



RACE MANUAL 2023

Welcome to the OxMan and thank you for entering. Please ensure you are 100% familiar with the details for your event by race day. There are changes for this years event with the transition, swim exit, run/duathlon start position and sections of the start of the run legs.

A few key points:

- Say “Thanks” to marshals and give them a smile. They are volunteering their time so that you can race.
- Obey the road rules at all times: keep left, only pass on the right and stop/give way when required.
- It is your job to know the rules and know the course. Drafting is cheating - respect your fellow competitors and don't do it.
- If you withdraw from the event on the day, please ensure you notify our timing crew at the finish line, so we do not send out search and rescue to find you.

A few words of thanks:

- The Spark Family have been incredibly supportive of the event allowing us the use of the lake and the farm property.
- This event is run under Canterbury Triathlon. Support the club that runs the sport in our region by joining (you'll save on entry fees at the same time).
- A huge thanks to everybody that has brought this event to life especially the volunteers on race day.
- Finally, a big thanks to sponsors/supporters.

Schedule

RACE BRIEFINGS – there will be a 1-2min safety briefing held 15mins before each race start by the finish line. This is not a full course overview just an update on any hazards on the course and key safety messages.

6:00am	Transition Opens
7:30am	RACE START – Full OxMan (teams and individuals), OxMan Aquabike Duathlon starts by the finish line
7:55am	TRANSITION CLOSES (excluding OxKids)
8:20am	RACE START Junior OxMan Duathlon starts by the finish line
8:45am	RACE START Mini OxMan, OxMan Multisport, OxRun & OxDash Run events and duathlons start on South Eyre Rd just outside the transition area
9:00am	BRIEFING OxKids duathlon – by kids transition on Harewood Road
9:30am	RACE START OxKids Duathlon
9:10-10:00am	TRANSITION TEMPORARILY OPEN FOR JUNIORS TO COLLECT BIKES
12:00pm	TRANSITION OPEN TO COLLECT BIKES
3:00pm (latest)	Prize giving for Full OxMan

Health information

Please Stay Home If You Are Unwell - If you have cold, flu or COVID-19 symptoms, stay home and get well.

Pre-race information

You will be kept up to date via email on any race developments and any changes to the schedule outlined above.

It is your responsibility to be in the appropriate physical condition for this event and do the appropriate training. The course will be marshalled but ultimately it is your responsibility to know the course.

All athletes must watch the Technical Briefing from Triathlon NZ prior to the event. It has useful information about the rules for the race.

Race bag pick up

PLEASE BRING A BAG FOR YOUR RACE ITEMS AS WE ARE TRYING TO CUT DOWN ON WASTE

Registration times

- Friday 24th November 2:00pm - 6:00pm
- Saturday 25th November 11:30am until 2pm

- Venue: Waltham Swimming Pool
30 Waltham Road, Christchurch
Turn right in reception into the Tri Club room

Out of town athletes who are not arriving until later on Saturday can collect race bags on race morning from race HQ or have others collect their packs for them.

Swim caps – we know many of you have a drawer full of swim caps and don't need more. So if you still have last years cap you are welcome to use that as they are the same this year.

Race Timing

Individuals

- (1) Race numbers – you will receive bike number stickers so please put these where instructed. You will have a race number – this must be worn on the run on the front (either on your shirt or on a race belt). It is optional to wear the race number on the bike leg.
- (2) Timing chip - strap your timing chip to your left ankle using the velcro strap provided.
- (3) Please ensure your timing chip is handed in when you have finished. Failure to do so will result in a \$50 fine.
- (4) If you must withdraw from the race at any point please ensure that you hand your timing chip to one of the timing team at the finish line.

Teams additional information

- (1) Race number – your runner wears the race number on their front. The cyclist has the stickers (same as for individuals) that are to be worn on their helmet and bike seat post.
- (2) Timing chip – this acts as your baton in a relay. The swimmer wears it and hands it over to the cyclist and the cyclist hands it over to the runner. All the time wearing it around your left ankle (you will have a velcro strap. Ensure the strap is well secured before you start your section of the race).

Race Briefings

There will only be a short safety briefing before each. We will NOT do a full course breakdown at the briefings on race day. It is the athletes responsibility to know the course.

Prizes / Prize giving

In order to avoid our entry fees increasing we are only doing spot prizes for: Mini & Junior OxMan, OxMan Multisport, OxRun and OxDash

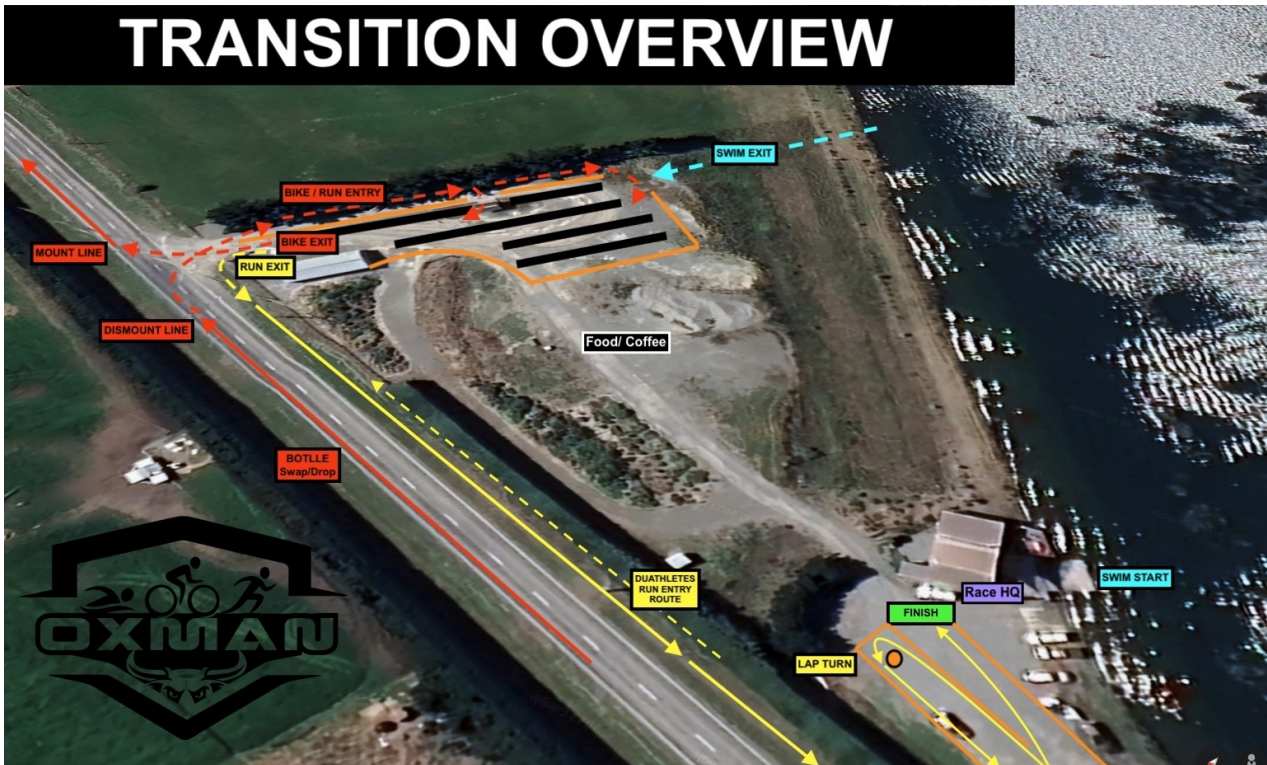
Full OxMan prize giving

- This will be held at 3pm by the finish line unless there are adverse weather conditions.
- There will be 10 year age groups, the Aquabike is male/female only
- Winners of each category will receive a prize

Medals – medals will only be given to athletes that purchased them when registering. If we have any medals left over these will be offered to purchase post race.

General reminders

- Ensure your bike been serviced/checked and you carry a spare tube for puncture repairs. We do not have roaming bike mechanics
- Intentional littering on the course is disqualification. Be responsible of your rubbish and do not to throw it onto the grass verge/bushes.
- Multisporters are reminded that the race rules apply to all athletes, including drafting rules. Please familiarise yourself with the rules if you don't know them.
- Thank the volunteers on the course we need them to keep coming back. If an error is made please be understanding. It is your responsibility to know the course.



Directions to the race site

The race site is at the Spark Family Farm which is 27-28km down South Eyre Road after turning off Tram Rd
2754 South Eyre Rd
<https://goo.gl/maps/C1eDKnHHW8unoNhD7>

Parking

Parking will be in a paddock on the opposite side of South Eyre Road to normal **Please do not park on the roadside**

Racking your bike

All bike racks (except OxKids) will be individually numbered. Note that the transition is on a shingle yard. We have turf and carpet to cover the shingle but if the wind is up we may have difficulties keeping it in place. We will do our best to look after your feet but be ready for the possibility of running on some shingle.

Food & Beverage

Full OxMan athletes can collect a food pack after they finish from the school food stall. This is covered in your entry fee.

Food for spectators and fall other athletes will be available for sale from the Oxford Lions food truck. There will also be a coffee cart on site. The cell reception is patchy at the race site for EFTPOS so bring some cash if you can.

Contingency Plan

- If the swim cannot be held the triathlon option will become a duathlon.
- If the bike leg cannot be held due to adverse weather the event will become a swim/run.

Toilets

The toilets will be located next to transition, next to the food stalls, one by the bottle swap point across the road from transition and another by the aid station on the run.

Spectators

We request that spectators avoid driving out to watch the bike course.



The Oxman triathlon will be a sanctioned event with the potential for doping control to occur, because of this we are encouraging all athletes to get the 101 on clean sport with Drug Free Sport New Zealand (DFSNZ). Clean Sport 101 is an award-winning e-learning module that takes you on a journey through key clean sport concepts in just 15-minutes. Find out what 'clean sport' means and what YOU can do to support it. Explore now at drugfreesport.org.nz/e-learning.

If you've already completed this course or want to level up your anti-doping knowledge, check out the DFSNZ's Level 1OR Level 2 e-course. It covers comprehensive clean sport topics, from supplements to the Sports Anti-Doping Rules, and will help you to keep sport healthy, safe and fair.

Find out more and take the course at drugfreesport.org.nz/e-learning.

TRIATHLON NZ

NATIONAL SERIES

The Full OxMan doubles as the NZ Long Course Championships and selection race for Triathlon New Zealand teams. For more information visit <https://triathlon.kiwi/age-group-world-champs/>

Triathlon NZ Competition Rules

The event will be run under Triathlon NZ Rules (June 2023).

The race is part of the TriNZ National Series, is the Tri NZ Suzuki Mid Distance Triathlon Championships and is the primary qualifier for the World Mid Distance Championships in Townsville 2024 (please check the selection criteria <https://triathlon.kiwi/age-group-world-champs/>).

The full Competition Rules can be found at <https://triathlon.kiwi/wp-content/uploads/2023/09/Tri-NZ-Competition-Rules-June-2023.pdf>

Some of the key rules will be summarised in this Race Manual. The intention of the rules is make the race fair, safe and to penalise unfair advantage. To ensure this, we have a team of TriNZ Technical Officials who support the race.

Please respect your fellow competitors, and don't cheat yourself.

Overall

- Obey the Technical Officials and Race Marshals.
- Know the rules, and know and follow the course.
- Don't use devices that distract (headphones, phones etc).
- No outside assistance is allowed at any time.
- **If you break a rule, you may be warned or ask to correct something by a Technical Official, or you will be served a penalty.**

RACE INFORMATION FOR EACH EVENT

OxMan race information – skip to page 7.

Mini OxMan race information – skip to page 12.

Junior OxMan race information – skip to page 15

OxDash & OxRun race information – skip to page 18

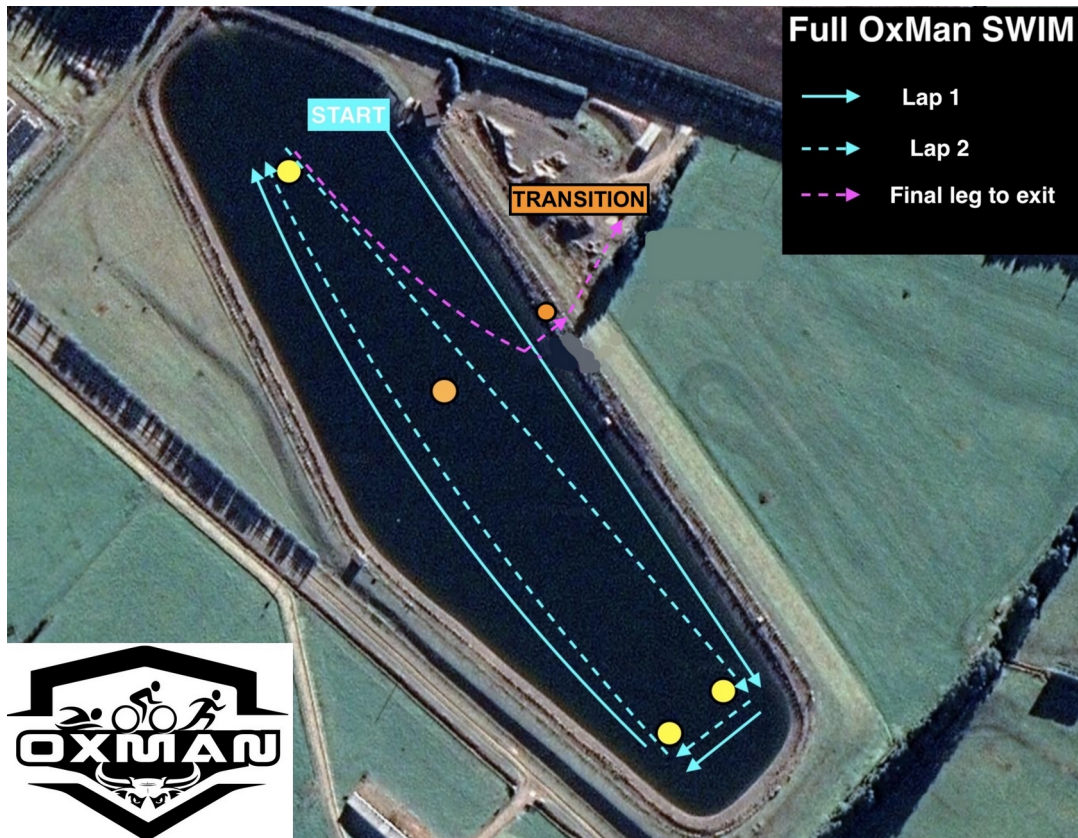
OxKids race information – Skip to page 19

OxMan Multisport – skip to page 20

Full OxMan Race Information

SWIM COURSE 1.9km

- The swim will start in front of the jetty by the lake house
- Start with two full laps of the lake rounding the yellow swim buoys
- At the end of the 2nd lap swim proceed on to the exit point ~150m down the lake which will be marked on the shore with an orange buoy



Additional points for the swim

- You can get in the water for a warm-up before the start.
- There will be an IRB and other safety crafts on the course.
- If you get into difficulty raise your arm and one of the lifeguards will come to your aid.
- If you do not complete the swim course, it is **CRITICAL** that you report to the timing staff by the finish line and hand in your timing chip.

Key swim rules:

1. The cut-off time for the swim is 1 hour after the Full Oxman race start.
2. Wetsuits are compulsory if the water temperature (or water/air temperature) is below 16 degrees Celsius.
3. We measure the temperature on the morning of the race, and will advise you, or potentially shorten the course if necessary.
4. You must wear the swim cap provided by the event.
5. **You cannot use propulsion or flotation devices (check the Rules for details).**



There will be a bag drop area near the swim start. Please do not leave any bulky items in the transition area.

There is no change tent.

The mount line for the bike will be across the road from transition.

BIKE COURSE 92km

The bike course is two laps. There are a couple of hills and plenty of false flats.

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

At the end of the bike you will dismount on the left side of the road on the grass verge. You will then be directed to run your bike over the road when it is safe to do so.

Course map <https://ridewithgps.com/routes/31724662>

Warnings:

- There are several intersections that cross main roads. Athletes need to be ready to stop and give way although our marshals and traffic management team will be controlling the traffic.
- There are several one-way bridges on the course. On most of these bridges' athletes have the right of way. It is the athlete's responsibility to give way as required if there is oncoming traffic.

Aid station / toilets

- The aid station will be located across the road from transition at the halfway point of the ride.
- Only water (bottles with black lids) and sports drink (PURE - lemon flavour – bottles with red lids) will be provided. You will be responsible for carrying your own food.
- You can dispose of your bottles at the aid station by throwing into the small soccer goals. Bottles can be collected post-race (please do to help reduce waste).
- A portaloos will be located at the aid station

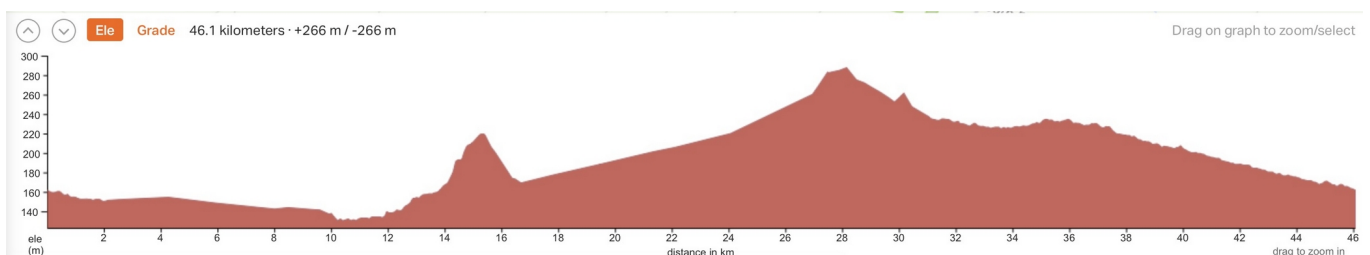
Key bike rules:

1. The cut-off time for the bike is 4 hours 30 minutes after the Full Oxman race start. This differs from the TriNZ Rules.
2. Your bike and helmet need to be safe and legal. Make sure you have your bar ends plugged, and that you check your brakes and tyres.

3. Have your bike numbers on the bike and helmet in the right places.
4. Do not cross the centre line and be aware even when one isn't marked that this rule still applies.
5. **Obey the road rules at all times.** The roads are open, and you may have one-way bridges where you must give way to traffic even if there are marshals in place.
6. Please keep left; if you impede the progress of another athlete this is called Blocking and will result in a penalty.
7. This is a non-drafting event; drafting is where you ride too close to the rider in front of you in their draft zone (see this video for more information about how drafting works <https://youtu.be/UIyzvbJW0G0>).
 - a. The draft zone is a box that is 3 metres wide, and 10 metres long measured from the front wheel of a leading bike.
 - b. You also cannot draft behind a vehicle - the vehicle draft box is 5 metres wide and 35 metres long.
 - c. If you enter a draft box, you have 20 seconds to complete the pass and you can't go in and out.
 - d. If you are passed, you must drop back out of the new draft zone.
 - e. If there is a line of bikes all keeping their legal distance (a pace line), you cannot drop in between riders. You must pass the whole line.
8. Your helmet must be on and fastened whenever you are touching your bike. This means the helmet must be on and done up before touching your bike for the cycle leg, and only removed after your bike is racked and you have taken your hands off the racked bike.
9. No headphones or airpods are allowed.

Cuesheet

← Turn left onto Poyntz Rd	1.1 km
→ Turn right onto Oxford Road, 72	8.0 km
↙ Turn sharp left onto Mill Road	9.9 km
← Turn left onto Terrace Rd	11.9 km
↑ Continue onto Summer Hill Rd	12.5 km
↑ Continue onto Ashley Road	16.3 km
↙ Keep left onto German Road	16.7 km
↑ Continue onto German Road	19.6 km
↑ Continue onto German Road	24.1 km
← Turn left onto Ashley Gorge Road	27.5 km
← Turn left onto Weld St	31.7 km
↑ Continue onto Barracks Rd	32.7 km
→ Turn right onto Inland Scenic Route/ Oxford Rd	33.7 km
← Turn left onto High St	35.2 km
← Slight left onto Harewood Rd	36.5 km
← Slight left onto S Eyre Rd	45.4 km



RUN COURSE 21.1km

The run course is laps of an out and back course. There is a mix of shingle and sealed roads.

Run 21.1 km (1km section from transition to the turn by the finish line then 3 laps)

Course description:

- To start you will exit transition and turn left to run along the grass verge on South Eyre Road
- Turn left on the first shingle road
- Left into Harewood road
- Left into the shingle road to the finish line
- Turn by the finish line to commence your 3 laps
 - Left into Harewood Road
 - Right into Poyntzs Road
 - Right into Worlingham Rd to the turn point
 - Return on Poyntzs Rd & Harewood Rd to the turn point or finish line.

Key points for the run:

- The run turn point will be alongside the finish chute with a marshal and sign at that point.
- Athletes will pass the aid station ~2.5km into the run then every 3-3.5km thereafter. If it is a warm day, we will have an additional water only aid station by the run turn next to the finish line. The main aid station will carry the following:
 - Water – WHITE CUPS
 - PURE sports drink (lemon flavour) – **BROWN CUPS**
 - Coke (flat) - **BLACK CUPS**
 - PURE gels
 - Lollies
 - ½ Banana's

Key run rules:

1. The cut-off time for the run (race end) is 7.5 hours after Full Oxman race start.
2. Wear your race number on the front (either on your shirt or a race belt).
3. No headphones or airpods are allowed.
4. You must wear shoes on the run leg.

Penalties

1. For the Full Oxman, drafting (blue card) is 3 minute penalty, and all other penalties (yellow card) are 1 minute. A red card is a disqualification.
2. All penalties must be served in the designated Penalty Box which is located on the Run course near the finish line and run turnaround.
3. You can serve the penalty on any lap of the run, including just before the finish.
4. It is your responsibility to check the Penalty Board for your number, and to serve the penalty you were assigned. Failure to serve a penalty will result in disqualification.
5. **There is a protest procedure outlined in the Rules.**



AQUABIKE OPTION

Your finish time is taken as you enter transition on completion of the bike leg. You have the option to rack your bike and run or walk the first 1km of the run course so you can run down the finish chute. This is not included in your finish time, it is purely so you have the thrill of coming down the finish chute.

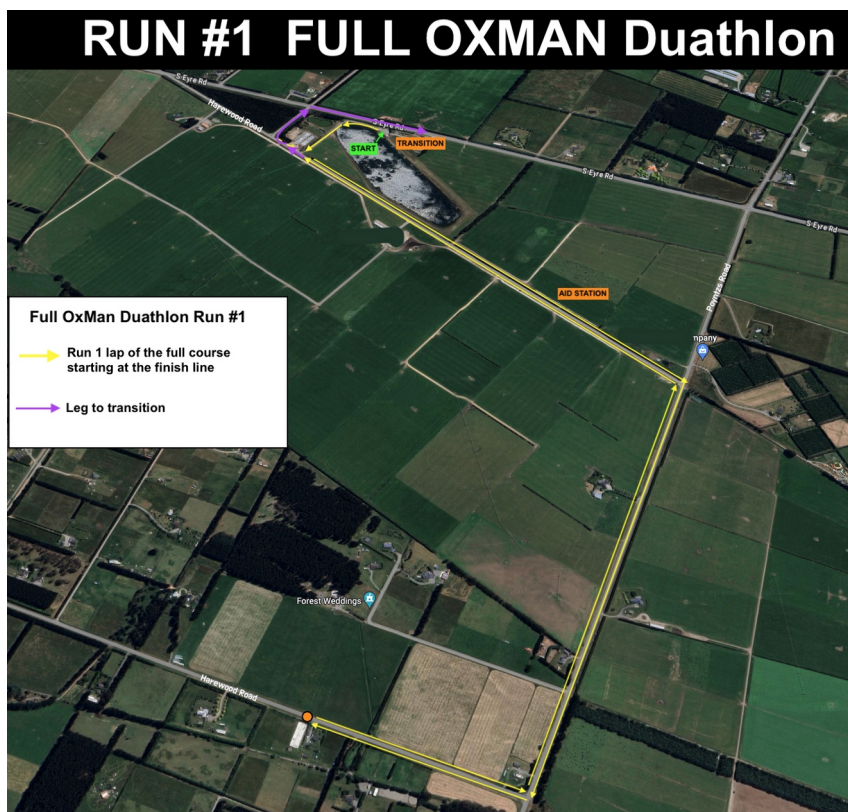
TEAMS

Team members stand by the bike racks at the designated numbered position. Simply swap your timing chip over and the next team member can start.

DUATHLON OPTION

The Duathlon option will start at the same time as the swim by the finish line.

From transition run a lap of the course. On your return turn run past the turn to the finish line taking the next right turn onto a shingle road then right into South Eyre Road. Note there is a cross over point as you enter transition in the bike entry chute, give way to cyclists leaving transition.



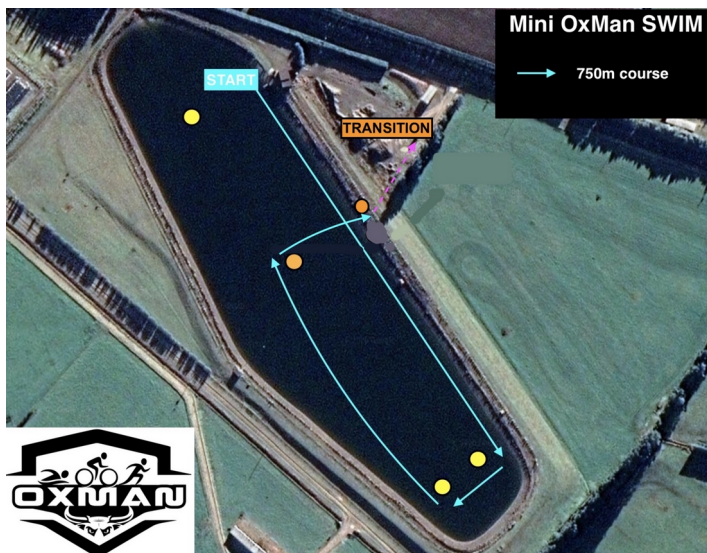
Mini OxMan race information

SWIM COURSE 750m

- The swim will start in front of the jetty by the lake house.
- The course will be around the two yellow buoys at the far end of the lake before turning right at the orange buoy in the middle of the lake towards the exit point.

Additional points for the swim

- You can get in the water for a warm-up before the start.
- There will be an IRB and other safety crafts on the course.
- If you get into difficulty raise your arm and one of the lifeguards will come to your aid.
- If you do not complete the swim course, it is CRITICAL that you report to the timing staff by the finish line and hand in your timing chip.



Key swim rules:

1. The cut-off time for the swim is 30 minutes after the Mini Oxman race start.
2. Wetsuits are compulsory if the water temperature (or water/air temperature) is below 16 degrees Celsius.
3. We measure the temperature on the morning of the race, and will advise you.
4. You must wear the swim cap provided by the event.
5. You cannot use propulsion or flotation devices (check the Rules for details).

TRANSITION

There will be a bag drop near the swim start. Please do not leave any bulky items in the transition area.

Be very mindful of athletes in the full OxMan when entering and exiting transition. Bike can be removed before the end of the event but please only exit where directed to do so (do not exit via the bike/run entry/exit points)



BIKE COURSE

Bike 46km

The bike course traverses across to Cust, up and over Summer Hill & German Road, through Oxford, down Harewood Road before merging back onto South Eyre Road to complete the ride

COURSE MAP <https://ridewithgps.com/routes/31724662>

Refer to full OxMan details on page 8 for maps, profile and cue sheet

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

Key bike rules:

1. Your bike and helmet need to be safe and legal. Make sure you have your bar ends plugged, and that you check your brakes and tyres.
2. Have your bike numbers on the bike and helmet in the right places.
3. Do not cross the centre line and be aware even when one isn't marked that this rule still applies.
4. **Obey the road rules at all times.** The roads are open, and you may have one-way bridges where you must give way to traffic even if there are marshals in place.
5. Please keep left; if you impede the progress of another athlete this is called Blocking and will result in a penalty.
6. This is a non-drafting event; drafting is where you ride too close to the rider in front of you in their draft zone (see this video for more information about how drafting works <https://youtu.be/UlyzvbJW0G0>).
 - a. The draft zone is a box that is 3 metres wide, and 10 metres long measured from the front wheel of a leading bike.
 - b. You also cannot draft behind a vehicle - the vehicle draft box is 5 metres wide and 35 metres long.
 - c. If you enter a draft box, you have 20 seconds to complete the pass and you can't go in and out.
 - d. If you are passed, you must drop back out of the new draft zone.

RUN COURSE 7.6km

The run course is one lap of an out and back course after the initial leg from transition to the finish zone.

Course description:

- To start you will exit transition and turn left to run along the grass verge on South Eyre Road
- Turn left on the first shingle road
- Left into Harewood road
- Left into the shingle road to the finish line
- Turn by the finish line to commence your main lap
- Left into Harewood Road
- Right into Poyntzs Road
- Right into Worlingham Rd to the turn point
- Return on Poyntzs Rd & Harewood Rd to the finish.

Key points for the run:



- **The run turn point will be alongside the finish chute with a marshal and sign at the turn point.**

Key run rules:

1. Wear your race number on the front (either on your shirt or a race belt).
2. No headphones or airpods are allowed.
3. You must wear shoes on the run leg.

Penalties

1. For the Mini Oxman, drafting (blue card) is 2 minute penalty, and all other penalties (yellow card) are 1 minute. A red card is a disqualification.
2. All penalties must be served in the designated Penalty Box which is located on the Run course near the finish line and run turnaround.
3. You can serve the penalty on any lap of the run, including just before the finish.
4. It is your responsibility to check the Penalty Board for your number, and to serve the penalty you were assigned. Failure to serve a penalty will result in disqualification.
5. **There is a protest procedure outlined in the Rules.**

TEAMS

Team members stand by the bike racks at the designated numbered position. Simply swap your timing chip over and the next team member can start.

AQUABIKE OPTION

Your finish time will be calculated when you enter transition but we'd still like you to enjoy running down the finish chute. So....

- You have the option of the 1km run around to the finish line. Exit the same way as the triathletes and duathletes towards the finish line.
- This run, or it can be a walk, is ~1km
- Or you can stop in transition

DUATHLON OPTION

2km starting with the OxMan Multi athletes + OxRun & OxDash

- **IMPORTANT - the start line is on South Eyre Road just outside the transition.**
- Start by running down South Eyre Rd, turn left at the first shingle road
- Left into Harewood road followed by left into the shingle road to the finish line.
- Turn at the finish line
- At Harewood road turn right then right again to take you back to South Eyre Road. IMPORTANT the run only event will turn left at this point, do not follow them
- Run down the grass verge on South Eyre Road to transition entering down the bike entry channel. There will be a cross over point with cyclists existing transition so enter carefully.



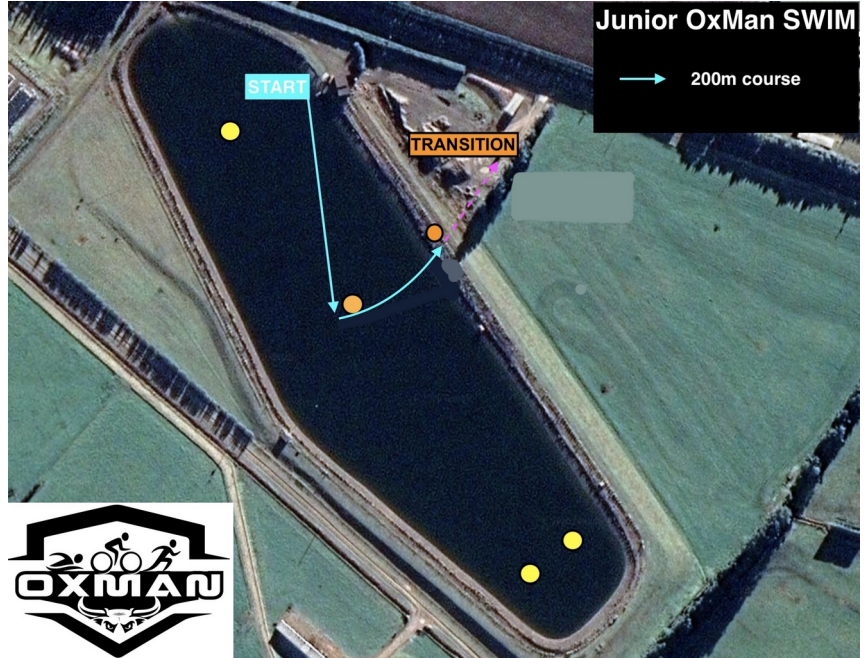
Junior OxMan Race Information

SWIM COURSE 200m

- The swim will start in front of the jetty by the lake house
- The course will be to the orange buoy in the middle of the lake then a left turn to the swim exit.

Additional points for the swim

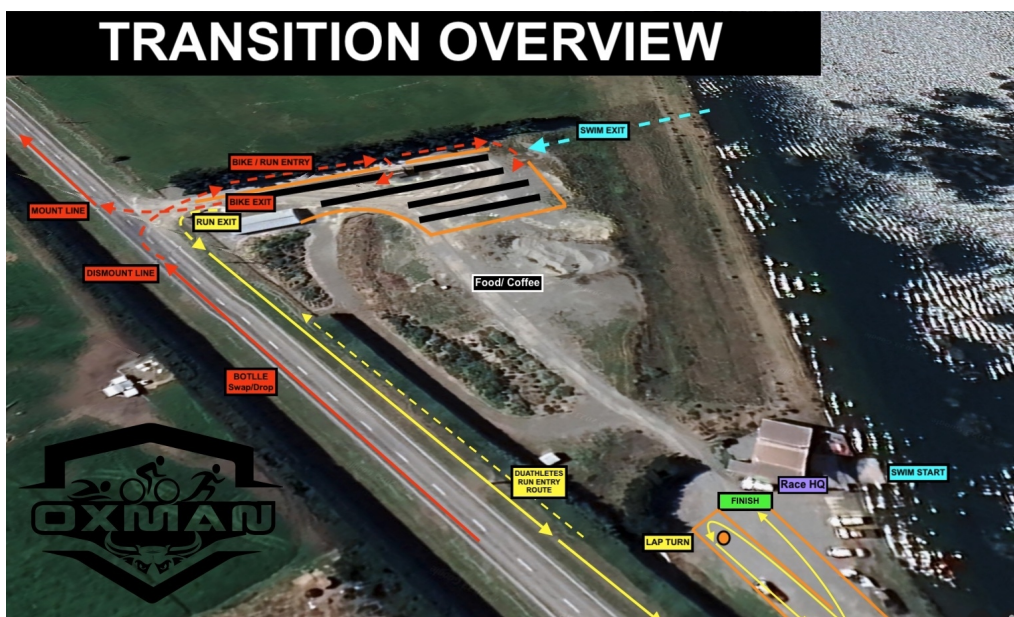
- You are required to wear the swim cap provided.
- You can get in the water for a warm-up before the start.
- There will be an IRB and other safety crafts on the course.
- If you get into difficulty raise your arm and one of the lifeguards will come to your aid.
- If you do not complete the swim course, it is CRITICAL that you report to the timing staff by the finish line and hand in your timing chip.
- If the water temperature is below 16c wetsuits are compulsory. Athletes without wetsuits can do the duathlon option in this unlikely event.



TRANSITION

Please do not leave any bulky items in the transition area. There will be a bag drop area near the swim start.

Be very mindful of athletes in the full OxMan when entering and exiting transition. Bikes can be removed before the end of the event but please only do so via the break in the fencing not the bike / run entry/exit points as you may impede the progress of others still racing.



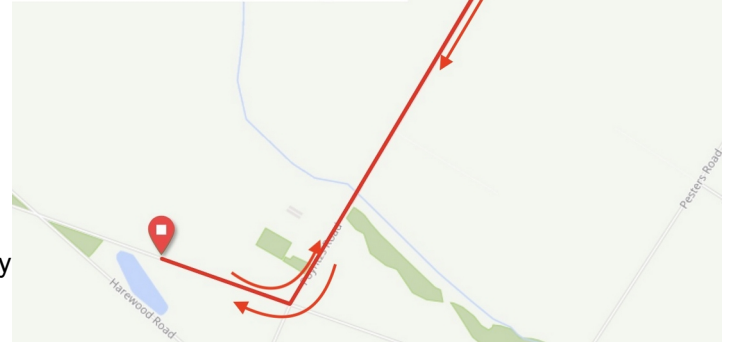
BIKE COURSE 11.5km

The bike is an out and back course. The route map can be found here <https://ridewithgps.com/routes/32886103>

- Right out of transition
- Left into Poyntzs Rd
- Turn just before Tram Rd.
 - **EXTREME CAUTION.** The tail end juniors may be caught by the leading full OxMan athletes. The full OxMan athletes will be carrying on straight where the juniors turn. This will be marshalled but children cannot just blindly turn
- On the return leg there is a one-way bridge where juniors do not have the right of way so may be required to give way
- Right into South Eyre Rd to complete the ride



JUNIOR OXMAN BIKE COURSE



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

Key bike rules:

1. Your bike and helmet need to be safe and legal. Make sure you have your bar ends plugged, and that you check your brakes and tyres.
2. Have your bike numbers on the bike and helmet in the right places.
3. Do not cross the centre line and be aware even when one isn't marked that this rule still applies.
4. **Obey the road rules at all times.** The roads are open, and you may have one-way bridges where you must give way to traffic even if there are marshals in place.
5. Please stay left; if you impede the progress of another athlete this is called Blocking and will result in a penalty.
6. This is a non-drafting event; drafting is where you ride too close to the rider in front of you in their draft zone (see this video for more information about how drafting works <https://youtu.be/UlyzvbJW0G0>).
 - a. The draft zone is a box that is 3 metres wide, and 10 metres long measured from the front wheel of a leading bike.
 - b. You also cannot draft behind a vehicle - the vehicle draft box is 5 metres wide and 35 metres long.
 - c. If you enter a draft box, you have 20 seconds to complete the pass and you can't go in and out.
 - d. If you are passed, you must drop back out of the new draft zone.
 - e. If there is a line of bikes all keeping their legal distance (a pace line), you cannot drop in between riders. You must pass the whole line.
7. Your helmet must be on and fastened whenever you are touching your bike. This means the helmet must be on and done up before touching your bike for the cycle leg, and only removed after your bike is racked and you have taken your hands off the racked bike.
8. No headphones or airpods are allowed.

RUN COURSE 3.5km

Course details:

- Exit transition, turn left along the grass verge on South Eyre Road
- Turn left on the first shingle road
- Left into Harewood road
- Left into the shingle road to the finish line



- Turn by the finish line to commence out and back leg
- Left into Harewood Road
- Turn at the junior run turn by the aid station
- Return to the finish line

DUATHLON OPTION

The duathlon option will start at the finish line. Running towards Harewood Road, right into Harewood Road, right into the first shingle road, right onto South Eyre Road on the grass verge to transition.

TEAMS

Team members stand by the bike racks at the designated number position. Simply swap your timing chip over and the next team member can start.



OxRun & OxDash race information

The OxRun and OxDash will start at the same time as the Mini OxMan triathlon & duathlon.

The run only events will follow the same run course as all the other events. The start will be at the same time as the Mini OxMan

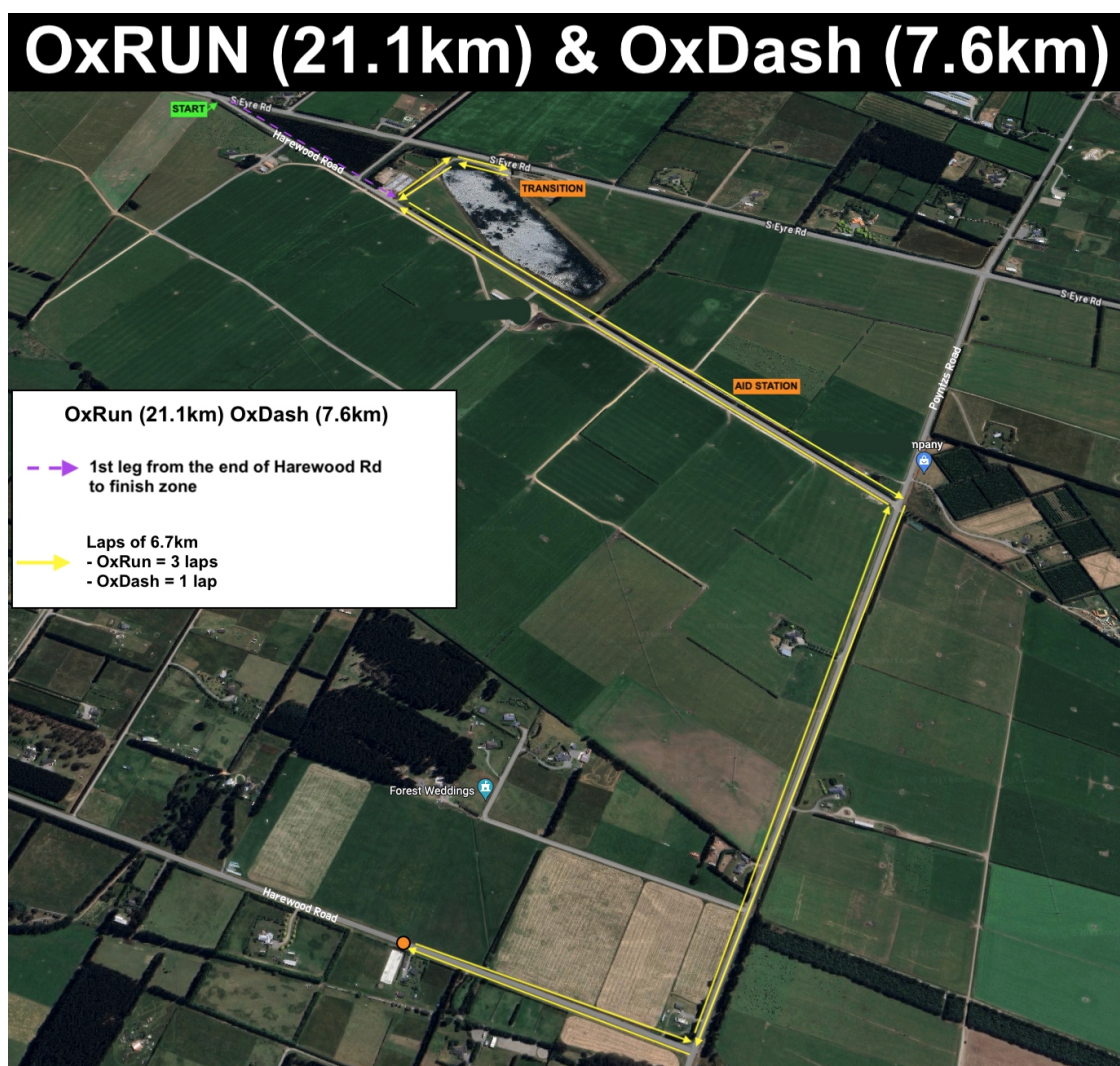
IMPORTANT - the start line is on South Eyre Road just past the bike exit.

- Start by running down South Eyre Rd, turn left at the first shingle road
- Left into Harewood road followed by left into the shingle road to the finish line.
- Turn at the the finish line

After making the initial turn by the finish line:

- The OxDash course is simply 1 lap of the run course.
- The OxRun course completes 3 laps of the run course.
- Left into Harewood Road (** IMPORTANT - Mini OxMan and OxMan Multisport athletes will be turning right at this point to head to transition, do not follow them you must turn left)
- Right into Poyntzs Road
- Right into Worlingham Rd to the turn point
- Return on Poyntzs Rd & Harewood Rd to the turn point or finish line.

There will be an aid station mid-way through each lap.



OxKids Duathlon race information

The kids run-bike-run event is designed to be a low key fun entry into our sport.

To access the kis transition area please walk up South Eyre Road, left into the shingle road then left again to find the transition area.



Run #1 - From the transition area run on the grass verge to the turn point and back

Bike - the bike is a simple out and back route on Harewood Road (a closed shingle road). There are different distance based on age which is taken as of 31st December this year (so whatever age your child will be on 31st December this year)

Run #2 - Repeat run #1. At the end of the lap run past the transition, turn left to the finish line

OxKids Duathlon

**OxKids course
Run - Bike - Run**

- Run lap ~600m
All ages do 1 lap on both runs
- Bike lap ~1km
- 5-7 years = 2 lap
- 8-9 years = 3 laps
- Run to the finish making run #2 ~1km

OxMan Multisport race information

The OxMan Multisport is made up of a run/bike/run/kayak plus a very short run to the finish line.

Transition set up

- Bikes will be set up in the main transition with all other athletes
- Kayaks need to be placed in the kayak transition zone at the mountain end of the lake (refer to map below showing the kayak courses). To save carrying your boat a long way on your arrival you can drive past the transition area / race site on South Eyre Rd, turn down Harewood Road (shingle road), double park when you reach the run course then carry your boat the short distance to the lake.

The race will start at the same time as the Mini OxMan duathlon alongside the transition area.

RUN #1 2km (same course as the Mini OxMan Duathlon 1st run)

- **IMPORTANT - the start line is on South Eyre Road just outside the transition.**

- Start by running down South Eyre Rd, turn left at the first shingle road
- Left into Harewood road followed by left into the shingle road to the finish line.
- Turn at the finish line
- At Harewood road turn right then right again to take you back to South Eyre Road. **IMPORTANT** the run only events will turn left at this point, do not follow them
- Run down the grass verge on South Eyre Road to transition entering down the bike entry channel. There will be a cross over point with cyclists existing transition so enter carefully.



Key run rules:

1. Wear your race number on the front (either on your shirt or a race belt).
2. No headphones or airpods are allowed.
3. **You must wear shoes on the run leg.**

BIKE COURSE

Bike 46km

The bike course traverses across to Cust, up and over Summer Hill & German Road, through Oxford, down Harewood Road before merging back onto South Eyre Road to complete the ride

COURSE MAP <https://ridewithgps.com/routes/31724662>

Refer to full OxMan details on page 8 for maps, profile and cue sheet.

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

COURSE MAP <https://ridewithgps.com/routes/31724662>

Refer to full OxMan details on page 8 for maps, profile and cue sheet.

Key bike rules:

1. Your bike and helmet need to be safe and legal. Make sure you have your bar ends plugged, and that you check your brakes and tyres.
2. Have your bike numbers on the bike and helmet in the right places.
3. Do not cross the centre line and be aware even when one isn't marked that this rule still applies.
4. **Obey the road rules at all times.** The roads are open, and you may have one-way bridges where you must give way to traffic even if there are marshals in place.
5. Please keep left; if you impede the progress of another athlete this is called Blocking and will result in a penalty.
6. This is a non-drafting event; drafting is where you ride too close to the rider in front of you in their draft zone (see this video for more information about how drafting works <https://youtu.be/UlyzvbJW0GO>).
 - a. The draft zone is a box that is 3 metres wide, and 10 metres long measured from the front wheel of a leading bike.
 - b. You also cannot draft behind a vehicle - the vehicle draft box is 5 metres wide and 35 metres long.
 - c. If you enter a draft box, you have 20 seconds to complete the pass and you can't go in and out.
 - d. If you are passed, you must drop back out of the new draft zone.
 - e. If there is a line of bikes all keeping their legal distance (a pace line), you cannot drop in between riders. You must pass the whole line.
7. Your helmet must be on and fastened whenever you are touching your bike. This means the helmet must be on and done up before touching your bike for the cycle leg, and only removed after your bike is racked and you have taken your hands off the racked bike.
8. No headphones or airpods are allowed.

RUN COURSE 14.5km

The run course is two laps of an out and back course after the initial leg from transition to the finish zone.

Course description

- To start you will exit transition and turn left to run along the grass verge on South Eyre Road
- Turn left on the first shingle road
- Left into Harewood road
- Left into the shingle road to the finish line
- Turn by the finish line to commence your 2 laps
- Left into Harewood Road
- Right into Poyntzs Road
- Right into Worlingham Rd to the turn point
- Return on Poyntzs Rd & Harewood Rd to the turn point or the kayak transition.

Key points for the run:

- **The run turn point will be alongside the finish chute with a marshal and sign at the turn point.**

Refer to full OxMan details on page 9 for maps, profile

Penalties

1. For the Multisport race, drafting (blue card) is 3 minute penalty, and all other penalties (yellow card) are 1 minute. A red card is a disqualification.
2. All penalties must be served in the designated Penalty Box which is located on the Run course near the finish line and run turnaround.
3. You can serve the penalty on any lap of the run, including just before the finish.
4. It is your responsibility to check the Penalty Board for your number, and to serve the penalty you were assigned. Failure to serve a penalty will result in disqualification.
5. **There is a protest procedure outlined in the Rules**

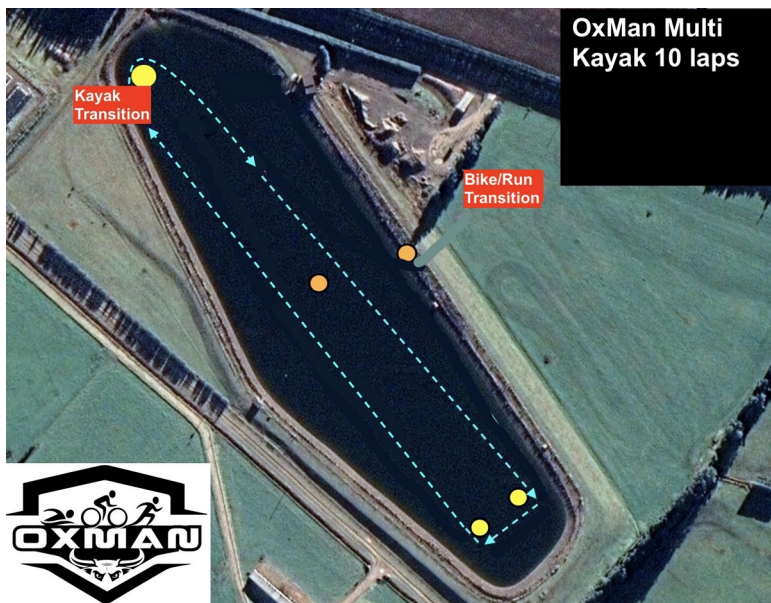
KAYAK ~10km

At the end of the 2nd run leg just before the finish transition into the kayak. Complete 10 laps of the lake.

We will have volunteers manually recording your laps. Please call out your bib number at the turn point each lap. You will be given a large sticker for your kayak, please place this on the front left hand side of your kayak so it is visible for to the lap counters.

- All participants are **required** to wear a life vest / PFD during the kayak leg.

At the end of the kayak you are required to return your kayak into the transition area and run the final 100-200m to the finish.



TEAMS

Team members stand by the bike racks at the designated numbered position or in the kayak transition area. Simply swap your timing chip over and the next team member can start.

ENJOY YOUR RACE!