

AUCKLAND DUATHLON CHAMPIONSHIPS


14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



Welcome and Thanks!

Thank you for your help today, we can't deliver these events without your support.

We encourage each marshall to own their station and make it yours - have some fun while you keep the course and athletes safe.

-  Parking – attached is a parking permit for you to park in the Ambury Park carpark. Please do not park on the course as you may be towed.



Marshalls will be allocated a snack pack and a hot drink voucher for use at Espresso Pete onsite. Please bring your reusable cup, we are a zero-waste event.

Thanks - the team at Auckland City Tri Club

Please make sure you stay in position until it is confirmed that each race is complete. **Your safety is our utmost concern so ensure you keep yourself safe at all times.**

Event Director: Lynley Twyman– **021 403036**

Event Medic: Chris Grigg **021 460 0991**



- If you witness an accident near you, make sure the area is safe before you enter it.
- Prevent further injuries/accidents and assess the situation.
- Call Chris Grigg at our Medical base **021 460 0991** in all instances and he will assess the situation and offer advice.

If you cannot reach Chris and it is an emergency, please dial 111 and state your location and that you are part of a Duathlon event at Ambury Park.

All key event personnel have radio contact and some marshall positions.

EVENT DETAILS

Note: U19/NZ AG Open Category bike is 15kms – please ensure athletes are entered in the correct category. Para Athlete categories with gender. Mixed team with Females

Time	Section
06.15	Arrive on site for pack in
07.15am	Volunteer briefing at the Yacht Club
07.30am	Registration opens
8.00am	Transition open for racking.
8.15 am	Registration closes 0815am
8.45am	Race Briefings for all competitors. Transition will be closed at this time.
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

AUCKLAND DUATHLON CHAMPIONSHIPS

14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



Event Overview

Location	Kiwi Esplanade, Mangere Bridge, Auckland
Date:	Sunday 14 September 2025
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 (1.5L)	2.5kms
U16 Male / Female/Teams (All)	3.5kms	15kms (2L)	2.5kms
Age Group & U19 Male / Female / Teams (Open Bike)	5kms	15 km* (2L)	2.5kms
Age Group & U19 Male / Female / Teams (Road bike)	5kms	21km* (3L)	2.5kms

This event is run by the Auckland City Triathlon Club and has been in place since 2009.

Volunteer Check In

When you arrive onsite – check in with Anna McRae (or Lynley)

You will receive a vest, and a lunch pack including hot drink voucher. We will have copies of this but it's a great idea to save it on your phone.

Tip Bring some gloves to help with set up of the bike racks

AUCKLAND DUATHLON CHAMPIONSHIPS

14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



BIKE COURSE INFORMATION



The Bike Director is **Pat Hales** and will be available via radio. If you need to allow access, please phone 027 2149441 who will gain an all clear via radio across all points and will then give you the OK to proceed. (Key points will also be on direct radio). Shane Chubb will be assisting. Bike team will have a separate briefing.

If you feel unsafe at any time, please call the Event Director who will advise.

Tip: A mountain bike makes getting to your position quicker if you choose.

Do not allow any traffic onto the course during the race unless it is an emergency vehicle, all movements MUST be authorised! (See below)

RESIDENT TRAFFIC ONLY



We do have to allow necessary resident access. Buses will be re-routed around the area away from the course.

Residents have all been advised by letter drop of the event taking place.

Please stop any vehicles approaching the signage and explain that a Schools/Community cycling event is in progress. Should they insist that access to the course is required (it should only be exiting the course in general), then explain the following:

- ☑ Please turn on your hazard lights.
- ☑ Maximum speed 25kms/hr being aware that there are children on bikes, and they may act in an unpredictable manner. Cyclists will be travelling in both directions.
- ☑ Please exit the course at the earlier possible opportunity for the safety of all concerned.
- ☑ Thank them for their patience and support of allowing our rangatahi to grow and develop through sport.

AUCKLAND DUATHLON CHAMPIONSHIPS

14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



BIKE COURSE MARSHALL LOCATIONS



			Radio
Pat H	Bike	Bike Director	Y
Shane C	Bike (3)	Check end point then Clareshom for U14 turn	Y
Jason O	Transition	Start/finish line / Transition	
Sarah C	Bike (2)	Entry/exit onto Kiwi Esplanade	
Lenora L	Bike (4)	Kiwi Esplanade / Andes Ave	
Simon G	Bike (5)	Ambury Park Rd / Muir Ave	Y
Alan M	Bike (8)	Andes Ave / Muir Rd	Y
Anjana K	Bike (1)	Chipping Dale	
Michael C	Bike (6)	Ambury and Waterlea turn	
ITraffic	Bike	As marked. All major entries	

Radios will be allocated to key positions. (This will be updated before race day, hard copies will be provided)



AUCKLAND DUATHLON CHAMPIONSHIPS

14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



RUN COURSE



The Run Director is **Paul Bowskill** and will be available via radio. If you need assistance, please phone 021 243 2334 who direct you.

If you feel unsafe at any time, please call the Event Director who will advise.

Tip – if you have a mountain bike – this makes getting around easy, and a folding chair?

Please note these are public paths, please be courteous and let other users (cyclists, walkers and runners from the public know that there is a community event on and be aware of their safety

RUN COURSE MARSHALL LOCATIONS



	Location	Radio
Paul B	Run Director / Turn / near finish	Y
Wayne A (1)	Transition / Kiwi Esplanade Path / Water station	
Woody C (5/2)	Run turns (moving inwards) (5/2)	Y
Ian R	Run crossing/turns (moving inwards) (3/4)	
Kate (3/4)	Ambury Park Gate	
Ayushi (7)	Ambury Park Run Turn (Run 2)	Y
Noel C (8)	Finish / Run turn s	
Alan M (6)	Additional set up team	
Nicola S, Kirsty S		

AUCKLAND DUATHLON CHAMPIONSHIPS

14 SEPTEMBER 2025 – VOLUNTEER MARSHALL INFORMATION



TRANSITION / FINISH AREA/ RACE FAIR TEAM



The Transition Director is **Tony Sangster** and will be available via radio.

If you feel unsafe at any time, please call the Event Director who will advise.

This is a busy area.

All our crew will be involved in set up and pack down as this is the tricky area.

	Location	Radio
Anna McR	Volunteers check in / Finish line	Y
Tony S	Transition Director	
Anna A	Registration / Prize Giving	
Jason O	Transition / Bike start/finish	
Alan D	Motorbike on course	Y
Annabel L	Race Fair / Transition (rotating)	
Rob W	Race Fair / Transition (rotating)	
Vince S	Set up and Prizegiving	

Additional team will be on hand to set up and pack down (they are racing in interim)

