



# DUATHLON AND TRIATHLON EVENTS

## 2018-2019

For further information contact [events@trihb.kiwi](mailto:events@trihb.kiwi) or [www.trihb.kiwi](http://www.trihb.kiwi)

### SUMMER EVENTS 2018 - 2019

<b>Wed 4 Oct 2018</b>	<b>Triathlon Orientation And Information Evening</b> – Free evening for beginners giving helpful hints, information and answering any questions to get you started this summer. To be held at Avanti Plus Hastings. <b>6pm Start</b>
<b>Sunday 28 Oct 2018</b>	<b>Shed 2 Ice Buster Triathlon and Duathlon Series Race 1</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk Short Distance: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am</b>
<b>Sunday 11 Nov 2018</b>	<b>Scott Clinic Women's Triathlon and Duathlon</b> @ Pandora Pond. Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk Short Distance: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 2km Run/walk, 14km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am</b>
<b>Sunday 25 Nov 2018</b>	<b>Shed 2 Triathlon and Duathlon Series Race #2</b> @ Pandora Pond Standard Distance: 1300m Swim, 42km Cycle, 10km Run ( <b>Enter online only</b> ) Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk Short Distance: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am (Standard distance 8am Start)</b>
<b>Tuesday 4 Dec 2018</b>	<b>McDonalds HB Primary &amp; Intermediate Schools Triathlon 2018</b> @ Frimley Park. School Year 5 through to Year 8. <b>Enter through School</b> – (See website for full details)
<b>Sunday 16 Dec 2018</b>	<b>My Ride Hastings Team Tag Relay (3 Person Teams)</b> @ Pandora Pond 200m Swim, 7km cycle, 2km Run. Each competitor completes the whole swim, bike, and run and then tags their team mate who then completes the same. This is a short fun event. <b>9am Start – Enter online only</b> (See website for full details)
<b>Sunday 20 Jan 2019</b>	<b>Shed 2 Triathlon and Duathlon Series Race #3</b> @ Pandora Pond Standard Distance: 1300m Swim, 42km Cycle, 10km Run ( <b>Enter online only</b> ) Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk Short Distance: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am (Standard distance 8am Start)</b>
<b>Sunday 3rd Feb 2019</b>	<b>Scott Clinic Ironkids Triathlon Series</b> @ Ocean Spa, Napier 8-10 years: 100m Swim, 2km Cycle, 1km Run/walk 11-13 years: 200m Swim, 4km Cycle, 2km Run/walk Teams or Individuals <b>9am Start – Enter online</b> (See website for full details)
<b>Sunday 24 Feb 2019</b>	<b>Shed 2 Triathlon and Duathlon Series Race #4</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk Short Distance: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am</b>
<b>Sunday 10 March 2019</b>	<b>Tremains Corporate Triathlon (Incorporating Secondary Schools Team Triathlon Champs) – The Esplanade, Westshore</b> 600m Swim, 1700m Kayak or 1300m SUP, 5km Run/walk, 20km Cycle <b>10.30am start, Team event only – Enter on line only</b> (See website for details)



<b>Sunday 24 March 2019</b>	<b>Shed 2 Triathlon and Duathlon Series Race #5 (CLUB CHAMPS) AND Scott Clinic HB Secondary Schools Individual Champs @ Pandora Pond</b> Sprint Distance & HBSS Seniors: 750m Swim, 21km Cycle, 5km Run/walk Short Distance & HBSS Juniors: 200m Swim, 14km Cycle, 2km Run/walk Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Registration 8am with race start 9am</b>
<b>Sunday 7 April 2019</b>	<b>Napier Port Harbour to Hills</b> 2km Swim – 95km Bike – 21km Run Individual and Team options available. Check out <a href="http://www.harbourtohills.co.nz">www.harbourtohills.co.nz</a>
<b>Sunday 28 April 2019</b>	<b>Club Awards and Volunteer Recognition Dinner</b> – @ Shed 2, 6.00pm. Bookings are essential. Tickets available on website <a href="http://www.trihib.kiwi">www.trihib.kiwi</a>
<b>WINTER EVENTS 2019</b>	
<b>Sunday 26 May 2019</b>	<b>Scott Clinic Duathlon Series Race #1</b> <b>Shoe Clinic Duathlon</b> @ Haumoana Primary School, Raymond Rd, Haumoana Long Distance: 4.5km Run/walk, 22km Cycle, 4.5km Run/walk Middle Distance: 4.5km Run/walk, 22km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 11km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details)
<b>Sunday 23 June 2019</b>	<b>Scott Clinic Duathlon Series Race #2</b> <b>Pure Catering Duathlon</b> @ Havelock North, Registration at Romanes Drive Long Distance: 4km Run/walk, 21km Cycle, 4km Run/walk Middle Distance: 4km Run/walk, 21km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 14km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details)
<b>Sunday 28 July 2019</b>	<b>Scott Clinic Duathlon Series Race #3</b> <b>The Hits Duathlon</b> @ Twyford Primary School, Twyford Road, Hastings Long Distance: 4km Run/walk, 21km Cycle, 4km Run/walk Middle Distance: 4km Run/walk, 21km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 14km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details)
<b>Sunday 18 August 2019</b>	<b>Scott Clinic Duathlon Series Race #4</b> <b>The Hub 2UP Duathlon</b> @ Haumoana Primary School, Raymond Rd, Haumoana Long Distance: 4km Run/walk, 21km Cycle, 4km Run/walk Middle Distance: 4km Run/walk, 21km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 14km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details) <b>Please note 2 person teams only</b>
<b>Sunday 22 September 2019</b>	<b>Scott Clinic Duathlon Series Race #5</b> <b>Revolution Bikes Duathlon</b> @ Havelock North, Registration at Romanes Drive. Long Distance: 4.5km Run/walk, 22km Cycle, 4.5km Run/walk Middle Distance: 4.5km Run/walk, 22km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 11km Cycle, 2km Run/walk <b>Pre-Register Online, \$10 Late Fee for on the day</b> (See website for full details)

## Triathlon Hawke's Bay is supported by



For all your multisport footwear, apparel & accessories  
232 Emerson Street Napier - Tel 835 6468

**PURE**catering  
for all occasions

**Scott**+**t**  
clinic

**THE**  
**HITS**  
89.5

easyprint  
mixing ink & ideas