

# Support Crew Notes

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Multisport Individual participants are advised to have a support crew with vehicle.

Duathlon individuals are also advised to have support crew, but can be self-sufficient by dropping running gear to the start of the run, then leave their car at the finish line & bike 5min to the start line, then returning to pick up bike after finishing.

It is possible for participants to share a support crew provided they finish each stage within 30min of each other.

Teams can easily crew for themselves.

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## Multisport Start

All Multisport participants & support crews must attend pre-race briefing at Days Bay, Eastbourne at 7:30am. Race start is 8:00am with LeMans-style run to kayaks.

To get there take Petone Esplanade, Waione St, Seaview Rd, Marine Parade. [Click 4 Map.](#)

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## Duathlon Start

All Duathlon participants and support crews must attend pre-race briefing at Sladden Park at 8:45am. The race starts at Sladden Park at 9:00am.

To get there take Petone Esplanade, Cuba St, South St, Williams St, Bracken St. [Click 4 Map.](#)

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## Kayak Finish

The kayak finish is at Sladden Park, Petone, Lower Hutt, beside the boat ramp. To get there from Days Bay take Marine Dve, Seaview Rd, Waione St, Petone Esplanade, William St, Bracken St. [Click 4 Map.](#)

Supporters have time to view kayakers at Lowry Bay.

## Bad Weather Kayak Alternative

If high winds/seas make the harbour unsafe, an alternative 10k kayak will be held from Sladden Park.

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

Race briefing would be 7:30am.

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

*See Course Info for alternative Kayak Course.*

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## Kayak / Mtn Bike Transition

The kayak/mtn bike transition area will be set up on the eastern side of the Sladden Park Boat Ramp.

First Kayaker expected 8:55am. Kayakers exit their boat at Sladden Park boat ramp and run 25m to transition.

Kayak times are recorded at the boat ramp.

Support crew for individual participants set up around the edges of transition area and can assist participant from the kayak to the transition area. Team mountain bikers wait in transition.

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## Mountain Bike Finish

The mountain bike ends at Regional Council Woolshed at the end of Stratton St, Maungaraki. To get there from Sladden Park take Bracken St, South St, Cuba St, Udy St, Hutt Rd, Dowse Dve, Stratton St. [Click 4 Map.](#)

Support crews do not have time to view their mountain biker on the course.

Supporters should plan for parking delays. Park where directed. If parking on road, park only on creek side of road. When leaving drive to the end of Stratton St and use the natural turning bay. Don't block resident driveways!

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## Mtn Bike / Run Transition

The transition area is on the grassed area in front of the Woolshed. This is a 5-10min walk from cars.

First mountain bikers are expected at 10:25am. Times are recorded as runners leave transition.

Support crew for individual participants should set up their gear around the edges of the transition zone and lead their participant to their gear. Team runners wait in transition. Do not block the building in any way.

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## Run Finish / Race Finish Line

The run finishes on Petone Foreshore beach, outside the Heretaunga Boating Club, which is 300m east of Petone Wharf (138 The Esplanade, Petone).

To get there from the mtb/run transition take Stratton St, Dowse Dve, Hutt Rd, Udy St, Cuba St, Petone Esplanade. Parking is at the beach front car parks and side streets. [Click 4 Map.](#)

First finisher expected 11:15am. Support crews have time to view their participants at Oakley St car park.

Food and drinks, including participant free lunch, will be available onsite at finish line.

Prizegiving is 3:00pm, upstairs at Heretaunga Boating Club, 138, The Esplanade, Petone.

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