

KIWIMAN

RACE MANUAL 2026

FULL DISTANCE

0.5 DISTANCE



WELCOME

WELCOME TO KIWIMAN XTREME TRIATHLON 2026

Kiwiman Xtreme Triathlon is not your average race. Set in the rugged and beautiful region of Taranaki, Aotearoa New Zealand, this event is about more than just finishing - it's about pushing yourself to your edge.

Kiwiman Xtreme Triathlon and Kiwiman Xtreme Triathlon 0.5 will run together, Saturday 28th March 2026 in Taranaki, New Zealand.
Postponement date 29th March 2026.

RACE OVERVIEW FULL DISTANCE 0.5 DISTANCE

The full distance takes athletes from a lake swim, through a tough bike around the base of the iconic Taranaki Maunga, and ends with a demanding seaside run that climbs into the trails near the mountain's base. It's long, it's hard, and it's unforgettable.

The Kiwiman 0.5 offers a shorter but still demanding version of the race - ideal for athletes building up to the full event, or those who want a serious challenge without the full-day commitment. It follows a similar course format, just with half the distance, and all the grit.

SHARE THIS RACE MANUAL WITH YOUR SUPPORT TEAM

This manual is your essential guide. It's packed with everything you and your support crew need to plan, train, and prepare.

Expect tough terrain, unpredictable weather, and a finish line that rewards more than just fitness - it celebrates determination.

Whether you're racing this year or just scoping things out for the future, we're glad you're here.

Let's get you ready.



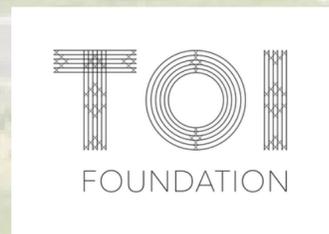
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WHENUA TAPU

Respecting the Land – Taranaki Maunga & Papamoa / Meeting of the Waters

At Kiwiman, we travel through places of deep cultural and environmental importance. This page shares the significance of Taranaki Maunga and Papamoa / Meeting of the Waters, and how we can show respect as visitors and athletes.

Taranaki Maunga

Standing at 2,518m, Taranaki Maunga is the second-highest peak in the North Island. Māori stories tell of Taranaki once living near Ruapehu and Tongariro before a great battle saw him move westward. The rivers flowing from him trace that journey. In 2025, under Te Kāhui Tupua legislation, Taranaki Maunga was granted legal personality - recognised as an ancestor. The mountain is now co-governed by the Crown and the eight iwi of Taranaki.

What this means for you:

- Taranaki is a living ancestor, not just a scenic backdrop.
- Respect tikanga (customs) while on and around the maunga.
- As Kaitiaki (guardians) of Te Kahui Maunga, Taranaki iwi expect crews, me nga tangata katoa (and everybody) to protect the mauri (life force) of this taonga (treasure), our ancestor, ko Taranaki Maunga.

Papamoa / Meeting of the Waters

Located just 3km south of New Plymouth beside the Waiwhakaiho River, this site - known traditionally as Te Takitakinga o ngā Wai - was a vital food-gathering and occupation site for Ngāti Te Whiti. The area is significant both culturally and historically, with past battles and water tragedies marking it as a wāhi tapu (sacred place).

Kiwiman's Connection to These Places

- Parts of the course pass through or alongside these sites.
- We'll provide context during the pre-race briefing, including:
- A storytelling session on Taranaki Maunga's cultural significance
- Insights into the history and importance of Papamoa
- Our volunteer team will include tikanga guides - there to support respectful behaviour and protect these spaces.

TRAVEL & ACCOMMODATION

Kiwiman is a course based in Taranaki.

Most competitors choose to stay in or near New Plymouth in the lead-up to the event. The race start, transitions, and finish are all accessible by vehicle, but you'll be moving throughout the day - so plan your accommodation and travel with this in mind.

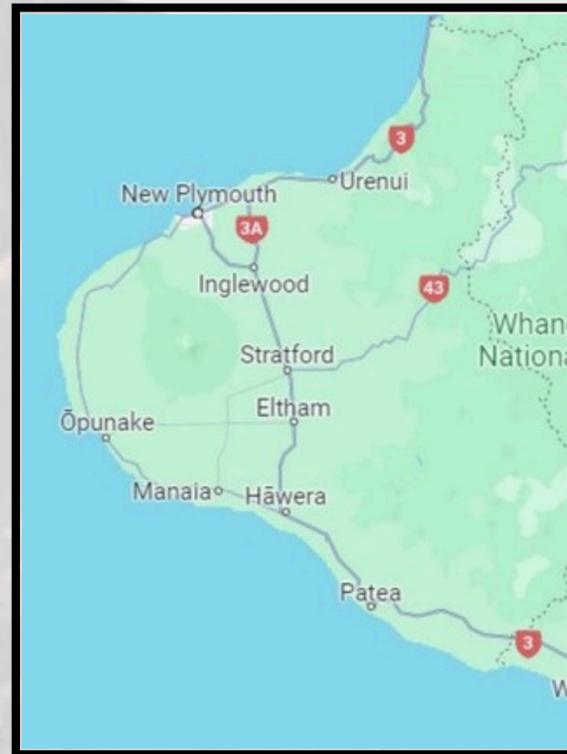
New Plymouth has a regional airport with daily flights to and from Auckland, Wellington, and Christchurch. The airport is just 11km from New Plymouth's city centre - about a 15 minute drive.

Race briefing and prizegiving will both be held in Inglewood, around 15 minute drive from central New Plymouth. We recommend staying nearby, especially for easy access to the pre-race briefing and a relaxed recovery post-event.

There are a range of accommodation options in New Plymouth, Inglewood, and surrounding areas - including motels, hotels, campgrounds and holiday homes. We also have some fantastic local supporters who enjoy hosting international athletes. If you're travelling from overseas and would like help connecting with local hosts, get in touch with the team.

Accommodation can fill up quickly, so we suggest booking early. A great website is www.venture.org.nz

Whether you're racing this year or planning for the future - welcome to Kiwiman. Let's get you ready.



COURSE DESCRIPTION



FULL DISTANCE

Kiwiman is not just a race – it's a full-day test of endurance across some of the most challenging and rewarding terrain Aotearoa New Zealand has to offer. Athletes are supported by their crew from start to finish, moving together through a journey of changing landscapes and rising intensity.

This course overview gives you a snapshot of what to expect. Full maps, route details, and updates are available at www.kiwiman.com.

SWIM 3.6km

The race begins with a 3.6 km swim in Lake Rotomanu, a freshwater lake located near New Plymouth's coast.

The average water temperature in March ranges between 15–20°C.

Wetsuits are mandatory. Athletes must also use a tow float fitted with a white bike light, both for safety and visibility. Lit buoys mark the course - swimmers must pass around all buoys or face time penalties.

The course may be adjusted on race morning depending on conditions.

*Backup swim location is Ngamotu Beach

BIKE 194km

The bike leg is a 194 km loop around the base of Taranaki Maunga, with a total elevation gain of 3,413m. It's a true test of strength and strategy - expect long climbs, exposed flats, and quick descents.

Cyclists and support crew need to co-ordinate navigation of the course.

The course may shift slightly due to local conditions or roadworks. The transition from swim to bike (T1) is at Lake Rotomanu, and bike to run (T2) is at the New Plymouth Golf Course carpark.

RUN 46km

The run course starts gently but ends with a hard climb. The first 25km take you from the golf course, along the coastal walkway and trails, and eventually toward the mountain.

After Meeting of the Waters/Papamoa - a sacred spot recognised by local iwi and DOC - the course becomes progressively steeper. A section of the trail will be walk-only, in line with cultural and environmental agreements.

At the 41 km mark (T2A), all athletes undergo a compulsory health check. After a 3-minute stand down, those cleared before 10pm may continue onto the high course with a head torch and high-vis gear. The aim: reach the finishline at the North Taranaki Visitors Centre (subject to final DOC approval) by the final course cut-off at 1am.

COURSE DESCRIPTION



0.5 DISTANCE

Designed to give athletes a taste of the full Kiwiman experience, the 0.5 packs intensity, variety, and challenge into a more accessible distance. Athletes will need a support crew, just like the full-distance event. It's a team effort from start to finish, with changing scenery, rising effort, and plenty of moments you won't forget. This course overview gives you a feel for what to expect.

SWIM 2km

The Kiwiman 0.5 swim takes place at Lake Ratapiko - a quiet, freshwater lake set in rural Taranaki.

Athletes will complete four laps of the marked course, totalling 2km. Water temperatures in March typically sit between 15–20°C.

Wetsuits are mandatory. The course is marked with buoys, which must be passed correctly on each lap - missed buoys may result in time penalties.

Race morning conditions may lead to changes in the course layout, so final details will be confirmed during the briefing.

BIKE 95km

The Kiwiman 0.5 bike leg is a 95km course with approximately 1,700 m of climbing - a shorter, sharper version of the full ride, but still a serious challenge.

Athletes will move through the open road, rolling hills, and longer straights that demand focus and energy.

Conditions can change quickly, so be ready to adapt your pacing.

Support crew can help navigate the designated course. Minor adjustments may be made due to roadworks or weather. The transition from swim to bike (T1) is at Lake Ratapiko, and the bike to run (T2) is at the New Plymouth Golf Course carpark.

RUN 23.5km

The Kiwiman 0.5 run course covers 23.5 km, starting from the New Plymouth Golf Course and heading out along the beach, coastal trails, and rivers. The route is mostly flat to undulating, with a few sharp pinches to keep things honest.

This course mirrors the tone and feel of the full event but without the long mountain climb. It still offers variety, stunning backdrops, and the need for smart pacing.

The run finishes at Plantation Road near Lake Mangamahoe, a great spot to complete your race.

RACE WEEK GUIDE

Everything in this section is here to help you arrive prepared, avoid stress, and get through race weekend safely and smoothly.

BEFORE YOU ARRIVE

Kiwiman runs through remote, exposed, and fast-changing conditions. Planning ahead makes all the difference for athletes and support crews.

Have this sorted before you travel

- Accommodation in New Plymouth or Inglewood
- Support vehicle confirmed and compliant
- Support crew locked in and briefed
- Mandatory equipment checked, charged, and tested
- Course maps saved offline
- Race HQ numbers saved on all phones

WEATHER & CONDITIONS

Taranaki weather changes quickly. It may feel warm at the coast but cold, wet, and windy on the Maunga.

Be ready for:

- Cold swim conditions
- Strong coastal and rural winds
- Rain and low visibility
- Sharp temperature drops after dark

Pack layers, gloves, and wet-weather gear.

PHONES & COVERAGE

Some parts of the course have limited signal.

- Text messages often work better than calls
- Save Strava routes offline
- Use low-power mode to conserve battery

SPECTATORS & FAMILY

Supporters are welcome, but some areas are restricted.

- No spectators in sacred or protected areas
- No drones without organiser approval
- Dogs must stay under control and off the course

RACE WEEK GUIDE

Important Logistics - These are the practical details that keep race day safe and organised.

RACE DAY

COMMUNICATION

Important updates come from:

- The pre-race briefing
- On-course marshals
- Text from Race HQ

Support crews must keep their phones on and respond to messages.

WITHDRAWALS

If an athlete withdraws:

1. Text Race HQ – 027 664 1777
2. Stay with your support crew
3. Return your timing chip

Transport back to town is your responsibility unless directed otherwise.

LOST ATHLETE PROTOCOL

If you cannot locate your athlete:

1. Do not start searching
2. Text Race HQ immediately
3. Wait for instructions

This keeps everyone safe and avoids confusion.

GEAR

RECOVERY

Athletes must take all gear from:

- Swim start
- T2 at the Golf Course
- On the Maunga

Lost property details will be given at the briefing. Unclaimed gear will not be stored long term.

FINISH LINE

LOGISTICS

Full-distance finishers at the Egmont Visitors Centre Camphouse will have access to showers and kai.

Support crews must organise transport back down the Maunga. There is no shuttle service.

0.5 Athletes finish line will have some light refreshments, finish line photos. Portaloo will be on site too.

WHAT MAKES YOU AN OFFICIAL

FINISHER

You are an official finisher only if you:

- Cross the line wearing your timing chip
- Meet all cut-off times
- Pass the T2A health check - full distance
- Carry mandatory equipment
- Follow course and safety rules

KIWIMAN TAG TEAMS

FULL DISTANCE & 0.5

Whether you're taking on the full Kiwiman or the 0.5, the tag team option gives 2-4 athletes the chance to complete the course together. It's a shared endurance challenge with all the atmosphere, support crew requirements, and course features of the solo race.

HOW IT WORKS

- Teams can split the swim, bike, and run however they choose.
- Only one athlete is on course at a time, and they must carry the team timing chip.
- No tagging in or out is allowed on the Maunga bike climbs. The athlete who begins the climb must complete it.
- Teams must attend compulsory team registration and all be present for the 4.45am lake photo on race day.

FINISH LINE

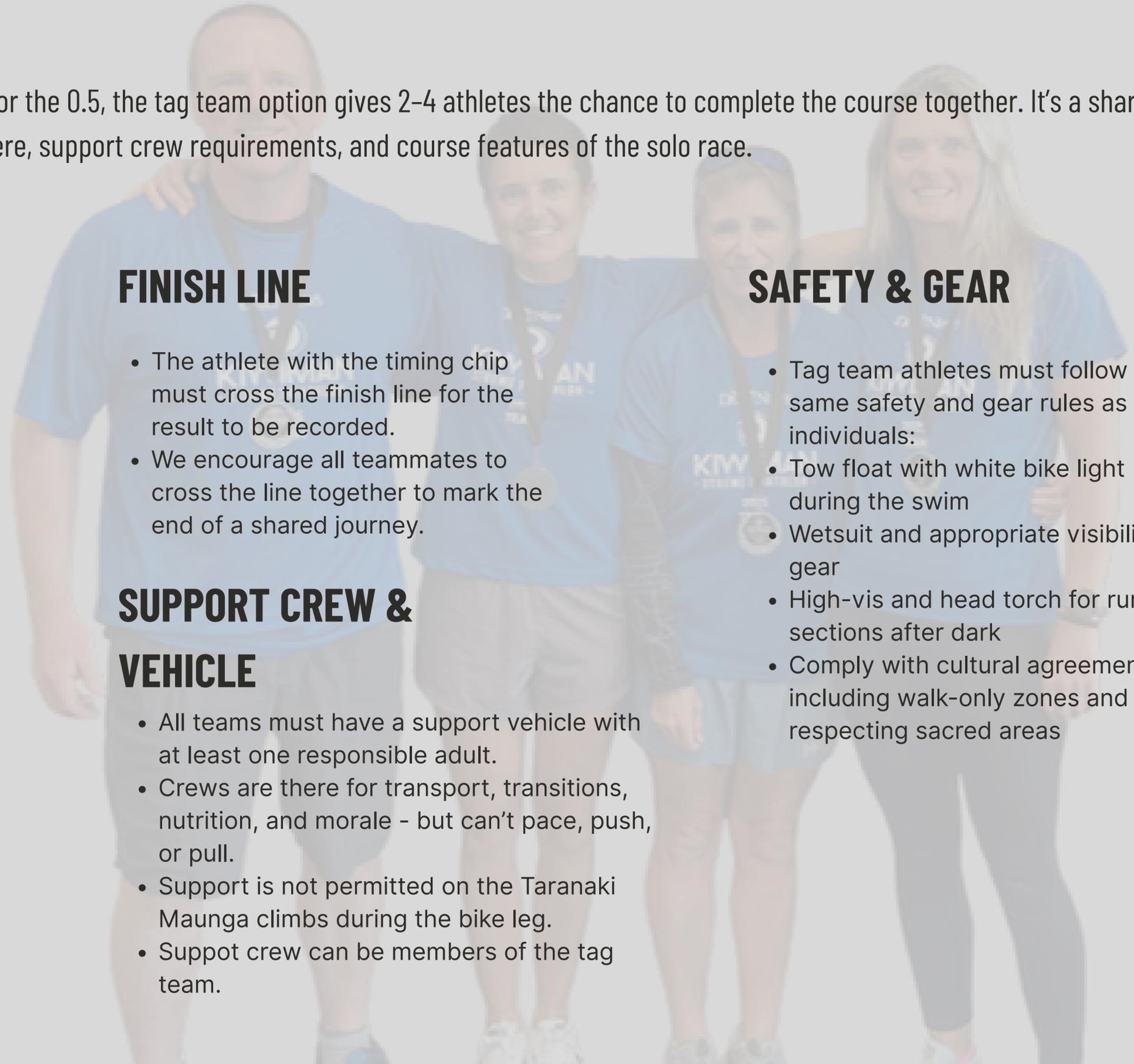
- The athlete with the timing chip must cross the finish line for the result to be recorded.
- We encourage all teammates to cross the line together to mark the end of a shared journey.

SUPPORT CREW & VEHICLE

- All teams must have a support vehicle with at least one responsible adult.
- Crews are there for transport, transitions, nutrition, and morale - but can't pace, push, or pull.
- Support is not permitted on the Taranaki Maunga climbs during the bike leg.
- Support crew can be members of the tag team.

SAFETY & GEAR

- Tag team athletes must follow the same safety and gear rules as individuals:
- Tow float with white bike light during the swim
- Wetsuit and appropriate visibility gear
- High-vis and head torch for run sections after dark
- Comply with cultural agreements, including walk-only zones and respecting sacred areas



PRE RACE BRIEFING DAY

The pre-race briefing is a **compulsory** part of Kiwiman for all athletes and support crew. This session sets expectations for race day and ensures everyone understands the course, safety protocols, collection of race packs, bibs etc and any last-minute updates.

LOCAL TIME	LOCATION
FRIDAY 27 TH MARCH 4.30PM-5.30PM	THE DEVON HOTEL, NEW PLYMOUTH
	COLLECTION OF RACE PACKS, BIBS, KEY INFORMATION. KIWIMAN MERCH WILL BE FOR SALE AND SPONSORS PRODUCTS. EFTPOS WILL BE AVAILABLE.

WHAT WE WILL COVER

- Clarification of entire race course
- Final course updates and weather outlook
- Safety procedures and emergency protocols
- Cut-off times and key checkpoints
- Cultural and environmental guidance for Taranaki Maunga and Papamoa Meeting of the Waters.
- Tag team rules and no-support zones
- Any last-minute changes to the swim, bike, or run courses
- Check Clean Dry policies for water environment protection.

This is also where we'll reinforce expectations around respect, safety, and shared responsibility on race day.

WHO MUST ATTEND

- All individual athletes
- All tag team members
- At least one support crew member per athlete/team

If you or your support crew do not attend the briefing, you may not be permitted to start.

RACE SCHEDULE & CUT OFF TIMES - FULL DISTANCE

Kiwiman is a long day out. The course is demanding, and these cut-offs are in place for safety and to help manage athlete wellbeing, support crews, and our race team across varied terrain and changing conditions.

LOCAL TIME	DESCRIPTION
SATURDAY 28 TH MARCH 4.00AM	TRANSITION AREA OPENS LAKE ROTOMANU, NEW PLYMOUTH
4.45AM	SWIM START PHOTO LAKE ROTOMANU, NEW PLYMOUTH
5.00AM	SWIM STARTS
7.15AM	SWIM CUT OFF
5.00PM	BIKE CUT OFF (T2) NEW PLYMOUTH GOLF COURSE
10.00PM	ENTRANCE TE PAPA-KURA-O-TARANAKI LOWCOURSE CUT OFF
1.00AM	THE CAMPHOUSE HIGH COURSE CUT OFF RACE COURSE CLOSED

IMPORTANT NOTES

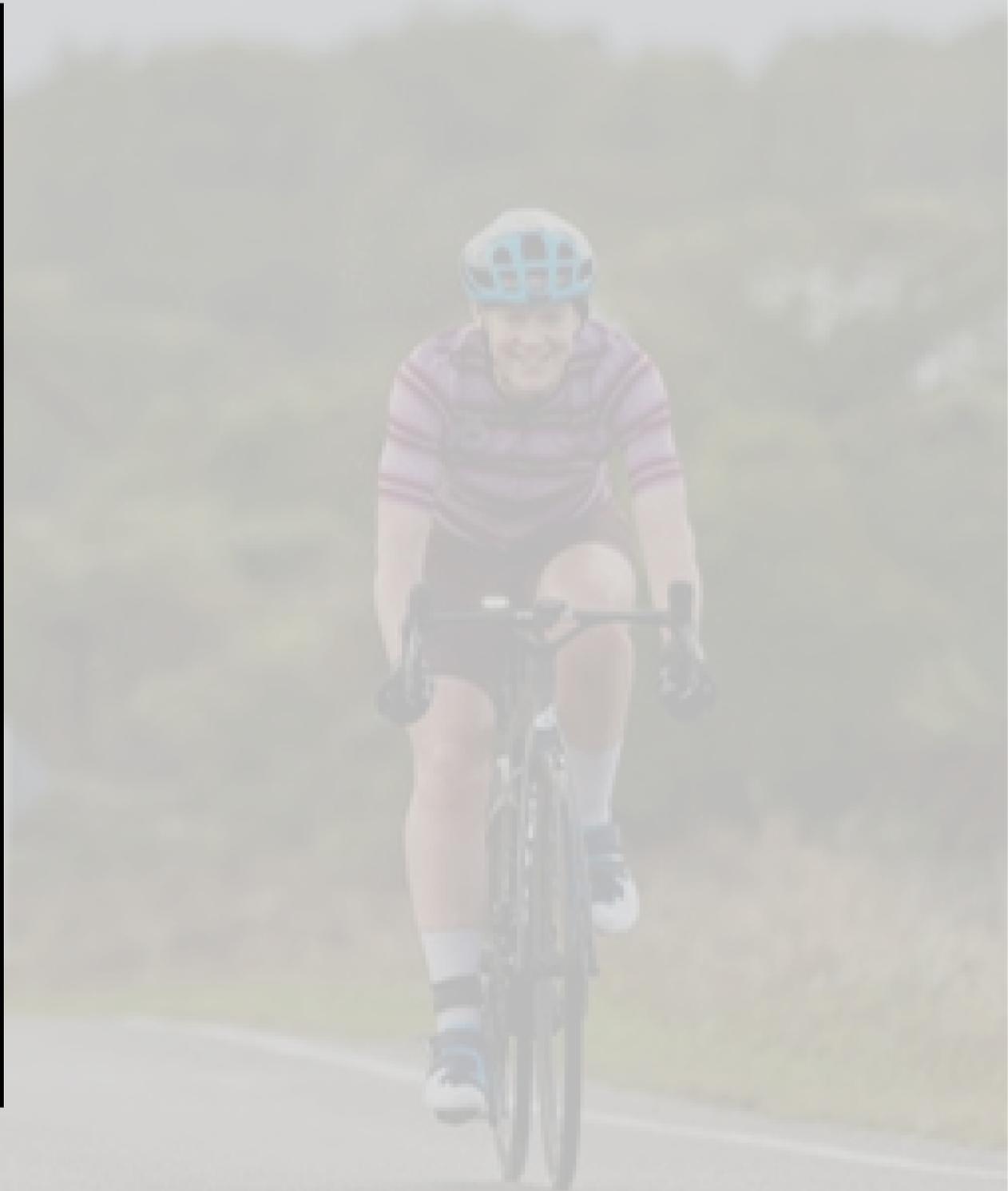
- Athletes not cleared at T2A by 10:00pm will not continue onto the High Course and will be considered a low course finisher.
- All athletes must complete the course (High or Low) by 1:00am to be an official finisher.
- Support crews are responsible for helping athletes stay informed and on time.
- Postponement date - 29th March 2026
- Backup swim location is Ngamotu Beach
- Full-distance athletes finishing at the Camphouse, will have access to hot showers and kai after they cross the line. This space is for recovery, warmth, and refuelling before heading back down the Maunga.

Stay smart with your pacing, nutrition, and gear prep - and respect Tarankai Maunga, always.

RACE SCHEDULE & CUT OFF TIMES - 0.5

These cut-off times are in place to keep athletes and crew safe across changing conditions and remote locations during this 0.5. You must meet each timing checkpoint to continue on the course. Race marshals will strictly enforce these limits - no exceptions.

LOCAL TIME	DESCRIPTION
SATURDAY 28 TH MARCH 7.30AM	TRANSITION AREA OPENS LAKE RATAPIKO
8.15AM	SWIM START PHOTO LAKE RATAPIKO
8.30AM	SWIM STARTS
9.45AM	SWIM CUT OFF
5.00PM	BIKE CUT OFF (T2) NEW PLYMOUTH GOLF COURSE
8.30PM	PLANTATION ROAD 0.5 RACE COURSE IS CLOSED



PRIZEGIVING

Prizegiving celebrates every athlete, support crew, and volunteer who took on the Kiwiman challenge. It's a chance to recognise achievements, share stories from the day, and honour those who pushed their limits across both the full distance and 0.5 events.

LOCAL TIME	DESCRIPTION
SUNDAY 29 TH MARCH 11.00AM	ATHLETES, SUPPORT CREW AND VOLUNTEERS WELCOME FOR LIGHT REFRESHMENTS TET STADIUM & EVENTS CENTRE, INGLEWOOD
11.30AM-12.15PM	PRIZEGIVING COMMENCES FINISHERS SHIRTS MEDALS TROPHIES PHOTOS SHARE EXPERIENCE
4.00PM	TABLE BOOKED AT SHINING PEAK FOR THOSE WANTING TO MEET AFTER THE EVENT FOR DRINK AND FOOD

SAFETY

Kiwiman is a high-risk endurance event. We take safety seriously and expect athletes and their support crews to do the same. Weather, terrain, and isolation all contribute to the challenge. Be prepared, stay alert, and make smart decisions throughout race day.

Course Adjustments

Due to Weather

Taranaki weather is unpredictable. High winds, rain, or poor visibility can impact any stage of the race.

We reserve the right to:

- Shorten or adjust the swim course.
- Modify bike or run routes due to flooding, slips, road closures or DOC guidance.
- Close the high course above T2A if visibility, temperature, or wind conditions make it unsafe. In this case, all athletes will be redirected to the low course.
- Postpone or cancel the race.

Any changes will be communicated during the official race briefing the night before the race.

Postponement date is 29th March 2026.

Support Crew Safety

Support teams are critical to athlete success and safety. You must:

- Obey all road rules and traffic signage.
- Never hand items from a moving car.
- Park fully off-road (minimum 1m from the white line).
- Never block public traffic or drive dangerously.
- Follow the same safety standards as athletes.

Support crew cannot pace athletes by bike. Your job is fuel, direction, and encouragement - not propulsion.

Mountain Safety Protocol

Air temperature on the Maunga can drop rapidly, especially late in the day. You must:

- Support crew must text Kiwiman HQ when your athlete begins the mountain climbs and again when they exit.
- Carry or wear an additional warm layer.
- Wear headlamp and high-vis from 7pm or when entering the high course.
- Pass through the T2A checkpoint for a health check before being cleared for the final leg.

The final ascent section is grueling, demanding and unforgiving. It may be closed at any time if NPDC, Taranaki Regional Council or race staff deem it unsafe.

Emergency Procedures

Life-threatening emergency
Call 111 (NZ's national emergency number).

1. Kiwiman HQ – 027 664 1777
2. Medical Lead -027 4138099
3. Water Safety Lead - 021 132 3300
4. Withdrawals - 027 811 6004
5. Traffic Management - 027 811 6004

Medical & Health

Our health and safety crew is on course, but cannot be everywhere at once. Support crews are first responders in many situations. Call 111 for emergencies and notify Race HQ immediately after. Race marshals and medical staff have full authority to remove any athlete if they believe health is at risk.

Kiwiman is about pushing your limits, not ignoring your instincts. Respect the course, respect the conditions, and look out for each other. That's how you finish strong - and safely.

ATHLETE EQUIPMENT

Kiwiman is a demanding event with long distances, rugged terrain, and unpredictable conditions - especially on Taranaki Maunga. It's your responsibility to ensure you and your support crew are properly equipped.

Support Team Gear

Support crew should carry similar gear to the athlete, especially when joining on foot in the National Park or summit sections:

- Headlamp and high-vis gear.
- Mobile phone.
- Warm layers.
- First aid kit.
- Sufficient fuel and fluids for athlete.

Pack Smart for the Maunga

The final ascent is relentless and remote. At the 41km T2A checkpoint, you must show:

- Working headlamp.
- High-vis.
- Sufficient clothing for rapidly dropping temperatures.
- Enough food and water for up to 2 hours.

Athletes will not be allowed to continue without this gear.

Mandatory Equipment

You must carry or wear the following at key points of the race:

Swim

- Full wetsuit (compulsory).
- Tow float (any colour), containing:
 - White front bike light (working)
- Swim cap (provided).
- Goggles.
- Neoprene swim socks and gloves (optional but recommended if cold).

Bike

- Roadworthy bike in good condition (no E-bikes).
- Solid white front light (non-blinking).
- Solid red rear light (non-blinking)
- Helmet with race number on front
- Race number on bib (worn on back for bike leg).
- Adequate nutrition and hydration.
- Spare tubes, pump/CO2, and basic tools.
- Clothing suited for alpine conditions (weather can change fast).

Final Reminders

Support crew should carry similar gear to the athlete, especially when joining on foot inside Te Papa-Kura-o-Taranaki.

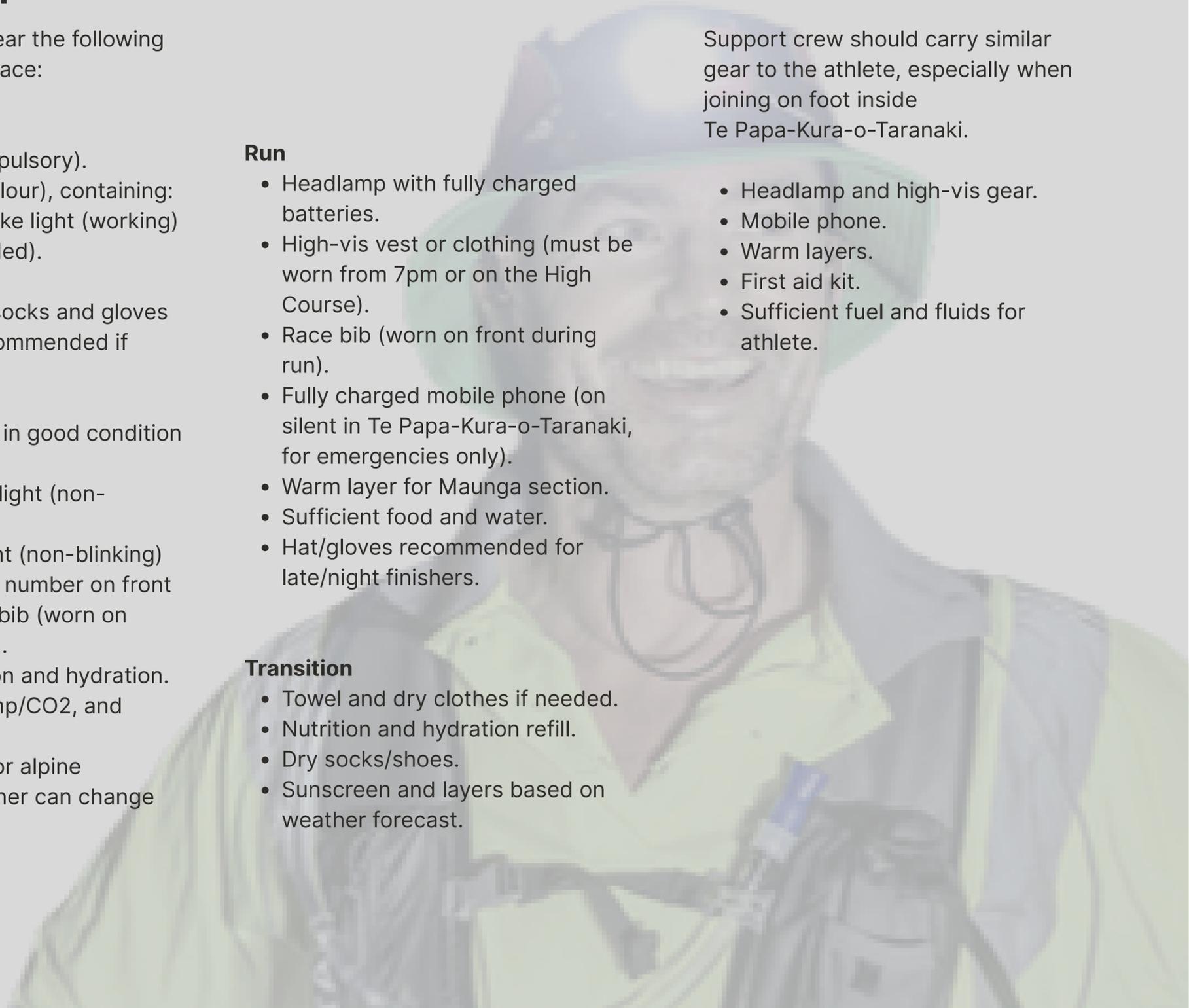
- Headlamp and high-vis gear.
- Mobile phone.
- Warm layers.
- First aid kit.
- Sufficient fuel and fluids for athlete.

Run

- Headlamp with fully charged batteries.
- High-vis vest or clothing (must be worn from 7pm or on the High Course).
- Race bib (worn on front during run).
- Fully charged mobile phone (on silent in Te Papa-Kura-o-Taranaki, for emergencies only).
- Warm layer for Maunga section.
- Sufficient food and water.
- Hat/gloves recommended for late/night finishers.

Transition

- Towel and dry clothes if needed.
- Nutrition and hydration refill.
- Dry socks/shoes.
- Sunscreen and layers based on weather forecast.



ATHLETE RULES

Kiwiman is an extreme triathlon. The course is long, exposed, and physically demanding. These rules are in place to ensure safety, fairness, and respect for the land, people, and other road users.

General Race Rules

- Race date: Saturday 28th March 2026 – 5:00am start.
- Postponement date is 29th March 2026.
- Entries are non-transferable and subject to Race Director approval.
- One support vehicle is mandatory per athlete.
- Compulsory briefing attendance required for all athletes and support teams.
- Tag Team athletes can alternate within disciplines, but only one team member may be on course at a time.
- Support crew may not assist in “support-free zones” Te Papa-Kura-o-Taranaki.
- Text Kiwiman HQ 027 664 1777 when the athlete start and complete the Maunga climbs - this is critical for our health and safety.

Swim Leg

- Tow float with white light required.
- Full wetsuit mandatory.
- Swimmers must follow lap protocols and call out their number at each lap.
- No athlete changes allowed mid-lap
- 5 Laps to complete the distance

Bike Leg

- Open roads: all riders must obey NZ road rules at all times.
- No drafting. Draft zone is 12 metres.
- No side-by-side riding
- Front and rear solid lights required (no flashing).
- Bib number to be worn on the back.
- No E-bikes or outside pacing.
- Reflective or high-vis clothing recommended for early morning and mountain sections.
- No bike or wheel changes unless approved by Race Director.
- Support crew must park completely off the road (minimum 1 metre clearance).
- No food, fluids, or gear may be passed from moving vehicles - this will result in disqualification.

Run Leg

- Athletes must run on the right-hand side of the road unless on blind corners or instructed otherwise.
- No headphones across the course
- Bib number worn on the front.
- Mandatory kit includes headlamp and high-vis from 7:00pm or earlier if entering Te Papa-Kura-o-Taranaki.
- The section through Papamoa/Meeting of the Waters is sacred ground. Walk only. No leaving the trail.
- Support runners may accompany athletes for the entire run (but not on bikes).
- Support runners may not run in front of the athlete (considered pacing).
- Athletes and support must carry safety gear for the Maunga section.

Cut-Offs

- These are non-negotiable and exist for athlete safety and race logistics:

Withdrawals

- If you withdraw from the race, you must immediately notify Kiwiman HQ by text: 027 811 6004 or 027 664 1777

Respect and Responsibility

- Be kind to other athletes, support crews, volunteers, and locals.
- Treat the land with respect - especially sacred areas.
- Carry your mandatory safety gear. If in doubt, bring it.
- You're responsible for your own and your support crew's actions.

SUPPORT CREW

This event isn't possible without you – the support crew. You're essential. Every athlete must have their own dedicated crew, and your job is as important as theirs. The Kiwiman course is long, tough, and exposed. Without the help of a capable, well-prepared support crew, it's not safe to participate.

We recommend you read this section thoroughly and refer back to it often. If you're unclear about anything, reach out before race day.

Support Crew Requirements

- Minimum: One adult.
- Recommended: Two adults per athlete.
- Support crews are required for all race types (Individual, Team, 0.5).
- At least one support crew member must:
 1. Be able to communicate in English and keep their mobile phone on them at all times during race weekend.
 2. Read and understand all safety and race instructions before race day
 3. Be a confident, calm, and competent driver - conditions can be tricky, roads are narrow, and fatigue is a factor.
 4. Receive and respond to any text updates from Kiwiman HQ during the race.
 5. Be able to provide basic athlete support (nutrition, clothing changes, gear swaps, motivation).

Support Vehicle Rules

- Vehicles must be standard-sized cars, station wagons, or vans under 5.4m long.
- No RVs, motorhomes, trailers or campers.
- Support vehicles must have windows on all four sides.
- Clearly display the athlete's bib number front and back at all times with stickers provided.
- Park completely off the road (at least 1 metre clearance) when stopped to assist your athlete.
- Do not follow the athlete too closely, tailgate, or drive erratically - this is distracting and unsafe.
- Only pass food or gear when safely parked - no handouts from a moving vehicle.

Where Support is Allowed

- No support on sacred or protected land - this includes Taranaki Maunga bike sections and Meeting of the Waters/Papamoa.
- Support runners may join the athlete at any point during the run (except Meeting of the Waters/Papamoa), but may not pace in front of the athlete.
- Co-ordinating navigation of the course.

Important Behaviour Guidelines

- Be polite to locals, marshals, volunteers, and other crews. You represent your athlete and the spirit of the race.
- Stick to the rules. Race marshals can penalise or disqualify your athlete for your actions.
- Take athlete safety seriously. Carry a first aid kit, spare food, and gear in your vehicle.
- Don't interfere with other competitors.
- Help us leave no trace - take your rubbish with you.

Key Contacts

- You must text 027 664 1777 when your athlete:
 1. Starts the Maunga climb
 2. Returns from the Maunga climb
 3. Withdraws from the race

Final Word

Your athlete is relying on you. Kiwiman is a team effort. Plan well, stay calm, and take care of each other. This will be one of the most rewarding days of your life - and theirs.

Post Event Finish Line Note

For full-distance finishers, The Camphouse will have showers and kai available post-race. Support crews should factor this into their end-of-day planning and pickup arrangements.

SOCIAL MEDIA & RACE DAY PHOTOGRAPHY

We love seeing Kiwiman through your eyes - the early nerves, the wild support crew energy, the emotion at the finish line and everything in between.

We encourage you to post throughout the day - especially on Instagram Stories and Facebook updates. Tag us, and we'll reshare your moments!

Tag Us:

Instagram: @kiwimanxtri

Facebook: Kiwiman Xtreme Triathlon

We also love seeing:

- Training content leading up to the event
- Travel pics arriving in Taranaki
- Behind-the-scenes snaps with your support crew
- Finish line celebrations (and recovery snacks!)

Race Day Reels & Highlights

Want to be featured in our post-race highlights?

- Make sure your Instagram stories are public, and tag us throughout the day especially: Swim start, support crew antics, tag team transitions and that final finish line shot

Race Day Reels & Highlights

- Got a great shot or a video clip you'd love to share with us?
- Send it to: kiwiman@tetstadiuminglewood.com

We're always building our gallery and would love to include yours.

FACEBOOK



INSTAGRAM





ATHLETE WAIVER

By signing this waiver, I confirm I have read, understood, and agree to the following terms as a participant in the Kiwiman Extreme Triathlon (“the Event”):

ATHLETE:

1. My accepted entry into the Event will not be transferred to another entrant.
2. In the event of any “Act of God” conditions causing cancellation of the Event, I agree my total entry fee is not transferable or refundable.
3. I am in an appropriate physical condition to participate in the Event, given its known parameters (length, time, physical demands, and environmental context).
4. I have taken medical advice on any pre-existing medical conditions and confirm it is medically safe for me to participate.
5. I will comply with all rules, regulations, and the Event race manual.
6. I confirm that all my race equipment is in good working order and accept that Race Marshals may remove me if my equipment is below acceptable standards.
7. I am aware the swim section may take place in cold water, possibly below the standard temperature range for triathlon rules. I accept full responsibility for my decision to swim and release the organiser from any related claims.
8. I acknowledge there are risks in participating. I fully assume all risks to my wellbeing and safety during and after the Event. I understand Event organisers, officials, and volunteers provide no warranties regarding my safety.
9. I understand situations may arise during the Event beyond the immediate control of the organisers (including officials and volunteers).
10. I will participate in a manner that does not endanger myself or others.
11. To the extent permitted by law, the Event organisers, sponsors, officials, and volunteers accept no liability for any loss (including injury or death) related to my participation.
12. I authorise the use of my name, voice, image, and entry information for promotional purposes (broadcast, advertising, or otherwise) without compensation.
13. I acknowledge the bike course is open to traffic and will follow all New Zealand road traffic regulations.
14. I accept the organiser may change the course at any time for safety or logistical reasons.
15. I agree to comply with all Event rules and reasonable safety instructions before, during, and after the Event.
16. I consent to receiving medical treatment if needed during or immediately after the Event.
17. I indemnify the organiser against any claims that may result from my participation.
18. Support vehicles must always park safely off the road edge.
19. All support must be provided from outside a stationary vehicle - never through a window or from a moving car.
20. I understand safe navigation of the course is my responsibility and to co-ordinate this with my support crew.

ATHLETE NAME	ATHLETE SIGNATURE	DATE

SUPPORT CREW WAIVER

By signing this waiver, I confirm I have read, understood, and agree to the following terms as a participant in the Kiwiman Extreme Triathlon ("the Event"):

SUPPORT CREW:

1. I will follow all Event rules, road traffic regulations, and instructions from race marshals at all times.
2. I will park the support vehicle safely, fully off the road edge, and never obstruct traffic.
3. I will not drive directly behind or in front of a cyclist at any time.
4. All support will be given from outside the stationary vehicle. No supplies, gear, or assistance will be handed out from a moving car or window.
5. I acknowledge I am a crucial part of athlete safety. At least one member of the support crew must remain contactable by phone at all times during the Event.
6. I will ensure my supported athlete(s) complies with all Event rules, including mandatory equipment and timing requirements.
7. I accept that the Event involves risks and that participation as a support crew member is at my own risk.
8. I indemnify the Event organisers, sponsors, officials, and volunteers against any claims or consequences that may arise from my role in supporting an athlete.
9. I authorise the use of my name, image, and voice in Event media (including photography, video, and broadcast) for promotional purposes without compensation.
10. I understand the organiser may change the course or impose safety measures at any time, and I agree to comply.
11. I have studied the race manual and race course and can efficiently support my athlete to follow the course safely.

SUPPORTER NAME	SUPPORTER SIGNATURE	DATE

EMERGENCY CONTACTS & INFORMATION

Safety is our top priority. Please make sure both athletes and support crew are familiar with these numbers and protocols before race day.

EMERGENCY TYPE	CONTACT NUMBER	NOTES
MEDICAL / LIFE-THREATENING EMERGENCY	111	New Zealand national emergency number Ambulance, Fire, Police
Kiwiman HQ - Hayley Duggan - Event Organiser (Withdrawals / Maunga Check-ins / Race Updates)	027 664 1777	Text when entering and exiting the Maunga, or if withdrawing from the race
Kiwiman HQ - Cathy Probyn - Race Director (Race Withdrawals)	027 811 6004	Call/Text race withdrawals

Race Day Emergency Guidelines

- All support vehicles must carry a first aid kit.
- If a serious incident occurs: Call 111 immediately, then notify Kiwiman HQ via text with athlete name and situation.
- Know your location and be prepared to give directions if calling emergency services.

Additional Information

- Be aware of limited cellphone reception in some areas of the Maunga and rural roads - text messages may work better than calls.
- Familiarise yourself with course maps and have the Strava route saved offline.

