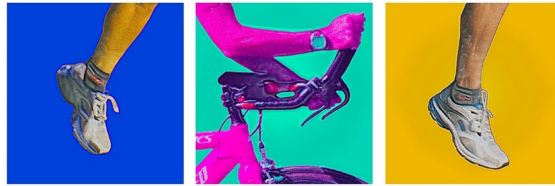


JD DUATHLONS



RUN • BIKE • RUN

JD DUATHLON SERIES 2023 ATHLETE GUIDE

RACE #2 Orton Bradley

Sunday 27th August

Sunday 3rd September

SCHEDULE

8:00am	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
9:31am	Kids 5-9 years BRIEFING then start
	Series Prize giving will be after Race #3

Key information

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 there.

2. Registration

If you participated in race #1 please bring your race number. There is no need to re-register but you do need to collect a helmet sticker (YELLOW for juniors/youth/novice and RED for the open race). The sticker is placed on the front of your helmet to help marshals at the turn points.

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.

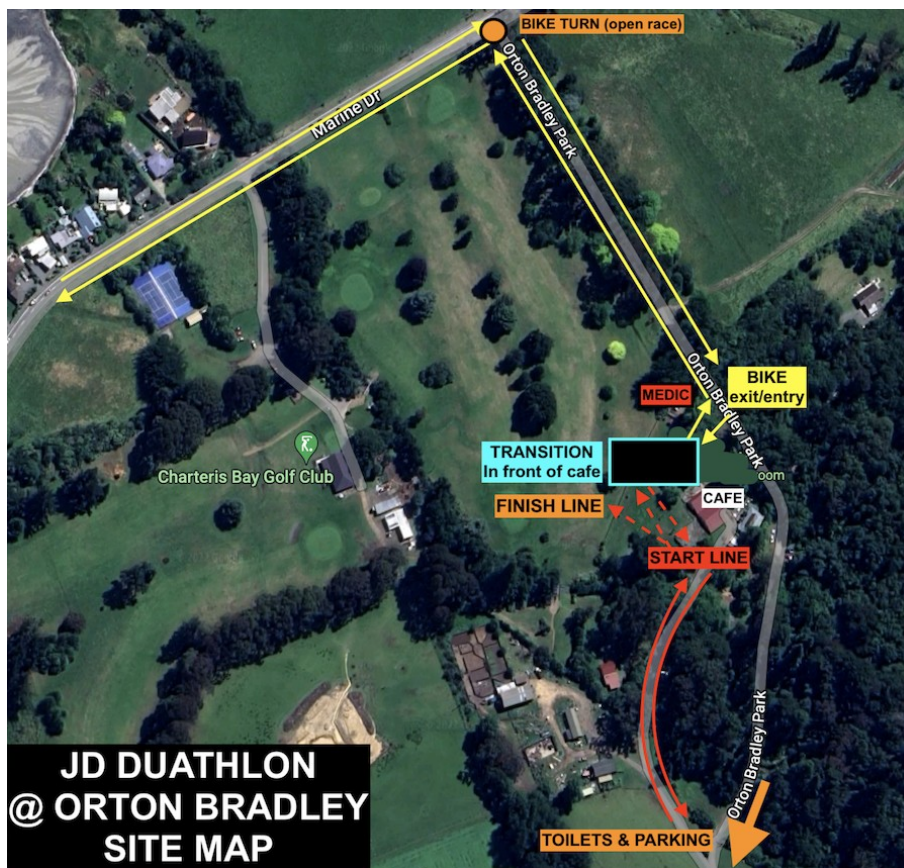
Race Day Procedure

1. Parking

Event location: Orton Bradley Park location <https://goo.gl/maps/Y5PCckL2sYveyST87>

Enter the main gates. You are not required to pay the park fee – this is included in your entry fee. Drive past transition then park on the grass on the left in the large “picnic area 3” (not the right)

DO NOT PARK ON THE ACCESS ROAD BETWEEN THE PARK ENTRANCE AND THE RACE SITE. Drive past the race site to park out the back in the open space then walk back to the transition area



2. Racking your bike

The bike racks will not be numbered – you can put your bike anywhere. The kids transition will be alongside the main transition area.

3. Toilets

Public toilets can be located at the entrance to the main walking tracks as well as near “base camp”. Refer to the map below or look here for a google earth view of the park [CLICK HERE](#)

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

Distances below are approximate.

➔Open & Teams – Run 2x Short Laps 3.2km / Bike 2 laps 32-33km / Run 1 x long lap 4.8km

➔Novice / Junior – Run 1x Short lap 1.6km / Bike 1 lap 16km / Run 1 x long lap 4.8km

➔Youth (10-12 years) - Run 1x Short lap 1.6km / Bike 1 lap 16km / Run 1x Short lap 1.6km

➔Kids 5-9 years – Run 2 mini laps ~800m / Bike 1.6km lap (5-6 years 1 lap, 7-9 years 2 laps) / Run 2 mini laps ~800m

BIKE LAP

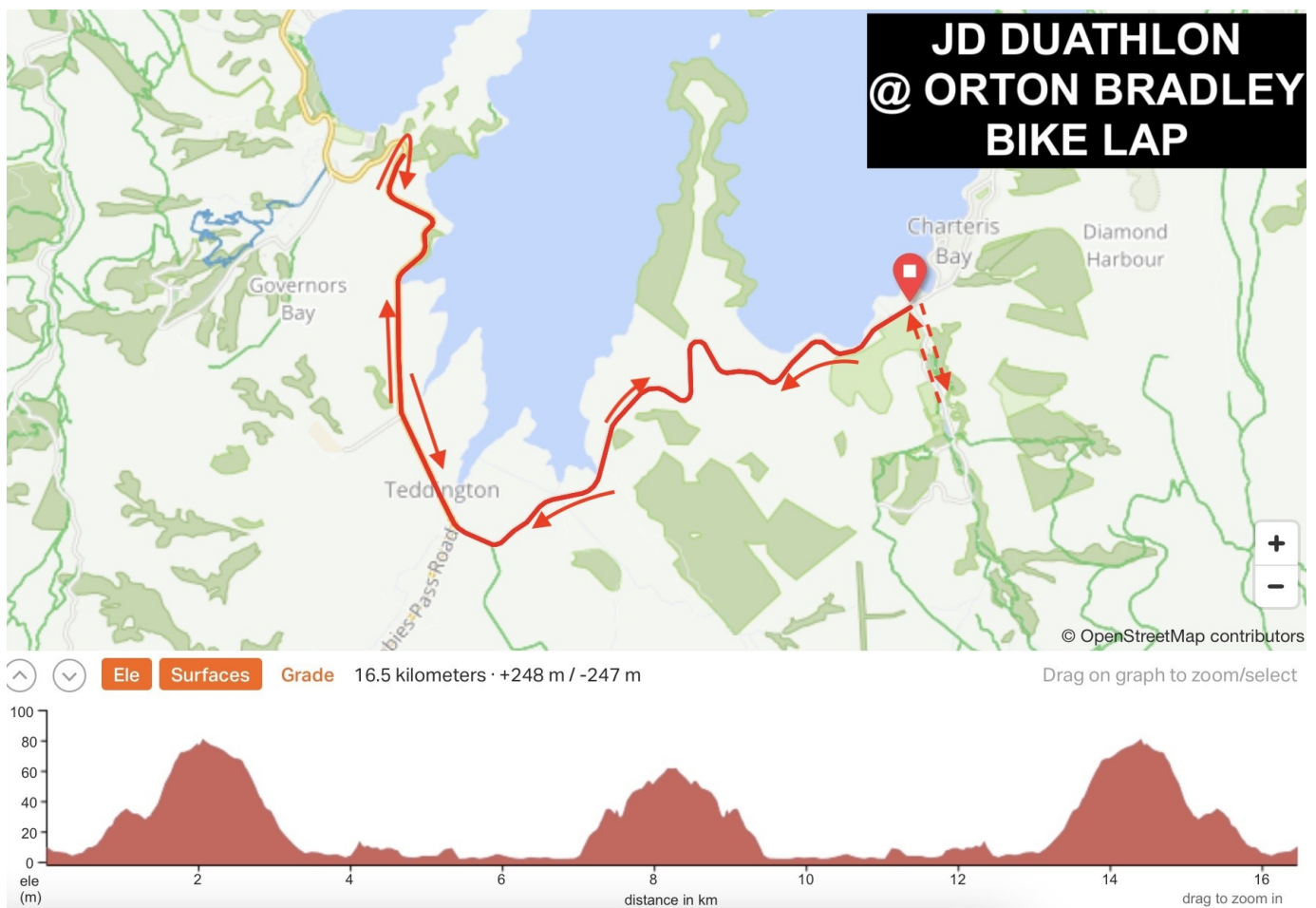
1 lap = ~16km.

Course details:

- Turn left out of transition down the access road being mindful of the speed bumps. Please be VERY careful if you are passing other athletes.
- Left into Marine drive (giving way to traffic)
- Over the first climb then descend onto the Teddington Flats
- Past the Teddington Pub
- Up the climb heading to Allandale.
- Turn just before the top of the climb
- Return to Orton Bradley
- There will be a turn just past the intersection. Turn and then turn left into the Orton Bradley access road or head out for your 2nd lap if doing the open race.

Online map: <https://ridewithgps.com/routes/38770116>

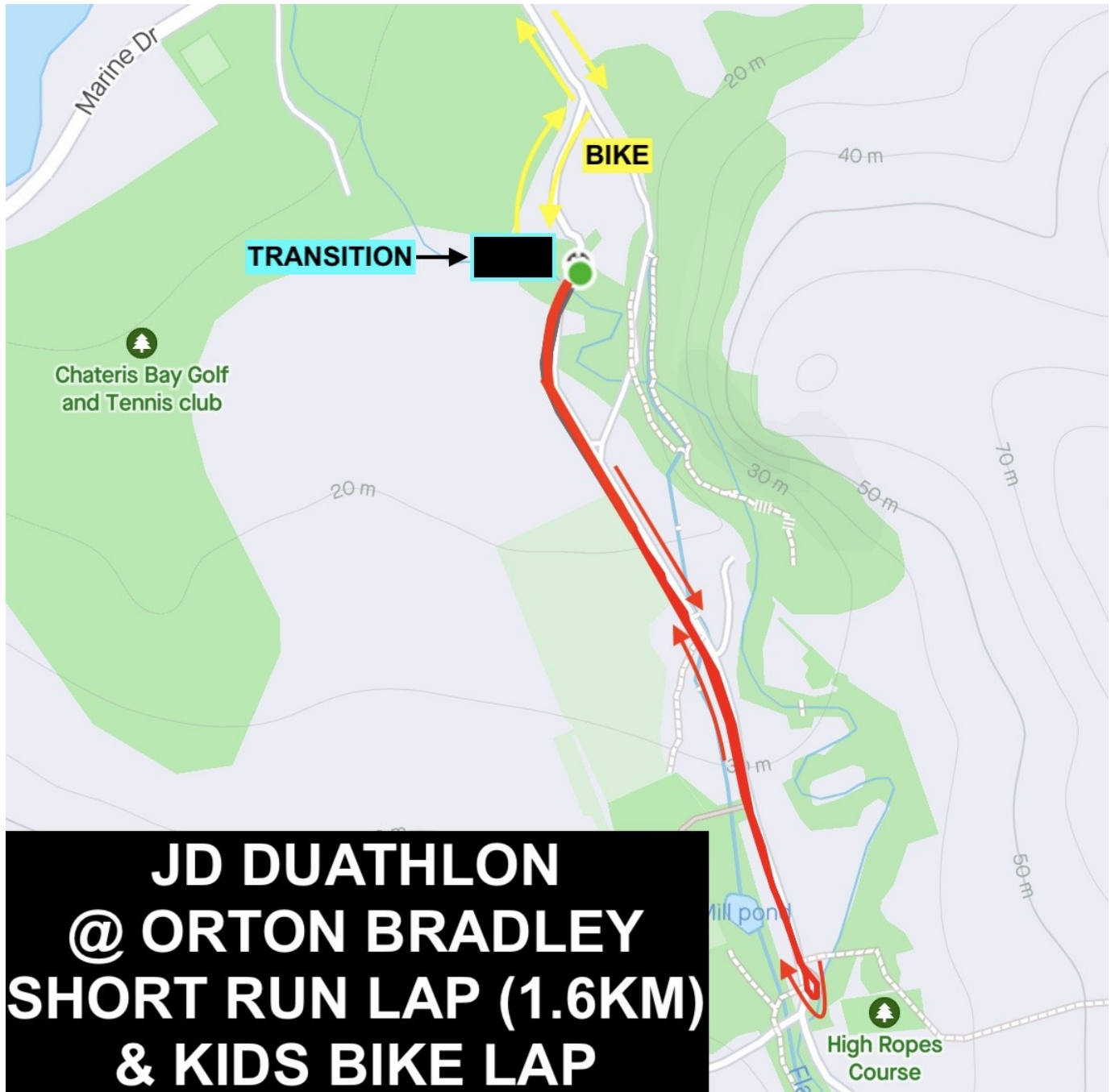
Warnings: the hill between Orton Bradley and Teddington is steep in places. Make sure you keep the the left on the descents allowing others to pass on the right.



RUN LAP

There is a short (1.6km) and long lap (4.8km). The long lap is initially on a shingle road then on trails with a few steps, roots and likely a little mud in places. It's a beautiful run.

Short lap - from transition run up the main shingle road within Orton Bradley. Turn around at the end of the shingle road before the start of the walking tracks. For open athletes completing two laps the 2nd turn will be alongside the start line.



Long Lap

Follow the shingle road to the end as with the short lap

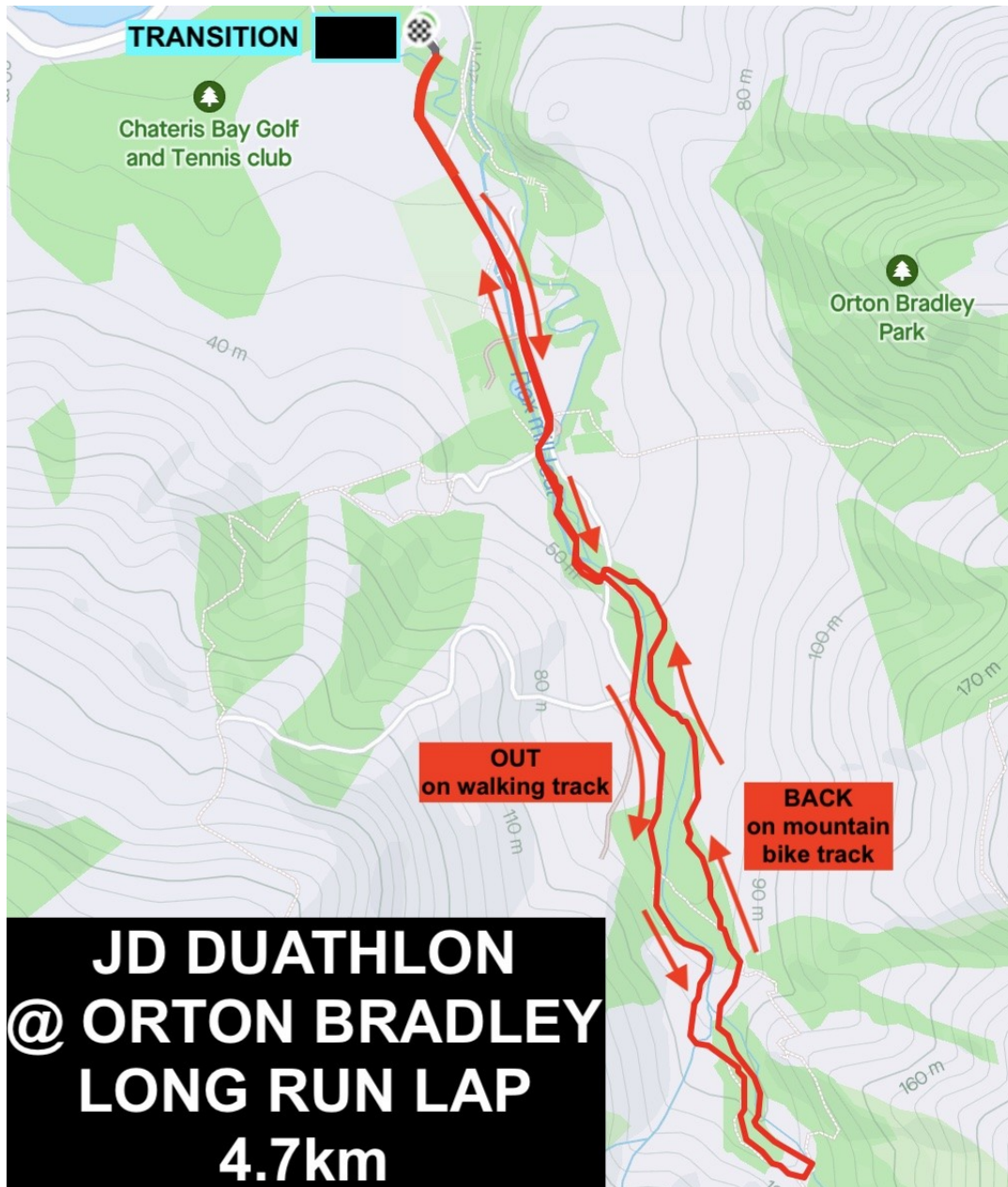
At the end of the shingle road turn right then left onto the main walking track (over a small bridge then two small cattle stops)

Follow the walking track for approximately 1.3km (approximately 2.3km into the run) to a clearing and trail intersection. Turn left over the aluminium bridge

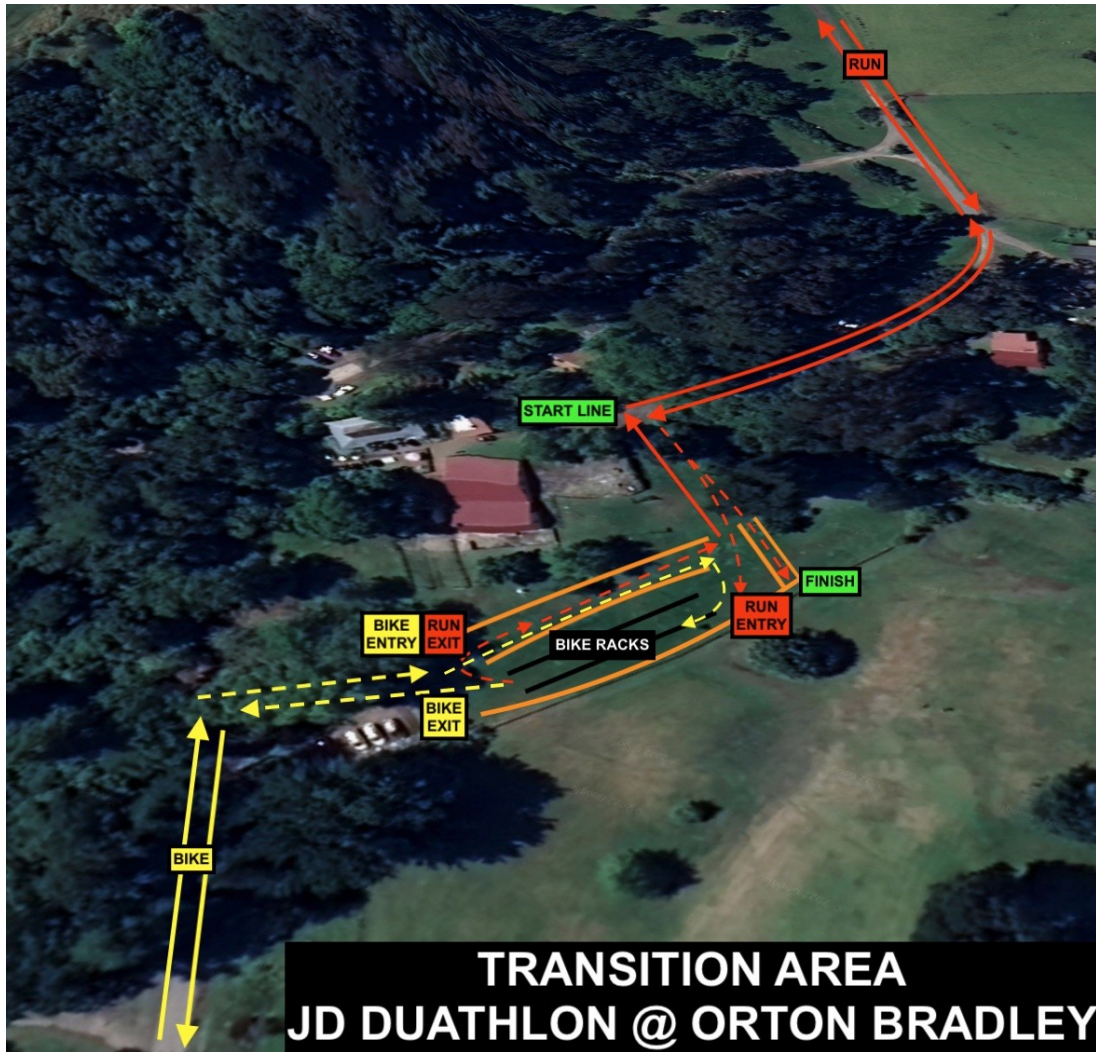
Follow the mountain bike trail back down the valley (there are a couple of turns which will be signposted).

Towards the end of the lap you will rejoin the walking track. Follow the track back to the shingle road then carry on back to the transition/finish area.

For a flyover follow this link <https://www.relive.cc/view/vYvrLn5mkx6>



TRANSITION



KIDS DUATHLON (5-9 years)

RUN

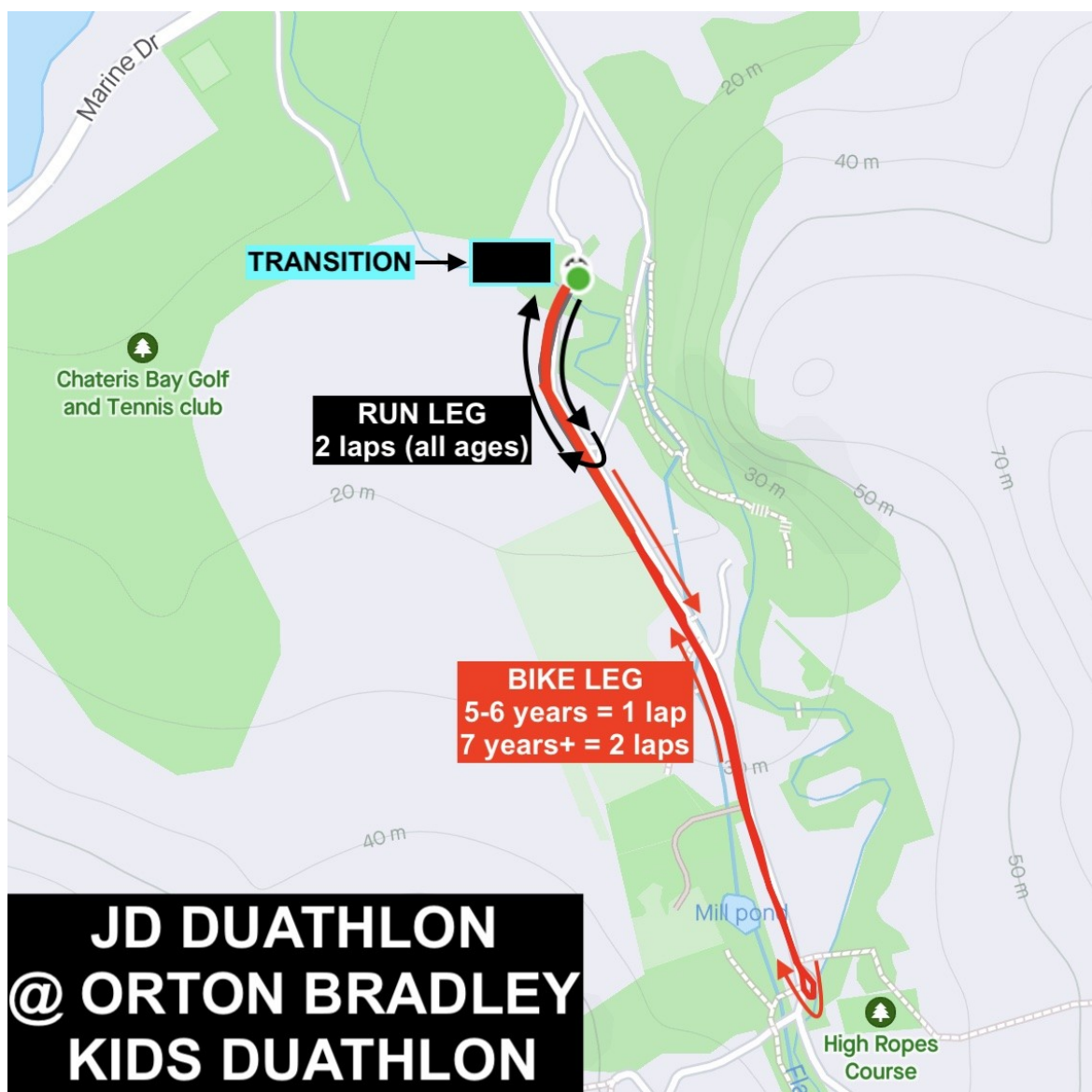
From the start line the run turn is ~200m away at the small traffic island at the intersection with the main park road. Both run legs are 2 laps for all ages

BIKE

Bike from transition up the main park shingle road to the end, turn and return towards transition.

5-6 years = 1 lap ~1.6km

7 years+ = 2 laps ~3.2km



For more information on Orton Bradley Park visit <http://www.ortonbradley.nz/biking-tracks>

Aid Station

There will be no aid stations on the course unless it is hot. 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 the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 20 seconds has lapsed. If you are seen blatantly drafting your number will be taken and 1 minute will be added to your finish time.

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 at Southbridge. Trophies will be awarded to series winners and medals for those in the top 3.

Results

Results will be posted on www.jdevents.co.nz within 48hrs of the race finishing. All entrants will also be emailed results

Contingency Plan

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

If the weather is absolutely disgusting the event will be cancelled. This will be posted on www.jdevents.co.nz

If the tracks are deemed to muddy and we will cause damage by holding the event we modify the run course.

If there is a little drizzle or light rain the event will proceed as scheduled although we could shorten the course to one lap on the bike.

