

HTC Winter Duathlon – Athlete Guide

This guide provides all essential information for athletes racing in the HTC Winter Duathlon Series at KartSport Hamilton.

Contact Details for Race Director: Andrew Richards – 027 495 7262

Event Overview

The HTC Winter Duathlon Series is held on a fully closed circuit at KartSport Hamilton. Two races are offered:

- **Open Duathlon 2 km run → 7 km bike → 2 km run**
Draft-legal, suitable for confident riders. Placings awarded for first Male Senior/Junior(U20) and first Female Senior/Junior(U20)
- **Try-A-Duo 1.4 km run → 3.5 km bike → 1.4 km run** – Participation-focused, ideal for juniors and newcomers. Safe spacing expected.

Entry fees: **\$15 members / \$30 non-members**. Entries available on the day.

Location Map



Entrance off Airport Road (just past yellow gates)

Race-Day Schedule

- **08:00** – Registration opens
- **08:30** – Registration closes
- **08:35** – Open race briefing
- **08:45** – Open race start
- **09:35** – Try-A-Duo briefing
- **09:45** – Try-A-Duo start
- **11:00** – Prizegiving

Registration and all race operations are based at the **gazebo at the start/finish area**.

Timing

Timing will be manual and for Open race only, with results posted on HTC website.

Safety & First Aid

- A qualified First Aider is based at the start/finish gazebo
- If an incident or injury happens during the race, you may be asked to come into transition to allow the event team to manage the event / injured person
- AED available at the Pistol Club next door and Airport across road
- Volunteers will assist with any incident
- Spectators must remain off the track and run course

If you withdraw from the race, please notify the Race Director.

Facilities

- Toilets at KartSport Hamilton
 - Preferred parking is past clubhouse, by transition
 - Water and sunscreen available in clubhouse
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What to Bring

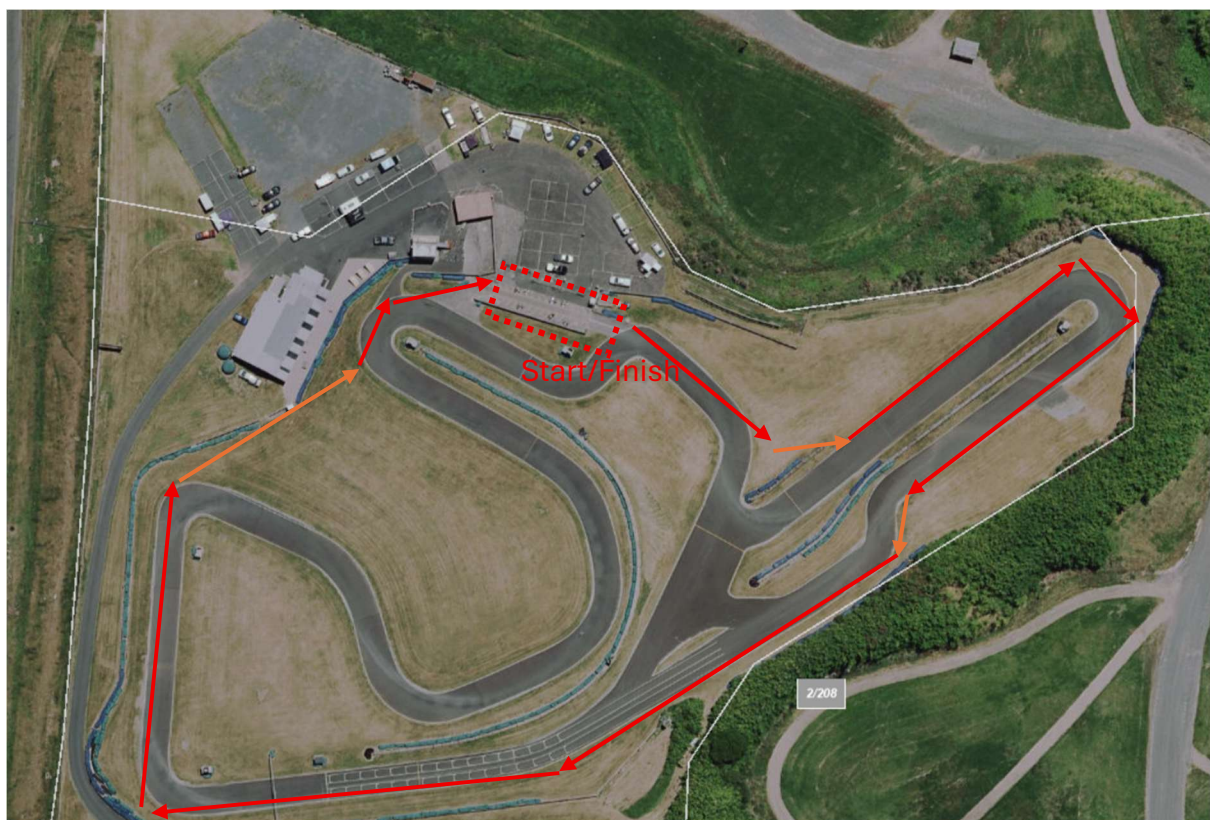
- Any form of road-safe bike (no TT bars)
- Proper fitting helmet
- Running shoes suitable for some grass/uneven surface sections
- Race belt

Run Course (2 km)

The run course consists of **three laps of a 700m asphalt and grass loop** (for Open, two laps for Try) around the outside of the kart track.

- Start on the grass at the bottom of the hill
- Follow cones/tape around the perimeter
- Course marked below; red sections can be on asphalt or grass, orange sections grass only
- After laps 1&2 → run straight through transition
- First leg - after lap 3 → enter transition to mount your bike
- Last leg – after lap 3 → follow cones into finish chute

Run Course Map:

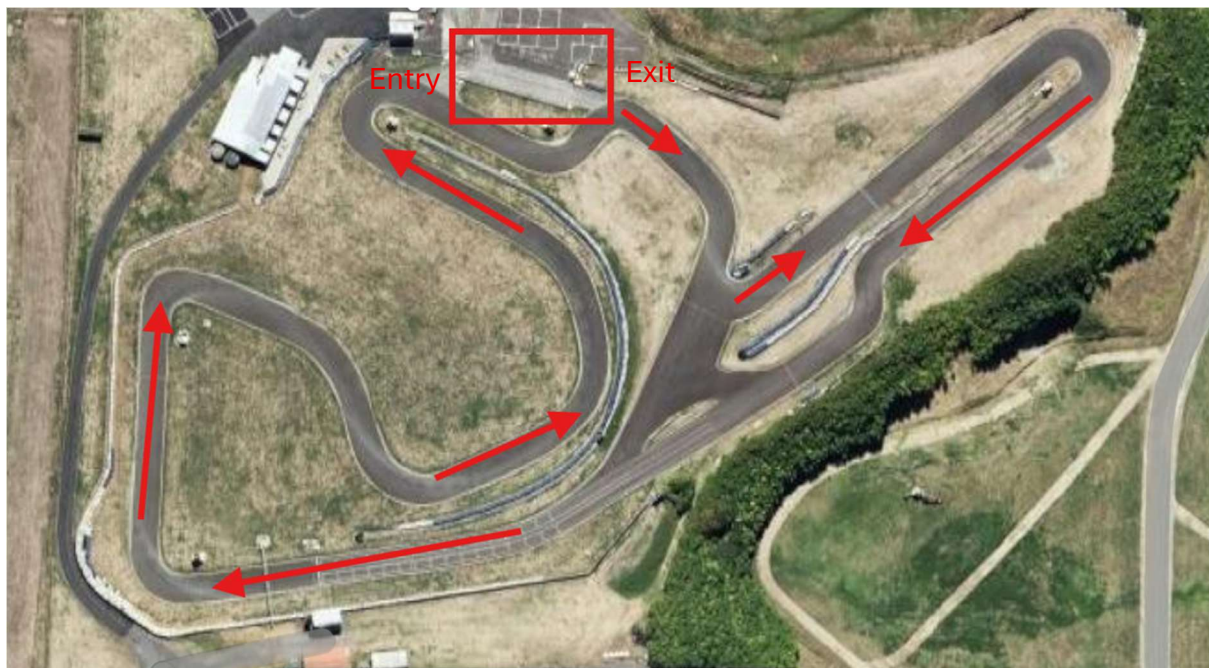


Bike Course (7 km)

The bike course is **8 laps of the 865 m kart track** (for Open, 4 laps for Try), ridden clockwise.

- Mount after the marked line leaving transition (inside pit area)
- Stay on the asphalt at all times (other than entering/leaving transition)
- Runners will be on left hand side of track (except for left hand turns), stay on right hand side of any cones or tape
- Open race: drafting allowed under Tri NZ rules, no aggressive riding
- Try-A-Duo: maintain safe spacing
- Lead rider receives a final-lap bell
- Athletes must count their own laps

Bike Course Map:



Transition

Transition is located at the top end of the kart track in the pit area.

- Runners enter far left inside marked lane and either run through transition (if completing a lap) or get onto bikes (if ending leg one)
 - Cyclists mount in pit area and exit on right hand side onto track
 - Cyclists dismount and enter transition on right hand side then rack bikes
 - Mount/dismount lines clearly marked
 - No riding in transition
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