



CHALLENGE
WANAKA HALF
wearetriathlon!

ATHLETE RACE MANUAL
16 FEBRUARY 2019

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THANK YOU TO OUR SPONSORS



And thank you to our Patrons

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THE CHALLENGE WANAKA HALF TEAM

Race Director	Bill Roxburgh
Assistant Race Director	Sally Hayes
Race Referee	Ken O'Rourke - Tri NZ
Operations Manager	Hailey Rhyne
Athlete Services Manager	Gemma Peskett
Swim Leg Managers	Chris Thornton and Craig Fahey
Bike Leg Manager	Mel Saltiel
Run Leg Manager	Duane Smith
Communications Manager	
Transition/Finish Manager	Em Wilson/Jono Hildage
Gear Manager	Andy Peskett
Volunteers Manager	Sarah Searle
Marketing/Social Media	Sophie Luther
Medical Manager	Aaron Scott

Race Office

Lake Wanaka Centre, Ardmore Street, Lake Wanaka (from Monday 4 February)

Competitor Queries: event@challenge-wanaka.com

Race Director: bill@challenge-wanaka.com

Web Site: www.challenge-wanaka.com

TIMETABLE OF EVENTS

Tues 12 February	5.30pm	Volunteer Crew Briefing	Race Central Marquee, Pembroke Park
Weds 13 February	5.30pm	Volunteer Traffic Management Briefing	Race Central Marquee, Pembroke Park
Thurs 14 February	7.00am – 8.30am	Swim the Course (2km). You do not need to register for swim the course, water safety staff will be on duty between 7.00-8.30am	Wanaka Lakefront
	2.00pm – 4.30pm	Challenge Wanaka Half & AquaBike registration open	Race Central Marquee, Pembroke Park
	9.00am – 6.00pm	Health & Lifestyle Expo open	Pembroke Park
	9.00am – 6.00pm	Racers Edge Bike Checks	Pembroke Park
	9.00am - 11.30am	Puzzling World Intermediate Junior Challenge	Lake Front, Pembroke Park, Finish line
	12.00pm – 2.30pm	Mitre10 Secondary Schools Event	Lake Front, Pembroke Park, Finish line
	2.00pm	Media Conference	Finish Line, Race Central Marquee, Pembroke Park Marque Pembroke Park
	2.30pm	Mitre10 Secondary Schools Prize Giving	
	3.30pm	Challenge Wanaka Half Pro Athlete Briefing	
	4.30pm – 5.30pm	Athlete Welcome Function (extra tickets can be purchased)	Race Central Marquee, Pembroke Park
Fri 15 February	7.30am	Puzzling World Junior Challenge Wanaka registration opens	Pembroke Park
	8.30am – 6.00pm	Challenge Wanaka Half and Aqua Bike registration open	Race Central Marquee, Pembroke Park
	8.30am – 6.00pm	Health & Lifestyle Expo open	Pembroke Park
	8.30am – 6.00pm	Racers Edge Bike Checks	Expo, Pembroke Park
	9.30am	Puzzling World Junior Challenge Wanaka Start	Pembroke Park
	11.45am	Challenge Wanaka Half Athlete Briefing (Individuals & Teams)	Race Central Marquee, Pembroke Park
	12.45pm	Challenge Wanaka AquaBike Athlete Briefing	
	2.00pm	Open Water Swimming seminar – Dan Abel	
	3.00pm	PURE Sports Nutrition information & advice seminar	
	3.00pm – 6.30pm	Transition open. All bikes, including teams, must be racked by 6.30pm without exception	
	3.00pm – 6.30pm	All T1 and recovery bags to be dropped off before 6.30pm	
	4.00pm	Puzzling World Junior Challenge Wanaka prize giving	Finish Line Area

Sat 16 February	5.30am	Race Central opens	Race Central, Pembroke Park
	6.30am	Remaining T1 and recovery bags to be dropped off by 6.30am. No bags will be accepted after this time	
	6.45am	Challenge Wanaka Half Pro Male Start	Lake Wanaka Swim Course
	6.48am	Challenge Wanaka Half Pro Female Start	
	7.05am	Challenge Wanaka Half Individual Males aged 18 – 39 Start	
	7.10am	Challenge Wanaka Half Individual Males 40+ Start	
	7.15am	Challenge Wanaka Half Individual Females aged 18 - 39 Start	
	7.20am	Challenge Wanaka Half Individual Females 40+ Start	
	7.25am	Challenge Wanaka Half Corporate Team and School Teams Start	
	7.30am	Challenge Wanaka Half Male Teams Start	
	7.35am	Challenge Wanaka Half Mixed Teams Start	
	7.40am	Challenge Wanaka Half Female Team Start	
	8.00am	Challenge Wanaka AquaBike Start	
	9.45am	Swim cut-off (course closes)	
	9:00am	Health & Lifestyle Expo open	
	1.00pm	Challenge Wanaka Half Bike cut off	
	1.00pm	Transition reopens for Challenge Wanaka Half Gear Collection	
	3.00pm	Aqua Bike Course closes	
	3.00pm	Transition reopens for AquaBike gear collection	Transition, Pembroke Park
	3.30pm	Prize Giving for AquaBike	Finish area, Pembroke Park
	4.30pm	Course closes for Challenge Wanaka Half	Finish area, Pembroke Park
	4.30pm	Prize Giving for Challenge Wanaka Half	Finish area, Pembroke Park
	6.00pm	Music, expo and food trucks	Finish area, Pembroke Park
	7.00pm	Wrap Party	Post Office Lane
Sunday 17 Feb	10.30am	Volunteers Brunch	Race Central Marquee, Pembroke Park

PRE-RACE INFORMATION

PRE-EVENT BIKE CHECK

All bikes and helmets must be checked prior to the event. Athletes will not be allowed to use an unchecked bike or helmet in the race. You can get your bikes checked prior to the event at Racers Edge Bikes.

Racers Edge will be set up from 9.00am – 6.00pm on Thursday 14 February and 8.30am – 6.00pm on Friday 15 February in the Expo area for the bike checks and will also be able to supply any last-minute cycle gear needs. Please note that while the bike checks are free, any servicing/parts required will be chargeable. All bikes and helmets checked will receive a sticker that will be required in order to rack the bike in transition.

RACE REGISTRATION

Registration takes place at the Race Central Marquee starting at 2pm am on Thursday 14 February and closes on Friday 15 February at 6.00pm. No athlete may compete in the race without pre-registering.

Your race pack will be issued to you when you register and this includes your race numbers. Your race pack also includes a swim cap, your RED bike gear bag and your BLUE run gear bag. The race pack bag (GREEN) is to be used for your post-race gear which is placed in the recovery tent.

Active Timing will distribute your transponder at registration once you have completed the registration process.

If you are not a Tri NZ member or member of an overseas National Federation (e.g. USAT) you will need to purchase a one day membership if you have not done so during the entry process, Tri NZ and Overseas entrants will need to show proof of membership (membership card) at registration. You will also be issued with your Race ID Wristband which gives you access to restricted athlete areas and the Athlete Welcome Function.

Extra tickets for the Challenge Wanaka Athletes Welcome function are available at registration for \$20.

RACE APP

Your friends and family can now follow your progress around the course with live updates, wherever they are in the world. six updates – swim exit, bike 34km, 70km, end of bike, run 12km, finish. These updates will allow your supporters to get regular updates on your progress and let team members know how far out you are from transition. You will need to go to the App Store and download the free App.

RACE NUMBERS

Each race pack includes a set of race numbers: two bibs (one for run one for bike, 1 bike post sticker, 1 helmet sticker, 3 transition bag stickers). Please follow the instructions on the sheet. If you wish to use a race belt, please stick together the two large bibs and then attached to your race belt. Race belts must be worn at waist height throughout the race – to the rear for cycling and to the front for running.

Please write any important medical information such as allergies, medical conditions and any current medication and your emergency contact on the back of your race numbers.

Numbers must be clearly visible at all times – from the rear on the bike course and from the front on the run course. Failure to display numbers will result in disqualification.

Number panels must be attached to the seat post of your bicycle with the number visible for the Tri NZ official motorbike that will pass you on your right hand side.

The bike helmet sticker must be placed according to instructions on the sheet. Transition bag stickers must be stuck to the right hand side, half-way down the gear bag.

CHALLENGE WANAKA ATHLETE WELCOME FUNCTION

An informal welcome to Wanaka for all athletes at the Race Central Marquee on Thursday at 4.30pm – 5.30pm. Hear what some of the pros have to say about the course, catch up with old friends and make some new ones. Extra tickets for partners and support crew are available for \$20.

PRO ATHLETES

Media Conference with Mark Watson is at midday (2:00pm) on Thursday 14th February at the finish line area by the Race Central Marquee. We have scheduled at this time so that you will stay around and hand out medals to our secondary schools competitors as they finish.

You will be able to register and collect race packs from 2pm on Thursday.

Race Briefing takes place at 3.30pm on Thursday 15th February in the Race Central Marquee

PRE-RACE ATHLETE BRIEFING

This takes place at 11.45am on Friday 15th February in the Race Central Marquee and is compulsory for all athletes. Failure to attend without the approval of the Race Director or Race Referee will result in disqualification. As well as an overview of the course and key rules and regulations, you will also be advised of any last minute changes that many differ from the information published in this document or on the web site.

The briefing will be conducted in English.

HEALTH & LIFESTYLE EXPO

There is an Expo of sponsors and other retailers on Pembroke Park next to the Race Central Marquee where you can purchase any last minute gear needs and official race merchandise.

RACE INFORMATION

BE SURE SWIM COURSE INFORMATION

The swim is on a one-lap course with a deep water start in the sheltered part of Roy's Bay on Lake Wanaka. The water is crystal clear with an expected temperature of 17C.

If you are not familiar with swimming in Lake Wanaka, it is highly recommended you take part in Swim the course, which will have water safety patrolling from 7.00am – 8.30am on Thursday 14 February.

Please note: this is the only practice session with a water safety patrol on duty

When training in the lake, please ensure you wear a brightly coloured swim cap so you are visible to boats and other lake users. Always swim with at least one other person, preferably in a group and if possible, take a safety kayaker with you. **There is no body numbering.**

If you wear glasses, please hand to the designated volunteer in the swim start area who will place them on a table at the swim exit for you to pick up without delay. Please ensure they are numbered with your race number.

The warm up area is to the right of the start line. Please do not cross into the course while warming up – this will result in disqualification.

Before lining up on the start line it is compulsory to cross the timing mat as you enter the start line holding zone. Failure to do so will result in disqualification and you will not be registered in the timing system. This mat will be clearly marked.

The start line is accessed off the beach with the water depth on the start varying from 1m (nearest the beach) – 2.5m (nearest the turn buoy) between two red buoys. The deeper section of the start line will be the most congested so position yourself according to where you feel comfortable.

The four turn buoys will be highly visible and athletes must keep these, and all intermediary marker buoys, on their left hand side. The intermediary marker buoys will be at approximately 50m intervals. Failure to complete the correct course will result in a disqualification.

From the fourth turn buoy you head in a diagonal direction towards the large intermediary buoy and the exit. On exit from the water there is an approximate 200m run which includes a footbridge over the road to the change tents and bike transition area. Please note you must pick up your RED bike bag from the designated area on the park side of the road before you go over the bridge.

Athletes must leave their RED bike bags, which now contain their wet suit and other swim gear, at the exit of the change tent. You must pack your wetsuit into the red bag before leaving the tent. These will be collected and deposited on your bike for you to collect post-race.

When packing your RED bike bag prior to the race, please remember the first aid station with drink/nutrition is 23km into the bike leg.

If for any reason you are unable to start the swim, you must hand your transponder in at the Race Central Marquee prior to 7.30am.

RACE RULES - SWIM

1. Compulsory gear includes a wetsuit and swim cap. Compulsory gear requirements may be changed at the discretion of the Race Director/Race Referee and announced at the Race Briefing (bring everything) subject to the water conditions, temperature and swim course/distance (at the Race Director's absolute discretion).
2. Recommended gear includes a neoprene swim cap.(this should be worn under the official race swim cap)
3. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties (webbing not allowed), swim speed suits maybe worn under a wetsuit but they cannot be used instead of a wetsuit.
4. No fins, paddles, snorkels, flotation devices of any kind are permitted.
5. Swim goggles or face masks may be worn.
6. Any assistance required during swim will result in disqualification unless such assistance did not aid the swimmer in making forward progress.
7. Swim course will close at 10:00am for individuals and teams.
8. The race director has the right to change the location of the swim course, the distance of the swim course or cancel the swim course (at their absolute discretion) taking into account the weather and water temperature conditions.
9. If an athlete should decide to quit the race during the swim leg he/she must report immediately to the race director, technical officials or the course marshals. If his does not happen and rescue operations occur, the athlete will be responsible for all costs.
10. After swimming, the competitors must pack their wetsuits into the clothing bags (bike clothes, red) themselves. If the competitor disregards this requirement an eight-minute penalty will be added to his/her time.
11. Athletes must dress for the bike leg in the designated changing tents only. No dressing is allowed in the bike rack area. (this will result in a disqualification)The men's and women's change tents will be clearly signed.
12. Wetsuits may only be removed to the waist prior to entering the change tent

AQUATIC PESTS/ALGAE

Didymo, Lake Snow and Lagarosiphon are all found in Lake Wanaka. Please help stop the spread to other waterways in NZ and overseas by **rinsing your wetsuit in the yellow containers** that contain a detergent solution when leaving the transition with your gear.

or

Drying your wetsuit and keeping out of the water for 48 hours will kill the unseen pests. You will be required to rinse your wetsuit in bins provided as you leave transition after the event so as to stop the spread of aquatic pests to other parts of NZ and the world.

Please also see leaflet in your race pack.

TRANSITION AREA

Helmets must be attached to bikes in the transition area. Shoes, including socks, may also be attached to the bike. They may not be on the ground next to the bike. Athletes must put on and fasten their helmets before un-racking their bike. (Failure to do so will result in a Stop, Fasten, Go penalty by a technical official. Repeat offences results in a disqualification).

No cycling is allowed within the transition area. Bikes must be pushed from the racks to the mounting marker and at the finish of the bike, competitors must dismount at the dismount line (on the road) and push their bike back to their rack.

Please note your time in transition is part of your overall time – speed is of the essence!

GEAR BAGS

Your RED bike gear bags must be dropped off to transition prior to 6.30pm on the Friday evening. These will be laid out for you in numerical order on the lake side of the bridge for you to collect as you come out of the water.

Your BLUE run gear bags must be placed next to your bike where you will pick them up after you have re-racked your bike. You can place your bags with your bike when you rack your bike on the Friday evening or pre-race on the Saturday morning prior to 7.00am.

Your post-race GREEN gear bags will contain any clothing/food that you will want immediately after the race. This must be handed in either prior to 6.30pm on Friday afternoon or 6.30am on race morning. You will be able to collect them post-race in the recovery marquee, along with your finishers' shirt.

Please note these instructions are for individual athletes only – teams should refer to the teams' section at the end of this manual.

RACERS EDGE BIKE COURSE INFORMATION

Bikes must be pushed from the racks to the mount line (on the road) and at the finish of the bike leg, dismount at the dismount line (on the road) and push your bike back to your spot on the racks and rerack your bike before unfastening your helmet.

The 90km bike is over one lap and takes in two of the lakes in the Southern Lakes region. The course heads out of town towards Treble Cone to the turnaround point at Hospital Flat and heads back through the town centre. After leaving town, the course turns left towards Albert Town, over the one-way bridge and out to Lake Hawea.

Please note at the Albert Town bridge cyclists will be riding on the newly constructed cycle lane across the bridge. For safety reasons there will be a No Passing Zone from the top of the hill prior to the bridge until the cycle lane ends on the otherside. Anyone passing in this No Passing Zone will be disqualified. Please approach the bridge at a sensible speed. **Caution is required as the access is steep and narrow.**

Turning right across the Lake Hawea dam, the course heads up to through the Lake Hawea township and then onto Hawea Flat before descending down to cross the Clutha River. Please note this downhill is also a No Passing Zone due to Challenge Wanaka Full athletes taking a sharp left turn before the Red Bridge.

PLEASE NOTE: Challenge Wanaka Half athletes must go straight ahead across the Red Bridge and not follow Aqua Bike athletes turning left. If you do – you'll add another 30km onto your bike!

At Luggate, competitors turn right heading up the hill past the airport and back into town via Riverbank Road and the Cardrona Valley Road.

Cyclists will turn left onto Stone Street, there is a **short steep downhill here and then a sharp left turn** onto Meadowstone Drive, then a right turn onto the lake front road which will take you back to transition. *Care is required on the downhill as this is the steepest street in Wanaka*

There are toilets for athletes' use at every aid station.

On arriving at the transition area at the end of the bike leg pick up your BLUE run bag which is located where you rack your bike and head to the change tents area. Please leave your BLUE bag at the change tent exit where it will be collected and placed with your bike for collection.

RACE RULES – BIKE

1. No drafting is permitted. The cycle draft zone is a ten metre long by three metre wide rectangle between the front wheel edge of the lead cycle and the front edge of the following cycle, extending each side of the cycle by 1.5 metre, measured from the leading edge of the front wheel. Another athlete has 20 seconds to pass through that zone. Likewise, once an athlete is passed they have 20 seconds to drop back out of the draft zone.
2. Vehicle draft zone (including motorbikes) will be a rectangle thirty-five (35) metres long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle;
3. Race numbers must not be altered in size or appearance, and must be worn on the back during the bike.
4. The following helmet standards are required: ASTM - F1447-1994, Australia and NZ Standards - AS/NZS 2063:1996 or NZS 5439 or AS2063.2, Snell-B90 or B95, CE European Standards-EN1078, US Consumer Products Safety Standards - USCPSS.
5. Helmets must be secured by the chin strap before unranking the bike, and must remain fastened until the cyclist has re-racked the bike.
6. No outside assistance is allowed. Meaning no competitor may seek or receive outside help from

spectators, members of the public or any third party. This will result in a disqualification so remind friends, families and supporters of this.

7. Each participant is responsible for the state or repair of his/her own bike. Bikes must have been serviced within three weeks of the event and be in a safe and roadworthy condition. 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.
8. Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participant may run/walk their bike if necessary.
9. Competitors must keep as far to the left as is practically possible at all times, pass others on the right and must obey all Land Transport Road User Rules, traffic regulations and the directions of Event officials and the Police. **There are no full road closures so the road is open to normal traffic at all times.** Crossing the centre line is prohibited and will result in a disqualification.
10. The penalty for drafting, dangerous riding or unsportsmanlike conduct will be an instant four minute stand down on the side of the road. A second penalty will result in an additional four minute stand down. A third penalty will result in disqualification.
11. The Race Director has the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) and taking into account the weather and course conditions.
12. The bike course will close at 2.30pm

TECHNICAL SUPPORT ON BIKE COURSE

No personal bike support is allowed but Racers Edge Bike will be on course and able to provide certain assistance should your bike decide to fall apart! They will have limited supplies and are for serious mechanical failures only. It is your responsibility to carry spare tubes and canisters (and know how to use them!) in case of punctures. Please note you will be charged for any parts used during on-course technical support.

DRAFTING

Challenge Wanaka Half is a strictly non-drafting race. Please ensure you are familiar with the following Tri NZ rules. There will be technical officials out on course. They will attract your attention and show a "blue card" meaning you must pull to the far left of the road and dismount your bike. The official will advise when the time penalty has been completed and you will be able to recommence. The first penalty is a four minute stand down on the side of the road the second is an additional four minute instant stand down and the third penalty is disqualification.

TRI NZ DRAFTING RULES

Drafting from another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft.

An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.

An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

To draft is to enter the bicycle or vehicle drafting zone:

- Bicycle Draft Zone: the Draft Zone will be a rectangle. The width will always be 3 metres wide. The centre of the leading 3-metre edge will be measured from the leading edge of the front wheel.
- The length of the rectangle will measure 10 metres
- An athlete may enter the Draft Zone of another athlete, but must be seen to be progressing through that zone. A maximum time of 20 seconds will be allowed to pass through the zone of another athlete
- Vehicle Draft Zone will be a rectangle thirty-five (35) metres long by five (5) metres wide, which surrounds every vehicle on the bike segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle.

Entry into the bicycle drafting zone: An athlete may enter a bike Draft Zone in the following circumstances:

- If the athlete enters the Draft Zone, and progresses through it within 15 seconds in the overtaking manoeuvre;
- For safety reasons;
- 100 metres before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours,

or for other safety reasons

Overtaking:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 5 seconds.
- Athletes must keep to the side of the course and not create a blocking incidence. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.
- The penalty for blocking is the same as for drafting and the same procedure must be followed.

BIKE LEG AID STATIONS

The aid stations are at the following intervals:

Glendhu Bay (B1) – 23km – no toilet available

Dublin Bay (B2) – 42km

Hawea Flat (B3) – 60km

Riverbank Road (B4) – 85km

Each bike leg aid station will have the following nutrition supplies, laid out in the order below:

Water	PURE Electrolyte Drink	PURE Gel	PEAK Fuel Bar	Bananas	Water
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Anyone seen littering will incur an instant penalty of disqualification.

The PURE electrolyte drink is served in drink bottles on the understanding that athletes will return empty bottles at the same time. No bottle, no drink. There is a bottle drop zone immediately prior to and after each aid station. Please do not drop bottles in any other place on course. Anyone seen dropping bottles outside of the drop zones will incur an instant penalty of disqualification.

Water will be served in plastic branded water bottles – please make sure they fit your bottle holders prior to the race – they are the Springfresh brand and can be bought throughout New Zealand.

RUN COURSE

RUN COURSE INFORMATION

The run heads towards the Lake Wanaka Outlet Track along the lake edge and follows the Clutha River towards Albert Town. Once at Dean's Bank the course turns right into Gunn Rd (sharp uphill) right into Aubrey Rd (long gentle downhill), all the way to Beacon Point Road where you turn right along Beacon Point Road to the turnaround, cross the road, up the other side, right into Waimana Place and then left onto the lakeside track heading back into town.

Please note: the course will go through the marina and along the lakeside track rather than along Lakeside Road.

Once the finish is in sight you will be directed into the finish chute on Ardmore Street and on to the red carpet victory lap to the finish line. **This year there will be two finish chutes, CWH will be the Centre Finish area**

The run course is 25% sealed, 75% gravel and is one lap.

RACE RULES – RUN

1. Competitors must not alter the size or appearance of the race number, and must wear it clearly and visibly on their front. Failure to do so will result in a disqualification.
2. Slower competitors must keep to the left with other competitors overtaking on the right.
3. Runners must stay inside the cones at all times. Runners who step outside the cones onto the open road will be disqualified immediately.
4. No individual support vehicles or non-participant escort runners or cyclists are allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. Runners are expected to follow the directions and instructions of all race officials and public authorities.

5. Competitors must obey all traffic laws, traffic rules and the directions of Event officials and the Police. **The road is open to normal traffic at all times, please be careful when running on and crossing roads.**
6. The Race Director has the right to change the location of the run course or the distance of the run course (at their absolute discretion), taking into account the weather and course conditions.

RUN COURSE AID STATIONS

The run leg aid stations are at the following intervals with a portaloos available at every station:

Eely Point (R1) – 2km -
 Beacon Point (R2) – 4.5km
 Outlet Track 1 (R3) – 7.5km
 Outlet Track 2 (R4) – 10km
 Anderson Road (R5) – 14km
 Waimana Place (R6) – 17.5km
 Eely Point (R7) – 19km

Each run leg aid station will have the following nutrition supplies, laid out in the order below. Sponges will also be available.

Water	Red Bull	PURE Electrolyte Drink	Peak Fuel Bar	PURE Gels	Coke	Bananas	Jet Planes	Water
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On the run course you will have a choice of gels either with or without caffeine.

There will be an additional “water only” station at the top of Gunn Road.

CARE FOR THE ENVIRONMENT

Challenge Wanaka Half is working with Wanaka Wastebusters to ensure the event has a minimum impact on the local environment. All cups, bags and bottles are recyclable and we ask you to avoid littering this beautiful landscape.

Please leave all energy bar wrappers at the aid stations with the volunteers rather than discarding them along the course. Littering will result in disqualification.

Please leave all drinks bottles, cups and wrappers at the aid stations.

ANTI-DOPING

CHALLENGEFAMILY operates a zero tolerance policy to performance-enhancing drugs. No athlete may use any substances or procedures with the intention to improve performance, eliminate fatigue or any other purpose. Violation of this rule will result in instant disqualification.

Challenge Wanaka is working with Drug Free Sport New Zealand to ensure this policy is upheld and to maintain the integrity of the sport. Random drug tests will be made at the end of the race and if you are requested to undergo one of these tests, your participation in the race is your agreement to do so.



TEAM INFORMATION

Each relay team will receive three clothing bags (red, blue, green), three wristbands and one transponder for timing. This **transponder represents the relay baton** and therefore must be handed over to the next team number. Failure to do so will result in disqualification.

Please note there is no body numbering required for teams.

SWIMMERS

Before the start: Put your after-swim clothing into the RED clothing bag and drop it prior to 6.30pm on Friday or before 6.30am on race day.

After swimming: Pick up the RED clothing bag before heading over the bridge to transition.

Change to cycling: The transponder must be handed over to the cyclist next to his/her bike. The transponder must be handed over at the bike, prior to the cyclist removing the bike from the bike rack. Drinks for swimmers are available at the Race Central marquee. Please Rinse your wetsuit in the yellow bins before leaving transition.

CYCLISTS

Clothing bag: Put your after-cycle clothing into the BLUE clothing bag and deposit next to your bike.

Start: Wait beside your bike for your swimmer. You must take over the transponder from the swimmer at the bike, otherwise an eight minute penalty will be added to the team's time.

Bicycle finish: You must hand over the transponder to the runner by your bike rack once you have racked your bike. Pick up your BLUE clothing bag from the bike rack and enjoy some food and drink in the recovery marquee. Please note that if you exceed the time limit of 6 hrs for the swim and cycle leg, the Race Director has the right to remove your team from the race.

RUNNERS

Before the start: Put your after-run clothing into the GREEN clothing bag and deposit it in the marked area in the Race Central marquee.

Cyclist update: You download the APP and follow progress of your team member, either online or at registration, if you want to keep track of your cyclist's progress otherwise we suggest you arrive in transition to wait for your cyclist with plenty of time to spare.

Start: You must take over the transponder from the cyclist next to where his/her bike which has been racked prior to the exchange.

Finish: Pick up the GREEN clothing bag at the recovery marquee and enjoy some well-earned food and drink.

Once you have tagged your team-mate, please leave transition immediately – no unauthorised people to be in transition at any time. Please note you cannot re-enter transition or the recovery tent once you have left this zone.

COMPETITORS DOING TWO LEGS

Pack your cycle gear into the RED gear bag, run gear in the BUE gear bag and end of race clothing in the GREEN bag. Leave the gear bags in the designated areas outlined above.

Team competitors; please note it is not compulsory to deposit a gear bag.

SECONDARY SCHOOLS TEAMS

Teams are to be made up of 4 or 5 athletes (any teams wanting to compete with fewer team members please contact the Race Director)

Teams to have one swimmer, the bike leg can be done by one or two cyclists, if two cyclists the first does the Glendhu leg (36 Km's) and pulls into the bike transition to change over at the bike racks, second cyclist to push their bike out and cycle the second section (54Km's). All teams MUST have 2 runners which will do approximately 10.5Km each. Your run changeover will be at the aid station at the Outlet.

All other CWH rules apply. Your swim start will be with Corporate Teams.

All team members should run up the finish together to receive their medals.

There will only be trophies for the first 3 teams.

Please Note:

Accompanying participants on the race course, both on the cycle & run course, is strictly prohibited and will lead to the disqualification of the respective participant. No outside assistance is permitted. Competitors should make sure friends, family & supporters are aware of this rule.

RELAY MEETING POINT FOR FINISH

Swim and bike relay team members can meet up with their run team member by waiting for them in the Ardmore Street car park in front of Racers Edge. All three team members may then run along the chute, complete the victory lap and cross the finish line together.

Please note the car park is open as normal for vehicles so please stand on footpath or as instructed by a volunteer.

There will be an opportunity to get a photo together as a team immediately after the finish line.

TEAM FINISHER SHIRTS

Please hand in your recovery bag (GREEN) into the recovery tent (Race Central, Pembroke Park) and your finisher t-shirt will be placed in here ready for you to collect when you finish. If you are in a team, all team member t-shirts will be placed in your team recovery bag and collected by your team runner. Size changes will be available if inventory allows within the recovery area.

GENERAL RACE RULES

1. At all times competitors must obey the instructions of Race Officials and Police Officers and beware of vehicular transport. Any competitor who fails to obey the instructions of Race officials or the Police will be removed from the Event and disqualified. The Race Director and Race Referee have the discretion to disqualify competitors.
2. Please obey all traffic laws and rules at all times and treat all parts of the course as open to the public and vehicles at all times. While some parts of the course may be closed to public access, residential, emergency and Event vehicles will be using the course, and all road rules must therefore be followed at all times. Left hand drive rules apply.
3. Challenge Wanaka Half is an invitation event, and the Event organisers may refuse entry to any competitor, on any grounds, and at their own discretion without explanation.
4. Cancellation policy: Refund of 75% until 30 September 2017. Refund of 50% until 31 December 2017. Absolutely no refund after 31 December 2017. All entries are non-transferrable to other athletes or other years. No changes between disciplines are permitted after 31 December 2017.
5. Team member changes will incur a \$50 fee per change after 25 January 2018.
6. The Event Medical or Safety Team will have ultimate discretion and the final decision as to the suitability of a competitor to continue in the Event, and likewise if they should be withdrawn from the Event.
7. No competitor may use any banned substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose. Random doping tests will be performed.
8. It is important that all competitors exhibit good behavior and sportsmanlike conduct, and treat fellow competitors, Event organisers, volunteers and contractors with courtesy and respect. Failure to do so may result in disqualification at any time before, during or after the Event.
9. If a competitor withdraws from the Event they must advise the finish line officials of their withdrawal as soon as possible and prior to the course closing (5.30pm 17 February 2018).
10. Challenge Wanaka Half reserves the right to alter rules, regulations, Event course and venues at any time provided athletes are advised prior to the Event, or if such a change is in the interest of competitor safety.
11. **No headphones, cell phones or headsets may be carried during the swim or cycle. This will result in an instant disqualification. Personal MP3 players are permitted on the run leg. Volume must be at a level that allows outside noise to be heard. If an official is not heard by an athlete due to excessive volume, the Event reserves the right to remove the MP3 player in the interest of safety.**
12. Challenge Wanaka Half competitors may not compete with a bare torso. This will result in an instant disqualification.
13. Each competitor must be familiar with the entire course and it is their responsibility to follow the correct route.
14. Any athlete wishing to protest against another athlete or official must do so, in writing, to the Race Referee within 30 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 15 mins of his/her finish time. Protest forms can be obtained from the referee and must be accompanied by a \$50 lodgment fee. If their protest is upheld, the \$50 will be refunded in full. If the protest is not upheld, the fee will be forfeited.
15. Compulsory gear includes a wetsuit and swim cap.
16. Recommended gear includes a neoprene swim cap worn under the supplied cap. This becomes compulsory if the water temperature is below 14C.
17. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties (no webbing allowed).
18. Challenge Wanaka reserves the right to implement the contingency plan in the interests of competitor safety but will not be held liable for any loss as a result of such a decision. In the event such a decision is made, if the conditions are still deemed to be unsafe, Challenge Wanaka has sole discretion, and may cancel the Event without obligation to refund entry fees.
19. Challenge Wanaka may test any athlete for the use of a prohibited substance at its own discretion - a positive test resulting in disqualification.
20. Age Group categories will be in five year increments. Trophies will be awarded to the top three in each age group so long as they are an official category. The age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
21. Individual athletes must be a minimum of 18-years-old on race day.
22. Team athletes must be a minimum of 16-years-old on race day.
23. Age groups categories will be decided in line with Tri NZ rules - age as of 31 December 2019

24. Prize Money: NZ Dollar - 1st \$5000, 2nd \$3000, 3rd \$2000, 4th \$1500, 5th \$1000
25. Provided race numbers must be visible at all times throughout the race.
26. All athletes must register during the allocated times and attend the compulsory race briefing. All individuals and teams must rack their bicycles during the allocated times – there will be no exceptions to this rule. The Event organizer's reserve the right to prevent anyone not adhering to these rules from racing.

RECOVERY AREA

Food and drink provided by Subway is available for athletes in the recovery marquee.

While we are unable to supply showers on Pembroke Park, the lake is just across the road if you want a quick freshen up so we suggest you pack a towel in your green gear bag.

Please be advised family and friends will not be allowed in the recovery area, this is for athletes only. This means that only team runners, not swimmers and cyclists will be allowed in the recovery tent after crossing the finish line. You will be able to meet up again after the runner has exited the tent.

Once athletes leave the area they will not be allowed back in until 1:00pm for gear collection. If you urgently require your gear prior to this, please contact one of the security staff and they will arrange a volunteer to escort you. This is for safety purposes and to ensure athletes who are still racing are not obstructed in transition.

TIMING

There are 10 start times – see the timetable at the beginning of this manual.

The course will close for Challenge Wanaka Half at 4.30pm (this is 9 hours and 15 minutes after the individual start). If an athlete exceeds these times, the race organisers reserve the right to remove them from the course. Any athlete who drops out of the race **MUST** notify the finish line officials and return your timing chip to Race Central. This is absolutely essential as it is vital we know where you are on the course at all times for your own safety.

The transponder is to be worn throughout the entire race and can be attached using the velcro band above either ankle.

The transponder is to be worn under the neoprene/wet-suit.

In case of loss of the transponder during the race, time-taking is not possible anymore which leads to the participant's disqualification.

The transponder is borrowed property and must be returned at the end of the race. Failure to do so will result in a \$150 fine for its replacement.

Times will be posted at regular intervals on the notice board at the information tent. Please note these are unofficial times until they are approved by the race referee.

CONTINGENCY PLAN

A final decision will take place by 6.00am with an announcement made over the PA system in the Race Central area. The contingency plan is as follows:

If the lake conditions are deemed unsafe for the publicised swim course, the course will be moved to the marina side of the lake. Please note this will result in a longer run to transition but will enable the race to continue in its original 113km format.

The alternative swim course will be laid out on the far right of Lake Wanaka, departing from adjacent to the jetty in front of the iSITE Log Cabin. The course will run in a straight line to Eely Point and then return. It will be a one lap swim.

If the weather means that the swim is unable to take place at all, the event will revert to a duathlon as a last resort. In the case of a duathlon, the initial run is 3km return along the left hand shore of Lake Wanaka on the Waterfall Creek track. The start will be in waves, starting with pro athletes and then in age group categories at five minute intervals. For teams, the waves will be in the following order: corporate open, male, mixed, female. Your red and

blue gear bags will be placed at the pick-up points as normal. You will have to remove your shoes from your blue gear bag and replace them after the initial run before entering the change tent.

If the weather prevents both the swim and the bike legs taking place, the event will be cancelled. There is no lay day and no refunds will be given.

POST RACE INFORMATION

THE CHAMPIONSHIP

The allocation of age group slots for **THECHAMPIONSHIP** Samorin June 2nd 2019 is outlined as follows:

Challenge Family Age Group Athlete Slots (Individuals)

- One slot for each of the top twelve (12) finishers in each male and female age group at **CHALLENGEFAMILY** full distance and half distance races.
- Slots will not roll down in each category.
- Based on the current number of **CHALLENGEFAMILY** full and half distance races and the above allocation of slots, there is a total of 5,412 individual age group qualifying slots available across Challenge Family full and half distance races.

Relay Team (Age Group) Athlete Slots

- One slot for each of the top three (3) finishers of the mixed relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).
- One slot for each of the top three (3) finishers of the all-male relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).
- One slot for each of the top three (3) finishers of the all-female relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).

QUALIFIER ENTRY SYSTEM

- Upon qualifying for **THECHAMPIONSHIP** at any one of the qualifier events, the qualifying athlete will receive a registration code (via email) from Challenge Family. This code will allow the athlete to complete the on-line registration form for **THECHAMPIONSHIP** at the event website. Qualification for **THECHAMPIONSHIP** is only finalized upon completion of the on-line registration form and full payment of the event registration fee.
- The qualifying athlete will have seven (7) days to register for **THECHAMPIONSHIP** (and pay the event registration fee) following the receipt of the registration code. Failure to register within the 7-day expiry period will waive the qualification.

RACE PHOTOGRAPHS

Marathon-Photos.com is once again the official photographer of Challenge Wanaka and Lake Wanaka Half. The New Zealand-based company photographs endurance events around the world, including Challenge Roth in Germany. This year the company expects to photograph more than one million people in more than 300 events in 30 countries.

Marathon-Photos prides itself on providing the best possible service to athletes. They aim to have photos online to view and order 24-48 hours after an event and are constantly developing new products and services to offer their customers. The company's internet photography service offered athletes the convenience of viewing and ordering their photos at any time.



Photos will be available to order online at www.Marathon-Photos.com.

PROTESTS AND APPEALS

Any athlete wishing to protest against another athlete or official must do so, in writing, to the Race Referee within 15 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 5 mins of his/her finish time. Protest forms can be obtained from the referee and must be accompanied by a \$50 lodgment fee. If their protest is upheld, the \$50 will be refunded in full. If the protest is not upheld, the fee will be forfeited.

GEAR COLLECTION

Athletes can collect their green post-race bag from the recovery tent immediately after you finish the race. The **transition area will re-open at 1.00pm for bike and gear bag collection**. Only athletes can access the transition area from the gate behind the tent, there will be no access through the tent or around the front as CW competitors will still be coming through. Upon leaving the transition area with your bike, your wrist band number will be checked against your bike number, for athletes who cannot physically collect their bikes please provide support crew with your race bibs as identification to check against the bike number. No number, no bike - there will be no exceptions to this rule.

RECYCLING

A number of athletes have mentioned they would like to hand back their Red, Green and Blue gear bags to recycle for next year. We will have a container in the Marque to deposit these if you do not wish to keep them. Challenge Wanaka has a strong emphasis on recycling all rubbish so we ask you to support us here as well.

PRIZE GIVING

The Prize Giving will be in the finish area at 4.30pm on Saturday after the last CWH competitors have finished. We are wanting to create a party atmosphere here and will have music and food trucks on site until 6pm.

WANAKA VOLUNTEER CREW BRUNCH

This is a thank you brunch party for the 650 volunteers who have given their time to support the race and takes place at 10.30am at the Race Central Marquee on Sunday 17 February.

WRAP PARTY – 7.00PM SATURDAY 16 FEBRUARY

Time to let you hair down and celebrate your achievements and another successful Challenge Wanaka. This follows on from our after-party in the finish and Expo area on Pembroke Park and will take place at Barluga Bar, 33 Ardmore Street; it promises to be a lot of fun!