



# KIWIMAN

## - XTREME TRIATHLON -

RACE MANUAL 2024

INDIVIDUAL  
DOUBLE  
TEAM



**22-24TH**  
**MARCH 2024**  
**SIGN UP NOW**



[www.kiwiman.com](http://www.kiwiman.com)



**KIWIMAN IS THE ONLY  
EXTREME FULL DISTANCE  
TRIATHLON IN NEW ZEALAND  
AND TAKES PLACE IN THE HEART  
OF THE WEST COAST, TARANAKI.**



# ABOUT

Kiwiman Xtreme Triathlon is an extreme triathlon based in Taranaki on the west coast of Te-Ika-a-Maui, Aotearoa, New Zealand. This racecourse is uniquely beautiful. After exiting a lake swim, athletes bike around Taranaki Maunga to transition at Ngamotu golf course, before running seaside along the beach taking in some of Taranaki's top hotspots to eventually navigate their way back up Taranaki Maunga to finish.

This Manual is intended to give a brief overview of the event and race maps. A more detailed race manual will be sent out to athletes as they register.

The organisers reserve the right to alter and adjust any element of the manual. A comprehensive race brief scheduled the evening before race day will give additional input.

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**SWIM 3.6KM**  
**BIKE 194KM**  
**RUN 46KM**

**TAKE ON THE CHALLENGE**  
**JOIN US!**

**22-24TH**  
**MARCH**  
**2024**

**BRING  
YOUR  
CREW**

# RACE FACTS

## RULES / SUPPORT

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### KEY POINT TO READ

- All athletes to have one support crew and vehicle
- There are no aid stations on the course
- Team entrants can be each others support crew
- Race briefing day before event is compulsory
- All swimmers must wear a tow float with light inside
- Support free zones up Taranaki Maunga
- Low Course cut off 8pm
- High course cut off Midnight





**2H15M  
CUT OFF**

# SWIM 3.6KM

## LAKE ROTOMANU

### RACE START - 5AM

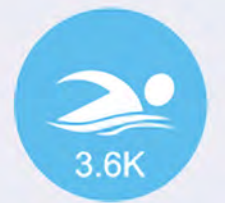
3.6km swim in Lake Rotomanu, which holds an average water temperature for March around 13-21 degrees Celsius.

The swim will be based on 4 laps around the lake.

The Race Director team reserves the right to alter the swim course, even up to the start of the swim, based on conditions race day morning.

There will be SUPs and/or kayaks following the athletes.







**12H  
CUT OFF**

# BIKE 194KM

## TARANAKI MAUNGA

### CYCLE STAGE

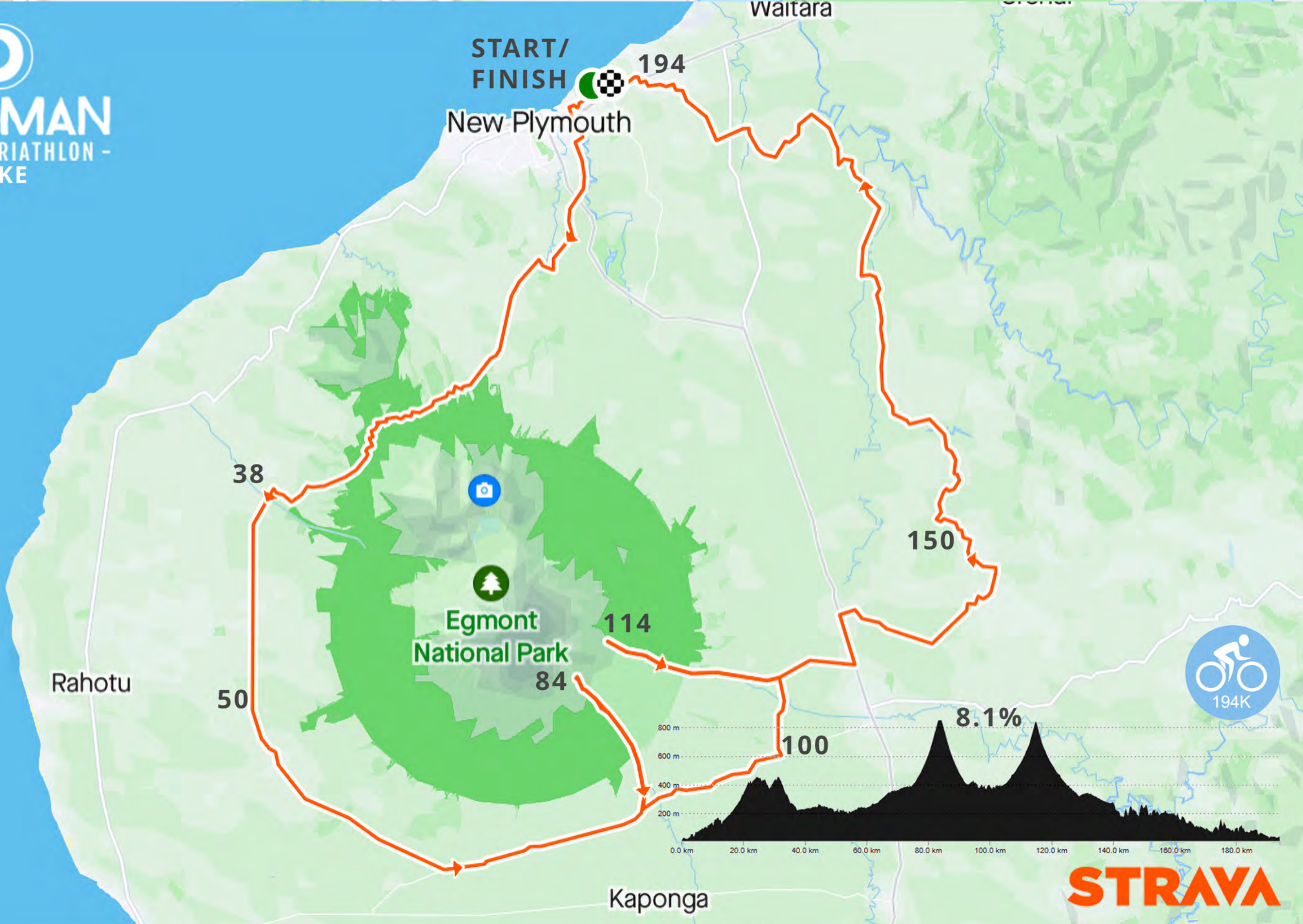
194km around the mighty Taranaki Maunga, challenging you to climb 3 major peaks on your way around.

With an estimated elevation gain of 3,413m this is a pure test of stamina and guts.

We will have some road signage to help athletes navigate the course but ultimately athletes are expected to know the course in advance. Navigation is an extreme element of this race. Athletes and support teams will be required to know the course ahead of time. Support teams can offer navigational guidance throughout the race.

Adjustments to the course may be made to align with any unforeseen changes in weather and/or road conditions. Such changes will be informed at the mandatory Race Brief prior to the race.









**MIDNIGHT  
CUT OFF**

# RUN 46KM

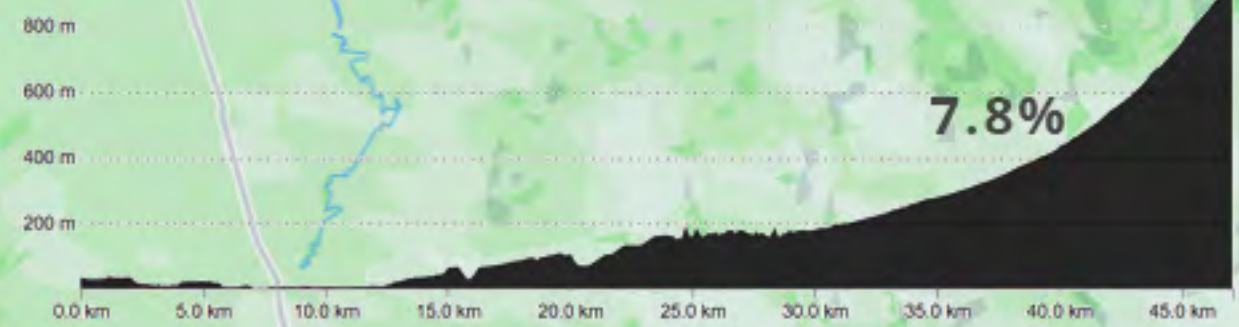
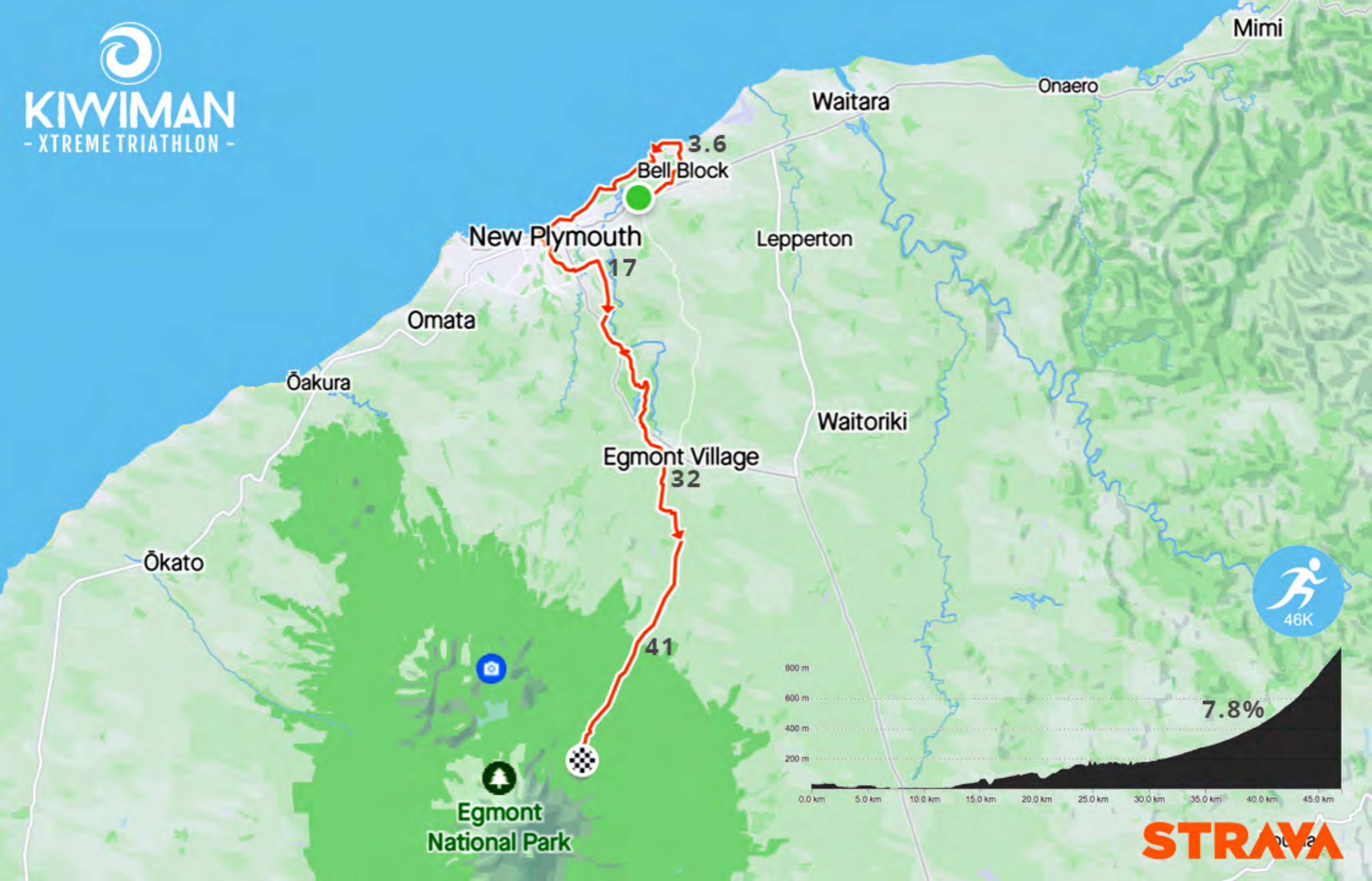
## SEA TO THE MAUNGA

### THE FINISHER

The run course is 46km long, encompasses beach terrain and finishes on Taranaki Maunga.

Starting at Ngamotu Golf Course athletes follow a river to the ocean to run along the beach. This leads athletes past some of Taranaki's favourite surf beaches and landmarks, including Te Rewarewa Bridge and the Len Lye Wind Wand to the city centre. From here athletes navigate to Pukekura Park via the Huatoki Walkway. They then beat the pavement to reach trails through Burgess Park, The Meeting of the Waters and Lake Mangamahoe. Athletes run along roads and farm roads to climb their way to a finish line with an accumulated elevation gain of almost 1300m to finish 978m above sea level, inside Te Papakura o Taranaki at North Egmont carpark





**23RD  
MARCH  
2024**



# TEAM

## KIWIMAN TRIATHLON

**SHARE THE EXPERIENCE**

**20 SLOTS AVAILABLE**

**23RD MARCH 2024**

**ENTRY FEE \$650 PER TEAM**

Athletes join forces in teams of 2-3. Teams must navigate the breathtaking course without the convenience of aid stations. They lean on their collective wisdom and the incredible beauty of Taranaki's landscape to inspire and motivate them. Tag in and out throughout the race as they overcome each obstacle amidst the region's natural wonders.

**22ND &  
23RD  
MARCH**



# **DOUBLE KIWIMAN TRIATHLON**

**THE ULTIMATE CHALLENGE**

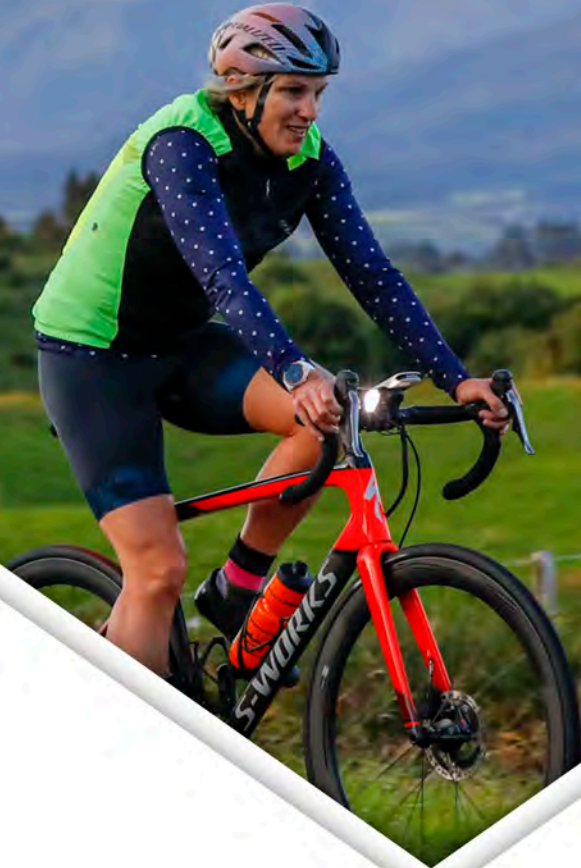
**10 SLOTS AVAILABLE**

**22ND AND 23RD MARCH 2024**

**ENTRY FEE \$800**

The Double category elevates the challenge to an even higher level. Athletes face two consecutive days of demanding adventure, with no aid stations along the way. They must rely on their deep knowledge of the course and the steadfast support of their dedicated crews. The first day is an exhausting journey, and on the second day, they rise to the challenge once more, all while being immersed in the breathtaking scenery that surrounds them.

**23RD  
MARCH  
2024**



# INDIVIDUAL

## KIWIMAN TRIATHLON

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**YOU VS YOU**

**40 SLOTS AVAILABLE**

**23RD MARCH 2024**

**ENTRY FEE \$450**

Athletes embark on a journey through Taranaki's rugged terrain with only their inner strength and determination as their guide. As they traverse the pristine landscapes, there are no aid stations to offer respite. Competitors must rely on their intimate knowledge of the course and their own support crew to draw inspiration from the awe-inspiring surroundings, from the serene waters to the majestic Maunga that frame their path.



# PRIZE GIVING

## SUNDAY 24TH MARCH 2024

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### TET STADIUM AND EVENTS CENTRE

Can we include the prize giving held at TET Stadium and Event Centre.

Sunday, March 24th, 2024, we gather at the TET Stadium and Event Centre to honour the remarkable accomplishments of our athletes at the Kiwiman Extreme Triathlon Prize Giving.

It promises to be an unforgettable mid-morning celebration filled with inspiration and recognition of their dedication and hard work. Don't miss this opportunity to come along and show your support for these outstanding individuals who have shown extraordinary determination in their sporting endeavours.