

PUKEKOHE DUATHLON

By Auckland City Tri Club since 2009

ATHLETE GUIDE^(V4)



Sunday 9th August 2020

**North Island Duathlon Championships
Age Group and Schools**



2020 Duathlon



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 9th August 2020

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 Secondary Schools bikes must be racked at this time
8.50 am	Secondary Schools Race briefing – compulsory
9.00 am	Secondary Schools Race start – see next page for individual wave details
11.00am	Registration for Sprint Event Closes Bike racking opens for Sprint Event / Secondary Schools Event Bike racks to be cleared (<i>at Transition Directors discretion</i>)
11.20am	Transition Closes
11.25am	Sprint Event Race Briefing
11.30am	Race Start – Sprint Mens
11.35am	Race Start – Sprint Womens
1.15 pm	Prize Giving (All) : (maybe earlier if last competitor finished). Transition opens when last competitor completes the bike. No bikes to be removed prior to this.






2020 Duathlon



Event detail summary

Pukekohe Sunday 9th August 2020



	Start time	First run		Bike		Second run	
Registration opens	7.30 am (registration for Open events closes at 11am)						
Track opens	7.45 am for warm up / Transition and track access closes at 8.45am						
Race brief	8.50 am – all School 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
Under 19	9.55am	2 laps	4.3km	6 laps	17km	1 lap	2.25km
Race brief	11.25 – all Age group athletes						
M Open	11.30am	2 laps	4.3km	7 laps	20km	1 lap	2.25km
F Open	11.35am	2 laps	4.3km	7 laps	20km	1 lap	2.25km
Prize Giving (All)	1.15 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


Age Groups:

Schools Event Age is taken as at 1/1/20, Sprint Event Age is taken as at 31/12/21. Sprint Event results will be in 5-year age groups through to 85+

Note: Those aged 16-18 have a choice of entering the NI Schools Event or the NI Sprint Event. If you are at school, you are encouraged to enter the School Event. The only exception is if you are wishing to qualify for the Duathlon World Champs, then you must race in the Sprint Draft Legal Event.

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 be disqualified.

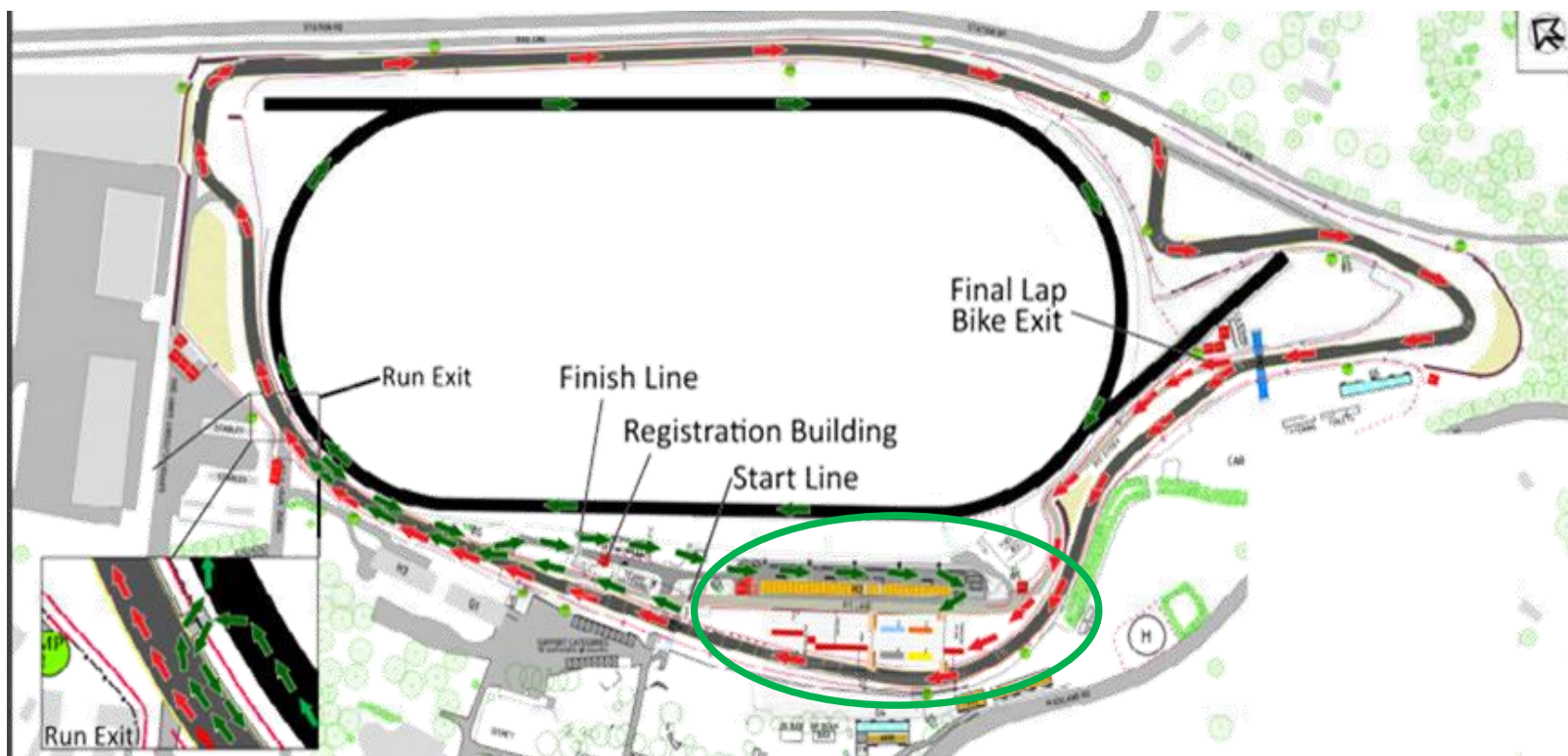
 On your last lap of the bike, you will exit the course via the slip lane (follow markings on course). Do not pass under the motorsport gantry on your last lap



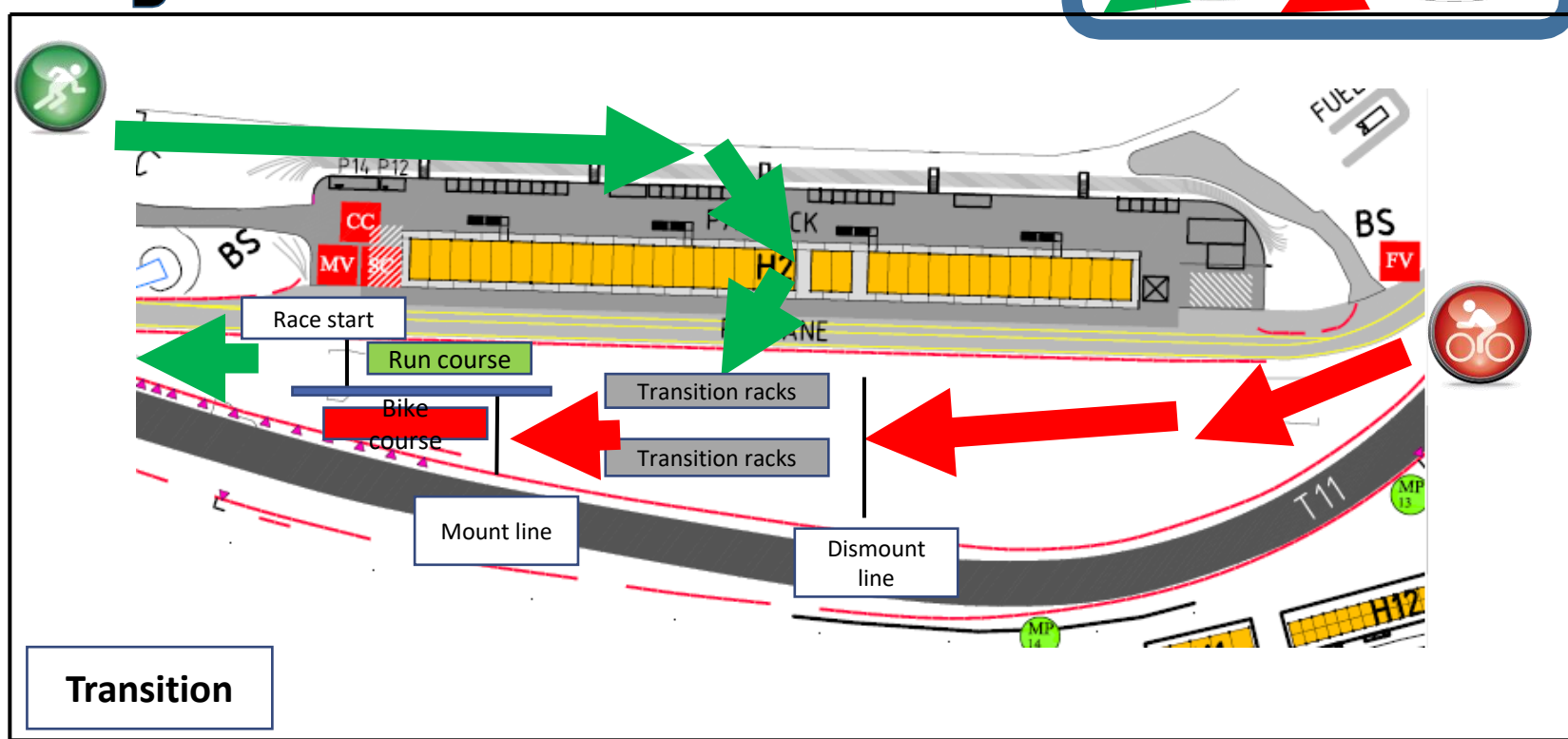
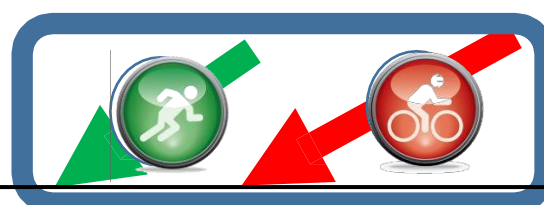
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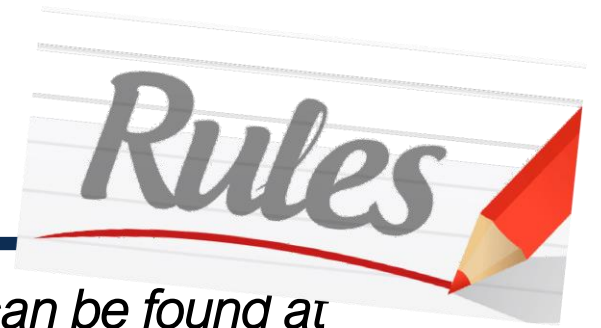
Course Details



Transition layout



Summary of rules



This event is conducted under Tri NZ rules which can be found at 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 for Age Groups. – keep left and be courteous, signalling your intentions well . ***The Schools race is non drafting.***
- ✓ 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



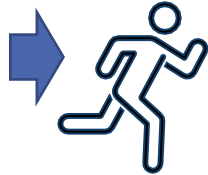
- Bike racks are laid out by age group block – you must follow the directions of transition director or marshals
- Only competitors are permitted in the transition areas
- Wind trainers must not be used in the transition area
- Helmet must be fastened before removing your bike from the rack and remain 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



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



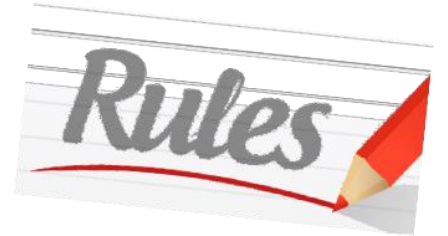
Cycle – run transition

- 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.



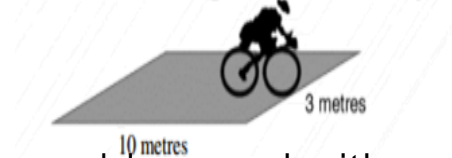
Cycle equipment

- Schools Non Drafting Race



- ☐ Please keep left at all times unless you are passing and obey race officials at all times.
- ☐ If you do not keep left you risk a blocking penalty (you are not playing fair as you are impeding the other competitors from riding fairly)
- ☐ Draft zone is 10m long by 3m wide. You have 20 seconds to complete your pass. See registration area for an example of what the area size looks like.

Distance of Drafting Zone for ALL Competitors



- ☐ You must not pass on the left.
- ☐ If you receive a drafting penalty you will be shown a blue card with your race number on it. You must stop and wait as directed by the Technical Official. The official will time your penalty, which is 1 minute for all schools events
- ☐ Failing to stop for a penalty will result in disqualification
- ☐ Receiving more than 2 penalties on the bike is also a disqualification



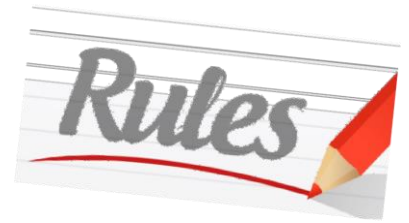
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Cycling – Draft Legal

- Open Sprint Race



- 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***





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

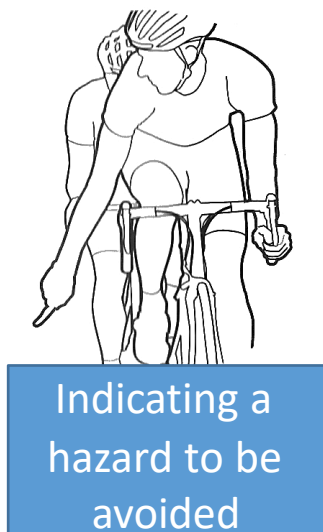
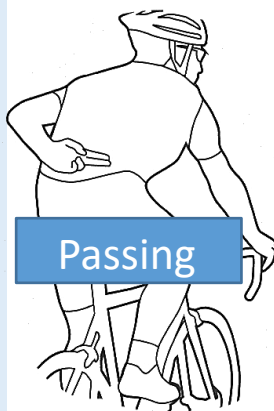
Give novice riders plenty of room, pass on the right with at least 1m space and do not cut in front of them. Call out when passing novice riders, (“*passing on right!*”). Ensure they know where you are.

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

Look ahead to what is going on (2-3 bikes ahead), not just on the wheel in front of you.



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 leave some space between you and 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



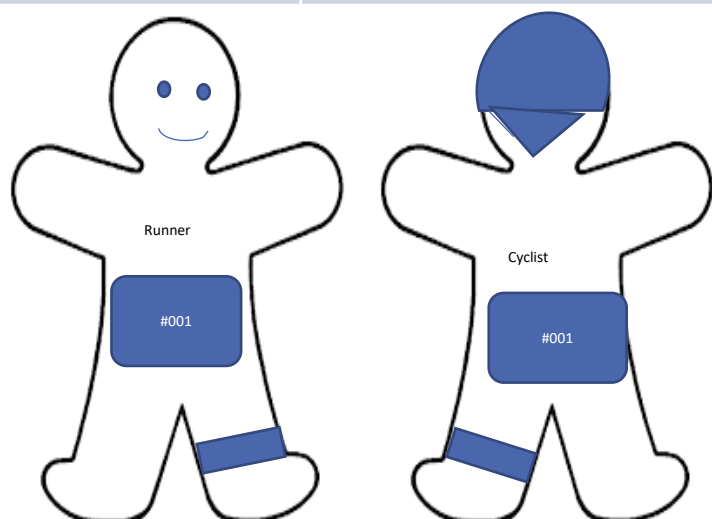
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/// Race Numbers

- You will be given one race number.
 - The best option is to use a race belt or alternatively just pin straight to your top.
- ❖ Tip” A race belt can simply be a piece of elastic and a couple of safety pins. We will have a limited supply of racebelts with clips available to purchase at registration – **cash only \$10**

	Individual	Team
Bib Number	<p>Must be worn for entire race.</p> <p>Number should be at the front for the run and at the back on the bike</p>	<p>To be worn by each team member – so a race belt swapped at transition is an ideal option</p> <p>Number should be at the front for the run and at the back on the bike</p>



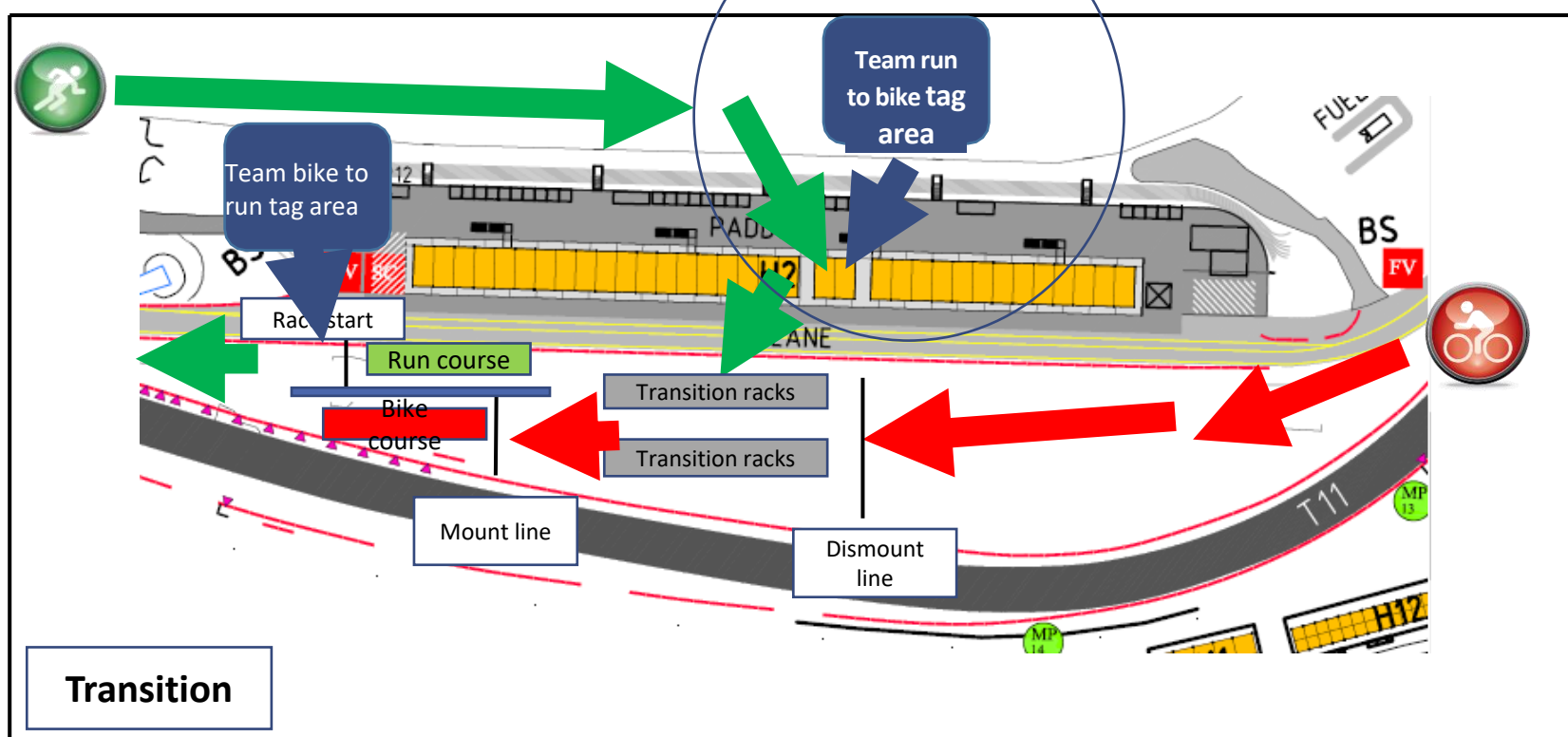


Team information

- 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.)
- Race number to be worn by all members of the team – a racebelt will enable this.



Team Tag Area





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 water and hot soup available at the finish.
- Get yourself warm, cheer for your mates and return for the prize giving at approx. 1.15pm (once all competitors have finished and results have been verified.)
- 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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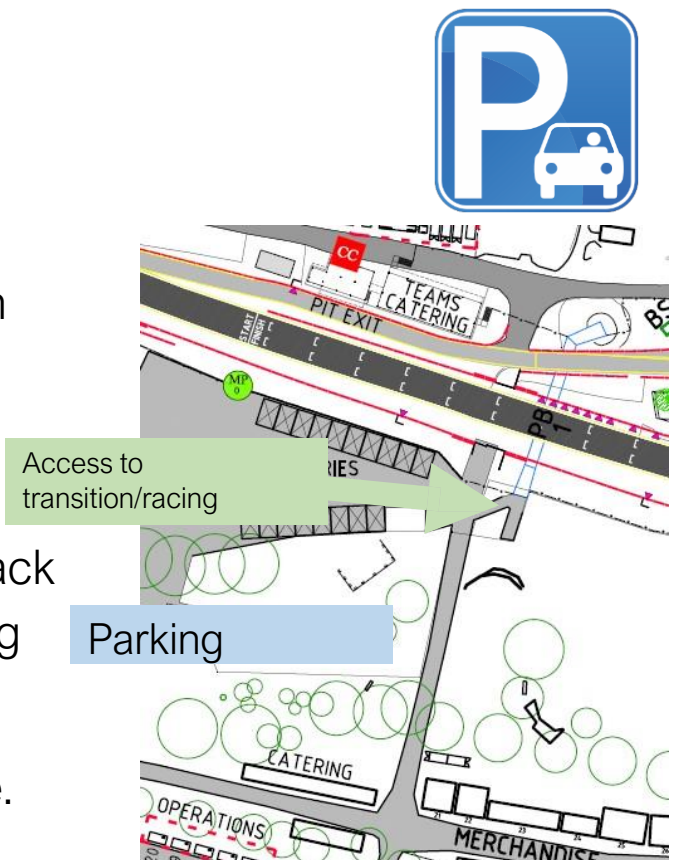


Information for Supporters

Parking

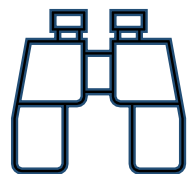
- ✓ Please follow signage/marshal instructions.
- ✓ Ensure all access ways are kept clear. We can not run the event if an egress is blocked (for emergency reasons.)

- **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

ITU
multisport
World Championships Almere-Amsterdam

- ✓ This is a Triathlon NZ selection event for the 2021 ITU World sprint distance duathlon championships to be held in Almere; Netherlands in 2021

Your name
here ???

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

- o Race in the North Island Sprint Event (Draft legal) (not the Schools event)
- o 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
- o Be a current member of Tri NZ (TRIBE) and be in good standing with Tri NZ; and
- o Be a current member of a Tri NZ Affiliated Club (List of clubs available at www.triathlon.kiwi).
- Nomination Form to be submitted by 11th August 2020
- Age-Group calculation for the World Champs is taken as at the 31st December 2021.



Full details of the selection information on the Tri NZ website

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

Competition Jury for the Duathlon

Technical Delegate – Phil Barlow
Race Referee – Brian Lenehan
Tri Board Delegate – Neil Millar

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



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Thanks to Sponsors and partners

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

Tri NZ Technical officials/Auckland City Tri Club



**AKL
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TRI
CLB**

Please thank the members of Auckland City Tri Club for enabling this event to happen in 2020 – it is your memberships that have made this event happen as normal community funding is unavailable due to Covid 19

Thank you also to First Tier Sports for their support,
We invite you to support their events this Summer



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