

the fourth annual **Preston Russell Law**



gulp



grind



gallop



COURSE MAPS

triathlon & duathlon

Sunday 15 NOVEMBER 2009

START SPLASH PALACE, FINISH NEAR THE CABBAGE TREE WITH A BBQ!

**TEAM AND INDIVIDUAL CATEGORIES
TONS OF SPOT PRIZES! AN EVENT FOR ALL ABILITIES
INCLUDES NEW 9KM EVENT FOR RUNNERS & A
SECONDARY SCHOOL SECTION**

SPOT PRIZES SUPPLIED BY:



- PISA RANGE LAKE RESORT
- FREDRICKS FASHION FOR MEN
- SHAPE CHIC
- YMCA
- THE TILE PLACE
- SERIOUSLY GOOD CHOCOLATE COMPANY

- SOUL HAIR & BEAUTY
- SMOOTH TALK HAIR DESIGN
- A LITTLE BIT CHEEKY
- CAFE ADDICTION
- MIDAS
- VIBRATONE HEALTH STUDIO
- THE ROCKS
- NEW WORLD ELLES RD
- BONSAI RESTAURANT
- JOHN KING REAL ESTATE
- SOUTHLAND GLASS SERVICE



MAP OF BIKE/RUN TRANSITION AND FINISH AREA OFF DUNNS RD.

IN ASSOCIATION WITH



Cost:			
Triathlon	Team: \$60.00	Individual: \$30.00	
Duathlon	Team: \$40.00	Individual \$25.00	
9km Run	Team: \$30.00	Individual \$15.00	

Please register by **Wednesday 11 November**

An additional late entry fee of \$10.00 per entry will be charged after this date.

How to Enter:

- 1. At Sport Southland Stadium Southland SBS Sports House Isabella St INVERCARGILL
- 3. Allan White Sports Esk St, INVERCARGILL

- 4. Post Entry to: Sport Southland Box 224, INVERCARGILL

2. Online at www.sportsouthland.co.nz

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ENTRY FORM *Please CIRCLE each relevant section and category*

INDIVIDUAL EVENTS: Triathlon Duathlon Run Only

First Name: _____ Last Name: _____ Gender: Male Female

Address: _____

Email: _____

I do not wish to be contacted for future events

TEAM EVENTS: Triathlon Duathlon Run (please circle one)

Team Name _____

Team Member 1: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Team Member 2: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Team Member 3: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Terms of Entry – Entry not valid unless this acknowledgement, waiver and release from liability is signed by all entrants. Please read carefully before signing.

Waiver and Release

I will be 12 years of age or over on race day.
I agree to attend the pre-race briefing
I understand that this activity covers a degree of risk and is potentially dangerous.
I agree that I am participating in this activity entirely and knowingly at my own risk.
I acknowledge that all public roads will be open to all traffic and be prepared to come across such traffic at any time
I will follow the designated course on the day and obey all marshals' instructions
I will use the cycle lane on the Oreti Bridge, riding in single file & will not overtake on the bridge

I will wear a correctly adjusted, NZ safety approved cycle helmet on the cycle leg and my cycle will be in suitable and safe roadworthy condition
I will come prepared for all spectrums of weather conditions that might reasonably be expected for the duration of this event at this time of year
I agree that any photos taken can be use for any future promotional material
I hereby waive, release and discharge the event organizers, sponsors and volunteers from and kind of liability; from which my participation in the event may result.

SIGNED _____ / _____ / _____

DATED _____ / _____ / _____

Parent/Guardian if under the age of 16.....

Triathlon

- Leg 1: 300m swim**
- Leg 2: 14km Road Bike**
- Leg 3: 4.5km Run**

Duathlon

- Leg 1 500m Run**
- Leg 2: 14km Road Bike**
- Leg 3: 4.5km Run**

9 km Run [2 laps] 9km

Course Descriptions

Duathlon start

- Starts with a run (500m) from Splash Palace carpark along the Otepuni walkway around a cone then back to the cycle transition

Triathlon start

- Swim 300m: Swim 3 laps of the pool around the buoys

- Transition to Bike: The transition area where your bike will be racked is in the Splash Palace Car Park.

Cycle 16km

- Starts in the Splash Palace carpark and finishes on Dunns Rd opposite the Cabbage Tree 500m down the road towards Oreti beach. **All roads are open to all traffic you must obey road rules.**
- Cycle out of Splash Palace and turn left onto Ellis Rd then turn right at the roundabout and cycle down Tweed St all to Dunns Rd.
- Continue cycling along Dunns Rd until you reach Sandy Point Rd. Turn left on Sandy Point Rd and cycle to the end of the road until you reach the turnaround cone. Call out your number to the marshal at the cone and cycle back to Dunns Rd
- Turn left onto Dunns Rd and cycle the final 1km to the transition. The reserve is on the right hand side of the road – take extreme care when turning into transition. Listen for the marshal's directions.
- **Cyclists must run through the timing chute giving their number before tagging their teammate/runner**
- **Teams – runners must wait until cyclists have passed through the transition chute.**

Run 4.5km or 9km

- Run along Dunns Rd until directed into Fosbender park
- Follow arrows through park until finish
- The run is through a delightful shady, sheltered mix of pine forest and totara bush, in and around Fosbender Park area; finishing back at the reserve
- The 9km run is **2** laps of this Course.

Drink stations

The only drink station will be at the final transition/finish area at the end of the Course. You are expected to otherwise make your own provision.

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Enquiries to Sport Southland 211 2150:

Race Director Matt Sillars, Sport Southland. Mob 027 491 0000 matt.sillars@sportsouthland.co.nz

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Race Day Programme: Sun 15th November, 2009

Registrations for **all events** from 9.00am at Splash Palace
Triathlon & Duathlon Event Briefing (Compulsory): 9.45am
Start 10.00am

Run: Briefing held at the Finish reserve (as shown on map) 10.15am
Start 10.30am

Prize giving will be held at the finish area in the reserve at 12.00pm.

Loads of Spot Prizes and a BBQ will be available

Indofusion will be doing kebab wraps – chicken & venison @ \$6 each + sausages in bread.