



## Race Day - Sunday 8<sup>th</sup> December - Info 2019

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### Race Briefing - Multisporters

When: Sunday 8th December - 7:30am.  
Where: Days Bay Wharf, Eastbourne, LH. [Click 4 Map](#).  
NB: *If bad weather forced alternative kayak route, multisport briefing will be held same time at Sladden Park in Petone (see kayak course notes).*

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### Race Briefing - Duathletes

When: Sunday 8th December - 8:45am.  
Where: Sladden Park, Petone, LH. [Click 4 Map](#).

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### Start - Multisport

When: Sunday 8th December - 8:00am.  
Where: Days Bay Beach, Eastbourne, Lower Hutt.  
Kayakers line up at south end of beach and run 300m to kayaks at Days Bay Wharf. [Click 4 Map](#).

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### Start - Duathlon

When: Sunday 8th December - 9:00am.  
Where: Sladden Park, Petone, LH. [Click 4 Map](#).  
Duathletes must line up on southern edge of playing fields, facing north, by 8:50am at latest.  
Duathletes then follow the exact same course as multisporters.

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### Kayak/Mountain Bike Transition

Where: Sladden Park Boat Ramp, Petone, Lower Hutt.  
When: Kayakers expected from 8:55am. Support crews and team competitors need to be at transition by 8:45am at very latest.  
This is the end of kayak for multisporters and the start of mountain bike for multisporters and duathletes.  
Drive from Days Bay to Sladden Park is approx 15min.  
Supporters have time to view kayak at Lowry Bay.  
Toilet facilities, drink station and first aid will be available at Sladden Park. [Click 4 Map](#).

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### Mtn Bike / Run Transition

Where: Stratton Street, Maungaraki, Lower Hutt.  
When: Mountain bikers are expected from 10:30am.  
Support crews and team competitors need to allow for parking delays. Be at transition by 10:00am at latest.  
This is the end of the mtn bike for all competitors.  
The drive from Sladden Park to Stratton Street is 15min. Supporters do not have time to view the mountain bike. Allow time for parking delays.  
Toilet facilities, drink station and first aid will be available at Stratton Street. [Click 4 Map](#).

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### Finish Line

Where: Heretaunga Boat Club, (300m east of wharf).  
138 Petone Esplanade. [Click 4 Map](#).  
When: First Finishers expected from 11:30am. Last Finishers expected 3:00pm.  
Parking in surrounding car parks and streets.  
Toilets, food, drink and first aid will be available.  
Post-race lunch will be available from 12:30pm.  
Massage is available - \$20 for 15min. Bring cash.

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### Support Crews

Multisport Individual participants are advised to have a support crew with vehicle.  
Duathlon individuals are advised to have support crew, but can be self-sufficient by dropping running gear to the start of the run, then leave their car at the finish line & bike 5min to the start line.  
Team participants can easily crew each other.

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### Prize Giving

Where: Heretaunga Boat Club, upstairs,  
138 Petone Esplanade. [Click 4 Map](#).  
When: Sun 8th Dec - 3:00pm. Lunch from 12:30pm

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### Prize Pool

Prizes will be awarded to top 3 in categories with 3 or more entries. If there are less than 3 in a category, you may be transferred to the closest relevant category (e.g: vet women to open women).  
A prize will be awarded to the best support crew and the entrant who suffered the worst luck - nominees must be made to the race director prior to prize giving.  
Minor spot prize winners will be listed inside Heretaunga Boat Club (upstairs). If you have won a prize you collect it upstairs.  
Major spot prizes will be drawn at the prize giving.

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### Postponements & Cancellations

The Crazyman aims to race rain, hail or shine! If extreme weather forces postponement or cancellation this would be advised on the website by 7:00am on race morning and on NewsTalk ZB sport cancellation service. In the case of postponement or cancellation, entries fees are not refundable.  
NB: *If high winds and/or high seas make the harbour unsafe, the kayak will change to three-laps on the lower Hutt River. Competitors would be informed the previous day at race Pack Pick Up, and on our website and Facebook page. See Kayak course description.*

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