

Whangarei Triathlon Club Inc Summer Programme 2020-2021

We welcome all ability and ages of athlete -Just ask us and we can help

Costs: Tri club members Free for all events except half ironman and associated events

Non Members: Adults \$10.00 and Kids \$5.00 for whangarei Tri club events (except half ironman and associated events)

Splash and Dash: Kids \$2.50. Adults \$5.00

Distance options by arrangement with organisers eg Duathlon /Mixed distances

Not sure – ask us and Try a TRI – beginners welcome we can arrange a shorter distance to suit you.

Young person under 13 years may not ride a bike on the open road in any of our events

| date | Event | Venue | Time | Comments | Cost: |
|------------------|---|---|---|--|-------|
| 8.11.20 | Tinman Triathlon | The Mount Tauranga | | See Website Tri Tauranga for further details | |
| 15.11.20 | Onerahi Tri 300 swim/8.5 bike/2.5 k run/walk 600 swim/17K bike/2.5 k Run/walk 1200m swim/34 K bike/5 K run | Onerahi Foreshore Whangarei High Tide 08.09 | 0830 registration For 0900 start | | |
| 30.11.20 | Splash and Dash 300swim 3 k run/walk 600 swim 5k run/walk | Onerahi Foreshore | 5.30 pm for 6 pm start | | |
| 7.12.20 | Waro Splash and Dash 300 swim / 2.4 k= 2 laps run/walk (on track) 600 swim/ 4.8 k run/walk = 4 laps | Lake Waro reserve Hikurangi | 5.30 pm for 6pm start | | |
| 14.12.20 | Christmas DU Food to be provided by Tri Club for the event | Tutukaka Marina at the Little beach past the Deep Sea fishing club | 5.45 for 6.15 start | | |
| | | | | | |
| 20.dec 20 | Rotorua Suffer half and quarter IM distance | | | See website | |
| 23.01.21 | Mount festival of Sport | Pilot Bay Tauranga | | See website | |
| 31.01.21 | Pataua Triathlon | Pataua North High tide 10.27 | 0845 for 0915 start | | |
| 8.02.21 | Waro Splash and Dash 300 swim / 2.4 k= 2 laps run/walk (on track) 600 swim/ 4.8 k run/walk = 4 laps | Lake Waro Hikurangi | 5.30 for 6pm start | | |
| 14.02.21 | Kinloch Triathlon | Kinloch Taupo | | See TRINZ website | |

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|-------------------|---|--|---|---|--|
| 14.02.2020 | ?Triathlon/duathlon | Onerahi | 0830 reg for 0900 start | subject to numbers | |
| 20.02.21 | Kumara Tri | Kaiwi Lakes Dargaville | | See sport northland website | |
| 28.02.2021 | Onerahi Tri 300 swim/8.5 bike/2.5 k run/walk 600 swim/17K bike/2.5 k Run/walk 1200m swim/34 K bike/5 K run | Onerahi Foreshore HT 0917 | 0830 registration For 0900 start | | |
| 6.03.21 | Ironman New Zealand Ultra distance Tri Champs and associated half Ironman | Taupo NZ | | See Ironman NZ website | |
| 27.03.21 | Wild Kiwi Multisport | Whangarei Heads | | See website | |
| 28.03.21 | League Tri s.200/bike 7/run2.5 5 bike7/run2.5/swim2 00 5 run 2.5,run swim200,bike 7 – finish | Marsden Cove If you have never done this it is a lot of fun | The aim is to all finish as close together as possible. Slower athletes start first.You will be given a start time from 0900 | Staggered start times 5 mins compulsory stop in between each of the sections | |
| 25.04 21 | Anzac Day Half Ironman and associated events. Something for all | Staggered start times for different events | Open event Charges apply | More details to follow | |

Rules and Regulations in short.

A brightly coloured swim hat must be worn for the swim.

Bike helmets must be worn for the cycle leg – the chin strap must be securely fastened

When changing to the bike leg the bike to rack rule applies:

Helmet on and fastened prior to taking the bike off the rack on return rack the bike first and then remove helmet.

Your bike needs to be in a road worthy condition. It can be any type of bike

Swim: you do need to be able to be able to swim the distance but if you are not confident/anxious you can use a swim buoyancy bag or swim short

You may run or walk the run walk sections!

Enquiries to: 02102796487/02102429890/09 4352614



List of Day course setters and timekeepers:

| Dates: | Name and contact number | Venue |
|-----------------|----------------------------------|------------------------|
| 15.11.20 | O barach and team | Onerahi |
| 30.11.20 | | Onerahi |
| 7.12.20 | | Lake Waro |
| 14.12.20 | | Tutukaka Marina |
| | | |
| 31.01.21 | Max Thomas | Pataua North |
| 8.02.21 | | Lake Waro |
| 28.03.21 | Oringa Barach 02102429890 | Marsden Cove |
| 25.04 21 | Oringa Barach 02102529890 | Marsden Cove |