



Anzac Day Triathlons Anzac “Half” and Associated events

Sunday: **25th April 2021**

“End of season events with a difference “

Marsden Cove Marina :Top Pond by reserve

Stace Hopper Drive Marsden Cove Northland

This is a low key “all comers” day from beginners to elite

OPEN TO ALL:

Events	Start times: Please note well	Price
“Half” DISTANCE Tri: <input type="checkbox"/> <input type="checkbox"/> Swim 2km Bike 90 km Run or walk 20km	0700 for those taking over 8 hours. 0900 for those taking under 8 hours.	\$50.00 before Feb 28 th After this \$65.00
Standard Distance Tri : swim 1.5km/Bike 40 km/run(walk) 10km	1200 hours(midday)	\$40.00 Before Feb 28th After this \$55.00
Beginners “Have a Go” Tri: swim250m/Bike 10 km/run(walk) 2.5km	1500 hours	\$30.00 before Feb 28 th after this \$45.00
DUATHLON: Run(walk) 2.5km Bike 10 km Run(walk) 2.5km run/walk	1500 hours	\$30.00 Before Feb 28 th after this \$45.00
KIDS AQUATHON: ages 8-13 swim 250m Run or walk 2.5km	1500 hours	\$15.00
TEAMS: As arranged – e mail or Call for further advice		

ENTRIES WILL NOT BE ACCEPTED ON THE DAY

All entrants will receive a participation “Anzac” towel
and swim Cap

These events are designed for everyone fast or slow so come along and have a go!

Further details on. Website: whangareitriclub.co.nz

Enquiries to: 02102796487/02102429890 LL 09 4352614

Race details: **NOTE WELL**.(this means read it!)

Race briefing will be 15 minutes before race start for **your** event.

You will need to be ready to go at the scheduled time – That's when the timing for your race begins.

All distances are approximate

SWIM:

The swim is in a salt water marina.

The course will be marked with marker buoys with a turn round cone on the beach for the longer distances Keep the buoys on your right hand side

Kayaks/Paddle boards will be in the water for your safety-Please raise your hand if you are in distress

all athletes must wear swim hat provided. Wet suits optional

BIKE:

This has a different theme as you have 2 choices (what more could you want?)

Any sort of bike is acceptable provided it is roadworthy.

Option 1: ride on the road on a flat 10 K Circuitous course in a 50 K area all left turns except at the roundabouts. **NO DRAFTING**

Option 2: Bring your trainer and do whatever distance you are riding on the trainer; You will need to Zero your cyclometer and then show distance to the marshal before you go out on the run/walk

Road riders must wear an approved cycle helmet and follow the bike to rack rule:

On the outward leg helmet on first - tie chin strap tight and then remove bike from rack

On return put the bike on the rack and then remove helmet.

Please wear clothing that is visible to all road users (i.e. **NOT Black**)

All road rules must be obeyed.

RUN/WALK:

These will all be 5 km laps except for the 2.5km which will be half this!

Please stay on the footpaths at all times and watch for other competitors, children older and younger adults, dogs strollers etc

There will be **one** special needs station which you will pass on both the run and bike.

Water and electrolyte will be available as will food. You will need your own drink bottle/s

This may be self help so be prepared to slow down and stop.

Portaloos will be in transition.

If you do the event on a bike trainer you may have your food/drink etc by your bike.

NB:for those doing the "**Half distance tri**" if you start with the early starters and do under 8 hours; you will get a time correction that you may not like... you have been warned Please be fair here!!

The race directors decision is final and no correspondence will be entered into!! Got it??

Timing will be done manually you will not have a timing chip!

Results will be published on the whangarei tri Club website after the event – please be a little bit patient we are not timing chips or robots !!

After the events have finished approx. 1700 we will have a get together/Prizegiving with a sausage sizzle and other food (included in race entry) so you can mix and mingle or not as Case may be – you may just want to sit in a corner and sulk!!

The Tri Club is really looking forward to seeing as many of you as possible so we can have a day of fun and Competition.

So what is holding you back..... stop thinking too much and fill out entry form and put the money in the bank!!.....simple

Entry Form:

NAME:	Event:	Fee paid
ADDRESS:	Anzac "half"	
	Standard distance	
DOB: age	Have a GO	
PH: LL Cell:	Duathlon	
Contact name and ph no for emergencies:		
	KIDS aquathon	
	Teams by arrangement	
Please pay entry fees into bank account: Reference: "anzac " Number: 12-3106-0019782-00		
Please e mail entry form and signed waiver to: oringabrian72@gmail.com		

Whangarei Triathlon Club Inc Waiver

Anzac Day Events Marsden Cove 25.April 2021

Event:

(i.e. the event you are doing)

Date:

I understand that Triathlon/Duathlon/Aquathon can be a hazardous sport and I will be responsible for my own safety.

I will wear the coloured swim hat provided in the swim leg, wear an approved safety helmet on the bike and obey all road rules and I understand that roads will be open at all times in the cycle leg and run/walk as instructed at all times in the run/walk section.

In the Case of a road crossing on the run/walk please look both ways before crossing the road (basic I know but... Take care at all times)

You are required to sign that you have understood all of the above when you enter the event.

Parents must sign on behalf of all children under 16years of age.

NB:Young persons under the age of 13 may NOT ride on the open road

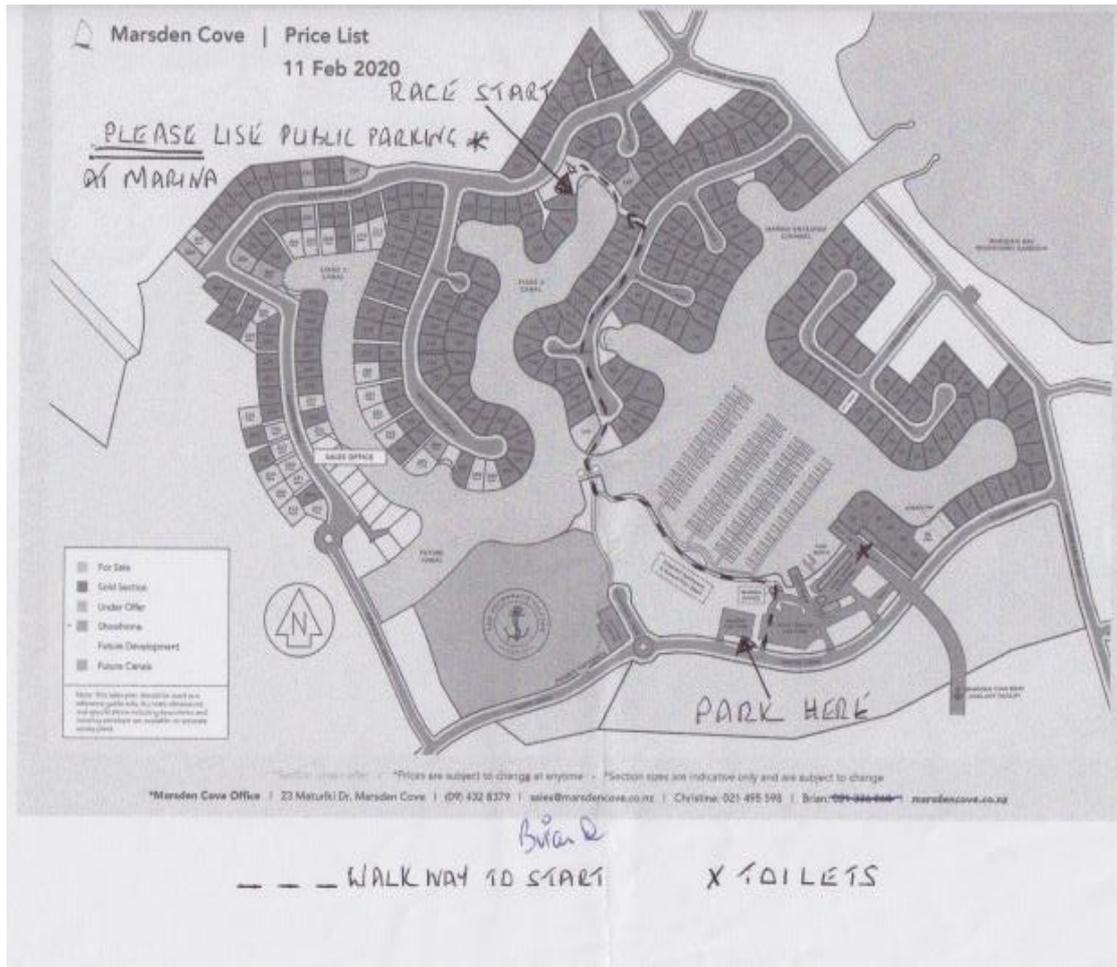
NAME: Print please

Signature:

Car Parking: IMPORTANT -YOU CAN NOT PARK AT EVENT START

Drop gear off first then:

Please park in the Marina Car Park and walk over to the reserve allow about 10 minutes. Toilets: by the café in the marina and portaloos at start



Donations from this event will be made to Whangarei RSA