



## Summer Programme 2019-2020

**Important rules!**

**Swim:** Brightly coloured swim hats **MUST** be worn in swim leg -no exceptions (Tri Club hat is lime green \$10.00)

**Bike:** Helmet (**MUST** be worn) put on first with chin strap securely fastened before bike is removed from rack- on return rack bike first then remove helmet. Highly recommended wear fluoro jacket or something brightly coloured so **YOU** can be seen.

**Run:** Generally run facing the traffic but in some places we may run on same side for safety.

Date	Place	Distance	Time
14 <sup>th</sup> Oct	Onerahi casual swim training with drills etc. and fun		17:30 for 17:45 start. <b>All of these swim night programmes will depend on numbers.</b>
21 <sup>st</sup> Oct	Waro Casual long swim training with drills maybe		17:30 for 17:45 start Half and Full Ironman people. It is good to get a feel for swimming in lake(i.e. non salty) water in preparation for Taupo
28 <sup>th</sup> Oct	Onerahi Splash and Dash	300swim 3 k Run/Walk 600 swim 6 k Run	17:30 for 18:00 start
3 <sup>rd</sup> Nov	Tutukaka <a href="http://northlandopenwaterswimmingassociation.nz/">http://northlandopenwaterswimmingassociation.nz/</a>	Swim training -David Trail and Tracey Messenger	TBA Not Tri Club
4 <sup>th</sup> Nov	Lake Waro Hikurangi Casual long swim training		17:30 for 17:45
10 <sup>th</sup> Nov	Tauranga	Tinman standard Distance see website	TRINZ
11 <sup>th</sup> Nov	Swim Training Onerahi Casual fun swim – needs lots of people to practice swim starts		17:30 for 17:45
17 <sup>th</sup> Nov	Triathlon Marsden Cove Marina Top Pond by the reserve	Long:S:1K B: 30K Run:7.5 k Medium: S:500 B:20 R 5 Short : S:500 B:10 R:2.5 Under 13's Swim Run: S: 250 R: 2.5	08:30 for 09:00 start
25 <sup>th</sup> Nov	Onerahi Splash and Dash	S:300 Run or Walk 2.5 k S:600 Run or Walk 5 k	17:30 for 18:00
7 <sup>th</sup> Dec	<b>Ironman 70.3</b>	<b>See IMNZ website</b>	
9 <sup>th</sup> Dec	Tutukaka Christmas Du Please bring a plate of something Christmassy to share afterwards	S: 300 or 600 R/W to bench 3.5ish or lighthouse 7 k ish!	Register as soon as you get there! Start 18:15

15 <sup>th</sup> Dec	Onerahi Triathlon	Long:S:1K B: 26K Run:7.5 k Medium: S:500 B:17 R 5 Short : S:500 B:8.5 R:2.5 Under 13's Swim Run: S: 250 R: 2.5	08:30 for 09:00 start
23 <sup>rd</sup> Dec	Casual Swim training Onerahi Pre-Christmas eating!!!	Teams fun event if enough people	Bring a little something to share
30 <sup>th</sup> Dec	Lake Waro: Casual Swim Training		Register 17:30 for 18:00 start
6 <sup>th</sup> Jan	Splash and Dash Marsden Cove	S:300 Run or Walk 2.5 S:600 Run or Walk 5 k	18:00
11 <sup>th</sup> Jan	Tauranga	Half Ironman and other events	See website
13 <sup>th</sup> Jan	Waro casual swim training	Various distances	18:00
25/26 <sup>th</sup> Jan	Blue Lake festival of Sport Rotorua	See website	
26 <sup>th</sup> Jan	Onerahi Tri	Long:S:1K B: 26.5K R:7.5 k Medium: S:500 B:17 R: 5 Short: S:500 B:8.5 R:2.5 Under 13s S:250 B: 5 R:2.5	08:30 for 09:00 start
2 <sup>nd</sup> Feb	Kinloch TRINZ	Sprint Tri see website	
03Feb	Swim casual training		18:00
9 <sup>th</sup> Feb	Marsden Cove League Tri	Lap1: S: 200 B:7 R: 2.5 5 mins compulsory rest Lap 2: B:7 R:2.5 R:200 S 5 mins compulsory rest R:2.5 S: 200 B:7 Finish	You give estimated time for this <b>excluding</b> the 5 mins and then will give you a start time. You must start on your given time!!
10 <sup>th</sup> Feb	Splash and Dash Lake Waro	300 Swim Run or Walk 2.4 600 Swim Run or Walk 4.8 MUST be able to swim comfortably out of depth	18:00
16 <sup>th</sup> Feb	Onerahi	Triathlon in pm?	13:00 for 1400 start
17 <sup>th</sup> Feb	Casual Swim Lake Waro		18:00
22 <sup>nd</sup> Feb	Kai Iwi Lakes Triathlon	See Sport Northland website	
24 <sup>th</sup> Feb	Casual Swim training Lake Waro		18:00
2 <sup>nd</sup> Mar	Casual Swim training Lake Waro		18:00
7 <sup>th</sup> Mar	Ironman NZ Taupo	See website	
22 <sup>nd</sup> Mar	Northland Festival of Tri Marsden Cove	Further details fo follow	
29 <sup>th</sup> Mar	Sprint Champs Ngamotu Beach Taranaki	New Plymouth	TRINZ
29 <sup>th</sup> Mar	Triathlon Team event	Marsden cove	0830 for 09:00 start
26 <sup>th</sup> Apr	Go Kart race track Austin's Road Maunu	Duathlon	TBA

#### Legend

Outside club events
Ironman 70.3 and Full IM
Splash and Dash
Casual Swim Mondays
Our Club events but open to non-members
Our Club Events

**Come along and join us.  
Have a go  
Not sure?? We'll advise.**

#### Contact:

**09 4352614/ 02102796487  
02102429890**

**Leave a message**



**<https://www.facebook.com/whangareitriclub/>  
See you there**