



Athlete Guide

# Tri NZ National Age Group Duathlon Championships

Sunday 13 August 2023

Ambury Park, Auckland



## Welcome

On behalf of the team at Auckland City Tri Club, we are excited to welcome you to Ambury Park. For those athletes and supporters who have travelled from outside of Auckland, we welcome you to our special part of the world.

No matter whether you are a first time individual, making the most of being in a team or a seasoned duathlete – welcome, have fun and play fair...

***Thanks - the team at Auckland City Tri Club***

Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all traffic rules and event instructions.
- ✓ Please undertake everything you do within the race to your own capabilities and run, bike, and run in a responsible and fair manner.
- ✓ Be mindful of residents (including animals), this is their home too.



### About the venue:

Ambury Regional Park (also known as Ambury Farm) is a regional park situated on the coast of Manukau Harbour, in Auckland in New Zealand's North Island. It is situated in the suburb of Māngere Bridge and in the local board area of Māngere-Ōtāhuhu, to the west of Māngere Mountain. The park is actually a working farm, making it a great park for families. Children will enjoy seeing sheep, cows, pigs, chickens, goats, and peacocks. Lanes between the animal enclosures allow visitors to get up close to the animals.

Ambury Regional Park has an extensive history of Māori settlement in the Māngere Mountain area, and there are 95 archaeological sites around the park. Following the start of European settlement, parts of the park were used for sewage<sup>1</sup>. The farm itself is named after Stephen Ambury, an English Immigrant who farmed in this area. Mr Ambury produced the first shipment of butter to leave New Zealand for the United Kingdom

Today it is a unique playground and place for us to share our love of sport.



## Event Overview

Location	Ambury Park, Mangere Bridge, Auckland
Date:	Sunday 13 August 2023
Transition Opens	11.35am (or before see below)
Prize Giving	2.15pm
Event Completion (expected)	2.45pm (The Age Group (adult) race will follow the NZ Schools event, roads remained closed for this event)

Note: If you are U19 and wish to represent your school, you must enter the NZ Schools event. If you wish to represent NZ at AG Worlds, then you must enter this event.

Road bike and open bike category (mountain / city style). Separate entry /results categories apply.

✓ Teams and individual options

	Run 1	Bike Leg	Run 2
Male / Female / Team	5kms	21km*	2.5kms

Note: U19 Open Category bike is 15kms – please ensure athletes are entered in the correct category.

<u>Time</u>	<u>Section</u>
8.30am	Registration open.
9.30am	Schools Duathlon starts
10.50am	Transition open for Schools exit and Age Group Racking. Note the Transition Director will confirm timing based on last Schools cyclist being safely finished.
11.45am	NZ Schools Race Prize Giving
12.00pm	Transition Closes
12.15	Race Briefing for AG Race
12.30	Males 16 – 44yrs race start
12.35	Males 45 + race start
12.45	Females race start
2.00pm	Last athlete expected to finish
2.15pm	Prize Giving (maybe earlier).
3.00pm	Packed off site (aim 2.30pm)

*Teams compete with their gender start.*

*No mixed teams without prior approval.*

## Race Information

**Start time:** 12.30pm (Male) and 12.45pm (Female)

	Distance	Laps
Run 1	5kms	1 lap (see map)
Bike	21kms*	3 laps (see map)
Run 1	2.5kms	1 lap

\*(Open Bike 2 laps – 15kms – separate category applies)

### TRANSITION

Please rack your bike as instructed once transition opens from Schools race.

- Do not impede any other athlete's gear.
- Ensure your race bib is either on a race belt or pinned to your race top.
- NO parents or coaches in transition – athletes only.
- If you need help, ask the marshals or the Transition Director (who will be wearing a high vis vest)



### RUN LEG ONE



Starting at the Start/Finish line, head out through Ambury Park left onto the Watercare path following the signs for the 5 kms run. (Clockwise on Blue

route)

Complete **ONE lap** of the run course. (5kms)

Run back into transition.



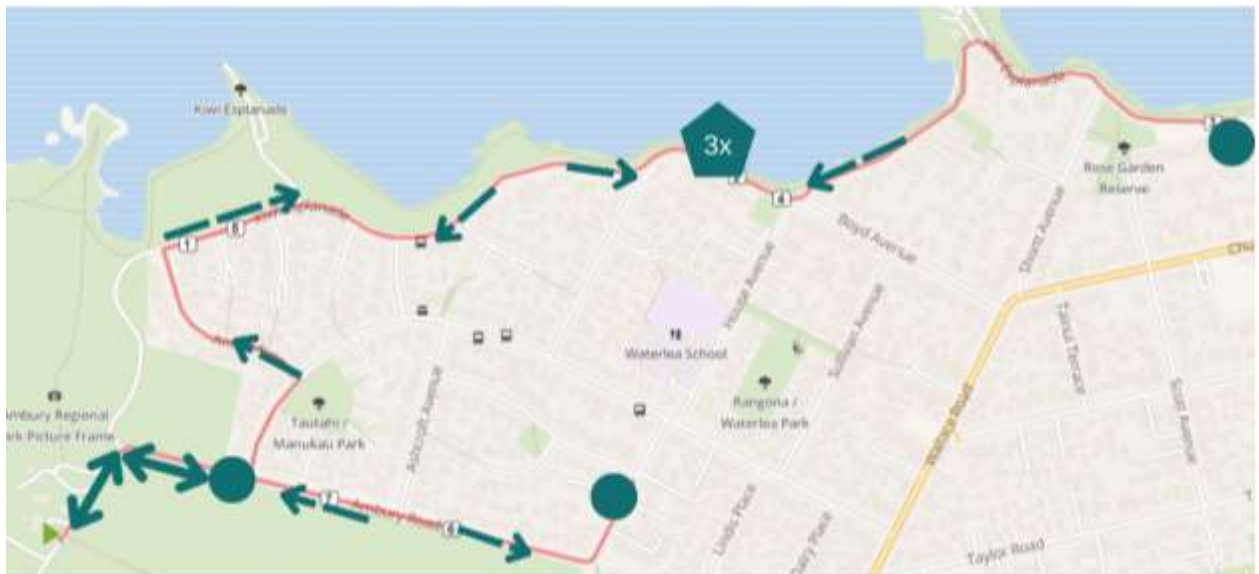
## BIKE LEG



Bike course is **THREE** laps towards Kiwi Esplanade before a U-turn then back past transition before another U-turn along Ambury Park Road.

After the **THIRD** lap head back into transition. Do not unclip your helmet until your bike is racked.

*Open Bike Course is 15kms (TWO Laps) – please ensure you enter the correct category.*



- Drafting allowed \*except in Open Bike category. Drafting only with the same gender
- Please assume road is open at all times.
- You must NEVER cross the centreline of the road. Care to be taken on narrow Andes Ave squeeze point and across the speed humps on Kiwi Esplanade.
- Keep left at all times.
- Road or Mountain/city bike (open) categories. See equipment.

## RUN LEG TWO



After racking bike, runners head back out on the run course, turning left and following the same **yellow** run course.

On the return leg, finish under the gantry and enjoy the celebrations.



## PRIZEGIVING



*Please see prize giving section.*

## Information and Race Rules

### Age groups

- Age Groups in 5-year bands. Age as of 31 December 2023.

### Team events



- Teams are to consist of: 2 competitors for Duathlon (individuals complete one discipline then tag their team member).
- Changeovers between team members must take place inside the transition designated area.
- The oldest person in the team determines the age category of the team.

### *Registration*



On arrival report to the Auckland City Tri Club registration desk to receive your registration pack. This includes the race bibs and transponders. You may register the day before – details on our website and Facebook page.

### *Race Transponders*



The transponders are on Velcro straps and are to be worn around the competitor's ankle.

Teams: The runner/cyclist will remove the transponder in the transition area and hand to the next leg team member, who must secure it on their ankle before leaving transition. These must be taken off after crossing the finish line and put in the return box.

Please note, athletes may only race once on the day either in NZ Schools event or Age Group event.



### Parking



Athletes and supporters are advised to find parking away from the designated course and reserve.

Please do be mindful of the community and residents in the area and do not block their access.

### Para Athletes Grade

As part of Auckland City Tri Club Auckland's ongoing commitment to inclusion, there is a Para category for the Duathlon for both individuals and teams as part of Triathlon New Zealand Series.

Participants in the Para-teams section may be from the same or different schools. If the participants are from different schools, they may enter a composite team as per the Auckland City Tri Club application form for any sports.

It is recommended that, Para Duathlon participants must:

- Have a provisional classification
- Train and compete regularly in their chosen discipline(s) for this event

Forms to apply for a Provisional classification can be found [here](#): If you have any questions, please contact the Paralympics New Zealand Classification Manager at [classification@paralympics.org.nz](mailto:classification@paralympics.org.nz)

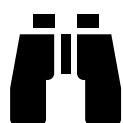
Para participants will compete in their age category (Junior, Intermediate, Senior)

### Open Bike Category



An 'Open Bike' category is also available to encourage more students to participate. Participants may race on a mountain bike or city style bike for the biking leg of the race. *Electric bikes will not be allowed.* Ensure athletes are entered into the correct division.

### Spectator Viewing



There are many places to watch the action along the course, please be mindful of competitors and follow marshals' instructions at all times.

Parents and teachers are encouraged to come and support; however, they may not enter transition or help athletes on the course (except in case of emergency). This is for the fairness of all.

### Food and beverages on site



- There will be a coffee van on site, please bring your own reusable cup.
- You are welcome to bring a picnic.
- This is a zero-waste event – you must take home anything you bring to site. If you see rubbish, please pick it up and dispose responsibly.



### Prize Giving



Prize giving will be held at approximately 11.45am

- Place getters will be recognised at the prize giving.
- Medals are awarded to 1st, 2nd, and 3rd in each individual championship.
- In team events, certificates are awarded to 1st place only.

A full set of results will be available on Auckland City Tri Club Auckland web site [aucklandcitytri.co.nz/duathlon/](http://aucklandcitytri.co.nz/duathlon/) and on the Auckland City Tri Club Facebook and Instagram pages.

The NZ Schools Duathlon event will be on concurrently starting in the morning. The, the area will be closed to traffic until the conclusion of the Age Group race.

### Taking care of Ambury Park

We are privileged to be able to use this stunning venue. Things to note:



- Do not feed the animals (like us they all have their own diets). However, there may be an opportunity to assist the team at Ambury Park ensure all the new Spring Lambs are handfed, more details available on the day.



- Please leave your dogs at home
- Ambury Park is smoke free.
- Be courteous – there may be volunteers and others accessing the site to feed animals or undertake other educational activities.





## Bike Equipment

- ☑ Bikes must be roadworthy and mechanically sound to ensure you do not cause an accident to yourself or others racing in the field. (Check with your bike mechanic before the race.)
- ☑ Any road, mountain, or city style bike (open) may be used, tick the correct category so you are racing fair.
- ☑ No electric bikes.
- ☑ Drafting is legal; however, no drafting may occur between genders. Therefore, no males drafting off females or females off males.
- ☑ Ensure your race number is always clearly visible from behind throughout the bike leg either using a race belt or pinned to your cycle top.
- ☑ Helmets must be correctly worn.

### Draft legal racing



## Race Equipment

### Clothing

We encourage competitors to wear appropriate clothing. We encourage athletes to wear their club gear if they have them. (Tri suits, singlets etc)

### Timing Transponders

A timing transponder will be allocated to you at registration. You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded.

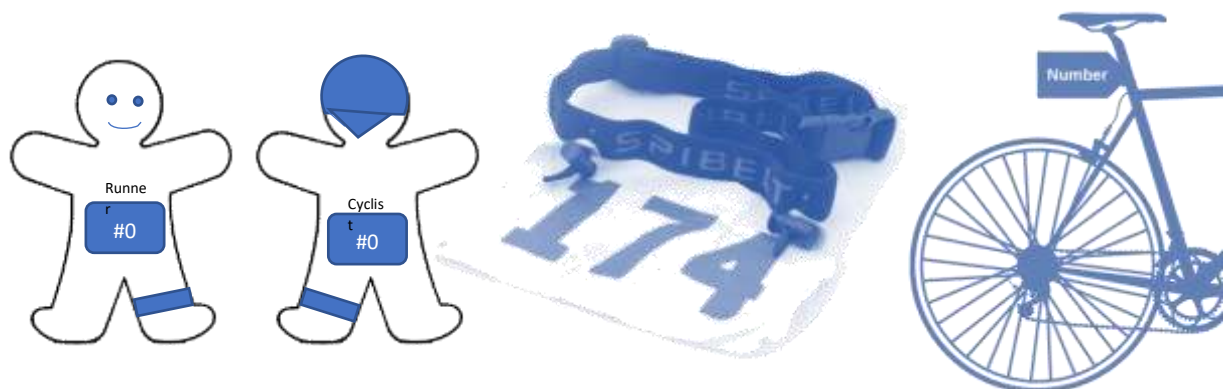
If you don't race or fail to complete the course, you must return the transponder to the timing desk at the finish line. Any transponders that are not returned will result in a \$100 replacement fee. Transponders are non-transferable.

For the Team Tag Duathlon, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in your designated changeover area in transition (by bike racks).

### Race Numbers

You will be allocated a printed race number which you must wear for the bike and run. A simple way of wearing this is to use a race belt or a piece of wide elastic and pin it to the elastic (so you can have the number turned to your back on the bike and the front on the run.) There will be safety pins at registration if required. (You can of course just pin to your top).

Teams will be issued with one race number, and it will need to be passed between team members at the team tag changeover area (easiest way is to have the race number on a race belt)



## Transition Guide



- ☑ Bike racks are laid out by age group block – you must follow the directions of transition director or marshals.
- ☑ Only competitors are permitted in the transition areas, parents and teachers may not enter this area.
- ☑ Wind trainers must not be used in the transition area.
- ☑ Your helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike in transition.
- ☑ Push your bike to the mount line and get on your bike after the mount line (flags and a line on the ground will mark these)
- ☑ After the cycle leg dismount your bike before the dismount line and push your bike back to your spot
- ☑ You must return your bike to the same place on the transition rack it was positioned at the start.
- ☑ No boxes or bags to be left in transition. Only the gear you need for racing to be left in transition.
- ☑ Please ensure you leave your gear is tidy beside your bike. Be considerate of your fellow athletes.

## Team Tag Area

Teams are a great way to be involved and try the sport out... so make the most of it:

- ☑ Teams will start with the same gender and age group as individuals.
- ☑ Team members must tag between each member and change over the timing chip.
- ☑ Team members must wait in the allocated team tag area, cyclists may wear their helmets while they wait.
- ☑ Cyclists must re rack their bike before tagging their runner. Helmets must be worn and stay fastened when racking and re-racking your bike.
- ☑ Please do not warm up on the course when individuals are racing.



## Drafting Tips



Drafting can be a great option for experienced cyclists. For many riders, this may be a new experience, and we encourage you to ride safe.

Note: it is the rider's responsibility to ride within their ability and experience limits



### Novice Riders

- Keep left at all times.
- Hold your line and pace, try to be very predictable in your actions. Don't be afraid to call out what you are doing.
- If you are in a group, avoid harder braking where possible, and give yourself some space to the person in front. Have an escape route at all times.
- If you are being passed, hold your line, and don't make any sudden changes in lane direction. The bunch will pass you safely on the right.



Indicating a hazard to be avoided



Passing

### Experienced riders

(= some experience with formal cycle training (1-2 years) and has been involved in Team Time Trialling and Bunch Training Rides)

- ✓ Give novice riders plenty of room, pass on the right with at least 1m space and do not cut in front of them. Call out when passing novice riders, ("passing on right!"). make sure they know where you are.
- ✓ Be predictable in all your movements, no sudden turns or braking.
- ✓ Hold your line and pace. Do not overlap wheels.
- ✓ Point out all hazards and communicate with others in your group (upcoming hazards and what is going on).
- ✓ Look ahead to what is going on (2-3 bikes ahead), not just on the wheel in front of you.

We encourage athletes contact their local Tri club/ ARYC for more information on cycling workshops on offer: [triathlon.kiwi/find-a-club/](http://triathlon.kiwi/find-a-club/)

## Race Guidelines & Safety



You are responsible for the following:

- Ensuring prior to entering into the competition, you are a confident runners and cyclists and can complete the required age group distance.
- Being aware of any medical conditions, including asthma, of all athletes under your supervision.
- Checking the safety of yourself throughout the entire race, especially at the finish of each leg.
- Ensuring you understand the safety requirements of the Rules of the Road. Roads are open to normal traffic, and you must ride or run the designated course.
- All protests must be submitted in writing, to the Tri NZ race referee. Protests included the conduct of another competitor, race marshal decisions or condition of the course. This must occur within 30 minutes of the competitor finishing their race. The race referee will let you know the outcome as soon as possible. If a decision cannot be made on the day, you will be contacted by Triathlon NZ once a decision has been made.

### Competitors responsibilities

- Must attend the Compulsory Race Briefings.
- Obey all event organiser and marshals' instructions. Non-compliance of these rules may lead to a time penalty or disqualification.
- Always practice good sportsmanship and fair play.
- You are responsible for your own safety and the safety of others.
- Keeping on and knowing the course.
- Headphones, radio sets etc are not permitted while competing in the event.
- If a person near you is injured, please provide assistance and inform the nearest race marshal.

*This event is attended by a First Aid unit and have council approved standards for water and road safety (where necessary).*

### Heat/ Dehydration/ Medical Conditions/ Hyperventilation

- It is recommended that adequate fluids are consumed 24 hours before the event.
- Please ensure you have completed the athlete registration completely and carry any prescribed necessary medications you may require.



## Race Rules

*The race will be guided by Triathlon NZ rules. Note new rules in place from July 2023 – please see website for*

details.



- ☑ You must always obey race officials and treat other competitors, officials and volunteers with respect and courtesy: there is no race without them.
  - ☑ Do not accept assistance from anyone not competing in the race.
  - ☑ You may not wear headphones or digital music devices.
  - ☑ You must not be paced by coaches or supporters.
  - ☑ You must have your torso covered during the cycle and run sections.  
This can be in the form of a tri suit, singlet, or t-shirt.
  - ☑ Keep your gear close by your bike so others do not trip over or get held up by it.
  - ☑ Remember you may only draft with same gender athletes.
  - ☑ Do not discard anything on the course, including bottles. You can discard in your transition area only, but please clear your rubbish when you leave.
  - ☑ If you deliberately impede the progress of another competitor, you will be disqualified.
  - ☑ No personal equipment is to be removed from transition until the transition technical official opens transition (for each event)
  - ☑ Protests must be lodged with the race director within 30 minutes of the race completion. Only the race director in association with Triathlon New Zealand has the authority to deal with protests, do not ask marshals or other volunteers to resolve these issues as they are not able to assist.
- 
- This is a rubbish free event, please look after our precious place and do not drop litter.
  - Once you have finished, please do get out and support/encourage those that are still racing!
  - In an emergency see one of the marshals who will be able to assist
  - If you withdraw, please immediately advise event personnel.
  - Remember – the spirit of good sportsmanship is an important part of our sport – look out and encourage each other...and race hard and fair.
  - Thank a volunteer! Without these people we couldn't put the event on, so take the time to say thanks 😊 and have a terrific day.

*Have a great race and enjoy yourself!*







## Contingency Courses

While we always hope that the sun will be shining, and the wind stays away – we need to plan just in case; so

- ☑ If there is an incident on the course, we reserve the right to alter the course or course length.
- ☑ Should we need to make any of these changes, we will inform you at least 30mins before their start.

If the planned course becomes unavailable due to local authority requirements, a back-up course in Auckland has been arranged.



## Communication and Results

All the results and images will be posted on the Auckland City Tri Club social and web pages as soon as they are available.

Also check out the Facebook page for photos and more.



[aucklandcitytri.co.nz/duathlon/](http://aucklandcitytri.co.nz/duathlon/)



[facebook.com/ACTDuathlon/](https://facebook.com/ACTDuathlon/)

## Represent NZ on the World Stage

This is a Triathlon NZ selection event for the 2024 World sprint distance duathlon scheduled for Townsville, Australia in August 2024



To be eligible (Eligible Athlete) for selection in [a Tri NZ National Age Group Team](#) (Team), you MUST on selection race day:

- ✓ Race in the National Sprint Event (Draft legal) . U19 may race in *either* the NZ Schools event or the Tri NZ Nationals for consideration.
- ✓ Be a citizen of New Zealand, be a permanent resident of New Zealand or have been residing in New Zealand for a minimum of 12 months (subject to clause 6 below); and
- ✓ Be a current member of Tri NZ (TRIBE) and be in good standing with Tri NZ; and
- ✓ Be a current member of a Tri NZ Affiliated Club (List of clubs available at [www.triathlon.kiwi](http://www.triathlon.kiwi)).
- ✓ Nomination Form to be submitted by 15th August 2023
- ✓ Age-Group calculation for the World Champs is taken as at the 31st December 2023.



Full details of the selection information and replacement events can be found on the [Tri NZ website](#). See or contact the Tri NZ team if you have any further questions.



## Key Contacts

### **Auckland City Tri Club**

Lynley Twyman  
Event Director

### **Triathlon New Zealand**

Brian Lenehan  
Technical Delegate

Bike Director – Janette Douglas TBA  
Run Director – Noel De Charmoy  
Transition Director – Katie Gormley  
Registration – Nicole Coulston

Annabel Lush  
Race Referee

### Competition Jury for the Duathlon

Technical Delegate	Brian Lenehan
Race Referee	Annabel Lush
Tri NZ Board Delegate	TBA

Please see Tri NZ rules for any queries regarding protests and process

## Thank You

Events like these just can't happen without the generous gift of time by a whole raft of people – so take the time to acknowledge and thank them if you have a chance.

On behalf of us... THANK YOU to.

- Auckland City Tri Club
- Triathlon New Zealand
- Volunteers (including many friends from the Triathlon Club community and the event organisers)
- Athletes for making it possible.

