

W H A N G A N U I
MULTISPORT

CLUB INCORPORATED

Welcome from the Whanganui Multisport Club to the Level Three Physical Education Schools Triathlon.

The purpose of this information sheets is to provide you with all that you need to know in regards to the event.

The Race Schedule

12:00am registration will open. This will be at the Whanganui Multisport Clubrooms situated at 141 Anzac Parade, Wanganui. You will be given your body marking (race number) when you register (get your name ticked off). Transition will also be open from this time to set up your race equipment, this will also give you the chance to familiarise yourself with the transition entry/exits.

12:40am Registration will close and a race briefing will be held from the clubrooms. You need to be present for this briefing.

12:45am Once this briefing is finished it will be time to move to the start of your race. Competitors will walk down towards the bridge south of the clubrooms (Kowhai Park) and stop at the buoy situated at the 300m mark then head down to the water.

1:00pm Race starts for all competitors.

2:30pm Race will be completed.

The Swim Course

The 300m swim start will be down towards Kowhai Park. The start will be marked with a buoy and competitors will begin in the water. The race will start with a 3,2,1, horn. When the race has started you will be required to be on the right hand side of the buoys (between the bank and buoys) and you will be required to stay right of every buoy from then until the final buoy which you will swim past on its left, then head into the ramp. This is for your safety as other river users may be present. When you get to the end of the swim, exit the water and head up the ramp into Transition One outside the Multisport club.

It is recommended you **wear a wetsuit** and a swimming cap as **the water may be cold**. There will be safety Kayakers on the water, please raise your arm if you need assistance and they will come to you. (due to the incoming tide on the day the swim will be up river)

The Swim Course



The Bike Course

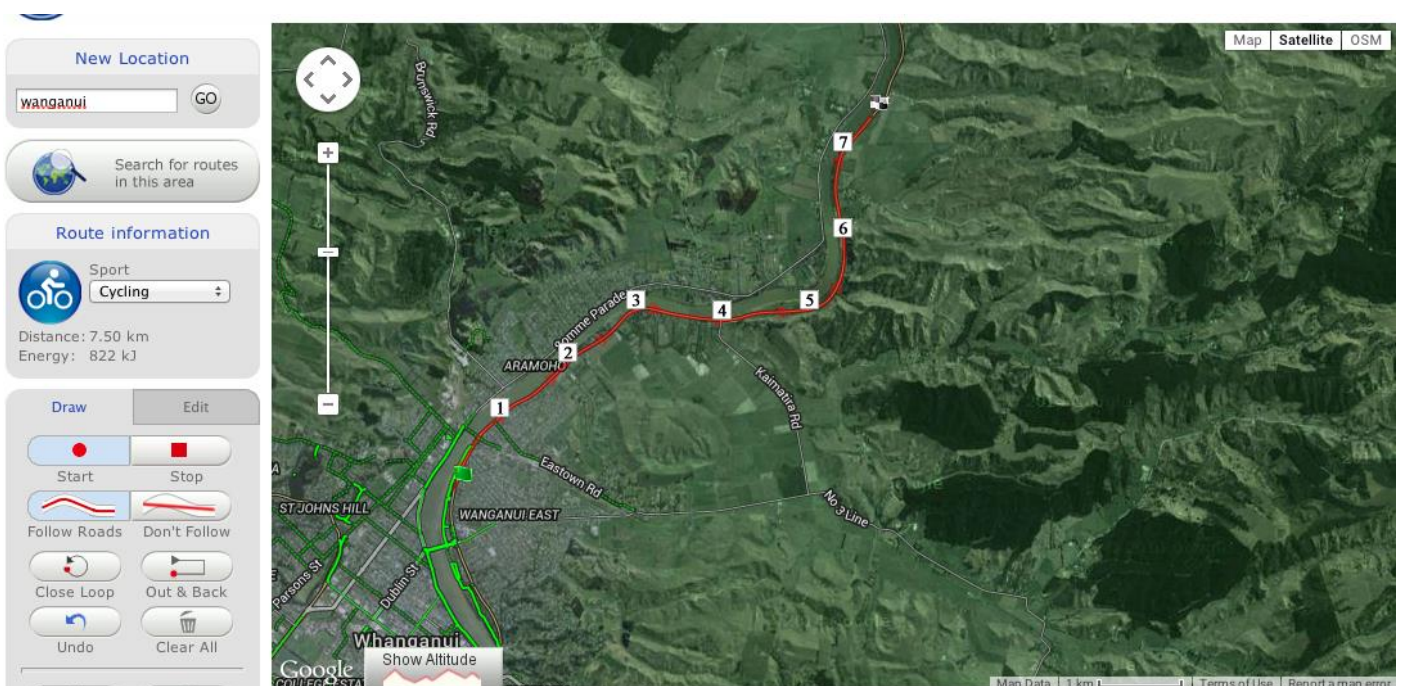
This starts on the road after transition one. Please note that **all roads are open** and **you must obey the road rules** and the guidance from the marshals. Keep to the left at all times and ride single file. If you are seen crossing the centre line or riding erratically you will be removed from the course.

Once getting to the road you may mount your bike and turn left heading north on Anzac Parade. You follow this road for 7.5km which will take you out to the 100km area approx 600m before Upokongaro. There will be a marker and a marshal at the turn around point on the road. You are to cross the road and head back the same way you came to complete the 15km lap.

Competitors will return to the Multisport clubrooms once the 15km is complete and will head into transition two.

When heading into transition two you must be off your bike before you pass into the driveway you exited from.

Bike Course Map



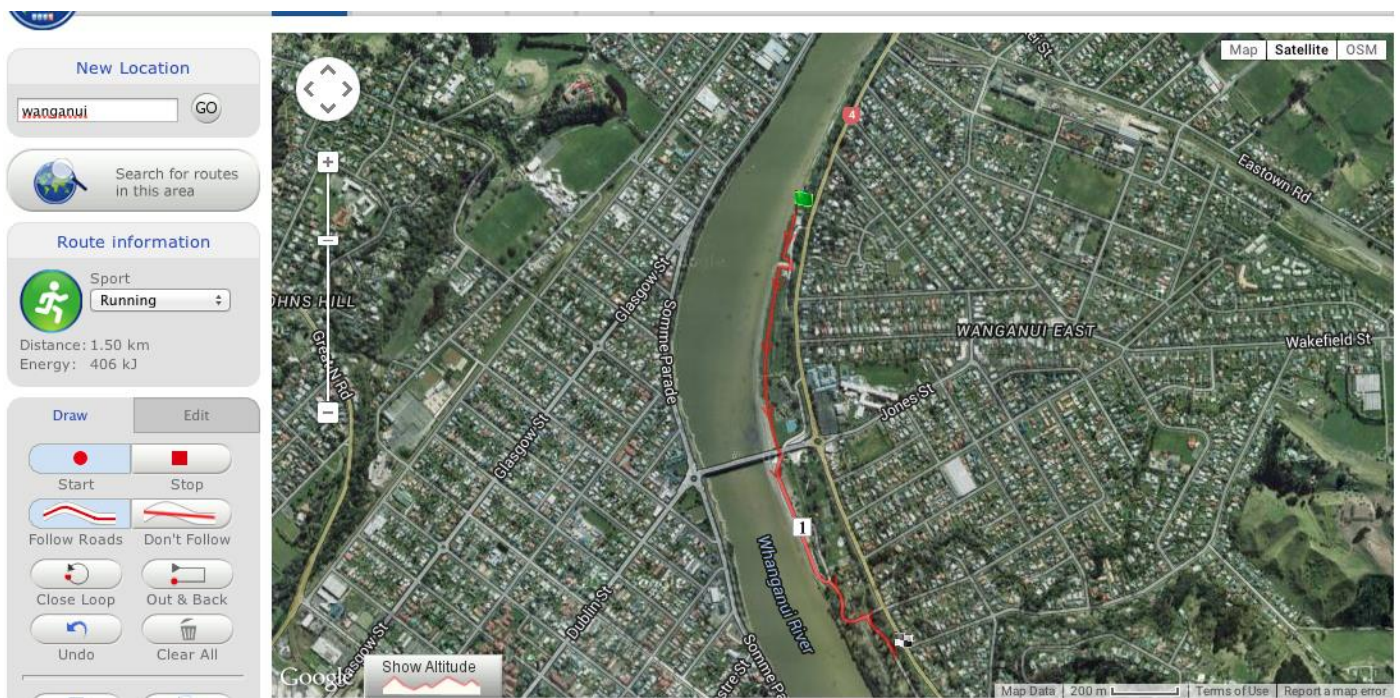
The Run Course

The run starts from the Multisport clubrooms and heads south towards Kowhai Park. Once you pass the boat ramp head up onto the walk/run trail that heads around the boat club. Follow this down to the end (under the Bridge) and head on to the road by the river. Follow this down through Kowhai Park over the

stream bridge continuing to the right on the drive. You will get to the turnaround point approx 150m after the bridge. This will be marked with a cone and a sign saying turn around point. Go back using the same course and this will complete the 3km lap.

Once completing your final lap run up the finish chute where the officials will take your race number.

Run Course Map



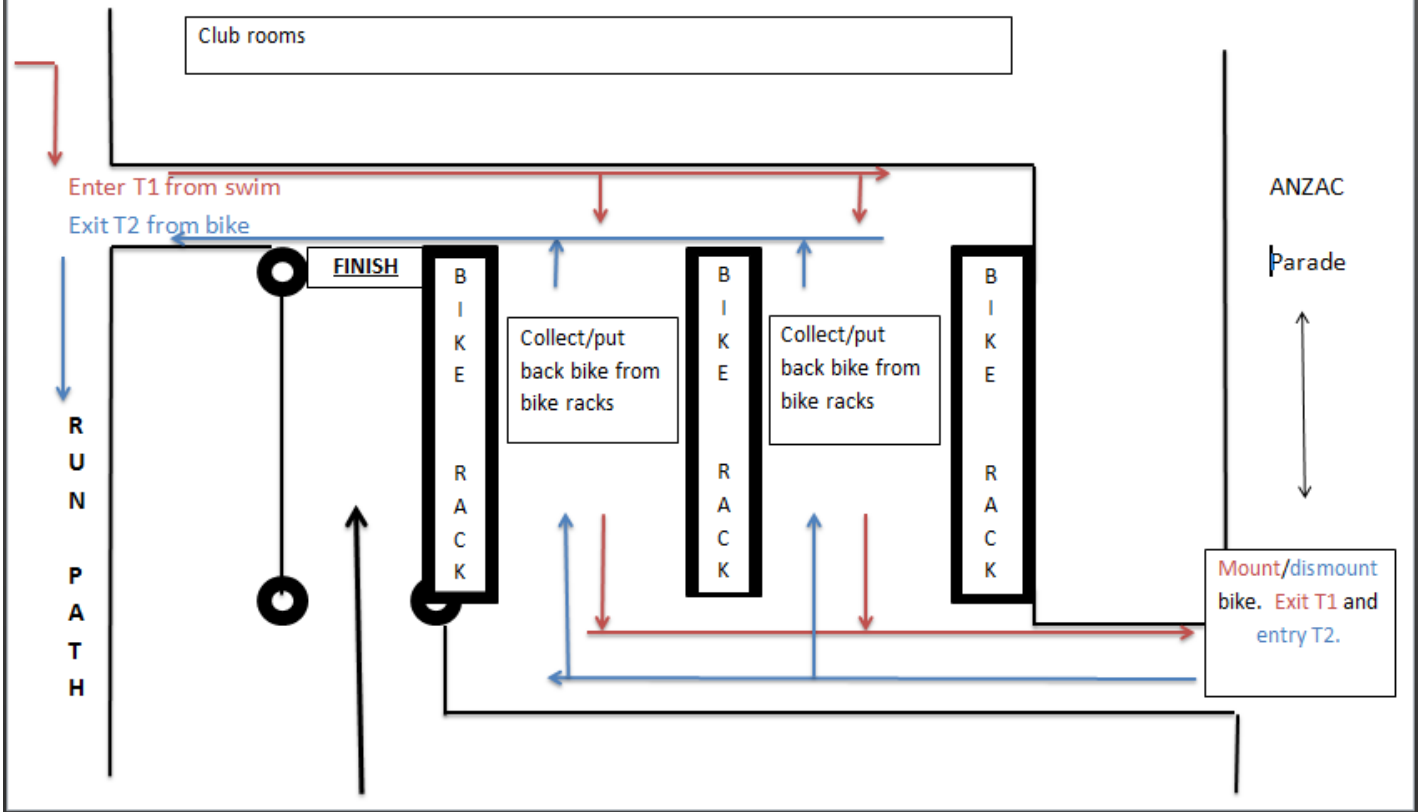
Transition One

You will enter transition once leaving the water and going up the ramp and down the walkway towards the clubrooms. Follow the obvious direction as this will be clearly marked. Exit transition by follow the exit path from the other end of transition (follow the maroon on the transition map)

Transition Two

Once getting off your bike run down the driveway and back into transition entering the opposite way to transition one. Please rack your bike before removing your helmet. Exit transition by going out of transition the way you entered it in transition one. There will be a sign heading out onto the run course. (follow the blue on the transition map).

TRANSITION



Website: www.whanganuimultisport.net

Facebook Page: [Wanganui Triathlon Club](#)