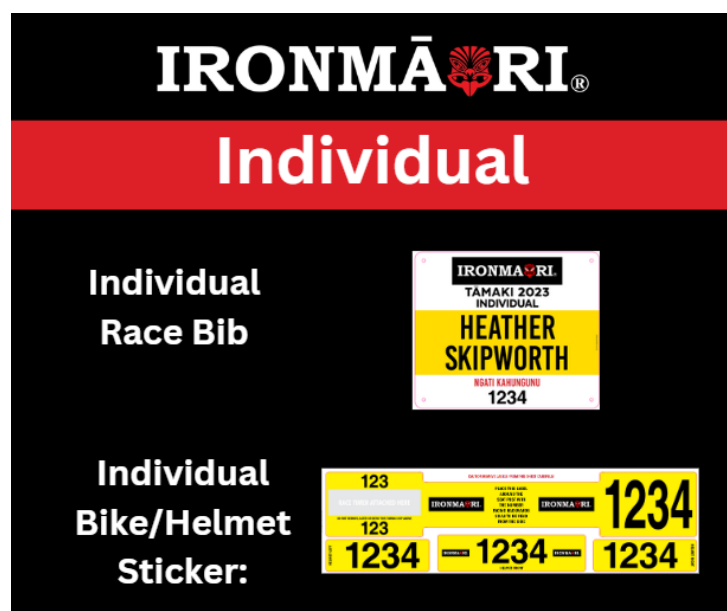
**Team Cyclist** will receive a Personalised Race Bib, Bike Seat Sticker, Helmet Sticker, and Event Tee. During the Bike they must wear the Race Bib and have the Bike Seat/Helmet Stickers on. The Race Bib and Bike Seat Sticker will have a disposable timing barcode attached to it, which will time their leg of the race.

**Team Runner** will receive a Personalised Race Bib, and Event Tee. They must wear the Race Bib during the race as it will have disposable timing barcode attached to it, which will time their leg of the race.

**Solo Swim-** You will receive a Personalised Race Bib, Swim Cap, Ankle Timing Chip, and Event Tee. During your entire Race you must ensure that you are wearing your Ankle Timing Chip as this will time your race. During your Swim you must wear the Swim Cap provided to you. ***You must hand in your Timing Chip once you cross the finish line.***

**Solo Cycle-** You will receive a Personalised Race Bib, Bike Seat Sticker, Helmet Sticker, and Event Tee. During your Bike you must wear your Race Bib and have your Bike Seat/Helmet Stickers on. Your Race Bib and Bike Seat Sticker will have a disposable timing barcode attached to it, which will time your race.

**Solo Walk/Run-** You will receive a Personalised Race Bib, and Event Tee. You must wear your Race Bib during your race as it will have disposable timing barcode attached to it, which will time your race.



## Team Swimmer

Team  
Swimmer

Race Bib:

DO NOT SWIM WITH IT ON



## Team Cyclist

Team  
Cyclist

Race Bib:



Team  
Cyclist  
Bike/Helmet  
Sticker:



## Team Runner

Team  
Runner  
Race Bib:

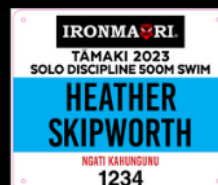


## Solo Swimmer

Solo  
Swimmer

Race Bib:

DO NOT SWIM WITH IT ON



## Solo Cyclist

Solo Cyclist  
Race Bib:



Solo Cyclist  
Bike/Helmet  
Sticker:



## Solo Runner

Solo Runner  
Race Bib:





### Littering

IRONMĀORI prides itself on respecting the environment, and we strive to reduce 'event' generated waste wherever possible. IRONMĀORI will be working alongside Ngāti Whātua Ōrākei to ensure the prosperity of the whenua.

There will be Organic Waste and Recycling bins situated throughout the venue vicinity.

### 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, Team, and Solo 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](http://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](http://www.ironmaori.co.nz)

Any further queries please contact IRONMĀORI – [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz)

### Positive or Constructive Feedback

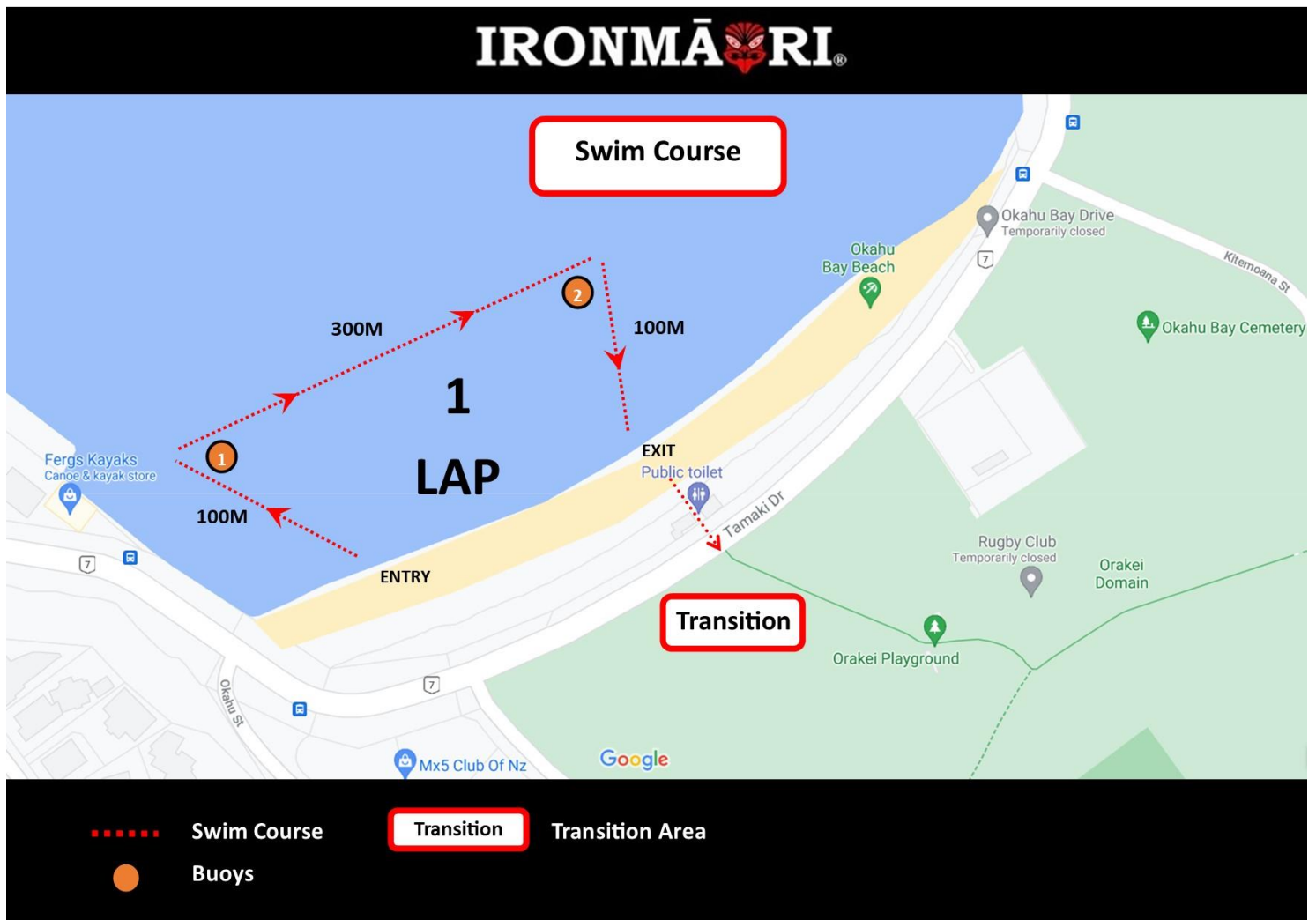
If you wish to provide any positive or constructive feedback, please do so by emailing [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz)

**Enjoyed training for and participating in this event? Go to [www.ironmaori.com](http://www.ironmaori.com) or see the appendix for our upcoming events**

## Venue Maps-

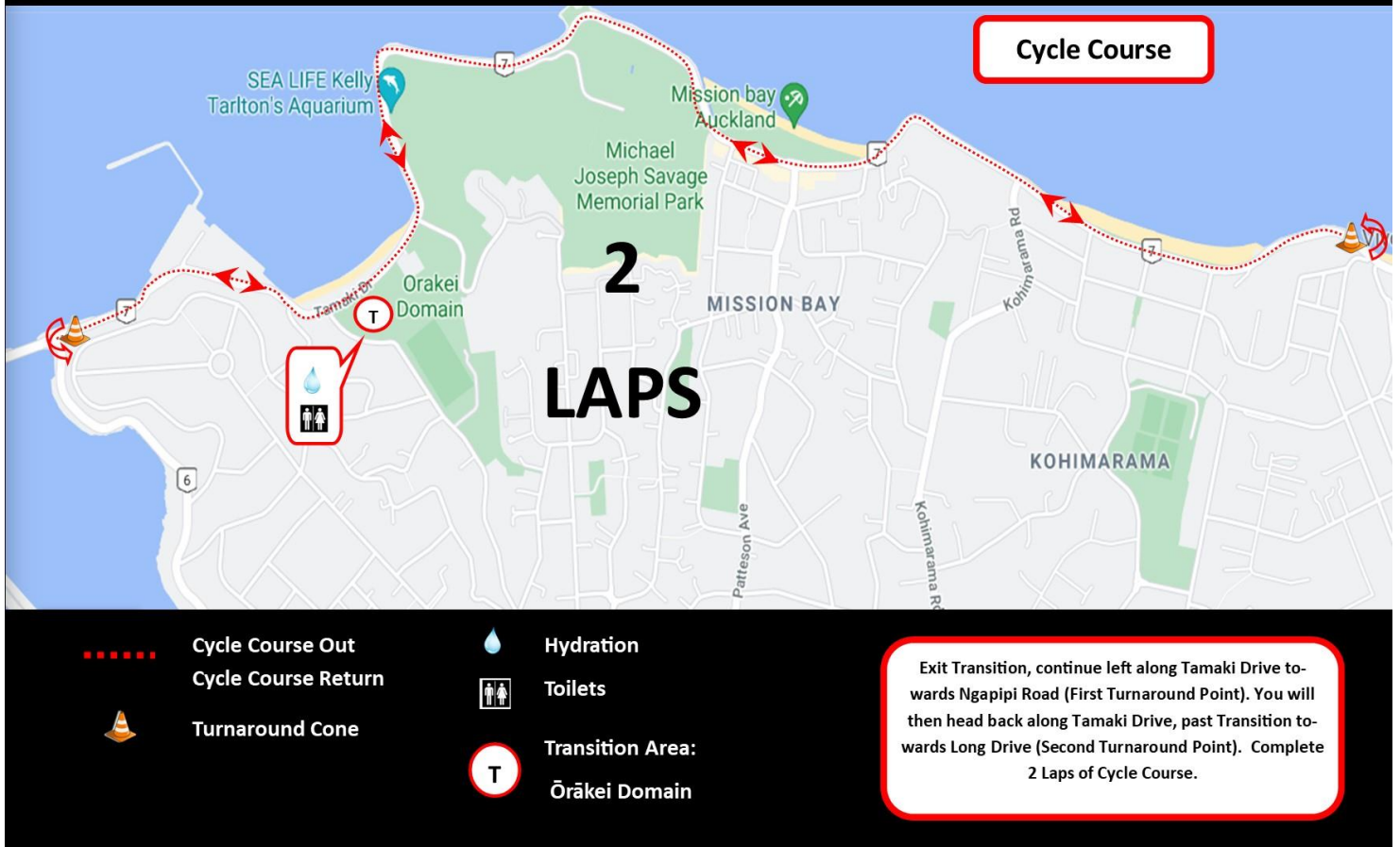
For better quality and to enlarge maps please go to [www.ironmaori.com](http://www.ironmaori.com) and then the IronMāori Taranaki Event section.

### Swim Course



## Cycle Course

# IRONMĀRI®



## 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   | Distance  |
|--|---|--|---|
| <b>IRONMĀORI<br/>Quarter &amp; Half<br/>2024</b> | Saturday 2 <sup>nd</sup><br>2024,<br>Napier,<br>Hawke's<br>Bay. | <b>Online<br/>Registrations are<br/>Now Open</b><br><br>Register via our<br>website:<br><a href="http://www.ironmaori.com">www.ironmaori.com</a> | <b>Quarter:</b><br>1KM Swim<br>50KM Cycle<br>10.5KM<br>Walk/Run<br><br><b>Half:</b><br>2KM Swim<br>90KM Cycle<br>21.1KM<br>Walk/Run |

## In the event of an attack

### ESCAPE



Move quickly and quietly away from danger, but only if it is safe to do so

### HIDE



Stay out of sight and silence your mobile phone

### TELL



Call the Police by dialling 111 when it is safe



[www.police.govt.nz/crowdedplaces](http://www.police.govt.nz/crowdedplaces)

New Zealand Government

English

## Mēnā ka ekengia koe

### PAHIKO



Kia tere, kia ngu tō neke atu i te mōrearea ina e haumarua ana kia pēnei

### E HUNA



Noho huna, me te whakangū i tō waea pūkoro

### KŌREROTIA



Waea ki ngā Pirihimana mā te waea ki 111 ina haumarua ai



[www.police.govt.nz/crowdedplaces](http://www.police.govt.nz/crowdedplaces)

New Zealand Government

Te Reo