

## Kayak (13km)

*Days Bay, Eastern Harbour, Petone Foreshore, Hutt River, Sladden Park*

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- ⇒ The full multisport race starts at 8:00am from Days Bay near Eastbourne with a paddle on Wellington Harbour.
  - ⇒ The course is 15% on flat river and 85% open harbour, which can be rough with tidal flows and strong winds.
  - ⇒ Fastest Time - 1hr / Average Time - 1hr 20min / Slowest Time - 2hrs.
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The Multisport race begins with a LeMans-style run to kayaks.

Kayaks must be lined up on the south side of Days Bay Wharf between the Crazyman event flags. Competitors then line up at the south end of Days Bay beach and run 300m north along the beach to their kayaks.

Kayakers paddle out on the left hand side of Days Bay Wharf (south side), veer right around the end of the wharf and head north along the coast line toward Lowry Bay.

After approx 3k kayakers enter Lowry Bay. Turn right into the bay and follow the shoreline straight to a buoy in the south/east corner of the bay, opposite Cheviot St.

Turn left around the Cheviot St buoy and continue following shore line around Lowry Bay to the Point Howard Wharves.

Stay as close as possible to the shoreline and pass under both wharves, and continue past the marina heading for the eastern side of the Hutt Rivermouth, which you enter after approx 5.5k.

At the Hutt Rivermouth stay close to the eastern shore, where you will see a large orange buoy on the right hand side of the river, opposite Barnes Street in Seaview. At this marker turn hard left and paddle across the river mouth and follow Petone Foreshore west toward Petone Wharf.

At Petone Wharf, which is approx 8.5k, kayakers turn around a large bouy (do not paddle under the wharf) and return along Petone Foreshore to the Hutt Rivermouth, staying within 50m of the shore.

Paddle up the Hutt River for 1.5k, staying on western side, passing under Waione St Bridge to Sladden Park, turning left into Sladden Park dead-arm and paddle 250m to the boat ramp.

To finish, kayakers must exit their kayak, turn right and run 25m into the marked out transition area on grass. Times are taken when the kayak beaches at boat ramp. But all kayakers must run into transition area.

Team mountain bikers must wait with their bike inside the transition area.

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### Notes:

- ⇒ The kayak is achievable if you can kayak 1hr in harbour conditions in a sea kayak or beginner multisport kayak.
  - ⇒ All competitors must wear standards approved lifejackets.
  - ⇒ Competitors must use a kayak suitable for their skill in the conditions. K1 kayaks are not allowed.
  - ⇒ There will be safety craft on the water and First Aid following on the shoreline.
  - ⇒ Kayaks must stay within 50m of the shore at all times, but watch for exposed coastal rocks, especially in low tide.
  - ⇒ Watch for fishing lines on wharves and bridges.
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## Bad Weather Kayak Alternative (10k)

If high winds/seas make the harbour unsafe, an alternative 10k kayak will be held from Sladden Park on a three-lap course on the Hutt River.

Participants would be alerted to this change the day before at race Pack Pick Up, on our website and Facebook.

Race briefing would be 7:30am.

Race start 8:00am, with a 300m run to kayaks.

Kayakers paddle approx 1.5k downstream, under Waione St Bridge to a buoy outside the Sea Scout building approx. 100m before the river mouth.

Turn around the buoy and paddle upstream approx 2k, past Sladden Park, to another buoy in front of Ava Rail Bridge. Turn around the buoy and paddle downstream approx 500m back past Sladden Pk dead-arm.

This is one lap. Kayakers do three laps. But do not go inside Sladden Pk dead-arm until the end of the third lap, when you transition as per normal.

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