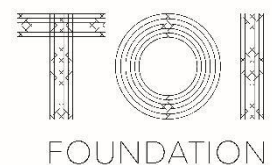




World Triathlon Cup New Plymouth

ATHLETE GUIDE

SUNDAY MARCH 26TH





Contents

General information	3
Welcome to New Plymouth, Taranaki	4
Welcome from the LOC	4
Key Dates and Times	6
Key Contacts	6
Event Contact Details	6
Venue	7
Water Quality	7
Athletes Area at Venue	7
Anti-Doping	7
Medical & Emergency Services	8
Travel and Accommodation	8
International Airport	8
Host Hotel	8
Visa Requirements	9
Airport Transfers and Transport	9
Post Office and Bank	9
Covid19 - Coronavirus	10
Bike Mechanic Services	10
Accreditation	10
Training	11
Swimming	11
Bike and Run Training	11
Course Familiarisations	12
Competition Rules	12
Race Day Schedule	13
Venue Plan	14
Athlete lounge Check-In	16
Transition Check In	17
Athlete Assembly and Introductions	17
The Course & Procedures	17
Swim	17
Bike Course	18
Run Course	20
Event Partners	21



General information

Welcome to the World Triathlon Cup – New Plymouth.

The city of New Plymouth, half-way between Auckland and Wellington on the west coast of New Zealand's North Island, sits between the picture-perfect peak of Mount Taranaki and the dynamic surf breaks at the edge of the Tasman Sea. The city's 75,000 residents are welcoming and active, and the region has endless empty roads and a fantastic cycle park and 13km coastal walkway, a stunning sheltered swim route and great training facilities, making it a popular stop on the World Triathlon calendar.

There's a lot to see and do in New Plymouth beyond triathlon, from a stunning Len Lye Centre and Govett-Brewster Art Gallery contemporary art museum to the serene inner-city botanic gardens Pukekura Park, the fascinating Puke Ariki Museum, and a coffee culture that's become legendary.

Standing just beyond the city is the mythical 2518m peak of Mount Taranaki, which offers more than 200km of walks and hikes across its slopes, and a ski field that makes Taranaki one of the few places in the world where you can ski and surf in the same morning, with a decent coffee in between.

We look forward to hosting you in New Plymouth, for more information about the Taranaki region and what you can see and do and where to eat please visit the following website, www.taranaki.info

Key Triathlon Links

2023 World Triathlon Cup – New Plymouth event website at
<https://www.tritaranakifestival.nz/>

For the latest news and photos, you can find us and like the New Plymouth Triathlon World Cup – Facebook, Instagram and Twitter accounts.

<https://www.facebook.com/TriTaranakiFestival/>

<https://www.instagram.com/tritaranakifestival/>

World Triathlon Website: <http://www.triathlon.org/>

Please keep in mind that this information can change, and the final race information will be provided to the athletes and the team managers at the athletes' briefing.



Welcome to New Plymouth, Taranaki



Nau mai haere mai, welcome to Taranaki. Here you'll find our passionate communities and stunning vistas giving life to world-class surf breaks, rivers, forests, beaches, and a 13km coastal walkway.

As you ride and run around the region, the iconic Taranaki maunga, a tupuna of our region, will be standing at the heart of it all. But, beyond your racing commitments, take time to delight in all there is to see, do, eat and drink in our region like no other. From award-winning museums and art galleries, a wave of eateries and bars, a thriving shopping scene and abundant nature, there's something here for everyone.

Whether you've raced here before or it's your first time, we welcome you as friends and wish you all the best as you put your training to the test and inspire future generations of triathletes.

Enjoy your time in Taranaki, and leave your mind and body nourished and energised. Ka kite anō.

Kelvin Wright
Chief Executive
Te Puna Umanga / Venture Taranaki

Welcome from the LOC



Welcome to New Plymouth – a place like no other!

On behalf of the local organising committee it is my pleasure to welcome all athletes, technical officials, coaches and supporters from around the world to this 2023 event. Our team has been working away over the winter to ensure that we can deliver a world class event down here in New Zealand.

In addition to the World Cup we are delighted to welcome New Zealand's Sprint Distance athletes and our first timers. For these athletes it is a chance to finish on the famous blue carpet and then watch the inspiring Elite athletes race on a similar course.

We are proud to host the only World Cup event in the Oceania region and we hope you enjoy what New Zealand has to offer.

It is going to be an exciting weekend of racing. I wish you all the best for your upcoming season.

Kind regards

A handwritten signature in black ink, reading "Shanelle Barrett".

Shanelle Barrett
Event Director



Welcome to World Cup New Plymouth

When Australia's Luke Willian and Italian Angelica Olmo won the respective men's and women's titles in 2019, few could have foreseen it would be four years until the prestigious World Triathlon Cup returned to the shores of Ngamotu Beach.

It is with great pleasure, then, that Triathlon New Zealand welcomes athletes, their support crews and spectators back to Taranaki for the first post-pandemic 'World Cup New Plymouth'.

What a honour to have the eyes of the swim, bike and run world focused on Taranaki, or 'Taradise' as the locals like to call it, for the opening stop of the 2023 World Cup season.

We all know how disruptive the last few years have been but we're confident that will be quickly forgotten as the challenging New Plymouth course and strong international fields combine for what promises to be a fascinating start to the year.

This will be the 10th time Taranaki has hosted a World Triathlon Cup and we'd like to thank the New Plymouth District Council and Venture Taranaki for making this key date in the Kiwi triathlon calendar possible. A special thanks to all the day's other sponsors and partners, and to SB Events for their work in getting World Cup New Plymouth back on the global calendar.

Tri NZ is dedicated to giving the country's top talent regular opportunities to race against world class athletes at home as well as abroad. It's a bonus that we can also showcase our beautiful country to a global audience on Triathlonlive.tv.

We're just as passionate about providing our 'Tribe' community with meaningful races. As such, we wish everyone competing in the Suzuki NZ Sprint Distance Championship, and all the other Tri Taranaki Festival races, a great day. Here's hoping you burst the tape or smash that PB and many of you take the opportunity to represent New Zealand at July's World Triathlon Sprint and Relay Championship in Hamburg as a result. Check out how the Tri NZ-World Triathlon age group eco-system can take you around the globe in our new digital magazine, Triathlon Quarterly, available free to all now at www.TQ.kiwi

Finally, to all the Kiwis on the World Cup start line today, thank you for continuing to do your sport and country proud. To our international guests, thank you for choosing to race in New Plymouth. We wish everyone the best of luck and hope that your Kiwi experience is a good one.

Pete De Wet
CEO
Tri NZ



Key Dates and Times

When	What	Where
6:00pm - Friday 24 March	Compulsory Briefing and Registration	Devon Hotel
12:00pm - Saturday 25 March	Swim Familiarisation	Ngamotu Beach
TBC	Bike Familiarisation	Ngamotu Beach
11:00am - Sunday 26 March	Elite Women Start	Ngamotu Beach
1:30pm - Sunday 26 March	Elite Men Start	Ngamotu Beach

Key Contacts

Role	Name	Phone	Email
LOC Event Director	Shanelle Barrett	+64 27 457 6736	shanelle@sbevents.nz
LOC Athlete Services & Operations	Aidan Barrett	+64 21 452 010	admin@sbevents.nz
LOC Home Stays	Ross Dingle	+64 27 310 5112	clandingle@gmail.com
World Triathlon Team Leader	Brian Hinton	+61418316710	brianhinton7@gmail.com
World Triathlon Medical Delegate	Greg Taylor		Gregtaylor241@gmail.com
World Triathlon Technical Delegate	Lyndell Murray	+61418620574	lyndellnm@gmail.com

Event Contact Details

Tri New Plymouth Ltd
PO Box 154
Taupo 3351
Email: shanelle@sbevents.nz



Venue

The venue is located at Ngamotu Beach which is just on the edge of the city centre of New Plymouth (Ocean View Parade).

Water Quality

Water Quality Analysis – Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci Limit MPN/100ml
26/01/23	74	74	74	<100

Water Quality Analysis – E. Coli

Date of Sample	Location A	Location B	Location C	E.Coli Limit NMP/100ml
26/01/23	52	31	10	<250

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	pH Limit
26/01/23	8.1	8.1	8.1	6 to 9

Summary

The above readings equate to “Very Good Water Quality” as described in the World Triathlon rules

Athletes Area at Venue

Facilities including athletes’ lounge and toilets are provided to the athletes within the Athletes area. Seating, bag storage and sealed bottles of water will be available to the athletes before the race in the athletes’ lounge and afterwards in the recovery lounge.

Anti-Doping

Doping Control will be performed according to the World Triathlon/WADA rules. Testing will be carried out by Drug Free Sport NZ and will take place at the Port Taranaki building which is adjacent to the race venue.



Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Sunday 26th March before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. Ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Medical services at the venue are provided free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams must ensure that they have appropriate medical insurance as required by World Triathlon competition rules.

For pre and post event, non-emergency care you can go to Central Medical Centre, 72 Vivian Street, New Plymouth. Alternatively, if emergency care is required the Accident and Emergency Centre at the Taranaki Base Hospital is open 24/7 and is located at David Street, New Plymouth. Treatment will need to be covered by the participants.

For any other emergencies, police, fire etc, please dial 111.

Travel and Accommodation

International Airport

The closest International Airport is Auckland International and you will need to have a domestic flight to New Plymouth airport (35-minute flight).

Transfers to your accommodation are from New Plymouth Domestic airport ONLY

Host Hotel

The host hotel is The Devon Hotel, 390 Devon Street East New Plymouth, 4312.

For reservations or information please contact the hotel direct

Reservations Team - mail@devonhotel.co.nz OR 0800 843 338





Visa Requirements

For teams (athletes) traveling to NZ to compete in the New Plymouth World Cup please go to <http://www.immigration.govt.nz/migrant/stream/visit/> for details on whether your athletes need to apply for a Visa to enter New Zealand.

If you require a letter of invitation to apply for your visa this can be supplied on request by contacting the LOC – admin@sbevents.nz

Please supply your flight details, passport details and role of person.

Airport Transfers and Transport

Free local transfer to Hotel from New Plymouth Airport will be actioned by Scott Airport Shuttles. Please ensure that you fill out the form online <https://www.tritaranakifestival.nz/page/World-Triathlon-world-cup/> at least 7 days prior to the event so this can be managed – any requests after this date will not be accommodated

For public transportation there is the Citylink commuter public bus service in New Plymouth, Bell Block, Waitara and Oakura, under the City Link banner. For more information visit the following website:

<https://www.trc.govt.nz/buses-transport/>

Post Office and Bank

Post

Taranaki Stationery
4 Egmont Street, New Plymouth 4310.

Phone: 06 759 0282

BANK

TSB Bank New Zealand 120 Devon Street East
New Plymouth 4310

Toll Free Ph 0800 11 33 55

Covid19 - Coronavirus

Travellers and crew do not need pre-departure tests or proof of COVID-19 vaccination to enter New Zealand. Please check with your airline as they may still require proof of vaccination.

If you have COVID-19 symptoms when you arrive in New Zealand by air, we encourage you to take a rapid antigen test (RAT). You can get free RATs at the airport, please take some.

Please report a positive test result by calling:

- 0800 432 010 — if you are calling from a New Zealand phone number.
- +64 9 954 6118 — if you are using an international SIM card. Check with your phone provider as there may be charges.

Bike Mechanic Services

For any pre-event repairs please visit:

Shed Doors Cycles,
77 Pohutukawa Place, Bell Block, New Plymouth
027 917 8590
Email: sheddoorcycles@gmail.com

All costs for costs will need to be covered by the athlete.

Shed Door Cycles are the Official race day Bike Mechanic, but it is recommended that you head to the bike shop for any major repairs prior to race day to ensure that they can fix it.

Note that Shed Door Cycles cannot check your bike or wheels for World Triathlon compliance. WORLD TRIATHLON Technical Officials will check bikes and spare wheels on race day. If you have any queries prior to race day talk to the Technical Officials at the Athlete Briefing or Cycle Course Familiarisation.



Accreditation

LOC will provide all participants with an official accreditation according to the World Triathlon Event Operational Requirements.

Accreditation for athletes, coaches, and team medical will be handed out during the official registration on Friday 24th March prior to the Race Briefing at the Host Hotel (The Devon Hotel). The Race Briefing will be in person, and penalties for not attending will be enforced as per the World Triathlon Competition Rules. Photo ID must be shown to be issued with accreditation.

Accreditation for coaches and team medical will be in the form of a wrist band which must be fastened on the wrist at the time it is issued. Accreditations will only be provided to personnel registered in the World Triathlon online system. Removing this wrist band to share it with other team personnel will invalidate your access rights to the venue.



Only accredited persons will be allowed to access certain venue areas. Accreditation Cards/Wrist Bands are number coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them always and to show them upon request.

Training

Swimming

The Todd Energy Aquatic Centre is on Tisch Avenue with additional pedestrian access off the Coastal Walkway. The entry to the pool is \$6.50 to be paid by each swimmer or a concession card for 11 sessions for \$65. Entry to the fitness gym is \$15 to be paid by each athlete. The best times (quietest times) to have lane swimming are between 8am-3:30pm

General Opening hours:

- Monday to Friday - Public swimming - 6:00am – 7:30pm
- Weekdays Fitness Gym: 6:00am to 8:15pm
- Weekends and public holidays: Public swimming 8:00am – 5:00pm
-

Contact details - Telephone: 06 759 6060

Website - <https://www.npdc.govt.nz/todd-energy-aquatic-centre/>

Athletes train in the swimming pool and use the fitness centre at their own risk.

Bike and Run Training

New Plymouth is the major city of the Taranaki Region on the west coast of the North Island of New Zealand. The New Plymouth District includes New Plymouth City and several smaller towns. The district has a population of 74,187 — nearly two thirds of the total population of the Taranaki Region. This includes New Plymouth City (53,400), Waitara (6,483), Inglewood (3,380), Oakura (1,359), Okato (561) and Urenui (429).

New Plymouth would be considered triathlete friendly. In 2010 the city was chosen as one of two walking & cycling “Model Communities” by the government. Based on New Plymouth’s already positive attitude towards cyclists and pedestrians, the city received \$3.71m to invest into infrastructure and community programs to boost walking and cycling.

Please ask for a map from your hotel, home stay or tourist centre for details.

As with any training on open roads please ensure you obey NZ Road Rules and if you are riding on the coastal highway ensure that you travel at slower speeds than on the road and give way to pedestrians. If you are riding the course ensure that you obey **all** signs, DO NOT ride through stop signs and give way signs at pace. There is a lot of heavy vehicles in this area and they cannot stop in a hurry.

There is to be absolutely NO riding through the Port Taranaki Office Car Park. The only exception to this is during the Course Familiarisation and during the race. This section of the course is on private property and anyone in this area at other times is trespassing and may risk sanctions.



Course Familiarisations

Bike Course

You will be able to familiarise yourself with the bike course on **Saturday 25th March – time to be confirmed**. Athletes will gather at Ngamotu Beach and will be escorted on **ONE** lap around the bike course.

Please note, that the official race courses are open to traffic outside of this time.

*The course familiarisation is the **ONLY** time you can ride through the section of the course through the Port Taranaki Car Park. This section of the course is on private property and anyone in this area at other times is trespassing and may risk sanctions.*

Swim Course

You will be able to familiarize yourself with the swimming course on **Saturday after the bike course familiarisation time TBC**. This will take place at the event venue at Ngamotu Beach. Lifeguards will be present for the familiarisation.

Please Note: Ngamotu Beach is a public swimming venue; however, you are forbidden to swim out into the shipping channel.

Competition Rules

The World Cup races will be conducted under the World Triathlon Competition Rules.



Race Day Schedule

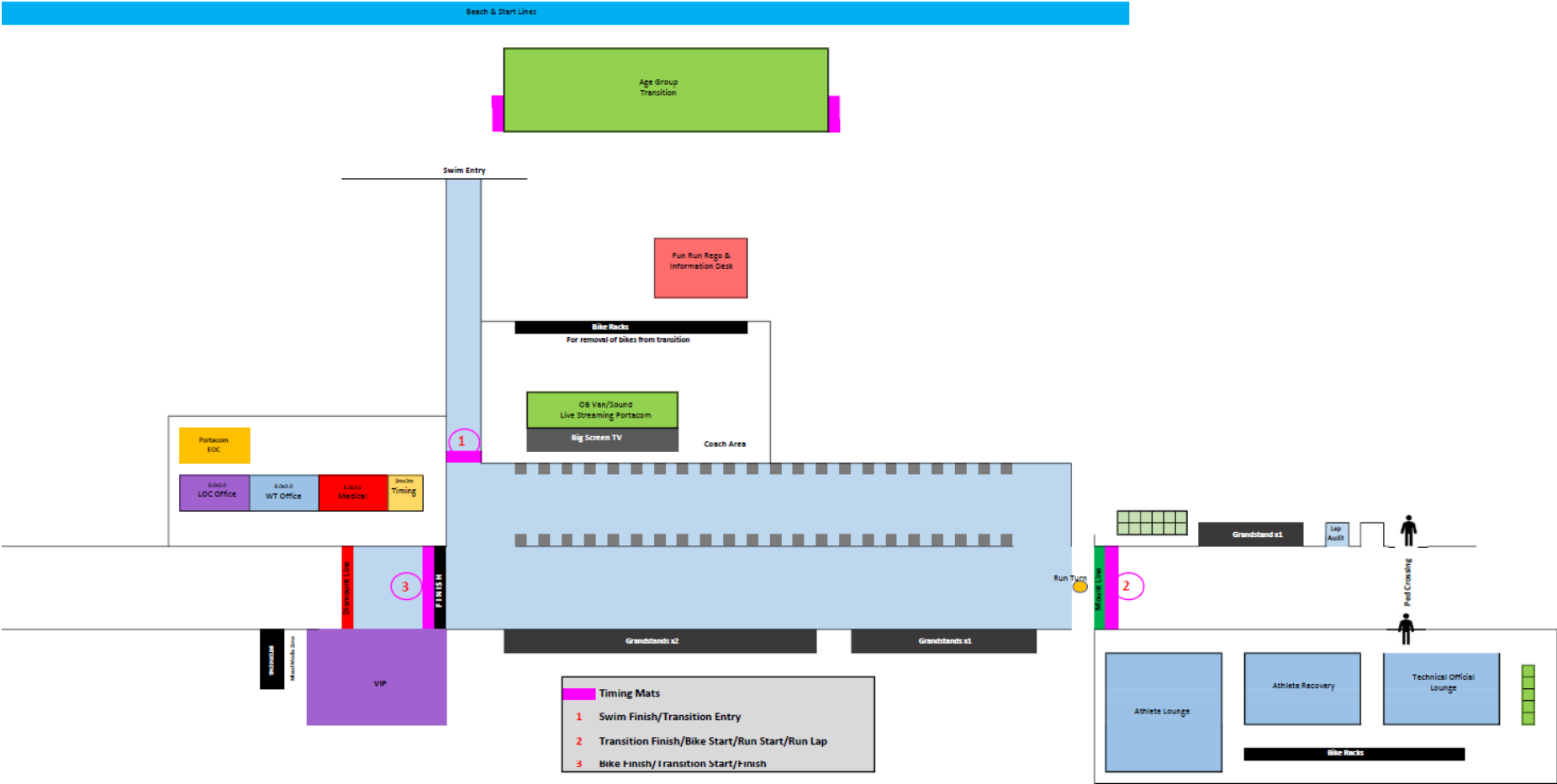
Sunday 26th March

09:30:00	Athlete Lounge Open - Elite Women
10:00:00	Transition Open - Elite Women
10:00:00	Swim Warm-up Open - Elite Women
10:45:00	Transition Closes - Elite Women
10:45:00	Swim Warm Up Closes - Elite Women
10:50:00	Athlete Introduction - Elite Women
11:00:00	Race Start - Elite Women
11:30:00	Athlete Lounge Open - Elite Men
12:00:00	Swim Warm Up opens - Elite Men
12:10:00	Transition Open - Elite Men
12:25:00	Fun Run Starts
13:15:00	Swim Warm Up Closes - Elite Men
13:15:00	Transition Closes - Elite Men
13:20:00	Athlete Introduction - Elite Men
13:30:00	Race Start - Elite Men
14:45:00	Elite Podium Presentation
15:00:00	Prize Giving All other events

Venue Plan

Venue – update site plan

The event is based at Ngamotu Beach. The Transition Area and Finish Area are both located on Ocean View Parade.





Athlete lounge Check-In

You will require your event accreditation (issued at your race briefing) to gain access to the Athlete Lounge. Please note that only coaches who have registered and been issued with the appropriate wrist band will be allowed to enter the Athlete Lounge.

When you arrive at the race venue you should proceed directly to the Athlete Lounge to commence your check in procedure. You will not be allowed to access the transition area until you have completed your check in at Athlete Lounge.

You will have received your race number stickers and body decals in the race pack that was issued following your race briefing. Please number your bike and helmet and apply your body decals prior to coming to the venue.

The usual equipment and uniform checks will be carried out by the Technical Officials and when these are complete you will be issued with your swim cap and your timing chip.

If you have spare wheels these will need to be checked at the Athletes Lounge and you will then take them to the wheel station. You can collect them from the wheel station after the event.

Note that you can only access the Athlete Lounge during the times that are published in the schedule. This is because we have multiple races taking place in succession. As soon as your check-in period is complete your bags will be moved across to the recovery lounge which is where you will go post race.



Transition Check In

When you have completed your check in at Athlete Lounge you will be able to access the Transition Area.

The Elite Transition Area will use individual bike racks. Your rack will be numbered and bear your name, flag and country code. You must rack your bike with the front wheel facing outwards in T1. You may rack your bike in either direction in T2. Your helmet should be left unfastened on your bike in T1.

Running shoes, hats, glasses and any nutrition should be on the ground next to your bike.

Bags and any other equipment that you do not require during the race is to be removed from the Transition Area and taken back to the athlete lounge.

Each athlete will have a numbered bin next to their bike rack. All used equipment (e.g. Swim Cap, Goggles, Wetsuit in T1, Helmet in T2) must be deposited in YOUR bin before you leave transition for the next part of the race.

The transition area will need to be reset after the Elite Women's race ready for Elite Men to rack their bikes. Technical Officials and LOC Volunteers will complete this reset as quickly as possible but we ask for your cooperation and patience while this is done. We will advise you as soon as the Transition Area is available to you.

Bikes and other equipment will be removed by the Technical Officials to a secure area adjacent to the transition area from where you can collect them after you have completed your race.

Athlete Assembly and Introductions

After completing your swim warm up, all Elite athletes are required to return to the transition area on Ocean View Parade. In this area you will be lined up in ranking order ready for introductions.

The start area is at Ngamotu Beach. Athletes will be introduced in front of the VIP beside the finish gantry and will run down to the start carpet on the beach and stand in a starting position. The Head Referee will start each race.

Athletes are required to leave their last-minute gear within the Athletes' Lounge.

The Course & Procedures

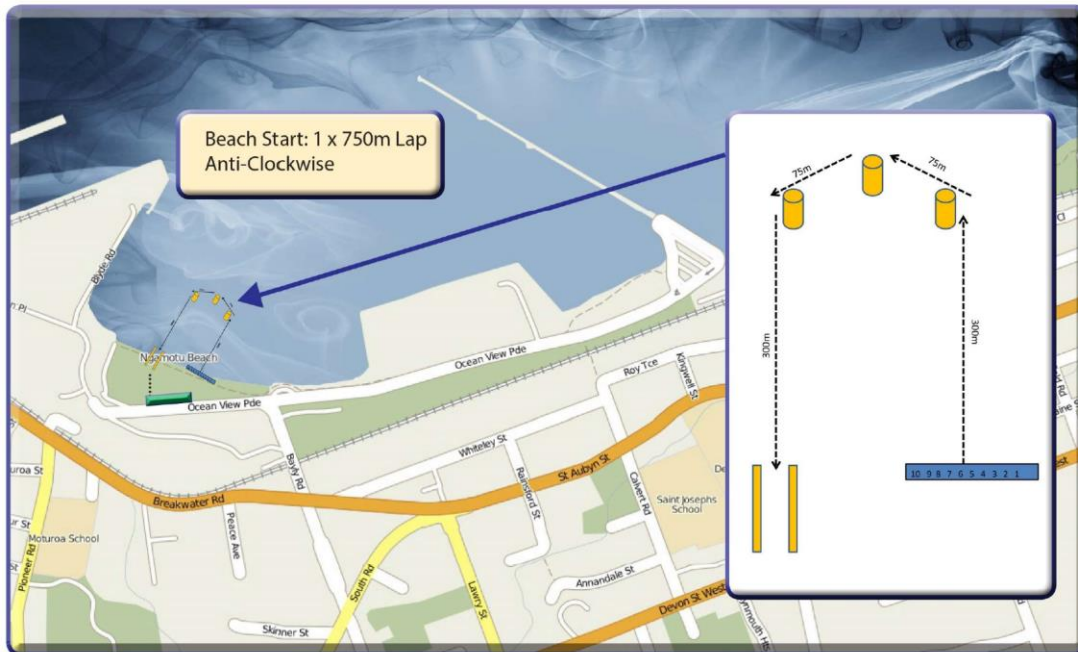
Swim

The Swim Course is a beach start with a small run from the start carpet to the water. The exact distance from the carpet to the water varies depending on the tide. The swim course will be patrolled by Surf Lifesaving NZ lifeguards

The swim is one lap anti-clockwise. The first turn is in 300m, you will then turn slightly left 75m to the second turn again left 75m to the last turn then 300m back to the beach where you will exit via the beach back to transition.

The water temperature in New Plymouth is usually in the range between approximately 16 - 20°C in March.

Elite 750m SWIM Course - 1 Lap



Bike Course

Mount bike after the mount line and head along Ocean View Parade until U-turn near the anchor, head back along Ocean View Parade turning left onto Bayly Road and then right onto Breakwater Road. Follow Breakwater Road, turning left into Ngamotu road immediately followed by a right into Centennial Drive. Climb up Centennial Drive turning left into Port View Crescent, right onto Paritutu Road and then right onto Centennial Drive. Caution must be taken when making the left turn at the bottom of Centennial Drive and then immediately a right turn back onto Breakwater Road. Left onto Bayly Road and make a final left turn immediately after the railway crossing through the back of the Port Taranaki carpark and follow Hutchen Place until you have arrived back at the venue and repeat. Athletes complete 4 x 5km laps. Athletes who are lapped are taken out of the race.

Wheel Stations

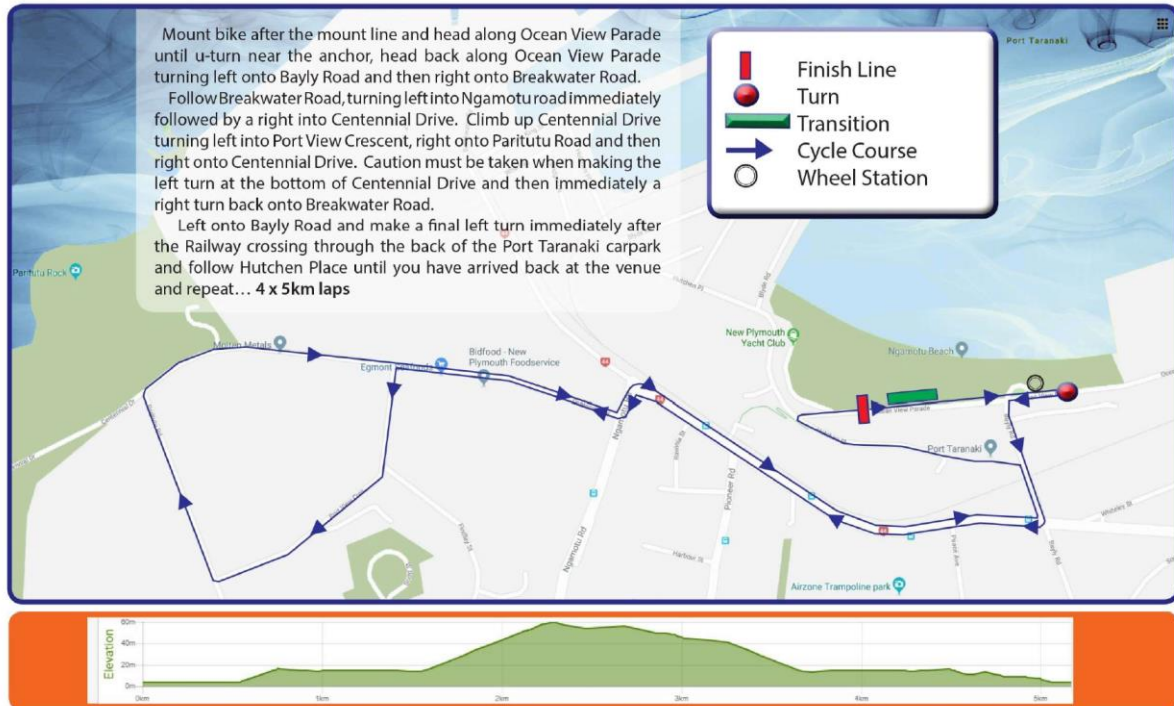
Two wheel stations will be located on the bike course.

The team wheel station is shortly after the transition area near the Bayly Road / Ocean View Parade intersection. This is for athlete/team wheels only.

The neutral wheel station will be on Paritutu Road.

The Litter Zone is located either side of the Run Aid Station on Ocean View Parade. This is the only place on the course where you may discard litter. It will be clearly marked with signs and lines on the road.

Elite 20km CYCLE Course - 4 x 5km Laps



Run Course

The Run course is a flat course out and back course along the seafront on Ocean View Parade. On the return towards the transition and finish area there is a short hill section up and down Bayly Road on each lap. The run is on a sealed tarmac surface and there are three 180° turns per lap. Athletes complete 3 x 1.66km laps. On completion of the third lap proceed past the transition area to the finish line.

Aid Station and Littering Zone

The Aid Station is located on the run course at approximately 300m from transition as shown in the map below and is accessible on the outward-bound leg only. Bottles of sealed water will be provided.

There will be a clearly marked Littering Zone that extends on either side of the Aid Station. All litter including nutrition wrappers and used water bottles must be discarded within this area. Discarding any litter outside of this zone will incur a penalty. Note that this same littering zone is also available during the bike section and any discarding of litter must occur in this area.

Penalty Box

The Penalty Box is located on Ocean View Parade, near the aid station, approximately 300m from transition as shown in the map below.

Elite 5km RUN Course - 3 Laps





Event Partners

Thank you to our event partners for supporting the Tri Taranaki Festival

