



**SUZUKI**  
**TRIATHLON**  
NATIONAL CHAMPIONSHIPS

# Auckland City Tri Club Duathlon

## Sunday 11 August 2019

# Athlete Guide (V6)



Host of Triathlon New Zealand  
National Duathlon Championships



2019 Duathlon Championships



# Run, Bike, Run...key information



## Venue



Pukekohe Park is at  
242-250 Manukau Rd, Pukekohe 1023  
(Around 45 mins from Auckland City)

*Please park in designated car parks or follow marshalls instructions.*

## Key Times      Sunday 11<sup>th</sup> August 2019

- 7.30 am      Registration opens
- 7.45 am      Warm up track opens (estimate – race director will announce via MC)
- 8.45 am      Transition / cross track access closes – all bikes must be racked at this time
- 08.50 am      Race briefing – All athletes
- 9.00 am      Race start – see next page for individual wave details
- 12.00 pm      Prize Giving : (maybe earlier if last competitor finished).  
Transition opens when last competitor completes the bike. No bikes to be removed prior to this.

**Thanks to:**



## 2019 Duathlon Championships








# Event detail summary

Pukekohe Sunday 11 August 2019




	Start time	First run		Bike		Second run	
Registration opens	7.30 am (registration for Open events closes at 9.15am)						
Track opens	7.45 am for warm up / Transition and track access closes at 8.45am						
Race brief	8.50 am – all athletes						
U12 & U13	9.00 am	1 lap	2.25km	3 laps	8km	1 short	1km
Under 14	9.15 am	1 lap	2.25km	4 laps	11km	1 lap	2.25km
Under 16	9.35 am	1 lap	2.25km	5 laps	14km	1 lap	2.25km
M16 - 39	9.55am	2 laps	4.3km	7 laps	20km	1 lap	2.25km
F16 +	10.00am	2 laps	4.3km	7 laps	20km	1 lap	2.25km
M 40+	10.25 am	2 laps	4.3km	7 laps	20km	1 lap	2.25km
Prize Giving	12.00 pm (or when last competitor finished, so maybe earlier)						


 Each standard lap of the run is 2.25km

 Each standard lap of the bike is 2.8km

## Cycle Laps: Please note:

 Cycle: there will be timing mats on the cycle course registering each lap you complete. It is your responsibility to ensure you complete the required number of laps and anyone not completing the required number will be disqualified.



 **Cycle laps** – your last lap is a short lap, exit via pit lane as indicated by signs. (e.g. 3 laps = 2 <sup>3</sup>/<sub>4</sub> laps)

- ☐ Results will be in 5-year age groups from 19 through to 85+ and Tri NZ National Championship medals will be awarded in each of these 5-year age group categories as well as U12&13, U14, U16 and U19 age categories.
- ☐ Age group calculated as at 31 Dec 2019



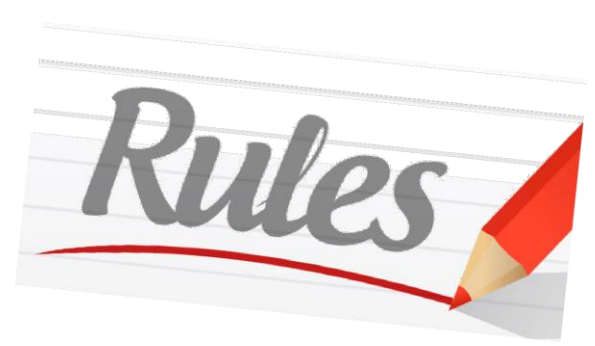
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# Summary of rules



*This event is conducted under Tri NZ rules which can be found at [triathlon.kiwi/rules](http://triathlon.kiwi/rules)*

- ✓ All athletes must compete in a sportsperson like manner
- ✓ You must obey race officials at all times 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 must not use any headsets (for music or otherwise)
- ✗ Do not discard bottles or anything else on any part course or field of play. You can discard in the transition only where your gear is stored. Do not leave gear in access lanes
- ✗ You may not be paced by coaches or supporters
- ✗ You cannot race with bare torso [your upper body must be covered]
- ✗ If you deliberately impede the progress of another competitor you will be disqualified.
- ✓ The cycle is draft legal – keep left and be courteous, signalling your intentions well
- ❑ Protests must be lodged with the race referee within 30 minutes of the race completion. The Head Referee will be at the finish line and will be wearing a Triathlon NZ technical official uniform. Only the race referee 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.

*Have a great race and enjoy yourself!*

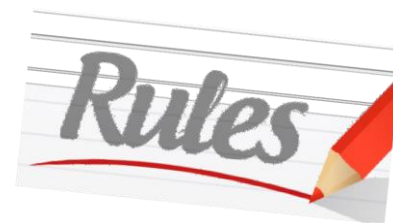


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# Transition Rules



- 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
- Wind trainers must not be used in the transition area
- 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
- Dismount before the dismount line and push your bike back to your spot
- You must return your bike to the same place it was racked 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 tidy beside your bike.  
Be considerate of your fellow competitors
- *Have a great race and enjoy yourself!*



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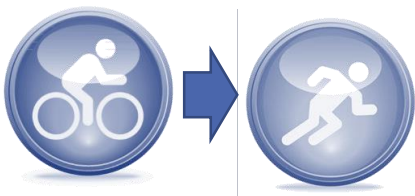




## Run Course

- The run course is clockwise and is predominantly on the inside race track. In the run section, you may walk if you wish.
- Where you are running multiple laps, the additional laps are on the cinder track.
- Matting *may* be laid between the tracks to reduce contact with mud, please take extra care over this section.
- Please stay to the left of the course at all times unless passing.

*Note:* sections of the run course are adjacent to the cycle course, so please stay within the cones and observe any instructions from signs or marshals



## Cycle – run transition

- On your last lap of the bike, you will exit the course via the slip lane (follow markings on course). Do not pass under the motorsport gantry on your last lap.
- Ensure you dismount prior to the **dismount** line and mount only after the marked mount line as appropriate
- Ensure you rack your bike in the same place where it was originally racked
- You must rack your bike prior to unfastening your helmet.
- Exit transition in the direction of the start/finish line following the marked course and out onto the run course.

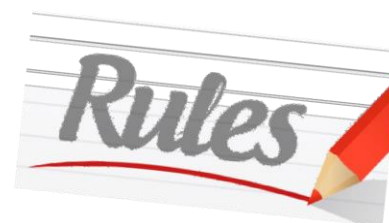


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# Cycling – Draft Legal



- Please keep left at all times unless you are passing
- You must not pass on the left.
- Obey race officials at all times
- Those choosing to ride a hybrid or mountain bike, may not draft in a pack for safety reasons.

## Cycle 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)
- Athletes may use either a road style bike (below) or mountain /hybrid bike.
- ***Note NO aero bars or TT bikes***



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# Cycling – Draft legal



- Drafting can be a great option for experienced cyclists.
- This is a new option in our sport so we encourage you to be safe by following these tips.

## Experienced riders

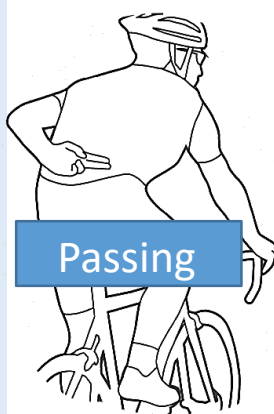
Give novice riders plenty of room, pass on the right with at least 1m space and do not cut in front of them. Call out when passing novice riders, (“*passing on right!*”). make sure they know where you are.

Be predictable in all your movements, no sudden turns or braking.

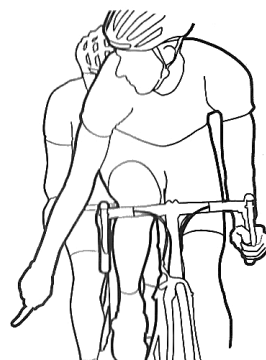
Hold your line and pace. Do not overlap wheels.

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.



Passing



Indicating a hazard to be avoided

## 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.

Thanks to the coaching team for these tips



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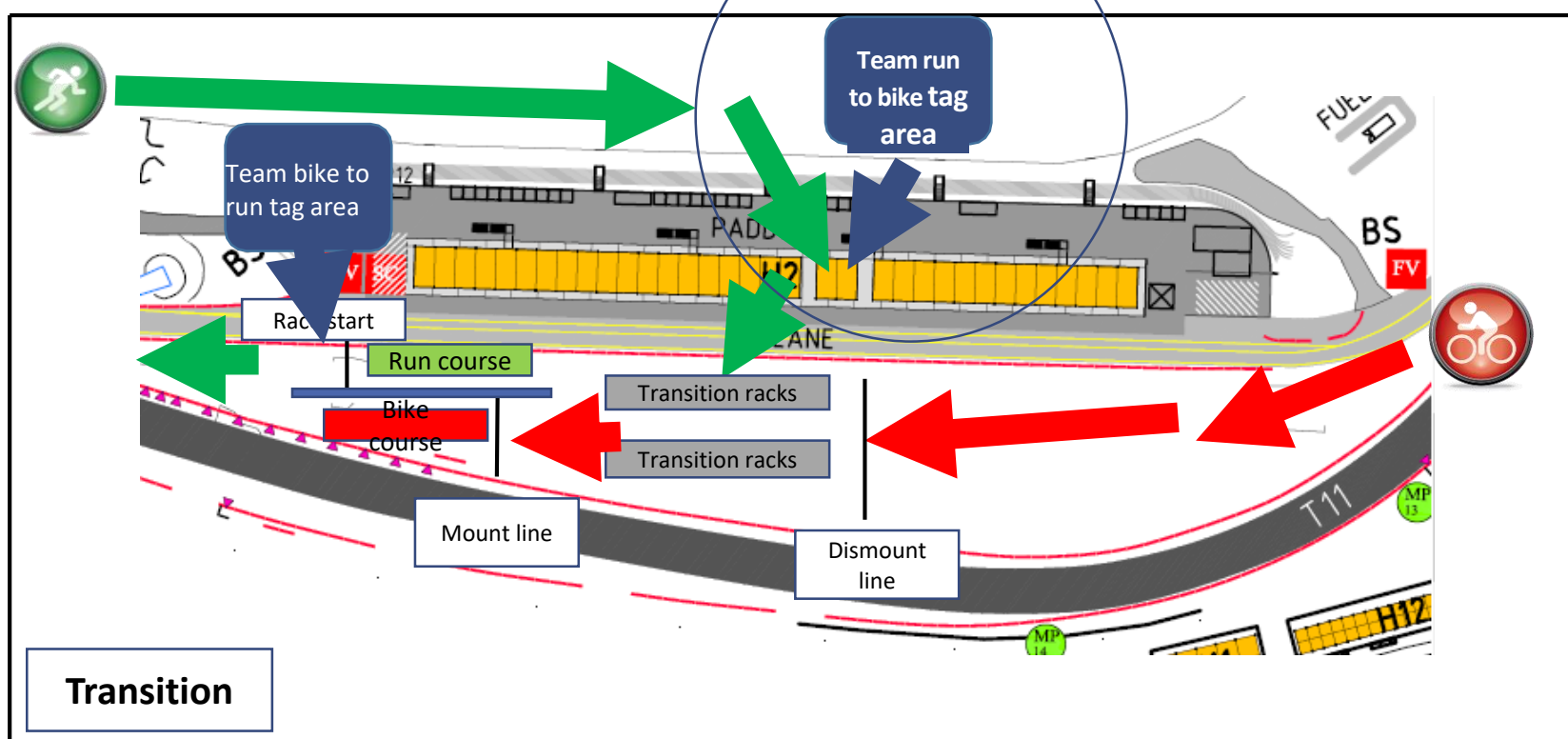


# Team information



- NO warming up on the track after race briefing
- Wind trainers must not be used in the transition area
- You must swap your timing chip from each person in the team tag area.
- Cyclist – you may have your helmet on in the tag area, rack to rack helmet requirement still applies. (Helmet must be worn when un-racking and racking bike during race)

## Team Tag Area



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# Finishing

- Once you pass under the finish gantry, you have completed your race !
- Come forward to the volunteer team who will assist you with removing your timing chip – these must be removed and returned (you will be charged for any non returned chips)
- There is a water station on the left hand side for recovery. (And Tasty Pot Soup to warm up and recover)
- Get yourself warm, cheer for your mates and return for the prize giving at approx. 12.45pm (once all competitors have finished and results have been verified.)



*What else?*

- In an emergency see one of the marshals who will be able to assist
- If you withdraw, please advise the timing team at the finish line, and return your transponder to them
- 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.



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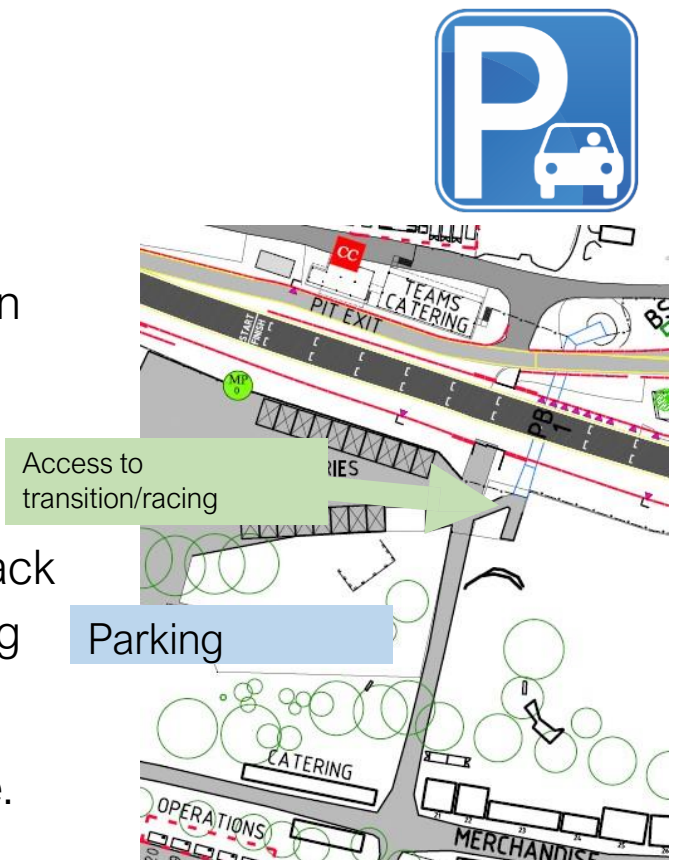


# Information for Supporters

## Parking

- ✓ Please follow signage/marshal instructions.
- ✓ Ensure all access ways are kept clear. We can not run the event if an egress is blocked (for emergency reasons.)

- **Note:** the access to the transition and racetrack is across the track – this will be closed during racing and no one will be able to cross the track until the race is clear. You may cross at anytime using the overhead pedestrian bridge.



## Viewing

- There is viewing on the grandstand. Please stay off the run course and do not go onto the bike track. You may hinder the athletes as well as endangering athletes and yourself



## Food and beverages on site

- There will be a coffee van and hot food vendor on site for purchase of food and beverages.
- You are welcome to bring a picnic
- *Please bring your re-usable coffee cup, as we are encouraging a zero waste event.*



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# ITU World Champs



Your name  
here ???

- ✓ This is a Triathlon NZ selection event for the 2020 ITU World sprint distance duathlon championships

(to be held in Almere; Netherlands 4-13 Sept 2020)

To be eligible for selection you will need to fulfil the [Tri NZ criteria](#) including:

- ✓ Citizen of NZ
- ✓ Be a member of an [affiliated Tri NZ Club](#) and a Tribe member
- ✓ Meet the qualification standards
- ✓ Complete a [selection nomination](#) form either before the event or within 48 hours of event (Tues midday)



Note:

Age group calculation for World Champs is taken as at 31 December 2020

See or [contact](#) the Tri NZ team if you have any further questions.

## Competition Jury for the Duathlon

- Brian Lenehan – Technical Official
- Neil Millar – Tri NZ Board Member
- Tony Sangster – Transition Director

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



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# Thanks to Sponsors and partners

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Thank you to all the volunteers and sponsors who have made this event happen.

Tri NZ Technical officials/Auckland City Tri Club



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