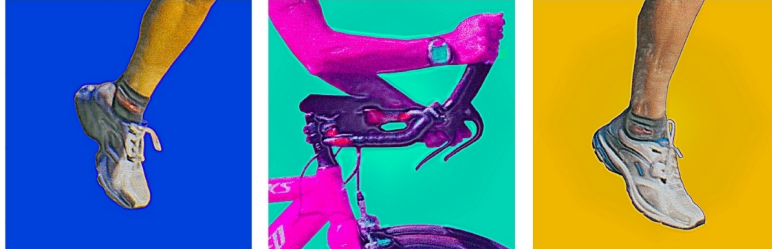


JD DUATHLONS



RUN • BIKE • RUN

JD DUATHLON SERIES 2023 ATHLETE GUIDE Southbridge Sunday 17th September

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SCHEDULE

8:45am	Safety Briefing – all events except kids (5-9 years)
9:00am	Secondary Schools Duathlon Champs (draft legal) + Juniors START
9:15am	Open, vet, super vet men & women + teams START
9:25am	Novice + Youth Race STARTS
9:40am	Kids 5-9 years BRIEFING then start

Key information

1. Pre Race information

You will be kept up to date via email on any event developments and any changes to the schedule outlined above. Please check www.jdevents.co.nz as we will put any updates here

2. Registration

If you participated in race #1 or #2 please bring your race number. There is no need to re-register but you do need to collect a helmet sticker (YELLOW for Secondary schools / juniors/youth/novice and RED for the open race). The sticker is placed on the front of your helmet to help marshals at the turn points.

3. Race Briefing

As outlined in the schedule above there will be a safety briefing at 8:45am for all participants except the kids race however it is assumed you have read this document and know the course layout.

The 5-9 year olds will be briefed on the start line immediately before their race.

4. Post race information

Trophies are awarded to series winners with medals for the top 3. There will also be spot prizes.

- Series Prize giving 4:00pm at The Cashmere Club, Colombo St
- Secondary School prize giving will be held on site shortly after the finish of the Secondary Schools race at approximately 10am

Race Day Procedure

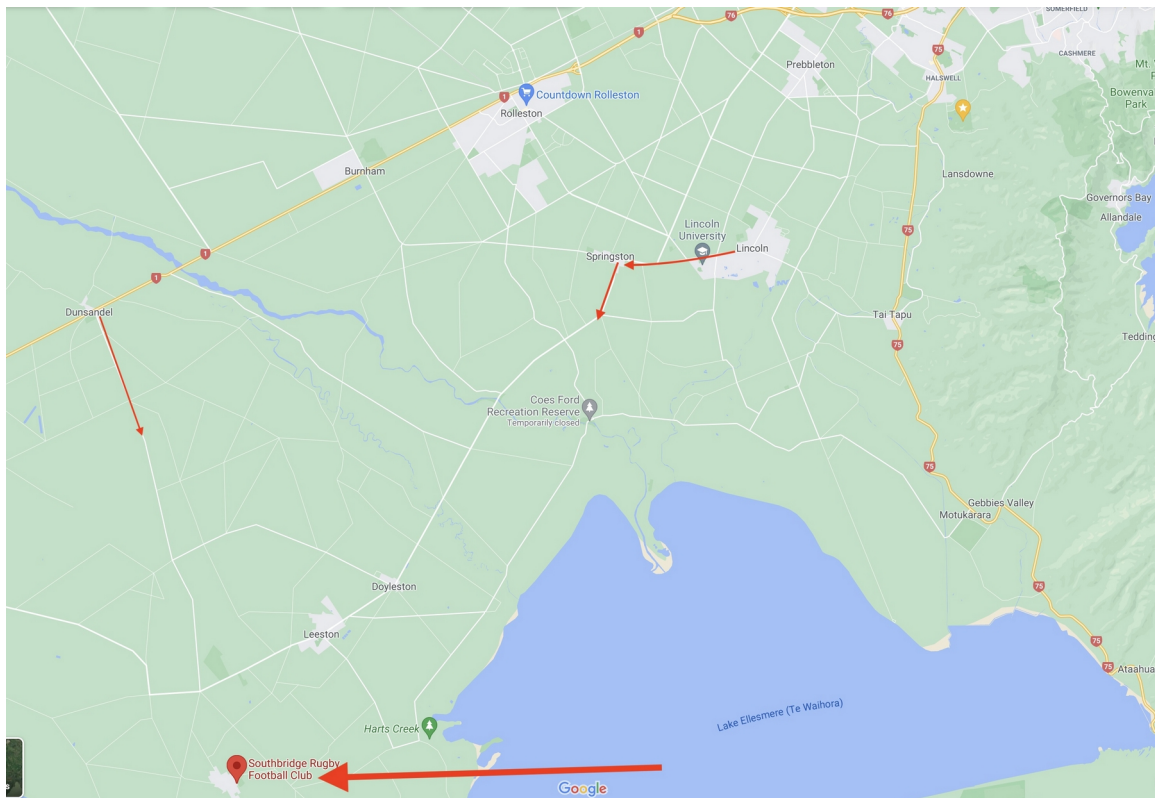
1. Parking

The race will be held from the Southbridge Rugby grounds.

The address is Saint James Street, Southbridge 7602 which is ~45mins drive from central Christchurch. <https://goo.gl/maps/Vyxe7DwJbhs84Dfv5>

To get to Southbridge either turn left at Dunsandel off State Highway 1 or come via Lincoln – Springston – Leeston.

There is parking at the rugby grounds.



2. Racking your bike

The bike racks will not be numbered – you can put your bike anywhere within your zone. There will be separate zone for secondary schools & juniors.

3. Toilets

Public toilets are situated by the clubrooms.

Secondary Schools duathlon + Juniors

This event doubles as the Canterbury Secondary Schools Duathlon Champs.

The key points

- Juniors (year 8's who turn 13 this year) will also race in the secondary schools event.
- All secondary school students will be in the first race
- The bike leg is DRAFT LEGAL for all students but you must only ride two a breast
- Medals will be awarded in each category for the top 3 (U14, U16, U18)
- Age is taken as of 1/1/23
- No aero bars are allowed

The race distances are intentionally short to encourage drafting and fast racing:

Run 1.7km (1 lap) / Bike 9.4km (1 lap) DRAFT LEGAL / Run 1.7km (1 lap)

Race Timing

This event is timed manually.

No split times will be recorded – i.e. you will only get your total time.

1. Race number – your race number will need to be securely pinned to your front or a race belt. If you do not have your race number visible at the finish we cannot record your time.
 - a. Teams – the runner has the race number. There is no need for the bike to have a number.
2. Team Tag – this is simply a tag of hands at the bike racks. The runner runs into transition and tags the cyclist who is standing by their bike. Upon finishing the bike leg the cyclist runs to rack their bike and the runner waits by the bike rack.
3. If you have to withdraw from the race at any point please let the timing team at the finish line know of your withdrawal.

Race Courses and Details

PLEASE NOTE CLEARER COURSE MAPS ARE ONLINE

<http://www.jdevents.co.nz/southbridge>

RACE DISTANCES

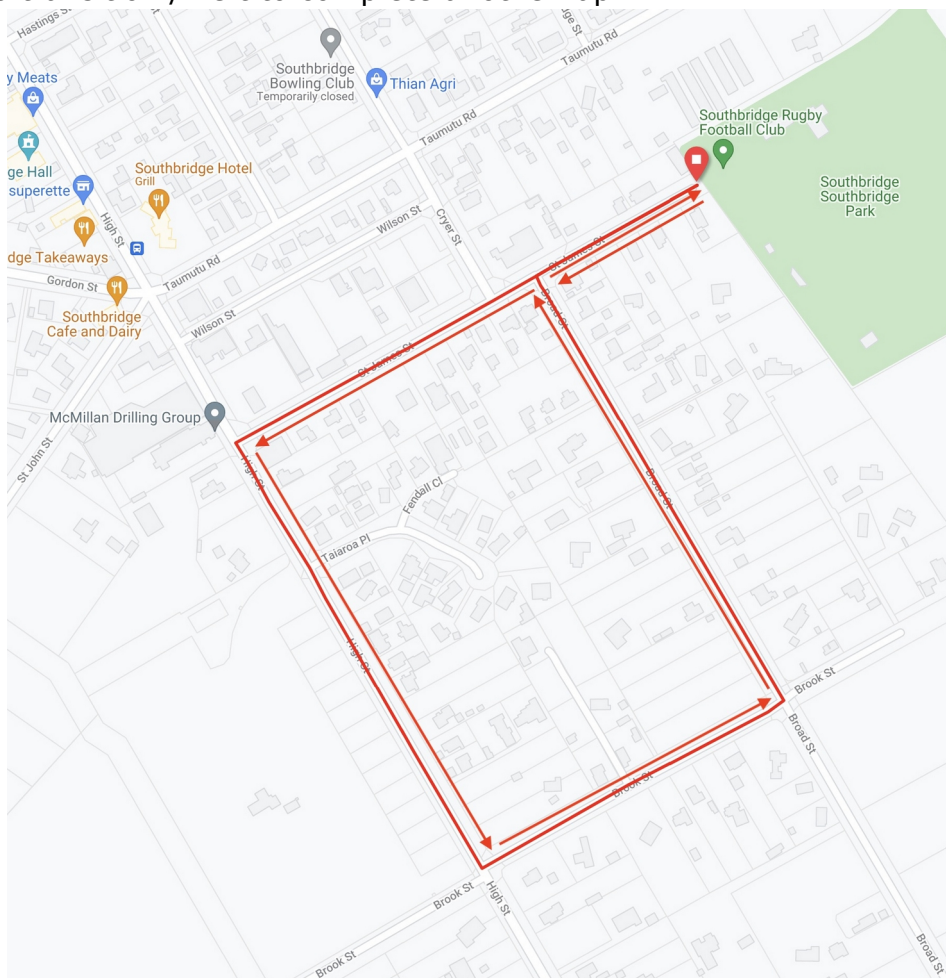
- Open & Teams – Run 3.1km (2 laps) / Bike 28km (3 laps) / Run 4.5km (3 laps)
- Novice / Youth – Run 1.7km (1 lap) / Bike 9.4km (1 lap) / Run 1.7km (1 lap)
- Secondary Schools Champs + Juniors – Run 1.7km (1 lap) / Bike 9.4km (1 lap) / Run 1.7km (1 lap)
- Kids 5-9 years – a run/bike/run on the grass within the sports grounds

RUN COURSE

The run course is a series of left hand turns with the course following footpaths. The start line will be just outside the entrance to the park.

When doing multiple laps do not come all the way back to transition, only do so at the end of the run leg. The rectangular lap approximately 1.4km plus there is 150m each way when exiting and entering transition.

- Run up St James St
- Left into High St
- Left into Brook St
- Left into Broad St
- At the intersection of St James St
- Right to transition / Left to complete another lap



Bike Details

The course is all left hand turns on flat course. NO DRAFTING IS ALLOWED (except for secondary schools champs).

There are 3 left hand turns where you need to be ready to give way to traffic. The roads are very quiet but you need to be ready to stop to obey the road rules. Normally we can cone a lane but the roads are too narrow on this course. The marshal will be blowing a whistle if there is definitely a car coming but you need to be ready to give way regardless.

The turns where you need to be ready to give way are

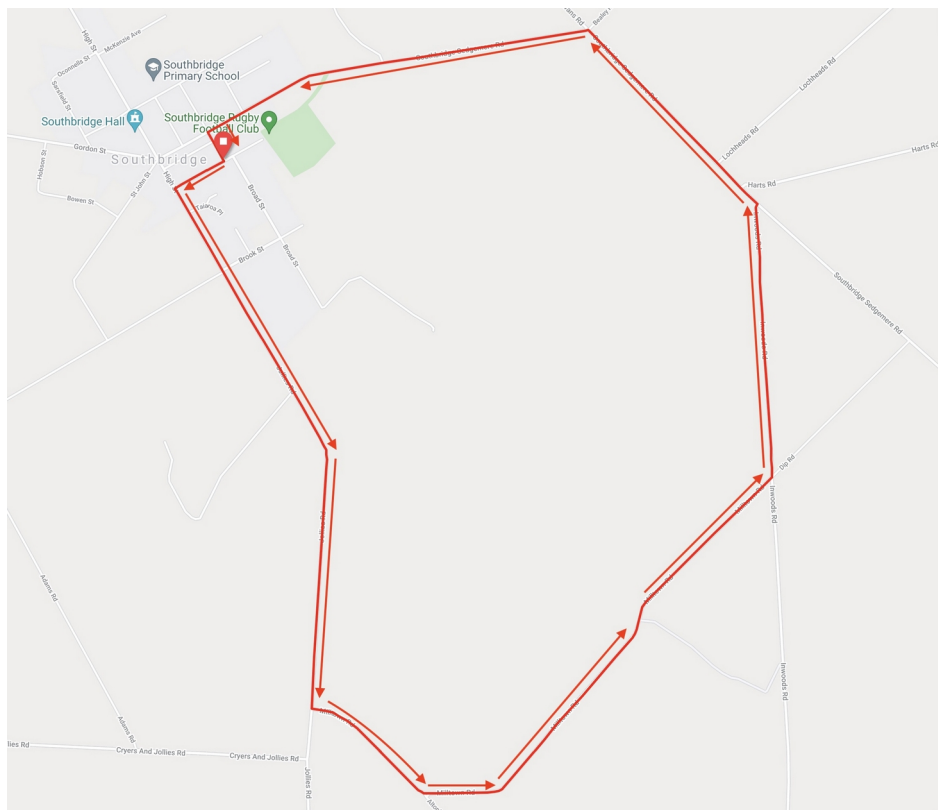
- Saint James left into High Street (1st turn on the course). This is the most likely intersection that you will need to stop.
- Milltown left into Inwoods (3rd turn on the course)

- Inwoods left into Southbridge Sedgemere (4th turn on the course)
- The right hand turn at the end of each lap for the open event will be controlled with stop/go marshals so you should be able to ride through, but again be ready to stop if required.

Exit on the domain access road

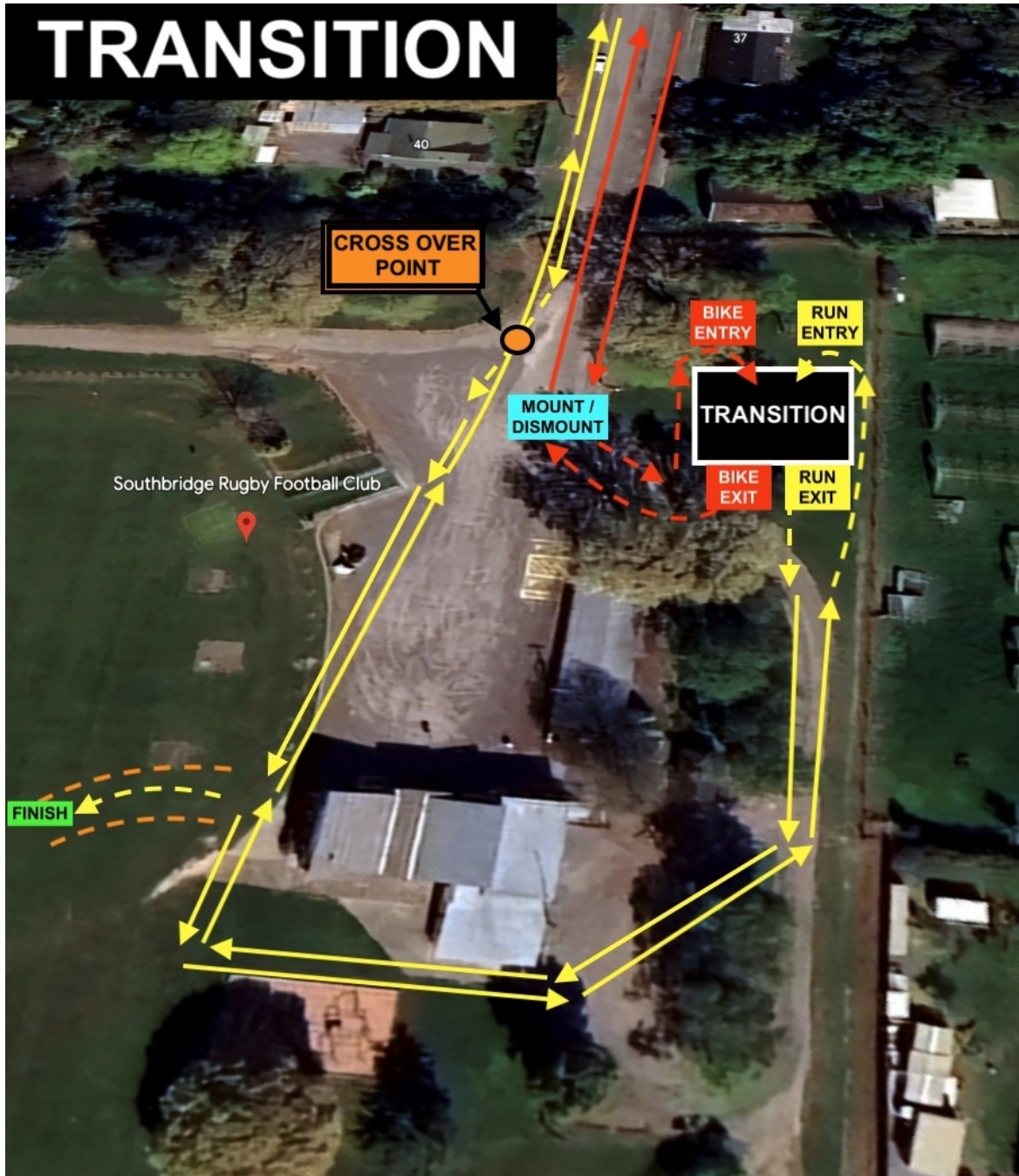
- Up St James St
- Turn left onto High St
- Continue onto Jollies Rd
- Turn left onto Milltown Rd
- Left onto Inwoods Rd
- Turn left onto Southbridge Sedgemere Rd
- Turn left to stay on Southbridge Sedgemere Rd
- Continue onto Taumutu Rd
- Turn left onto Cryer St
- At St James St intersection either:
 - Left to transition
 - Right into St James St – be prepared to give way

Course map link <https://ridewithgps.com/routes/35624940>



Transition Area

Please note when you start your 2nd run you exit transition running on the right hand side until you reach the cross over point where you switch to the left. Likewise when you return to the car park you cross from the left hand side to the right to proceed to transition or the finish line.



Aid Station

There will be no aid stations on the course. We advise you carry a drink on the bike.

Kids Race (5-9 years)

The kids race will be entirely within the domain on the grass.

Run - all kids will do the same first and last run.

Bike - subject to ground conditions 5-7 years olds will do 2 laps (approx 1.2km) with 8-9 year olds doing 3 laps (approx 1.8km).

Parental help during the event: we understand that some kids might be not as comfortable as others in the event. If you need to help your child that is OK but please try to let the kids do the race under their own steam.



Medical

There will be a first aid representative on hand for any medical issues – the location will be alongside the registration tent. Please notify race organisers prior to the event if you suffer from any medical conditions that may need to be treated on race day.

Event Rules

BIKE COURSE

1. Helmets must be worn at all times during the cycle section. Helmets must be available commercially and without any further modifications. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with a chinstrap and properly secured during any section of the bike leg will be disqualified.
2. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
3. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.
4. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing.
5. All riding is on left side of the road.
6. **No drafting is permitted.** The cycle draft zone is a 10 metre by 3-metre rectangle (23ft by 10ft) which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 20 seconds to pass through this zone. The cyclist that has been overtaken then has 20 seconds to drop out of the draft zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 20 seconds has lapsed. If you are seen blatantly drafting your number will be taken and 1 minute will be added to your finish time.

RUN COURSE

1. No form of locomotion other than running or walking are allowed.
2. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner's upper clothing (or on a race belt) where it is clearly visible and must not be obscured from view.
3. All runners must wear appropriate footwear during the run section of the event, no barefoot running sorry.

GENERAL RULES

1. It is the responsibility of the competitor to know the course .
2. **Wearing of any headphones during this event is not permitted.**
3. Drafting will not be permitted on the cycle leg
4. Support crew are not allowed to assist competitors in any part of the race.
5. No refund will be given on non starting of the event.
6. Cycle helmets must be approved to Snell, or NZ standard and be worn at all times during the cycle leg.
7. Cycle helmets must be fastened before your cycle is removed from the rack and remain fastened until your cycle is returned to the rack.
8. Medical personnel have the right to remove any competitor from the race.
9. The race directors decision is final.

THE ROADS ARE NOT CLOSED TO NORMAL VEHICLE TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

Prize Giving

- Series Prize giving 4:00pm at Cashmere Club, Colombo Street
- Secondary School prize giving will be held on site shortly after the finish of the Secondary Schools race at approximately 10am

Results

Results will be posted on www.jdevents.co.nz within 48hrs of the race finishing.
All entrants will also be emailed results

Contingency Plan

Should the weather force changes to the event the following decisions will be made

1. If the weather is absolutely disgusting the event will be cancelled. This will be posted on www.jdevents.co.nz
2. If there are adverse conditions such as very heavy winds we will consider a run event only.
3. If there is a little drizzle or light rain the event will proceed as scheduled.

