



## Athlete Guide

# Duathlon Championships

Sunday 04 August 2024

Māngere Bridge, Auckland

# Welcome

On behalf of the team at Auckland City Tri Club, we are excited to welcome you to Ambury Park.

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:

Mangere Bridge in Auckland, New Zealand, is known for its stunning natural beauty and vibrant community. The coastal area has historically been a place of food gathering from both the sea and the land, under the watch of Auckland's oldest volcano. Today the area is a home to a vibrant community, with spaces perfect for running and biking. The area has been enhanced thanks to the efforts resulting from a focus on restoring wetlands, planting native trees and creating walking paths.

The area along Kiwi Esplanade is an ideal setting for duathlon competitors seeking both challenge and inspiration. As you lace up your running shoes and hop on your bike, the scenic route unfolds before you. The Manukau Harbour stretches out, its waters reflecting the clear blue sky. The Mangere Mountain looms in the distance, a testament to the area's volcanic past.

Embrace the challenge, soak in the views, and let the spirit of Mangere Bridge propel you forward. The finish line awaits, and the journey promises memories that will linger long after the race is done. 🏃🚴

## Event Overview

Location	Kiwi Esplanade, Mangere Bridge, Auckland
Date:	Sunday 04 August 2023
Transition Opens	08.00am
Prize Giving	11.45am
Event Completion (expected)	11.30am

Open to all Age Group (AG) Athletes, and New Zealand Secondary School students

- ✓ Road bike and open bike category (mountain / city style).  
Separate entry /results categories apply.
- ✓ Teams and individual options

Grade	Run 1	Bike Leg	Run 2
U14 Male/Female/Teams (incl U12/ U13) (All)	2.5km	10km	2.5kms
U16 Male / Female/Teams (All)	3.5kms	15kms	2.5kms
Age Group & U19 Male / Female / Teams (Open Bike)	5kms	15 km*	2.5kms
Age Group & U19 Male / Female / Teams (Road bike)	5kms	21km*	2.5kms

Time	
7.30am	Registration (onsite opens). Closes 8.30am
8.00am	Transition open for racking. Registration closes 08.35am
8.45am	Race Briefings for all competitors. Transition closed.
9.00am	Males 16 - 44 years (incl. Schools U19) race start
9.10am	Males 45+ race start
9.25am	Females 16 and over (incl. Schools U19) race start
9.45am	Males U16 race start
9.47am	Females U16 race start
10.05am	Males U14 race start
10.07am	Females U14 race start
11.20am	Last athlete expected to finish
11.45am	Prize Giving. All categories. Must be present to be in draw for major prizes

*Teams compete with their gender (teams and individuals together)*

## Race Information

The Duathlon is open to all abilities and we have options for those on mountain bikes and road bikes, novice and experienced.

### TRANSITION



Please rack your bike as instructed in the correct section.

- Bike racks are laid out in age groups to assist with flow and safety. 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)
- Access to transition is at the discretion of the Transition Director

## RUN LEG ONE



Starting at the Start/Finish line, head along the coastal path towards Mangere Bridge following the signs for the your first run.

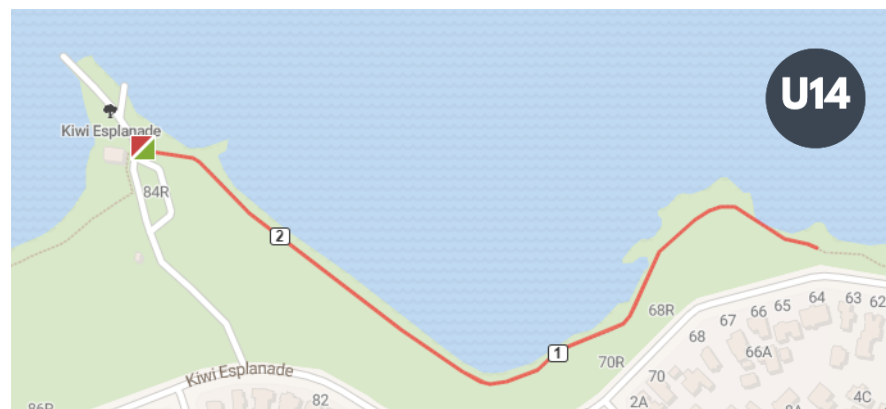
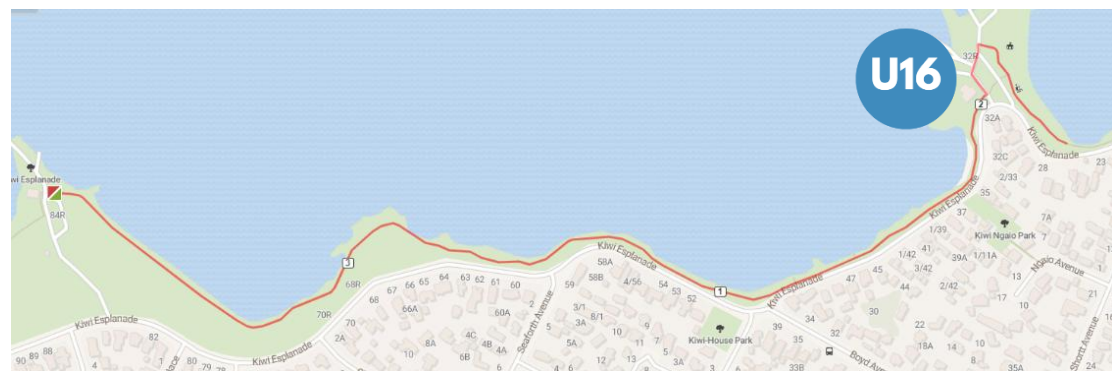
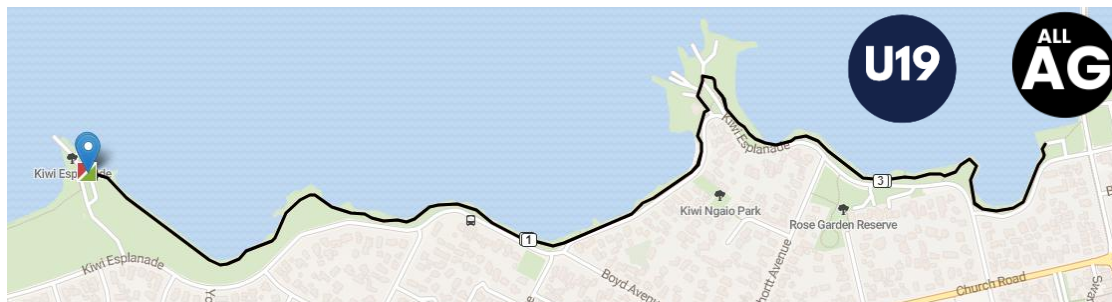


Complete **ONE full lap** of the **Run One** course. Note which *colour* course you should be completing. Run clockwise.

Run back into transition.

Please note the number of laps required:

	Distance	Course Colour
All AG and U19	5kms	Blue
U16	3.5kms	Green
U14	2.5kms	Yellow



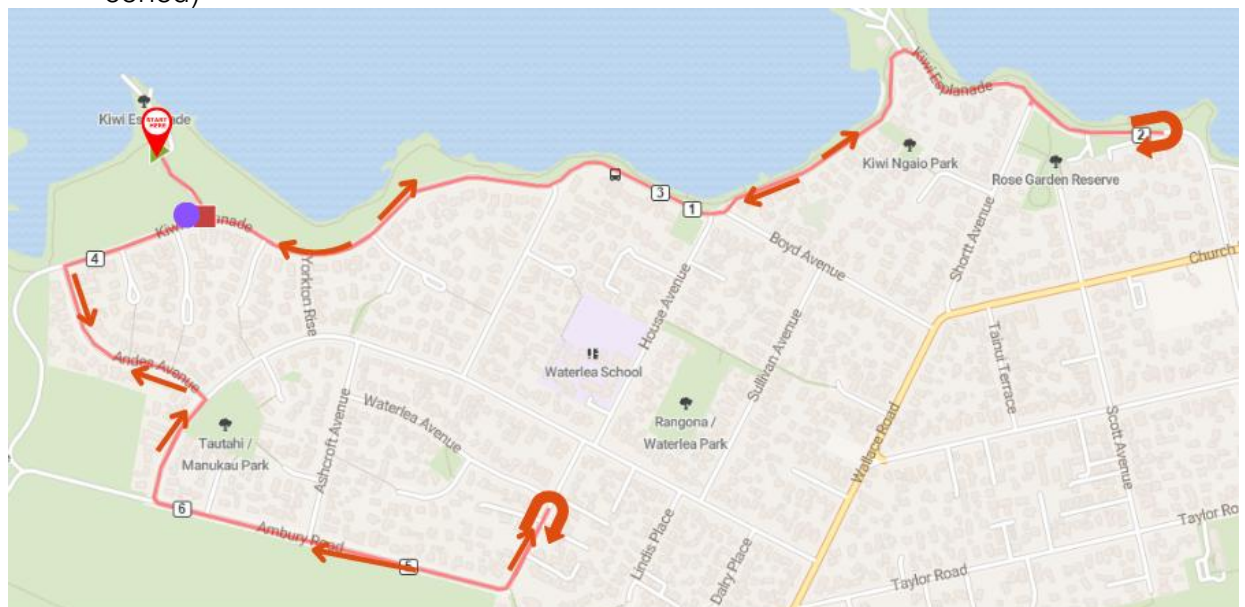


## BIKE LEG



Bike course consists of laps along Kiwi Esplanade before a U-turn then back past transition Ashcroft Ave and then a U-turn along Ambury Park Road.

- On the return leg go into the park and back to transition.
- Do not unclip your helmet until your bike is racked.
- Roads are closed to normal traffic but please be aware there may be legally allowed vehicles, treat roads open at all times.
- The small road into and out of transition is a neutral zone, and has a couple of speed humps, take care through here and stay left. (It will be coned)

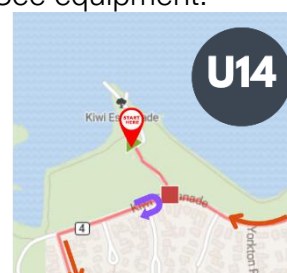


Please note the number of laps required:

	Distance	Laps
All AG and U19	21kms	3 laps
U16 and U19 open	15kms	2 Laps
U14	10kms	1.5 lap *

- No drafting in the U16 and U14 and Open Bike categories
- Where drafting is permitted, it may only be 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.

**U14 – Athletes** complete one full lap, then complete a U-Turn just prior to the transition entrance (will be well marked), before completing a half lap out to Ambury Road and then returning to transition



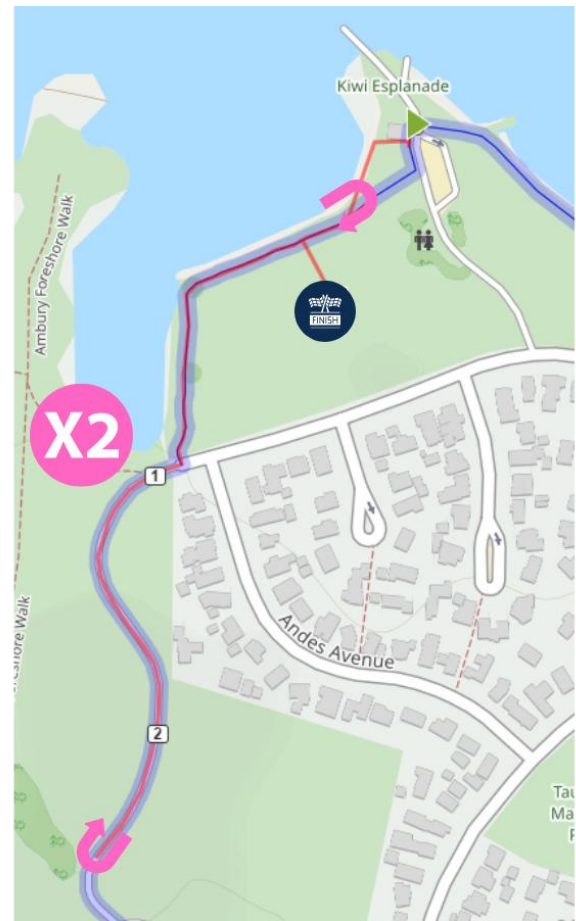
## RUN LEG TWO (All Athletes)



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

Two course arrows which takes you through the edge of Ambury Park for two laps.

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



## PRIZEGIVING



*At approximately 11:45. Please see prize giving section below.*

## Information and Race Rules

### Age groups

#### *Schools:*

- ☒ Juniors - Under 14 years on 1 January in the year of competition (Includes U12 and U13)
- ☒ Intermediates - Under 16 years on 1 January in the year of competition
- ☒ Seniors - Under 19 years on 1 January in the year of competition

### *Age Group Athletes*

Age Groups in 5-year bands as at 31 December 2024

### 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.
- Team members must represent the same school to be eligible for awards.
- No mixed **school** teams without prior approval.

### School Team Management

School teams may have a teacher or adult with them on the day (TIC). This person is to sign in the school's participants and attend a manager briefing before the races start. They need to be aware of any medical problems of their school's participants, implement the rules of the competition, and supervise their students. Teams without supervision may not be able to participate.

### *Registration*



On arrival, athlete must report to the Auckland City Tri Club registration desk to receive their registration pack. This includes all the race bibs and transponders.

You may register the day before at **Swim Shop 66 Mt Eden Road, Mt Eden.**

See details on website and Facebook page.



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## Race Transponders



Please give the correct numbered transponder to the corresponding person. 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 as an individual or in a team – not both.

## Parking



Athletes and families 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. Do not park on the bike course – you will be towed as we have applied for a full road closure for your safety. There is plenty of street parking in close proximity that you can walk from.

## 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.

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 athletes of all ability 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 you 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.

Families and supporters 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.

Schools and club may put up their tents in the reserve – check with Event Director.

## 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 adjacent to the finish area

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

Thank you for Auckland Council for supporting this event.

## 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.
- ✓ Any road, mountain, or city style bike (open) may be used, tick the correct category so you are racing fair.
- ✓ No electric bikes.
- ✓ In the Junior races, only U19's may draft; however, no drafting may occur between genders. Therefore, no males drafting off females or females off males. (And the U19's will be racing with the Adults)  
(No drafting in Under 14 or U16 races or Open bike categories – a gap of 10m from bike in front)
- ✓ AG athletes may draft. Please assess your own ability to do so safely.
- ✓ 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.

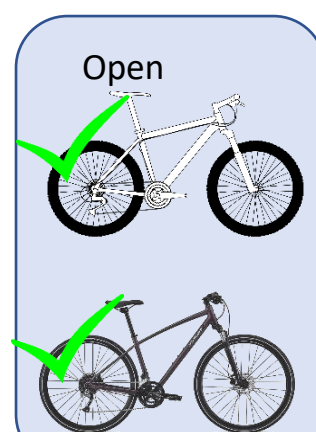
### Non-Drafting (U14/U16 only)



**U14**

**U16**

### Draft legal racing (All AG/ U19)



**U19**

**ALL AG**

Note: Please only draft if you think it is safe and you have the ability to do so

## Race Equipment

### Clothing

We encourage competitors to wear their appropriate school sports uniform, tri club kit etc and be part of a team if applicable. (Tri suits, singlets etc)

It is winter – please do bring some warm gear for pre and post event.

### 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.

Bikes will also have a seat post number applied facing to the rear of bike.

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 racing is underway.



## Drafting Tips (Age Group and U19 Road bikes only)

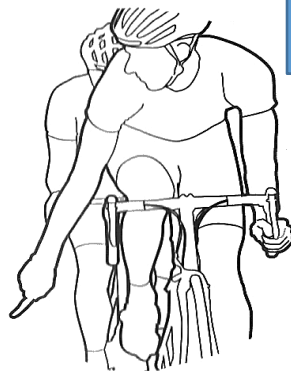


Drafting can be a great option for experienced cyclists. For many riders, this may be a new experience, and we encourage you to ride safe. Note: it is the rider's responsibility to ride within their ability and experience limits



### 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/)*



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## Race Guidelines & Safety



### Teacher in charge responsibilities:

- Prior to entry, ensure athletes are confident runners and cyclists and can complete the required age group distance.
- Be aware of any medical conditions, including asthma, of all athletes under your supervision and advise about dealing with hyperventilation, heat stress, or dehydration.
- Check the safety of athletes throughout the entire race, especially at the finish of each leg.
- Ensure all athletes understand the safety requirements of the Rules of the Road. The TIC must also instruct your athletes that the roads are open to normal traffic, and to ride or run the designated course.

### AG Competitors and School athlete responsibilities:

- Must attend the Compulsory Race Briefings.
- Complete emergency contact details at registration
- 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.
- Know and keep on the course.
- If a person near you is injured, please provide assistance and inform the nearest race marshal.
- Eat and drink adequately in the 24 hours before the event.

### Everyone's responsibilities:

- 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.

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



## Race Rules

*The race will be guided by Triathlon NZ rules.*



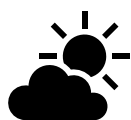
There is a link to the new race rules on our website.

- ☑ 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 in the AG and U19 race, you may only draft with same gender athletes. U14 and U16 athletes may not draft.
- ☑ 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)
- ☑ All protests must be in writing on the Tri NZ protest form. The athlete must submit the protest within 30 minutes of finishing but must signal their intention to protest within 15 minutes of finishing.  
Do not ask marshals or other volunteers to resolve these issues, as they are not able to assist.  
Protests can include issues such as the conduct of another competitor, race marshal decisions, or the condition of the course. The race referee will investigate and inform the athlete of the outcome as soon as possible. If a decision cannot be made on the day, the athlete will be contacted once a decision has been made by Triathlon NZ

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.



## Communication and Results

All the results and images will be posted on the Auckland City Tri Club Instagram Page and Website as soon as they are available.

Stay in touch via our social and web pages for photos and more.



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



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



## Key Contacts

(To be confirmed)

### Auckland City Tri Club

Lynley Twyman

Event Director

Bike Director –TBC

Run Director – Charlotte Guscott

Transition Director – Katie Gormley

Registration – Nicole Coulston

## 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.

- ☒ Schools including the Sports Department teams.
- ☒ Parents / Teachers / Coaches
- ☒ 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.

