

## HTC Winter Duathlon – Athlete Guide

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

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### Event Overview

The HTC Winter Duathlon Series is held on a fully closed circuit at KartSport Hamilton. Each race follows the same format:

**2 km run → 7 km bike → 2 km run**

Two race options are offered:

- **Open Duathlon** – Draft-legal, suitable for confident riders. Placings awarded for first Male Senior/Junior(U18) and first Female Senior/Junior(U18)
- **Try-A-Duo** – Participation-focused, ideal for juniors and newcomers. Safe spacing expected.

Entry fees: **\$15 members / \$30 non-members**

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### Location Map



Entrance off Airport Road

## **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
- **11:30** – Prizegiving

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

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## **Timing**

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

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## **Safety & First Aid**

- A qualified First Aider is based at the start/finish gazebo
- AED available at the Pistol Club next door
- 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.

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## **Facilities**

- Toilets at KartSport Hamilton
  - Parking beside the clubhouse
  - Water and sunscreen available at the gazebo
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## **What to Bring**

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

## **Contact Details**

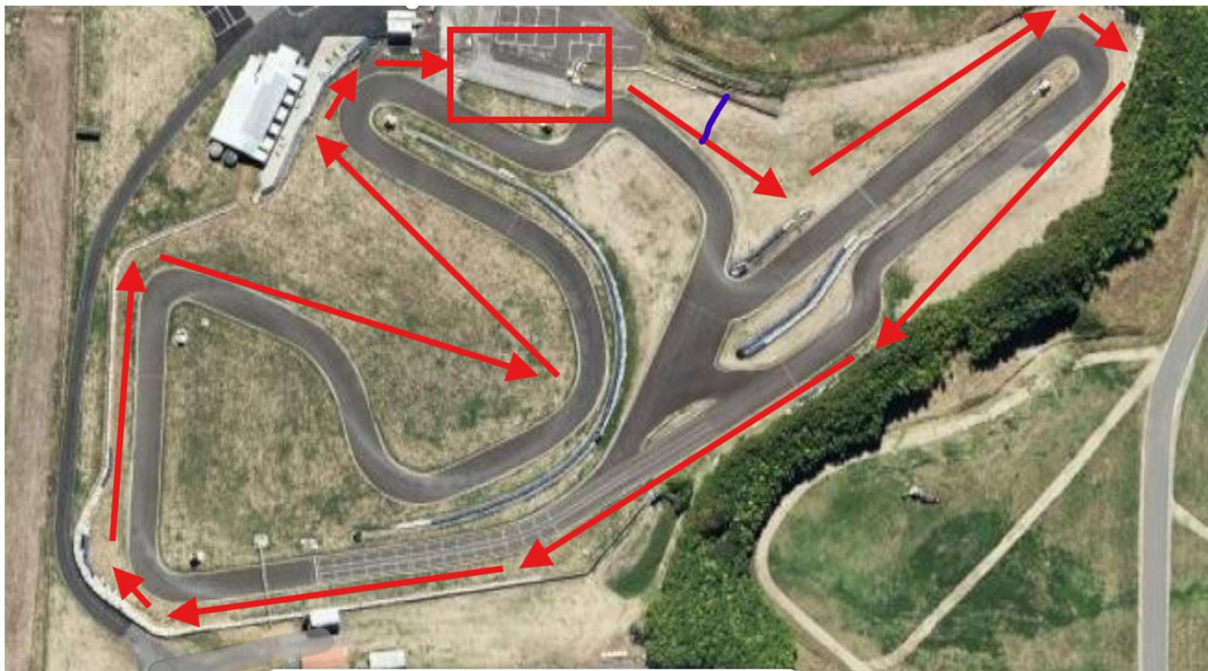
- **Race Director:** Andrew Richards – 027 495 7262

## Run Course (2 km)

The run course consists of **two laps of a 1 km grass loop** around the outside of the kart track.

- Start on the grass near the blue line
- Follow cones/tape around the perimeter
- After lap 1 → run straight through transition
- After lap 2 → enter transition to mount your bike

## Run Course Map:

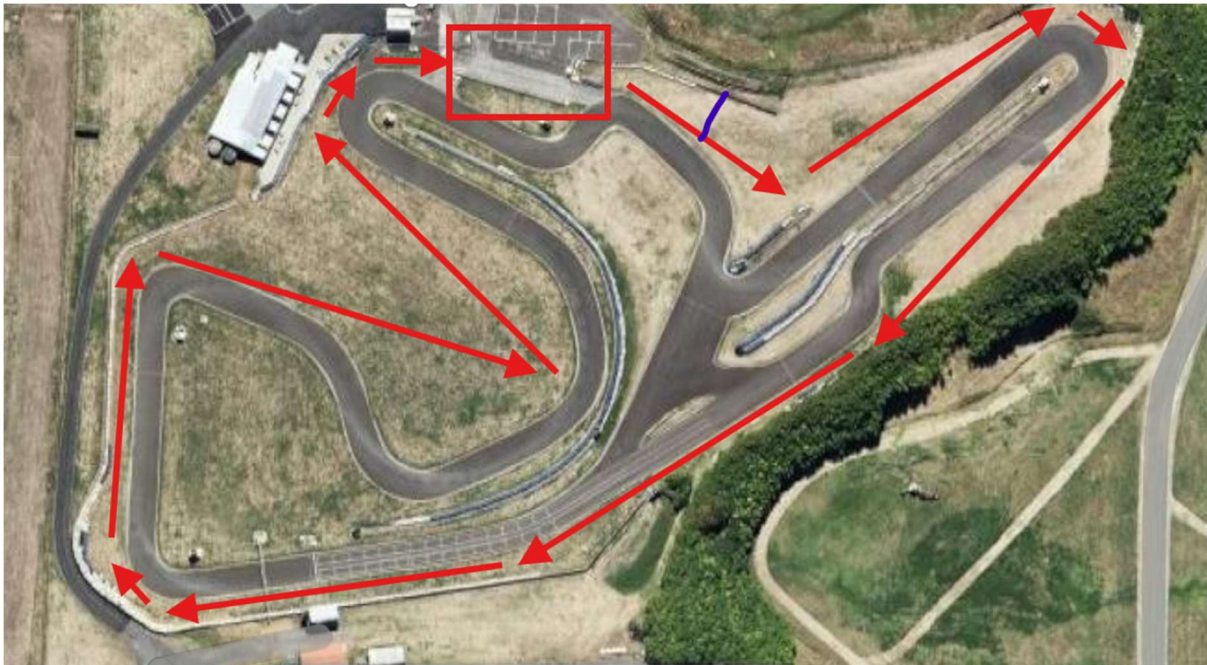


## Bike Course (7 km)

The bike course is **10 laps of the 865 m kart track**, ridden clockwise.

- Mount after the marked line leaving transition
- Stay on the asphalt at all times
- Open race: drafting allowed under Tri NZ rules
- Try-A-Duo: maintain safe spacing
- Lead rider receives a final-lap bell
- Athletes must count their own laps

### Bike Course Map:



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### Transition

Transition is located at the top end of the kart track.

- Runners enter from the Airport Road side
  - Cyclists exit and re-enter from the opposite end
  - Mount/dismount lines clearly marked
  - No riding in transition
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