



Bike and Run Rules

Helmets must be attached to bikes and unfastened in the transition area prior to race start. Shoes, including socks, may also be attached to the bike or on the ground next to the bike. Athletes must put on and fasten their helmets before un-racking their bike.

No cycling is allowed within the transition area. Bikes must be pushed from the racks to the road

Competitors must dismount at the dismount line (on the road) and push their bike back to their rack. Helmets must remain fastened until your bike is racked. This includes the team biker who must rack the bike before the timing chip is exchanged.

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.

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;

Race numbers must not be altered in size or appearance, and must be worn on the back during the bike.

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.

Helmets must be secured by the chin strap before un-racking the bike, and must remain fastened until the cyclist has re-racked the bike.

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.

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.

Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participant may run/walk their bike if necessary.

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.

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.

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 condition

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 Event Director have the discretion to disqualify competitors.

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.

Hiking poles are permitted on the run but please do not obstruct other runners.

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.

Slower competitors must keep to the left with other competitors overtaking on the right.

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.

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.

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.