

Welcome and Thanks!

Thank you for your help today. We can't deliver these events without your support.

We encourage each marshal to own their station and make it yours — have some fun while you keep the course and athletes safe.



Parking – You may park in the Ambury Park carpark after 7.00am. Please do not park on the course as you may be towed.



Marshals will be allocated a snack pack and a hot drink voucher for use at Espresso Pete onsite. Please bring your reusable cup, as we are a zero-waste event.

Thanks - the team at Auckland City Tri Club

Please make sure you stay in position until it is confirmed that each race is complete. **Your safety is our utmost concern so ensure you keep yourself safe at all times.**

Event Director: Lynley Twyman– **021 403036**

Event Medic: Chris Griggs **021 460 991**

Tri NZ Technical Delegate / Race Referee: Brian Lenehan.



- If you witness an accident near you, make sure the area is safe before you enter it.
- Prevent further injuries/accidents and assess the situation.
- Call Chris Griggs at our medical base on **021 460 991** in all instances, and he will assess the situation and offer advice.

If you cannot reach Chris and it is an emergency, please dial 111 and state your location and that you are part of a Duathlon event at Ambury Park.

All key event personnel have radio contact, and selected marshal positions will also have radios.

We will have a Whats App Group for key team members

Race-day priorities: Keep yourself safe, keep athletes safe, keep the public clear and informed, keep athletes on the correct course, and escalate quickly if unsure. **If unsure:** stop, keep the area safe, and contact your Course Director, Event Director, or nearest radio marshal.

Radio use: Keep radio calls short and clear. State your location, the issue, whether it is urgent, and whether athletes or the public are affected. If you do not have a radio, ask the nearest radio marshal to call it in.

Before the first athlete arrives: Put your vest on, check your signage is secure, confirm the athlete direction at your point, identify any nearby hazards, have your phone or radio ready, and stay in position until stood down. Don't forget to redeem your drink voucher and collect your snack pack.

Volunteer Check In

When you arrive onsite – check in with the registration team.

You will receive a vest and a snack pack, including a hot drink voucher.

We will have copies of this guide available, but it's a great idea to save it on your phone.

AUCKLAND DUATHLON CHAMPIONSHIPS
20 SEPTEMBER 2026 – VOLUNTEER MARSHALL INFORMATION

Tip Bring some gloves to help with set up of the bike racks

AUCKLAND DUATHLON CHAMPIONSHIPS

20 SEPTEMBER 2026 – VOLUNTEER MARSHALL INFORMATION

EVENT DETAILS

Location	Kiwi Esplanade, Mangere Bridge, Auckland
Date:	Sunday 20 September 2026
Transition Opens	08.00am
Prize Giving	11.45am
Event Completion (expected)	11.30am

This event is run by the Auckland City Triathlon Club and has been in place since 2009

Open to all Age Group (AG) Athletes, and New Zealand Secondary School students

- ✓ Road bike and open bike category (mountain / city style).
Separate entry /results categories apply.
- ✓ Teams and individual options

Category	Run 1	Bike	Run 2
Sprint 18+ AG's	5kms	20km	2.5kms
Open Bike (18+)	5km	15km	2.5kms
Under 16	3.5kms	15kms	2.5kms
Under 14	2.5kms	10kms	2.5kms
Under 12	2.5kms	7kms	1.4kms

Time	Section
06.15	Arrive on site for pack in
07.15am	Volunteer briefing at the Yacht Club
07.30am	Registration opens
8.00am	Transition open for racking.
8.15 am	Registration closes at 8.15am.
8.45am	Race Briefings for all competitors. Transition will be closed at this time.
9.00am	Males 16 - 44 years (incl. Schools U19) race start
9.10am	Males 45+ race start
9.25am	Females 16 and over (incl. Schools U19) race start
9.45am	Males U16 race start
9.47am	Females U16 race start
10.05am	Males U14 race start
10.07am	Females U14 race start
11.30am	Last athlete expected to finish
11.45am	Prize Giving. All categories. Must be present to be in draw for major prizes

Note: Please ensure athletes are directed to the correct category and course distance. U14 and U12/U13 athletes start together, but their course distances are different, so marshalls should check the correct turn points carefully. Current 2026 Athlete Guide distance information is included below.

Full athlete information is available at [Auckland Duathlon Athlete Guide](#).

Tri NZ Technical Oversight

Tri NZ technical officials will also be onsite throughout the event. Their race-day responsibilities include supporting race rules, athlete conduct, transition entry/exit compliance, bike and run course compliance, and advising on any rule or safety issues that need to be escalated to the Event Director. Marshalls should continue to manage their allocated area and refer any technical/rules queries to the nearest Tri NZ official, Race Referee, Course Director or Event Director.

BIKE COURSE INFORMATION



The Bike Director is **Shane Chubb** and will be available via radio. If you need to allow access, please phone the Event Director or Bike Director, who will gain an all clear via radio across all points and then give you the OK to proceed. Key points will also be on direct radio. Bike team will have a separate briefing.

If you feel unsafe at any time, please call the Event Director who will advise.

Tip: A mountain bike makes getting to your position quicker if you choose.

Do not allow any traffic onto the course during the race unless it is an emergency vehicle, all movements MUST be authorised! (See below)

Stay in position: Do not leave your bike-course position until the Bike Director, Event Director, or nearest radio marshall confirms you are stood down.

Signage set-up: Each section is responsible for setting up the relevant signage for their area, using the supplied pigtailed and cable ties. The focus is on clear, easy-to-follow directions for racing athletes and the public, with signs placed so people can understand where to go before they reach each key decision point.

RESIDENT TRAFFIC ONLY



We do have to allow necessary resident access.

Buses will be re-routed around the area away from the course.

Residents have all been advised by letter drop of the event taking place.

Please stop any vehicles approaching the signage and explain that a Schools/Community cycling event is in progress. Should they insist that access to the course is required (it should only be exiting the course in general), then explain the following:

- ☑ Please turn on your hazard lights.
- ☑ Maximum speed 25kms/hr being aware that there are children on bikes, and they may act in an unpredictable manner. Cyclists will be travelling in both directions.
- ☑ Please exit the course at the earliest possible opportunity for the safety of all concerned.
- ☑ Thank them for their patience and support of allowing our rangatahi to grow and develop through sport.
- ☑ Radio iTraffic for support as they are responsible for safe passage.

Radios will be allocated to key positions. (This will be updated before race day, hard copies will be provided)

TBC roles: Any role marked TBC must be confirmed before the final volunteer briefing or before the print version is issued, whichever comes first.

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BIKE COURSE MARSHALL LOCATIONS



Marshall Allocations

Please note there may be some adjustments if required

Name		Location	Radio
Shane Chubb	Bike	Bike Director	Y
Kirsty Ollerenshaw	Bike (3)	Check end point then Claresholm for U14 turn	Y
Maria O'Kane	Bike (2)	Entry/exit onto Kiwi Esplanade	
Barry Keats	Bike (4)	Kiwi Esplanade / Andes Ave	
Caoimhe Hunt	Bike (5)	Ambury Park Rd / Muir Ave	Y
Conor Howard	Bike (8)	Andes Ave / Muir Rd	Y
Pat Hales	Bike (1)	Chipping Dale	
Yoshiko Richards	Bike (6)	Ambury and Waterlea turn	
TBC	Bike (7)	Supporting on intersection of Boyd and House Ave	
Sheryl	Bike (9)	Warden Place	
Julie Arnold		Sealand	
Andy Smith		Banbury	
ITraffic	Bike	As marked. All major entries	

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RUN COURSE



The Run Director is **George Handrihan** and will be available via radio. If you need assistance, please contact the Event Director or Run Director, who will direct you.

If you feel unsafe at any time, please call the Event Director who will advise.

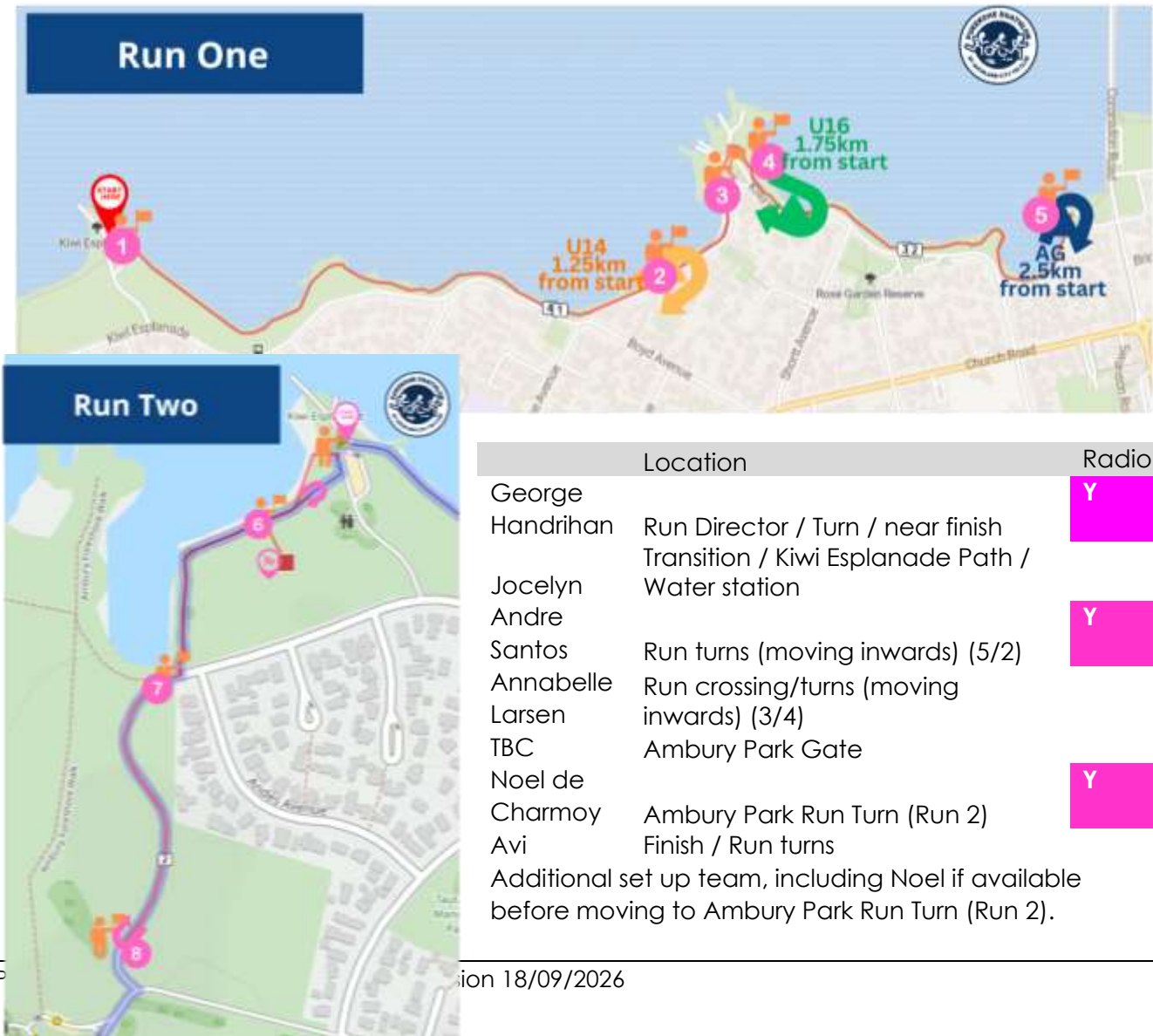
Tip: If you have access to a mountain bike, it may make getting around easier. A folding chair may also be useful at your position.

Please note these are public paths. Be friendly and calm with other users, explain that a community duathlon is underway, and direct them safely around the course where needed.

Signage set-up The focus is on clear, easy-to-follow directions for racing athletes and the public, with signs placed so people can understand where to go before they reach each key decision point.

Stay in position: Do not leave your run-course position until the Run Director, Event Director, or nearest radio marshall confirms you are stood down.

RUN COURSE MARSHALL LOCATIONS



Location		Radio
George Handrihan	Run Director / Turn / near finish	Y
Jocelyn Andre	Transition / Kiwi Esplanade Path / Water station	Y
Santos Annabelle Larsen	Run turns (moving inwards) (5/2)	
TBC	Run crossing/turns (moving inwards) (3/4)	
Noel de Charmoy	Ambury Park Gate	Y
Avi	Ambury Park Run Turn (Run 2)	
Additional set up team, including Noel if available before moving to Ambury Park Run Turn (Run 2).		

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TRANSITION / FINISH AREA/ RACE FAIR TEAM



The Transition Director is **Katie Gormley** and will be available via radio.

If you feel unsafe at any time, please call the Event Director who will advise. **This is a busy area.**

Registration

Keep registration calm and organised. Check athletes in, direct them to race materials, and refer any late changes or category queries to Lynley Twyman or the registration lead.

Finish Line

Keep the finish chute clear and guide athletes away from the line once they finish.

Watch for anyone unwell or disoriented and escalate medical concerns to Chris Griggs or the Event Director immediately.

Ensure athletes remove their timing chips and place them in the collection bin for return.

All our crew will be involved in set up and pack down as this is the tricky area.

	Location	Radio
Katie Gormley	Transition Director	Y
Rosie Piper	Registration, then Finish Line support once registration closes	
Wayne Annan	Transition / Bike start-finish support — seated role if needed	
Alan D	Motorbike on course	Y
Michelle Laughton-Hill	Volunteers check in / Finish line	
TBC	Race Fair / Transition (rotating)	
TBC	Set up and Prizегiving	
TBC	Race Fair / Transition (rotating)	



Additional team members will be available for set-up and pack-down between their own races.

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Set Up and Pack Down

Jason	Orr	Set-up & Pack Down
Tony	Sangster	Set-up & Pack Down
Alan	McIntyre	Set-up & Pack Down
Peter	Landon-Lane	Set-up & Pack Down
Vince	Sesto	Set-up & Pack Down
Nicola	Delahunty	Pack down