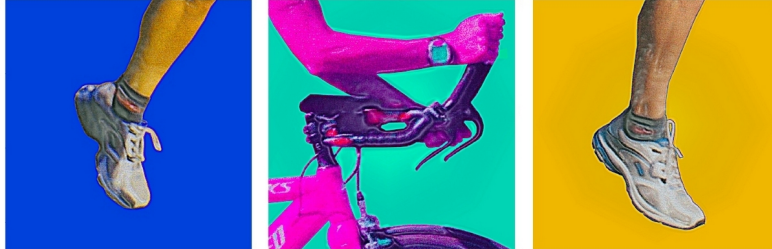


JD DUATHLONS



RUN • BIKE • RUN

JD DUATHLON SERIES 2023 ATHLETE GUIDE Mandeville Sunday 6th August

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SCHEDULE

7:30am	Registration Opens
8:45am	Safety Briefing – all events except kids (5-9 years)
9:15am	Open, vet, super vet men & women + teams START
9:30am	Juniors (13-18 years) + Novice + Youth Race STARTS
9:40am	Kids 5-9 years BRIEFING then start

1. Pre Race information

You will be kept up to date via email on any event developments and any changes to the schedule outlined above. Please check www.jdevents.co.nz as we will put any updates here

2. Registration

You will receive a bib number to be worn on the run legs. Please hold onto your number for race #2 and #3

3. Race Briefing

As outlined in the schedule above there will be a safety briefing at 8:45am for all participants except the kids race however it is assumed you have read this document and know the course layout.

The 5-9 year olds will be briefed on the start line immediately before their race.

4. Post race information

The prize giving being held at the end of the series. There are two reasons for this. Firstly, it is hard for us to get 100% accurate results straight after the race for all categories and secondly the winter weather does not always lend itself to standing around post race.

Race Day Procedure

1. Parking

The Manderville Sports Club is the race venue. The address is 431 Mandeville Road, Mandeville, Ohoka.

Location map: <https://goo.gl/maps/5gnt3BRRQiXiAz956>

There is ample parking in behind the clubrooms on the far side of the field from where transition is located.

PARKING NOTE – by using the parking within the domain you may not be able to exit the domain until all athletes having completed their race.

DO NOT PARK ON THE COURSE

2. Racking your bike

The bike racks will not be numbered – you can put your bike anywhere.

We will have a separate area for the youth race but for all other entrants there is just one area.

3. Toilets

Public toilets are situated by the clubrooms on the far side of the playing fields, there are additional toilets by the squash courts.

Race Timing

This event is timed manually.

No split times will be recorded – i.e. you will only get your total time.

1. Race number – your race number will need to be securely pinned to your front or a race belt. If you do not have your race number visible at the finish we cannot record your time.
 - a. Teams – the runner has the race number. There is no need for the bike to have a number.
2. Team Tag – this is simply a tag of hands at the bike racks. The runner runs into transition and tags the cyclist who is standing by their bike. Upon finishing the bike leg the cyclist runs to rack their bike and the runner waits by the bike rack.
3. If you have to withdraw from the race at any point please let the timing team at the finish line know of your withdrawal.

Race Courses and Details

PLEASE NOTE CLEARER COURSE MAPS ARE ONLINE

www.jdevents.co.nz/mandeville

RACE DISTANCES – note this event is a double duathlon for open, novice and juniors

- Open & Teams – Run 3.8km (2 laps) / Bike 14km (2 laps) / Run 1.9km (1 laps) / Bike 7km (1 lap) / Run 1.9km (1 lap)
- Novice / Junior (13-18 years) – Run 1.9km (1 lap) / Bike 7km (1 lap) / Run 1.9km (1 lap) / Bike 7km (1 lap) / Run 1.9km (1 laps)
- Youth (10-12 years) – Run 1.9km (1 lap) / Bike 7km (1 lap) / Run 1.9km (1 lap)
- Kids (5-9 years) – a run/bike/run on the grass within the sports grounds

RUN lap = 1.9km

RUN ON THE RIGHT HAND SIDE TO AVOID AND CROSS OVER ON THE COURSE PLUS YOU CAN SEE ANY TRAFFIC COMING HEAD ON

The run is a mix of sealed road, shingle road and grass running. The course is easy to follow with cones, arrows and marshals on the course.

START

- The start line will be close to transition on the access road next to transition

COURSE DETAILS

- Follow the sealed access road towards the car parks
- Run straight past the car parks aiming the shingle road directly in ahead of you
- At the T intersection turn left following the shingle road until you reach the turn point
- Follow the same route back towards transition
 - At the corner of the field as the transition comes into sight you will be directed onto the grass through a small gap in the fence. Follow the line of cones to the transition to complete your lap. Depend on how many laps you are doing either:
 - Run into transition to collect your bike
 - Run through transition and out the other side for another lap of the run
 - Run down the finish chute to finish your race



Bike Details

The bike course is made up of laps of 7km and can be viewed here

<https://ridewithgps.com/routes/29475586>

IMPORTANT

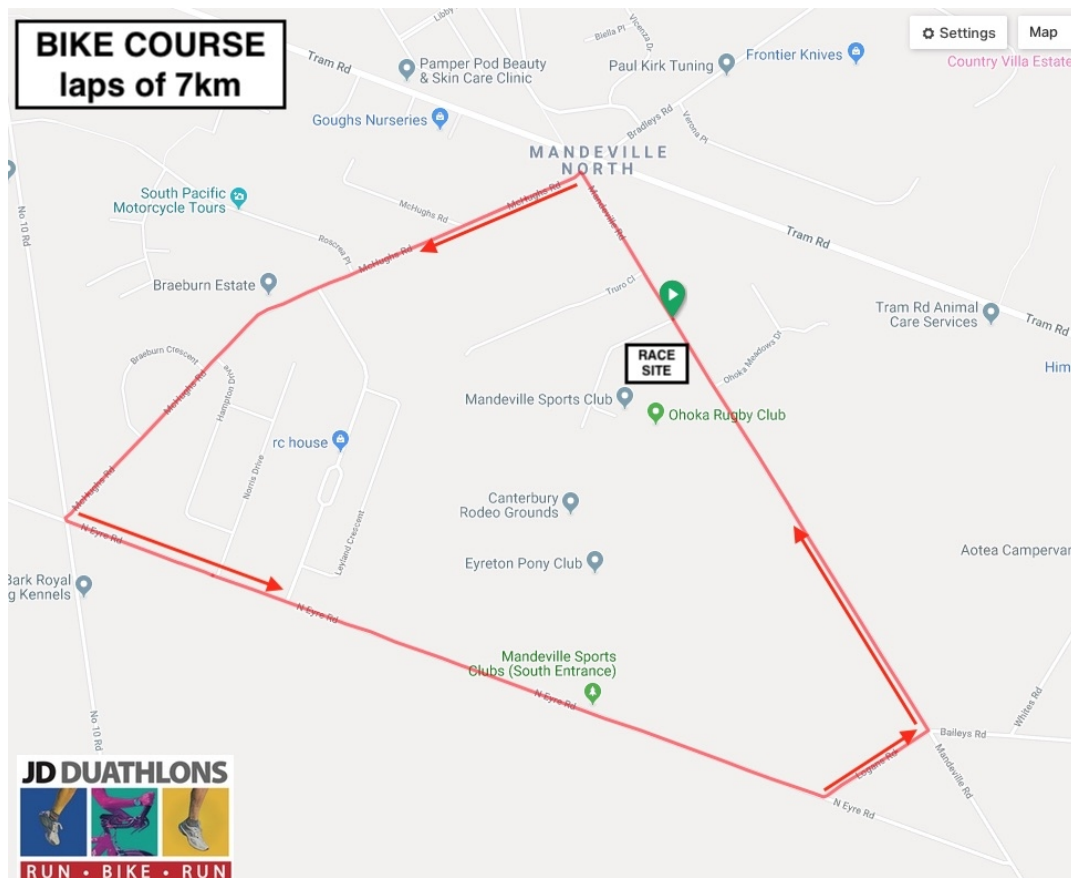
- Your 2nd left turn once onto the course is into Nth Eyre Rd which is a 5 way intersection. The intersection has been narrowed so it will be tight and you need to expect to give way to traffic although the corner should have a lane of cones for you to follow.
- There are more and more houses being built each year so be mindful of cars entering the course from the side roads.

Course Description & notes

- The course is completely flat.
- The roads are not closed to traffic.
- Please keep to the left at all times and pass on the right.
- Obey the road rules and give way to traffic.
- Make sure you count your own laps and are mindful of the re-entry point into the transition area / domain. We will have signs but the roads all look fairly similar.

Course Route

- Walk / Run your bike out of transition to the mount line
- Exit on the domain access road and turn left.
- Left into McHughes Rd.
- Left into N Eyre Rd.
- Left into Logans Rd.
- Left into Mandeville Rd.



Kids Race (5-9 years)

Please report for registration by 9:10am as after this time there will be racers coming out on the domain road making it difficult and dangerous to access parking.

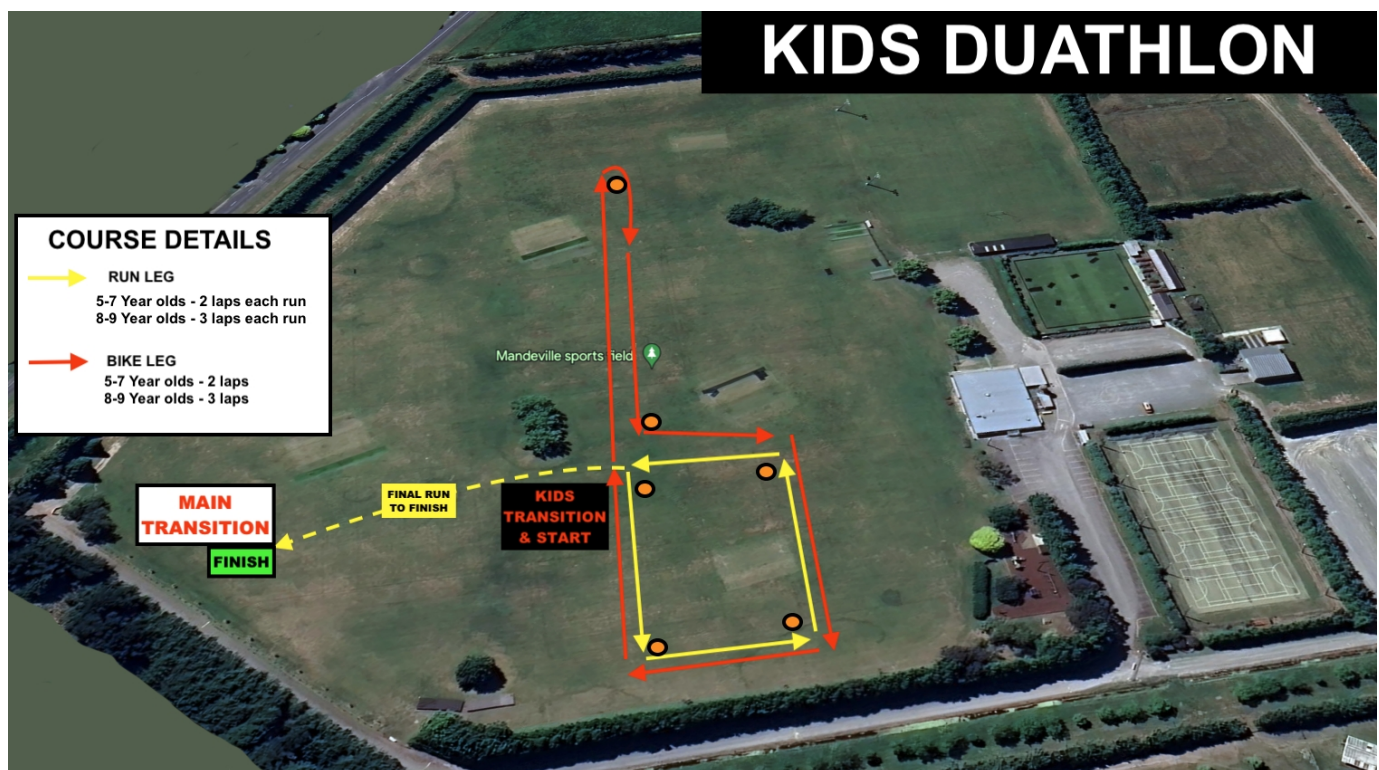
The kids race will be entirely within the domain on the grass. All the kids will do the same course just a different number of laps based on age

Run – On both run legs ages 5-7 = 2 laps, 8 years+ = 3 laps

Bike - subject to ground conditions 5-7 years olds will do 2 laps, 8 years+ will do 3 laps

To finish – at the end of the run kids run past the bike transition and down the finishing chute.

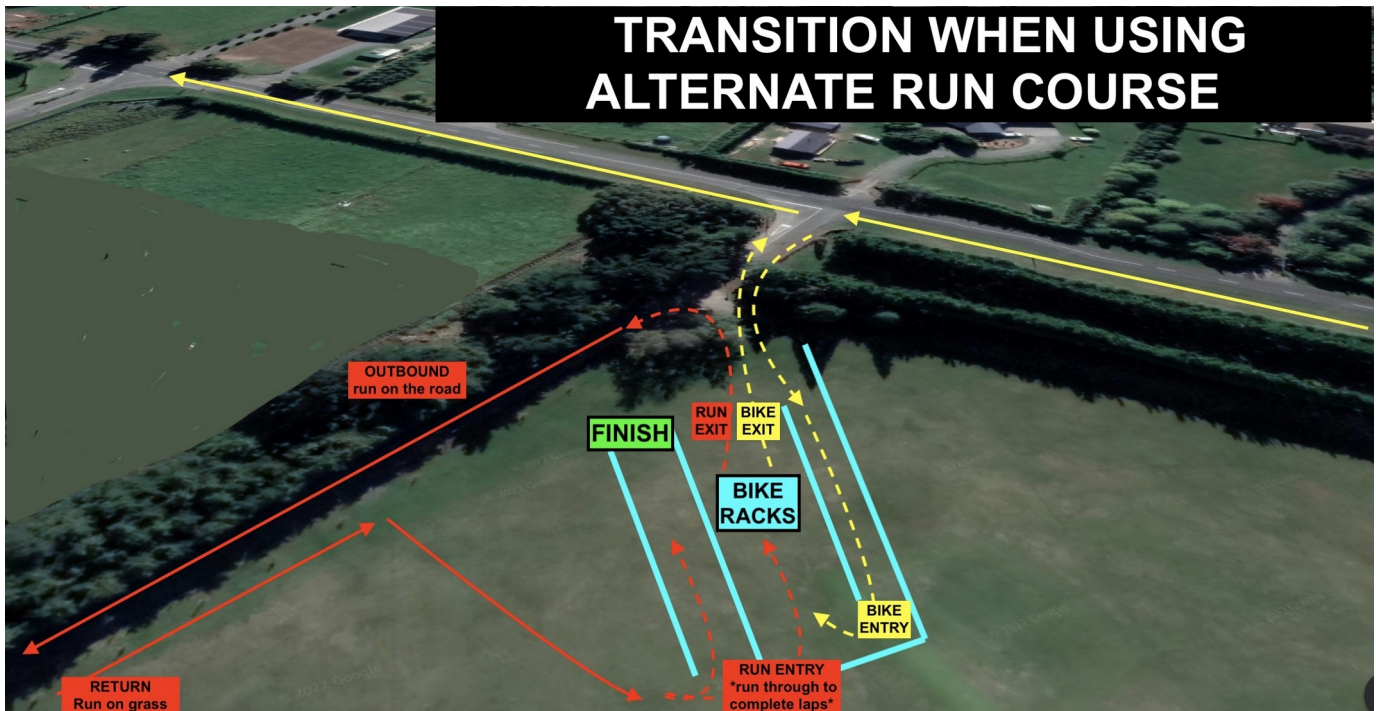
Parental help during the event: we understand that some kids might be not as comfortable as others in the event. If you need to help your child that is OK but please try to let the kids do the race under their own steam is possible.



Transition Area

Note when you finish the bike leg you will run down a channel on your left, perform a U turn then rack your bike.

RUN #1 OPEN RACE We are using the alternate run course this year. At the end of your lap on the first run you run through transition, exit at the run exit point and head out for your 2nd lap.



Aid Station

There will be no aid stations on the course unless it is a hot Nor Wester. We advise you carry a drink on the bike.

Medical

There will be a first aid representative on hand for any medical issues – the location will be alongside the registration tent. Please notify race organisers prior to the event if you suffer from any medical conditions that may need to be treated on race day.

Event Rules

BIKE COURSE

1. Helmets must be worn at all times during the cycle section. Helmets must be available commercially and without any further modifications. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with a chinstrap and properly secured during any section of the bike leg will be disqualified.
2. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.

3. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.
4. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing.
5. All riding is on left side of the road.
6. **No drafting is permitted.** The cycle draft zone is a 10 metre by 3-metre rectangle (23ft by 10ft) which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 20 seconds to pass through this zone. The cyclist that has been overtaken then has 20 seconds to drop out of the draft zone. If you are seen blatantly drafting your number will be taken and 1 minute will be added to your finish time.
7. Dangerous riding or disobeying instructions from marshals will result in a disqualification

RUN COURSE

1. No form of locomotion other than running or walking are allowed.
2. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner's upper clothing (or on a race belt) where it is clearly visible and must not be obscured from view.
3. All runners must wear appropriate footwear during the run section of the event, no barefoot running sorry.

GENERAL RULES

1. It is the responsibility of the competitor to know the course .
2. **Wearing of any headphones during this event is not permitted.**
3. Drafting will not be permitted on the cycle leg
4. Support crew are not allowed to assist competitors in any part of the race.
5. No refund will be given on non starting of the event.
6. Cycle helmets must be approved to Snell, or NZ standard and be worn at all times during the cycle leg.
7. Cycle helmets must be fastened before your cycle is removed from the rack and remain fastened until your cycle is returned to the rack.
8. Medical personnel have the right to remove any competitor from the race.
9. The race directors decision is final.

THE ROADS ARE NOT CLOSED TO NORMAL VEHICLE TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

Prize Giving

We will be holding a series prize giving after race #3.

Results

Results will be posted on www.jdevents.co.nz within 24hrs of the race finishing.

Contingency Plan

Should the weather force changes to the event the following decisions will be made

1. If the weather is absolutely disgusting the event will be cancelled. This will be posted on www.jdevents.co.nz
2. If there are adverse conditions such as very heavy winds we will consider a run event only.
3. If there is a little drizzle or light rain the event will proceed as scheduled.

