OPOTIKI'S PREMIER MULTISPORT EVENT

MOTU

CHALLENGE · ONE SIXTY · DUATHLON

2020

Competitor Notes

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MATA

Contents

Contents 3

Important times 4

The important stuff 5

STAGE - Mountain Bike *65km*. 7

STAGE - Run *17km*. 8

STAGE - Multisport Cycle *52km*. 9

STAGE - Cycle *87km*. 10

STAGE - Kayak *27km*. 11

STAGE - Cycle *8km* 12

STAGE - Run *3km* 13

Town Map 14

Event HQ Map 15

Important Times

Friday

5pm - 7pm
Registration at the Deluxe Theatre

7pm
Safety briefing at the Deluxe Theatre

Saturday

6am
6am starters Race Start ONLY

6am - 6:30am
Late registration at the start line. Unsupported service load up at the start line.

6:55am
Safety briefing on the start line.

7am
Race start - ALL Events

9:30am
Cut-off, all mountain bikers must have reached the top of Meremere (first hill)

11am
Cut-off, all mountain bikers must have reached the top of Papamoa (second hill)

12:30pm
Cut-off, all mountain bikers must have reached the Whitikau stock yards

11:30am - 12pm
First Riverlock Motu 160 cyclists expected to finish

1:15pm - 1:45pm
First Motu duathlete expected to finish

2:00pm
The Mata bar opens

2:30pm
First multisporter expected to finish

3pm
Cut-off, kayak start.

3pm
Riverlock Motu 160 prize giving

5pm
Motu Challenge and Motu Duathlon prizegiving

5:30pm
Last multisporter expected to arrive

6pm
The Mata bar closes

The Important Stuff

Competitor Assistance

Competitors are not allowed any help from assistants, friends or family on any stages except in transitions.

Any competitor that has assistance outside of transtion will incur a 30 minute penalty.

Any competitor or assistant who wishes to make a complaint about another competitor must do so in writing to a race official within an hour of the complainant finishing.

Didymo & Aquatic Pests

There is no treatment at this years event. However it is common practice for all to ensure your gear and kayaks are clear of any debris and most importantly dry.

Event HQ

We ask that you leave your chilly bins at home and support our sponsor. We have live relaxed acoustic music to help you and your support crew unwind and relax. On the menu:

-MATA Beer
-MATA Cider
-wine
-non alcoholic beverages

There will also be a local group selling food. Burgers, sausages etc.

Safety Briefing Friday Night

This is a safety briefing only.
Any questions you may want to clear up regarding the event can be emailed earlier or asked in person at registration.

Unsupported Service

BUSHAVEN
Bike hire | Shuttle

For the individual duathletes and 160 cyclists who have paid for this service you will meet Denis at the start line on Saturday morning. He will be posing next to his Motu Trails van.

One gear bag/box and your second bike is all we can accomodate for. We reccommend a plastic box with a lid as this will ensure weather tightness.

When you arrive at Motu on your mountain bike you will need to enter transition via the right hand channel.
Your bikes and gear will be lined up on the racks near the transition entrance. Refer to transition diagrams on page 6 & 7.

Whether you are a duathlete or a 160 cyclist your gear will eventually be loaded back onto the transporter. Once all unsupported competitors have passed through for their final transition Denis will then start making his way back to event HQ.

Cut-off Times

Please respect the officials if they ask you to finish or jump in the tail end charlie vehicle. In some cases you may be able to get a lift along the course and your team can still complete the event but the stage time will be listed as DNF, meaning your overall result will be DNF.

MTB Leg

Meremere hilltop	9:30am
Papamoa hilltop	11am
Whitikau stockyard	12:30pm

Kayak

Kayak start	3pm

Some more important stuff...

6am Starters

All those individuals who have registered for the 6am start time MUST register on the Friday night. There will be no late registration available for you.

Compulsory Equipment *(6am starters only)*

- 1 x Reflective ankle bracelet
- 1 x front light
- 1 x rear light

Kayak Safety

A kayak specific helmet must be worn on the paddle leg of the race.

Covid Tracing

QR sign in posters will be available for you to log in at each of the main event locations.

STAGE Mountain Bike - 65km

Race Numbers

Multisporters and duathletes will wear a bib. These are to be worn over the top of all gear.

160 cyclists will have a number plate to be secured to the front of your bike with ties. The provided second number in your pack is for the road cyclist to pin to the rear of his/her cycle top or outer wear.
Of course individuals will also have this number pinned to their top or outerwear from the beginning of the race.

The roads are open. While on SH35 leaving Opotiki it is paramount that no one crosses the white centre line.

No one is to pass the lead safety vehicle.

Support Crew

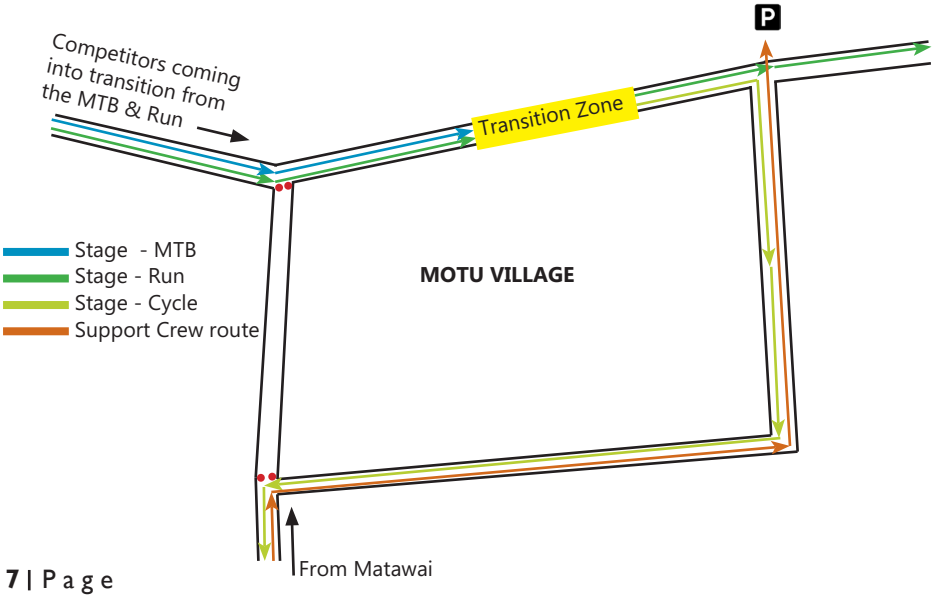
Support crew are to take SH2 through the Waioeka gorge to get to Motu.

Allow 2 hours driving time.

Multisporters can drop the kayak off on the way. There is plenty of parking here but please follow the instructions of the marshals.

There is ample parking at Motu. Please follow the marshals directions.
Please keep out of the Motu school grounds.

No dogs please.



STAGE Run - 17km

Entering Transition From Your Bike

The biker must dismount their bike before entering transition.

The team rider must take their race bib and transponder to the runner themselves.

The runner waits in the designated zone, at the exit end of the transition.

To avoid congestion please remove the bike from the rack as soon as you can.

Support Crew

Except from racking the bike support crew can assist their athlete in transition. Team support crew cannot run the race bib and transponder to the team runner.

The Run

It is approximately 5km till you get to the Whinray scenic reserve track.

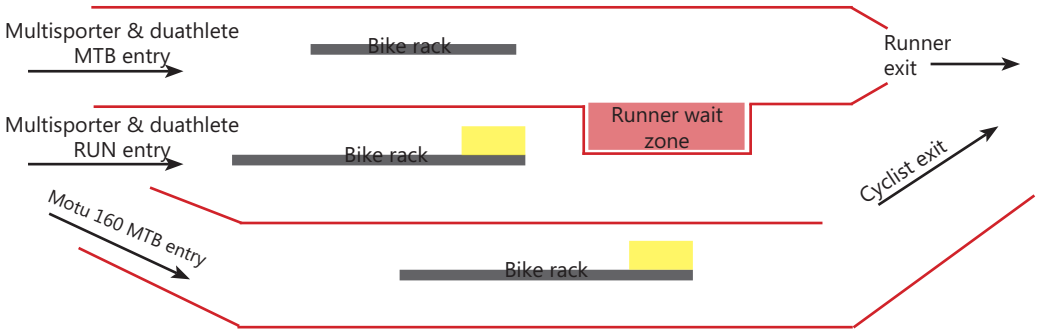
You will cross the Motu falls swing bridge. A fast walk is accepted, please do not run. Otherwise an immediate 2 minute standdown penalty will take effect.

There is a water station at approximatly 5km and 9km.

Short Duathletes

Well done, you have finished. Please remember to return your transponder and race bib to Event HQ back in Opotiki or to the stage manager at Motu. George Teddy.

TRANSITION MAP - Motu



= Unsupported rack zone

STAGE Cycle - 52km

Entering Transition From The Run

All bikes must be on the rack provided.

Team cyclist must leave bike racked until race bib and transponder transfer has occured.

Competitors must run/walk/jog their own bikes out to the bike mount area.
All competitors must not mount their bike until out of the transition area.

The Cycle

All roads are open - normal road rules apply.

Drafting is allowed with other competitors.

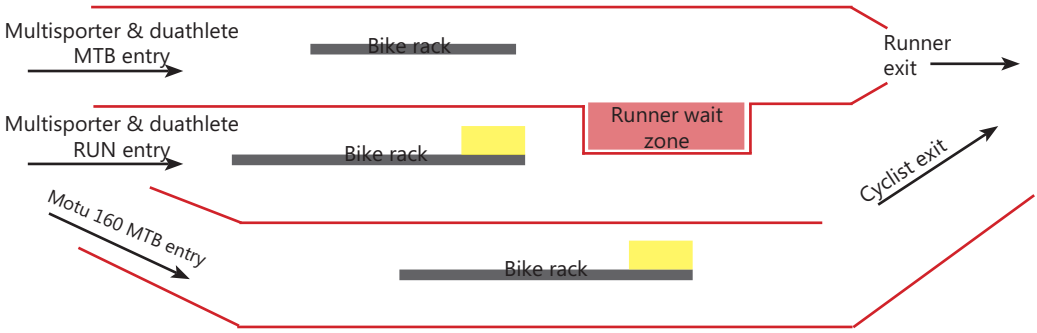
Remember:
Competitors are not allowed any help from assistants, friends or family on any stages except in transitions.

Support Crew

Support crew may assist their cyclist in un-racking his/her bike.

Support crew can assist in the bike mounting process.

TRANSITION MAP - Motu



= Unsupported rack zone

STAGE Cycle - 87km

Entering Transition From The Run
Duathletes Only

All bikes must be on the rack provided.

Team cyclist must leave bike racked until race bib and transponder transfer has occured.

All competitors must not mount their bike until out of the transition area.

Support Crew

Support crew may assist their cyclist in un-racking his/her bike.

Support crew can assist in the bike mounting process.

Finish Line
160 cyclists only

In the event of a sprint finish we have the official timed finish line on St. John Street. Refer to the map on page 12.
You will then continue riding at your own pace through the grassy finishing chute on Memorial park, Event HQ. Remember to hand back your race transponder.

TRANSITION MAP - Page 8

Entering Transition From The MTB

All bikes must be on the rack provided.

MTB can be racked anywhere there is space on the rack.

Team cyclist must leave bike racked until the transponder transfer has occured.

All competitors must not mount their bike until out of transition

The Cycle

All roads are open - normal road rules apply.

Drafting is allowed with other competitors.

Remember:
Competitors are not allowed any help from assistants, friends or family on any stages except in transitions.

Slow Zones

There are two go slow zones on your journey back to Opotiki. The mulitport kayak stage entry at Oponae and exit at the gorge mouth.

While riding through the kayak stage transitions all riders must drop to a speed no faster than 20kph and ride in single file.

Entry and exit to both transtion areas are outlined by road cones.

STAGE Kayak - 27km

Entering Transition From The Cycle

The biker must dismount their bike before entering transition and all competitors must rack their own bike. Rack your bike before your race bib can be removed.

A support person or another team member can run down with the bib and transponder, but the cyclist must have racked their bike first.

Support Crew

A support person or another team member can run down with the bib and transponder, but the cyclist must have racked their bike first.

Support crew can assist all competitors getting in and out of their boat, putting on the race bib and attaching the transponder. This is the only occasion this is accepted.

The Kayak

All kayaks must have some form of floatation, e.g. airbags, and must have a front tow loop.

The kayak sticker provided must be positioned on the front right of your boat so it can be seen from the roadside.

All padllers must be wearing a buoancy aid and helmet. A cycle helmet is no longer approved.

Race bib must be worn over everything.

Team members may sit in their kayak ready to go before their cyclist arrives, he/she can wear the transponder on their wrist.

High river cut-off is 2.4m at the cableway monitoring site.
There is no cut-off for low water.

Remember:
To move your transponder from your wrist to your ankle once you are out of the boat.
If you are handing it to your cyclist there is no need to move it. Your cyclist will just attach it to their ankle.

STAGE Cycle - 8km

Entering Transition From The Kayak

An individual can choose to remove their paddling gear either on the river side or up at the bike rack. It is approximately 400m to the bike rack. Most people remove all their paddling gear on the rivers edge.

Just remember to put your race bib back over the top of everything.

There is a timing mat as you exit transition with your bike. Be sure that your transponder is on your ankle.

The team kayaker must run their transponder and race bib to their cyclist who needs to wait next to their bike. The bib can be in your hands. You could also choose to remove the bib while running up to the bike racks to save those much needed seconds.

Support Crew

Support crew or team members can assist in all activities needed on the rivers edge and can run with their competitor as they go to their bike on the rack.
This includes removing the bib and removing paddling equipment. But the kayaker must take the race bib themselves up to the bike rack.

They must not be seen assisting in the transfer of the race bib and transponder for a team.

There is enough time for you to tie your kayak down on your car and get to the old dairy factory for the next transition. But you will need to move quickly.

STAGE Run - 3km

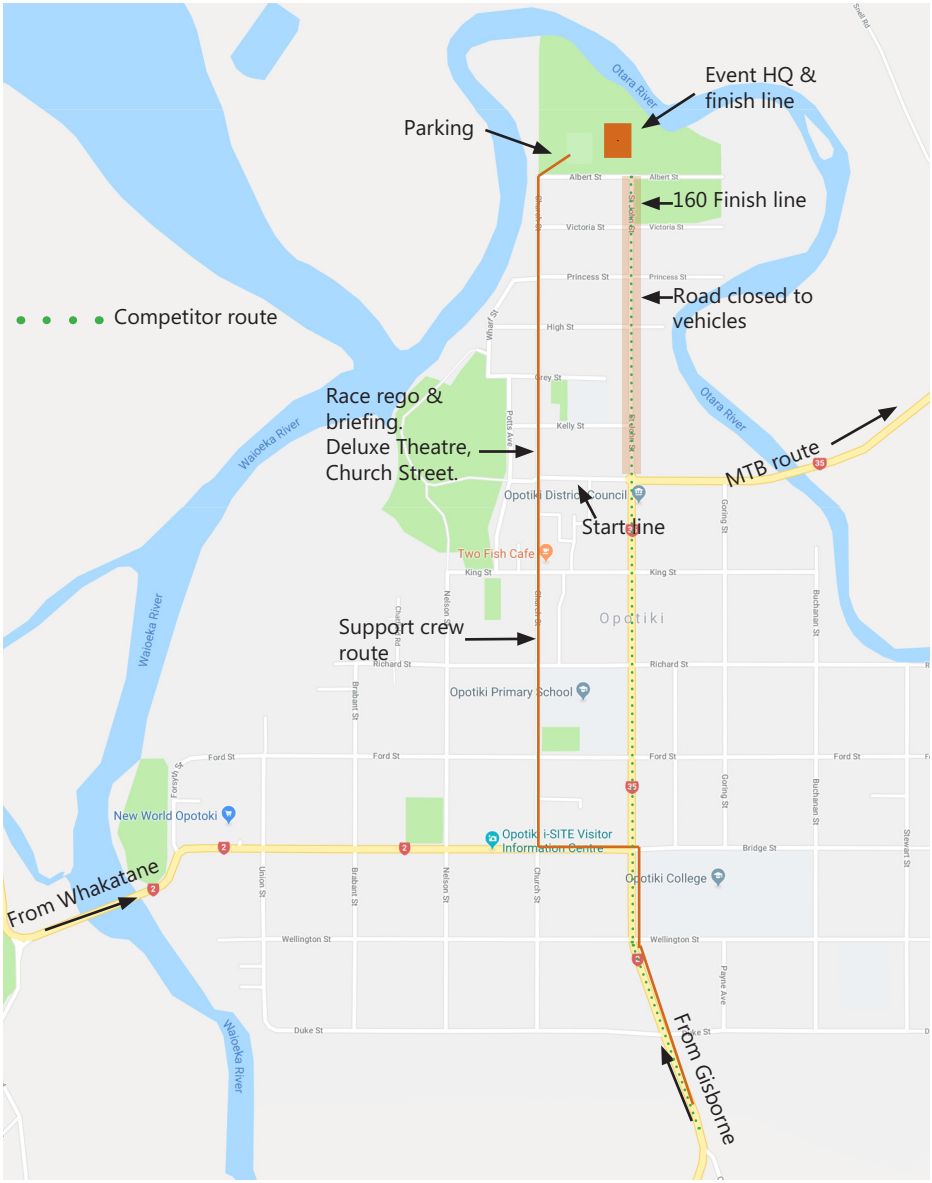
Transition - Old Dairy Factory

Dismount your bike before entering the transition area. Rack bike before continuing or transfering the race bib and transponder to your runner.

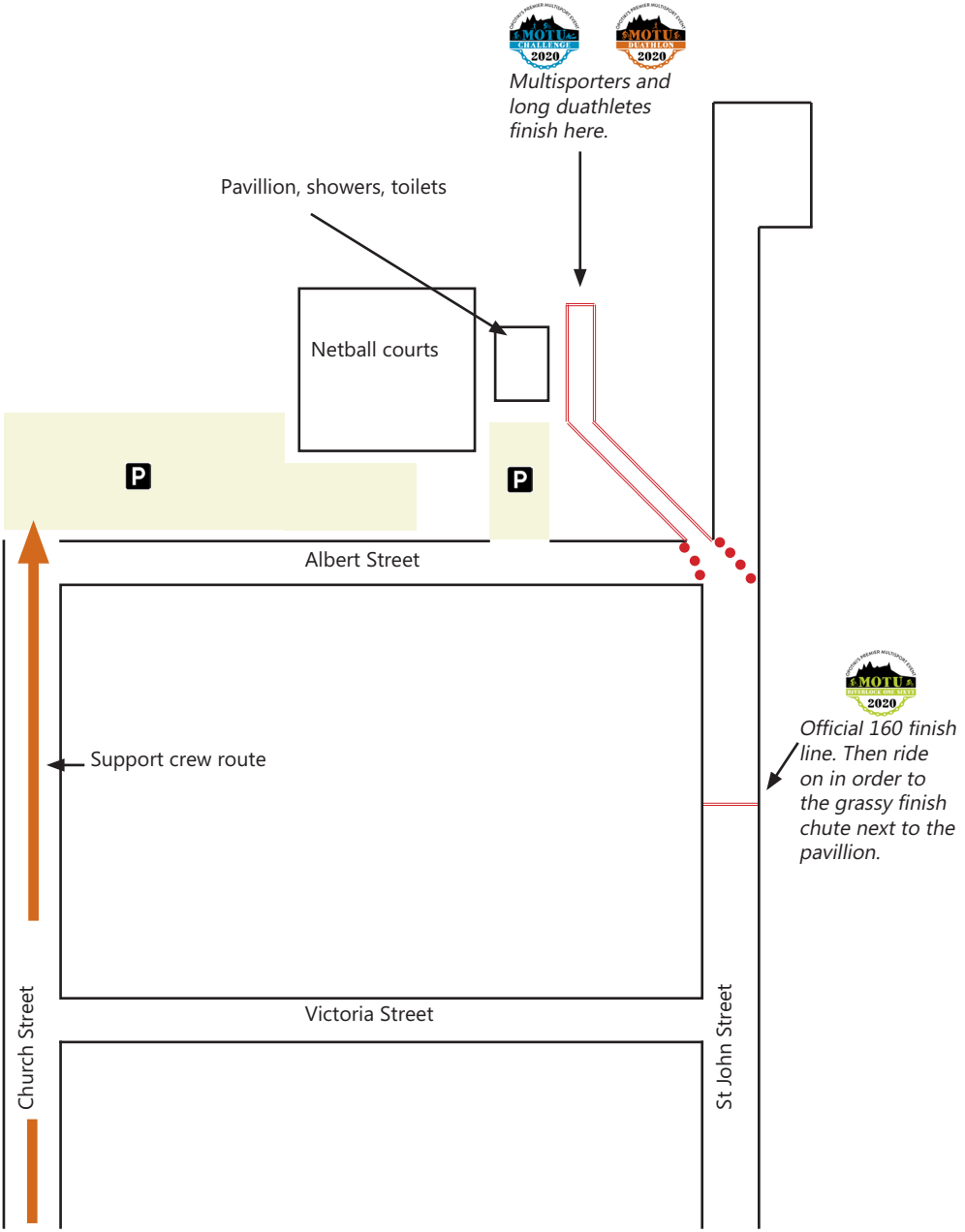
There is an extra timing mat here so make sure your transponder is on your ankle.

Once the road is clear cross to run on the right hand side of the road. Continue to the finish line.

Town Map


Event HQ &
finish line
Parking
160 Finish line
Road closed to
vehicles
Competitor route
Race rego &
briefing.
Deluxe Theatre,
Church Street.
MTB route
Start line
Support crew
route
From Whakatane
From Gisborne
Otara River
Waioeka River
Albert St
Victoria St
Princess St
High St
Grey St
Kelly St
King St
Richard St
Ford St
Wellington St
Duke St
Bridge St
Opotiki
Opotiki District Council
Two Fish Cafe
Opotiki Primary School
New World Opotoki
Opotiki i-SITE Visitor
Information Centre
Opotiki College

Event HQ Map


Multisporters and long duathletes finish here.
Pavillion, showers, toilets
Netball courts
P
P
Albert Street
Support crew route
Official 160 finish line. Then ride on in order to the grassy finish chute next to the pavillion.
Victoria Street
Church Street
St John Street