



**TRIMĀORI FESTIVAL
24 NOVEMBER 2018**

**NGĀ TIKANGA /
RACE BRIEFING**

**TRIATHLON COURSES AND
RUN/WALK COURSES**

Rego Pick Ups, Race Starts and Transition Opening

Fri 23rd Nov	Activity	Area	Important
9.30am – 11.00am	Registration Pack Pick-up (e.g. race numbers, transponders, race merchandise)	6 Ranfurly Ave, Fairfield, Hamilton	Rego pick-ups closing at 11.00am
3.00pm – 7.00pm	Registration Pack Pick-up (e.g. race numbers, transponders, race merchandise)	Don Rowlands Centre, Lake Karāpiro	Transition will not be open to rack bikes
Sat 24 th Nov	Activity	Area	Important
5.45am	Parking open	Lake Karāpiro Gates 2 & 3	
6.30am	Registration Pack Pick-up for Olympic Triathlon (e.g. race numbers, transponders, race merchandise)	Don Rowlands Centre, Lake Karapiro	Transition open – bike racking for Olympic Triathlon
7.00am	Raising of flag – Ngāti Korokī-Kahukura	Don Rowlands Carpark	
8.00am – 8.30am	Registration Pack pick-up for Sprint Triathlon (e.g. race numbers, transponders, race merchandise)	Don Rowlands Centre	Transition open – bike racking for Sprint Triathlon
	Olympic Triathlon debrief and swim start	Grandstand (behind Don Rowlands)	Main Whakatau/Welcome for all participants and supporters Olympic bikes need to be racked by 8.10am
9.00am – 9.45am	Registration Pack Pick-Up for 3:9:3 Triathlon (e.g. race numbers, transponders, race merchandise)	Don Rowlands Centre	Transition open – bike racking for 3:9:3 Triathlon
	Sprint Triathlon debrief and swim start	Grandstand (behind Don Rowlands)	Sprint bikes need to be racked by 9.30
10.00am – 10.30am	Registration Pack Pick-up for 5km & 10km Walk/Run (e.g. race numbers, transponders, race merchandise)	Don Rowlands Centre	3:9:3 bikes need to be racked by 9.45am
	3:9:3 Triathlon debrief and swim start	Grandstand (behind Don Rowlands)	3:9:3 bikes need to be racked by 10.10am
11.00am – 11.20am	5km & 10km Walk/Run Debrief and start	Lower Camp Ground, next to Transition	
12.30pm – 1.30pm	Prizegiving and karakia	Lower Camp Ground	If wet, Prize Giving will be in the Don Rowlands Centre

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SECTION 1

GENERAL INFORMATION

1. TE WĀHI/EVENT ADDRESS

The event address is Lake Karāpiro Domain, 601 Maungatautari Road, Cambridge, Waipā amongst Ngāti Korokī-Kahukura, Ngāti Raukawa, Ngāti Hauā and Waikato-Tainui.



2. NGĀ KAITAUTOKO/KEY PEOPLE

- The following key people are involved in the triathlon and run/walk events:

Festival/Registrations:	Ariana Paul (021 2424567, ariana@trimaori.nz) Tama Potaka (021 919962)
Race Co-Directors:	Errol Newlands (021 449670) Tama Potaka
Swim Safety:	Errol Newlands
Security Manager:	Chrystal Clark (027 776 6006)
Traffic Management:	Jordache Paki - Traffic Management NZ (027 466 6839)
Run Course:	Heremaia Samson (027 207 4021)
Medic/Health:	Fiona (021 1125455),
Safety Manager:	Benjamin (021 796767)

- Any major registration or event queries should be directed to Ariana in the first instance before the Festival.

3. TE RATA me te WAKA TŪRORO/MEDIC and AMBULANCE

- Medical officers and ambulances will be onsite to help take care of any medical incidents (minor and/or major) that occur during the event. They will be situated near the finish line, near the swim course, on the bike course and on the run course.

- If at any time, the medical officers think that you should not carry on, she/he has the right to remove you from the course to assess your health situation and whether you can continue or otherwise. Their decision will be discussed with the Race Co-Directors and will be final. If you are a team member in this situation, you will be able to go back to the Transition to inform your cyclist or runner so that they can continue for your team.
- **If there are any health and safety issues arising during your race – if you or someone else needs help – please advise the nearest race official or security officer immediately. The race official will contact either the Medic Officers or dial 111 for someone who will come to render assistance as soon as possible. Acting early to prevent any major injury or issue is important – for you and your whānau and fellow participants.**

4. TAURANGA WAKA/PARKING

- Car parking opens at 5.45am on Saturday 24 November 2018. All participants will be able to park at Gate 2 and Gate 3, 601 Maungatautari Rd, Lake Karāpiro Domain (Domain), Cambridge. Parking at Gate 2 (north side) may be limited due to campers using the Upper Campground.
- Parking for whānau/spectators will be at Gate 3 of the Domain only.
- We will not be allowing participants to park their cars at the Don Rowlands Carpark. This area will be kept clear for those with disabilities, emergency vehicles and stall holders.

5. TŌ WĀ me ngā TĀTAI/TIMING TRANSPONDER AND RESULTS

- Everyone individual participant will receive a timing transponder that is to be worn around your ankle. The timing transponder is linked to your race number, so please do not change (or lose) your transponder. The timing transponder records your time for your race and needs to be returned at the end of your race (please place in the buckets provided).
- Teams will receive one transponder. The Swimmer will wear the transponder first, then swap to the Cyclist and then swap to the Runner. Changing over of the team transponders must be done in the Tag Zones (see Section 2).
- Transponders must be returned at the end of the event. There will be collection buckets at the finish line. If you lose your transponder, you will be responsible for replacing the transponder at a charge of \$50.00.
- Once the races have finished, results will (hopefully) be posted on the TriMāori website and/or the TriMāori Facebook page within three days of the Festival. We will produce the results for at least the first three finishers in each category (triathlon men/women in all Triathlons, 5k and 10k events) on the day and which will be announced at the prizegiving ceremony which concludes the Festival. We hope to have provisional results for all posted on the day at the door of the Don Rowlands Centre.

6. NGĀ NAMA/RACE NUMBERS

- Everyone individual participant and every team will receive a race number. These will be given out as part of the registration packs. The timing transponder is linked to your race number and health and safety information - so it is important you do not change or lose your race numbers.
- The large race number/race bib is to be pinned on the front of your shirt (about mid-chest). The race numbers are not worn in the swim. Pins will be provided in your race pack.

- Triathletes will also receive a bike and helmet sticker. These should be attached as per the instructions on the sticker.
- Triathlon teams will receive a race number pack shared between the team. NB: The swimmer will not wear the race number – they will only wear the timing transponder. We will have markers available for swimmers to write their number on their right shoulder and above the left knee.
- Please write on the back of your race number your emergency contact details and any medical conditions that you have. In the event of an incident that you are involved in, we can then use these to help you.

7. NGĀ WHAKAMĀRAMATANGA/RACE BRIEFINGS

- There will be a mihi/whakatau for **all TriMāori Olympic Distance participants** at 8am on the Grandstand on the river side of the Don Rowlands Centre. We respectfully ask everyone to attend – especially athletes involved in tinana (physical) events.
- We will be having a race briefing for the each event immediately prior to the event starting – where we will go through the health and safety rules and the course once again. Attendance for athletes is **compulsory** at these briefings.
- The race briefing for the 5k and 10k run/walk will be at 5 minutes prior to the start of the events (the same place as the finish chute) near the triathlon Transition.
- Please note, no one in either the triathlons or the 5k or 10k events are permitted to use walkmans, iPods, or other devices that may impair your hearing. It is important from a health and safety perspective to leave those with whānau until you finish your event.
- There will be race officials and security throughout the course to cheer you on and point you in the right direction. Traffic Management NZ team members will also be at all turning points and intersections on the bike courses.

8. WHAREPAKU/TOILETS

- There are toilets and (hot) showers on site at various locations at the Domain – including the ablution block next to Transition and the Don Rowlands Centre. The facilities have disabled access for wheelchairs, etc. Enjoy a quick warm shower after your event.
- There will be portaloos on the run and cycle course on the eastern side of Maungatautari Road near the Redoubt Road intersection, and on the western side of Rotoorangi Road adjacent to the Rotoorangi School. These may be used by cyclists and/or runners – however you might want to make sure you use the wharepaku/toilets available at the Domain prior to heading out (or hold on till you come back to the Domain).

9. WAI me te KAI/WATER STATIONS and FOOD

- There will be regular water stations on the run section of the triathlon and various walk/run events. There will also be water and kai at the end just through the finish line.
- All 3:9:3, Sprint, and Olympic triathletes (including teams) will receive a food voucher as part of the registration pack. The food vouchers can be used at a designated food vendor. Please note that the food vouchers can only be used at one food vendor and must be handed over to the food vendor when ordering. Any extras that are not part of the meal options will need to be paid for.

- Fruit will be provided to all athletes. Healthy kai stalls will be running during the Festival where kai can be purchased.

10. SECURITY

- We will have race officials monitoring the safety of our participants. They are friendly and approachable staff, however everyone is responsible for their own belongings and possessions and the safety of their whānau. We recommend you label all of your gear in case it goes missing. Please look after your bikes, valuables, wallets and car keys.
- The Festival is smoke-free, drug-free, violence-free, abuse-free, animal-free (including dogs) and gang-free. If there are any incidents during the Festival, race officials have the right to remove anyone from the Festival.

11. WITHDRAWAL ON THE RACE

If you withdraw from your triathlon or 5k/10k events early, you must report to the Race Co-Directors (for health and safety reasons). Don't just walk off without telling us. We have to account for all who start the events.

12. WHĀNAU/FAMILY

- There are heaps of opportunities for your whānau to see you participate in the triathlon. There is a grandstand and lawn embankment for watching the swim, and plenty of space on the side of the Upper Campground and inside the western fence line of the Domain to watch the cyclists and walkers/runners. Hang around the Finish Line to see your whānau come in.
- Please note that “support crews” must not travel behind triathletes in vehicles or otherwise. If you whānau want to give you some refreshments, they can do so where space permits. Some good areas include at Rotoorangi School on Rotoorangi Road, or at the corner of Nickle Road and Redoubt Road.
- EFTPOS machine will be available on Saturday 24 November 2018 for cash out only (no Credit Card withdrawals).
- Merchandise, healthy kai/food, arts and crafts stalls will be selling items for purchase on the day of the Festival.
- Tamariki/children activities e.g. bouncy castles, will be set up on the day. Parents will be responsible for the supervision of their children.
- Squiggle/Young Engineers are able to look after children aged between 5 and 13 for 2 hours in the Don Rowlands Centre for a reasonable hourly fee while you do your event. This facility will be limited to approximately 25 children and will focus on learning engineering/math with Lego and cool stuff.

13. TUKU KOHA/PRIZEGIVING

- Prizegiving will be held at approximately 12.30pm near the Transition (if weather permits) or in the Don Rowlands Centre (if weather does not permit outside).
- Prizes will be both spot prizes and also “winner” prizes. Most spot prizes will be handed out during registration or at the end of your event. Unless you are still on the course, if you do not collect your

spot prize at the main prizegiving when your name is called, there will be a redraw of the prize. The Organising Committee have sole discretion of the awarding of prizes and no correspondence will be entered into.

14. CHARITIES

- TriMāori always commits financial support of charities and sports clubs through the Festival. We will announce who we are supporting during the whakatau.

15. COLLATERAL/MERCHANDISE

- TriMāori gives collateral to participants. This Festival is no different. We will be providing different collateral for different athletes depending on the event entered. Merchandise will also be available for purchase at the registration desk.

SECTION 2

TRIATHLON SWIM and BIKE

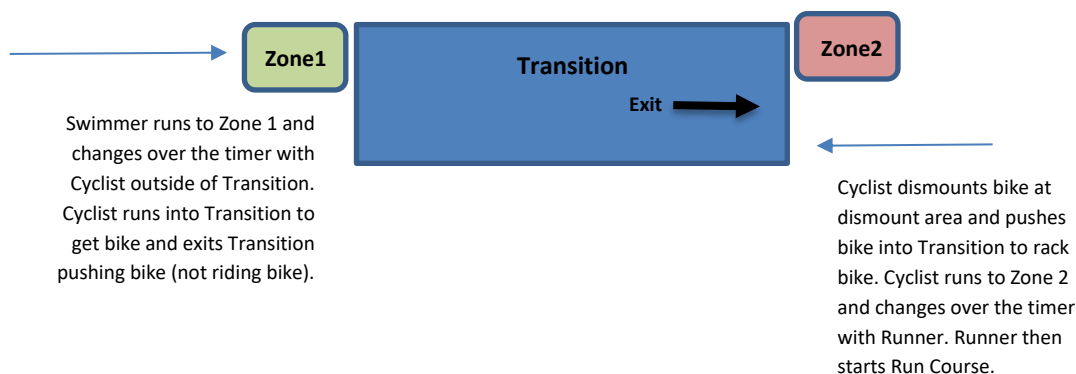
COURSE INFORMATION

16. TRANSITION OPEN/CLOSE TIMES

- Triathlon Transition (i.e. bike area for triathlons) will open for bike racking and setting up on **Saturday 24 November 2018**. There will be no racking on Friday night before the Festival.
- **Olympic and Sprint and 3:9:3 teams and individuals** – transition opens between 6.00am-9.45am depending on your event. You are welcome to pick up your registration earlier and rack your bike earlier on the morning of the Festival.
- You will be able to remove your bikes from Transition once your race has finished – however please make sure you do not get in the way of others who may still be racing.
- For health and safety and security reasons, only cyclists (individual/team) are allowed to enter the Transition. Race officials will ensure only triathletes enter the Transition.

17. TRIATHLON TRANSITION FOR TEAMS (TAG TEAM ZONE)

- Triathlon Teams: There will be two 'Tag Team Zones' at Transition where team members can "tag" their following team member. Zone 1 will be the Swimmer to Cyclist tag zone and Zone 2 will be the Cyclist to Runner tag zone. Both Zones will be clearly identifiable. The diagram gives you an example of the Zones.



18. TŌ PAHKARA, TŌ PŌTAE MĀRŌ/BIKE AND HELMET

- Bikes and helmets should be checked prior to the Festival. It is advisable to have your bike serviced and helmet checked to ensure brakes, gears, tyres, etc are in good working order.
- Bikes will be checked by race officials prior to entering Transition.
- Bikes or helmets that fail the bike check will not be allowed in Transition. If your bike has a minor problem, race officials may be able to assist with fixing same. Major mechanical work will not be done by race officials on the day.

- Make sure to bring a spare bike tube, tools to change a flat tyre, and tyre pump. If your bike breaks down during the cycle and you cannot bike back to Transition, please wave down the mechanic van and/or race official to pick you up.

19. KĀKAHU KAUKAU/WETSUITS

- Wetsuits are highly recommended and must be suitable for swimming in. You should test your wetsuit before coming to the Festival.
- If you have worn your wetsuit in waterways recently (e.g. lake, river) we recommend that you CHECK your wetsuit for any weeds that may have gotten caught in your wetsuit; CLEAN your wetsuit by dipping it into soapy water at home prior to race day; and DRY it out to ensure any remnants of weeds are killed off. This process is to mitigate environmental risks of spreading harmful weeds such as didymo and other freshwater pests. To help reduce the spread of these harmful weeds a simple CHECK, CLEAN and DRY process should be used before and after you use the waterways (see <http://www.doc.govt.nz/conservation/threats-and-impacts/biosecurity/didymo/>).

20. TRIATHLON COURSES

Olympic Course (1.5km swim, 40km bike, 10km run)

- The following outlines the course for the **Olympic distance** triathlon pending weather and water conditions. These plans may change if the weather and/or water conditions are not safe to continue. Any changes to the course will be made before 7.30am on Saturday 24 November 2018 and announced at the race briefing at 8.15am.
- **Swim** – The Olympic swim course will be approximately 700m long and you will go around the course twice in a clockwise direction (see maps attached to this pānui). The course starts at the boat ramp next to the Tower – follow the signs. The swim course is patrolled by local swim safety team assistants who are experienced in these types of events. The course is structured so that scenic/novice swimmers will be able to come to shoreline in some parts to have a breather OR raise their hand for a kayaker/boat to draw alongside for assistance. There will be no wave starts (i.e. everyone can start once the hooter sounds). Swimmers must finish within 1 hour, however if there are signs you won't make it within the allocated time, the race officials will help you back to the swim finish. You will go straight to Transition to start your cycle section (approximately 200m run/walk).
- **Bike** – 2 laps of 20km course, out of Karāpiro and a short ride south then back via Maungatautari Road, Redoubt Road, Benn Road (way out not way back) and Nickle Road.

Once you come out of Transition you will have a maximum of 20 metres to run then will need to mount your bike immediately. You will ride up Judd Lane, turn left on Maungatautari Road, ride south approximately 500 metres to **TURN 1**, and turn 180 degrees to head back north on Maungatautari Road. You will ride approximately 3km and turn left on Redoubt Road before Leamington. You will then ride and turn left onto Benn Road and ride up/down Benn Road, turn left back onto Redoubt Road and through to turn right onto Nickle Road to the relevant cones (**TURN 2**) just before Roto-o-Rangi Road where you will turn 180 degrees and head back via Nickle Road and Redoubt Road (except **no going back down Benn Road**). As you come back to Karāpiro, you will go around TURN 1 again and back to TURN 2 following the course set out above. Coming back to Karāpiro second time around, you will not go to TURN 1, but instead turn into Judd Lane and return to transition, dismounting approximately 20 metres prior to the Transition. All Olympic course cyclists must finish within 3 hours of triathlon start time.

- **Run** – 2 laps of 5km course, out of Transition up Judd Lane on left hand side of road, turn left onto the new section of the Cycle Way. The various run/walk events also follow this footpath. Follow the Cycle Way across Gate 2 through to Gate 3. Please take extreme care crossing the

roads at Gate 2 and Gate 3 as moving vehicles will be coming in and out of these entry/exit points to the Lake Domain, and also 500m past Gate 3 as there is a sharp decline/incline section approximately 100 metres long. You will go to the designated turning point on the Cycle Way and return to the Lake Domain. When you return to the Lake Domain, at Gate 3 you will turn right to come down Judd Lane past the volleyball sand court (on your left) and the NZ Rowing Centre (on your right) along the internal road at the Lake Domain to the finish chute located just south of Transition. There will be race officials and cones/signs to assist those who require same throughout the course.

Sprint Triathlon (750m swim, 20km bike, 5km run)

- The following outlines the course for the **Sprint distance** triathlon pending weather and water conditions. These plans may change if the weather and/or water conditions are not safe to continue. Any changes to the course will be made before 7.30am on Saturday 24 November 2018 and announced at the race briefing at 9.30am.
- **Swim** – The Sprint swim course will be approximately 700m long and you will go around the course once in a clockwise direction (see maps attached to this pānui). The course starts at the boat ramp next to the Tower – follow the signs. The swim course is patrolled by local swim safety team assistants who are experienced in these types of events. The course is structured so that scenic/novice swimmers will be able to come to shoreline in some parts to have a breather OR raise their hand for a kayaker/boat to draw alongside for assistance. There will be no wave starts (i.e. everyone can start once the hooter sounds). Swimmers must finish within 40 mins, however if there are signs you won't make it within the allocated time, the race officials will help you back to the swim finish. You will go straight to Transition to start your cycle section (approximately 200m run/walk).
- **Bike** – 1 lap of 20km course, out of Karāpiro and a short ride south then back via Maungatautari Road, Redoubt Road, Benn Road (way out not way back) and Nickle Road.

Once you come out of Transition you will have a maximum of 20 metres to run then will need to mount your bike immediately. You will ride up Judd Lane, turn left on Maungatautari Road, ride south approximately 500 metres to **TURN 1**, and turn 180 degrees to head back north on Maungatautari Road. You will ride approximately 3km and turn left on Redoubt Road before Leamington. You will then ride and turn left onto Benn Road and ride up/down Benn Road, turn left back onto Redoubt Road and through to turn right onto Nickle Road to the relevant cones (**TURN 2**) just before Roto-o-Rangi Road where you will turn 180 degrees and head back via Nickle Road and Redoubt Road (except **no going back down Benn Road**). As you come back to Karāpiro, you will turn into Judd Lane and return to transition, dismounting approximately 20 metres prior to the Transition. All Sprint course cyclists must finish within 3 hours of triathlon start time.

- **Run** – 1 lap of 5km course, out of Transition up Judd Lane on left hand side of road, turn left onto the new section of the Cycle Way. The various run/walk events also follow this footpath. Follow the Cycle Way across Gate 2 through to Gate 3. Please take extreme care crossing the roads at Gate 2 and Gate 3 as moving vehicles will be coming in and out of these entry/exit points to the Lake Domain, and also 500m past Gate 3 as there is a sharp decline/incline section approximately 100 metres long. You will go to the designated turning point on the Cycle Way and return to the Lake Domain. When you return to the Lake Domain, at Gate 3 you will turn right to come down Judd Lane past the volleyball sand court (on your left) and the NZ Rowing Centre (on your right) along the internal road at the Lake Domain to the finish chute located just south of Transition. There will be race officials and cones/signs to assist those who require same throughout the course.

3:9:3 Triathlon (300m swim, 9km bike, 3km run)

- The 3:9:3 triathlon course uses the same course as the Sprint outlined above but with shorter distances – 300m swim, 9km bike and 3 km run. These plans may change if the weather and/or water conditions are not safe to continue. Any changes to the course will be made before 7.30am on Saturday 24 November 2018 and announced at the race briefing at 10.15am.
- **Swim** - the 3:9:3 goes from a pontoon in front of the NZ Rowing High Performance Centre (north of the Don Rowlands Centre) and swimmers will swim towards the Don Rowlands Centre for 300m. Swimmers must finish within 20 mins, however if there are signs you won't make it within the allocated time, the race officials will direct you to return to the swim finish. You will go straight to Transition to start your cycle section (approximately 200m walk/run).
- **Bike** – 1 lap of 9km course, out of Karāpiro and a short ride south then back via Maungatautari Road, Redoubt Road (approx. 250m) before turning around and heading back to Karāpiro.
- **Run** – 1 lap of 3km course, out of Transition up Judd Lane on left hand side of road, turn left onto the new section of the Cycle Way. The various run/walk events also follow this footpath. Follow the Cycle Way across Gate 2 through to Gate 3. Please take extreme care crossing the roads at Gate 2 and Gate 3 as moving vehicles will be coming in and out of these entry/exit points to the Lake Domain, and also 500m past Gate 3 as there is a sharp decline/incline section approximately 100 metres long. You will go to the designated turning point on the Cycle Way and return to the Lake Domain. When you return to the Lake Domain, at Gate 3 you will turn right to come down Judd Lane past the volleyball sand court (on your left) and the NZ Rowing Centre (on your right) along the internal road at the Lake Domain to the finish chute located just

21. KAUKAU/SWIM

- All swimmers **must wear** the TriMāori swim cap (swim caps are necessary to ensure you can be spotted as a swimmer in the water) provided to you in your registration pack, and an appropriate swimming wetsuit. No fins, paddles, snorkels, outboard motors, or flotation devices are permitted.
- Individual and team swimmers will go together – there will be no separate “team start”. There will be no wave starts – but confident swimmers are encouraged to go near the front of the starting group. We recommend that if you are unsure of your swimming strength – start 15 seconds after the starting gun and the tuna kaukau that are fast swimmers.

Getting Assistance During the Swim Course

- If you need assistance during the swim, stop swimming and raise your hand straight above your head so that a swim safety team assistant can see you and come to your aid. If you need to come out of the water, the swim safety assistant will take you to a safe area and place you on one of the safety boats and take you to shore.

Weather Conditions for the Swim Course

- If weather conditions are difficult the swim course may be modified (e.g. shortened) to reduce any risks. If weather conditions are not suitable for a swim the swim will be cancelled and the triathlon will turn into a duathlon (assuming the weather is still suitable for cycling and running) starting at the relevant start time at or near the finish chute.

22. PAIHIKARA/BIKE

Road Safety and Getting Assistance During the Bike Course

- A “lead vehicle” will lead the first cyclist out of the Olympic/Sprint event, and a “tail-end Charlie” will follow the final cyclist back across all triathlon events.
- There will be a mechanic vehicle on the course that will help people with minor mechanical issues.
- The Organising Committee are informing Fonterra tanker drivers, and other truckies about the triathlon. However, the roads are open to the general public and normal road rules apply. It is important that you are aware of riding on the road and other vehicular traffic. Do not assume anything about other road users. Stay left – preferably left of the white line except when it is dangerous to do so.
- The bike course is generally flat. However, there is a hill coming in and out of the Lake precinct. This hill is narrow and windy. We recommend you drive the hill prior to the Festival to understand what it looks like. At the top of the hill coming south is a sharp corner that you need to take extra care around. At this part of the course, do not stay too far left (as you will end up coming over the top of the fence).
- There will be race officials and security along the way to cheer you on and point in the right direction.

Weather Conditions

- In the event that the weather conditions cause the bike to be cancelled:
 - the Olympic distance will be an aquathon with 1500m (swim) and 10km (run) distance;
 - the Sprint will turn be an aquathon with 750m (swim) and 5km (run) distance; and
 - the 3:9:3 will be a 300m (swim) and 3km (run).

SECTION 3

5KM & 10K

RUN COURSE INFORMATION

23. OMANGA/RUN

- The run/walk briefing will be straight after the Olympic distance triathlon starts – around 8.40am. These plans may change if the weather and/or water conditions are not safe to continue. Any changes to the course will be made before 7.30am on Saturday 24 November 2018 and announced at the race briefing at 8.40am.
- All 5km & 10km walkers and runners will run up Judd Lane **on the left hand side** in order to travel on the footpath (known as the Te Awa River Ride **Cycle Way**) going south of the Domain. Runners will come out of Transition up Judd Lane, turn left onto the new section of the Cycle Way. **DO NOT RUN ON THE ROAD** as you exit Judd Lane to run south.
- For 10km runners, the run course is to the far turn point on the Cycle Way, back to the Domain, and back out again. If you doing either of these two events do not go through the finish line on your first lap – continue up onto Judd Lane on the left hand side (past Transition and back out onto the run course for your second lap). Once you have done your second lap and have returned back to the Domain, you will go through to the finishing line.

Finishing Time for the Run

- All athletes must finish the run by or before 12pm. If you have not finished within this time, we will ask you if you would like a free ride back to the finishing line.

24. TŌ PĪKAU/YOUR CHECKLIST

5KM & 10KM RUN/WALK	TRIATHLONS
<input type="checkbox"/> Good Wairua, Positive Attitude	<input type="checkbox"/> Good Wairua, Positive Attitude
<input type="checkbox"/> Running shoes	<input type="checkbox"/> Wetsuit/swimming togs
<input type="checkbox"/> Socks	<input type="checkbox"/> Swim Goggles
<input type="checkbox"/> Shorts or running pants	<input type="checkbox"/> Bike and spare bike parts
<input type="checkbox"/> T-shirt/singlet	<input type="checkbox"/> Bike helmet
<input type="checkbox"/> Warm clothes to change into	<input type="checkbox"/> Cycle
<input type="checkbox"/> Sunblock	<input type="checkbox"/> Running shoes
<input type="checkbox"/> Water bottle (we will give you 1)	<input type="checkbox"/> Socks
<input type="checkbox"/> Towel and toiletries	<input type="checkbox"/> Cycle and running pants
<input type="checkbox"/> Sports bag	<input type="checkbox"/> T-shirt/singlet
<input type="checkbox"/> Snacks, supplements	<input type="checkbox"/> Warm clothes to change into
<input type="checkbox"/> Whānau/supporters	<input type="checkbox"/> Water Bottles
	<input type="checkbox"/> Sunblock and Glide
	<input type="checkbox"/> Towel and toiletries
	<input type="checkbox"/> Sports bag
	<input type="checkbox"/> Snacks, supplements, gels
	<input type="checkbox"/> Whānau/supporters