

**Triathlon Hawke's Bay  
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**TRI  HB**

The top section of the right page features a black and white photograph of a swimmer in motion, creating a large splash of water. The swimmer is wearing a dark, patterned swimsuit. The TRIHB logo is overlaid on the image, with "TRI" in white, the symbol in blue, and "HB" in white.

**DUATHLON AND  
TRIATHLON EVENTS**

The middle section of the right page features a black and white photograph of a cyclist riding a road bike on a paved path. The cyclist is wearing a white jersey and dark shorts. The background shows a fence and some trees. The event title is overlaid on the bottom of this image in white, bold, sans-serif font.

**2019-2020**

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



## SUMMER EVENTS 2019 - 2020

<b>Thurs 26 Sept 2019 6pm Start</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 Peak Fitness and Health Havelock North.
<b>Sunday 3 Nov 2019 Rego 7am Start 8am</b>	<b>East Pier Summer Triathlon and Duathlon Series Race 1</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Aquabike: 750m Swim, 21 Km Bike Aquathlon – Long: 750mn Swim, 5km Run/Short: 200m Swim 2Km Run Kids Aquathlon - (2 distances) 100/200m Swim 1/2Km Run (Starts at 8.15am) <b>Online entries only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sunday 17 Nov 2019 Rego 7am Start 8am</b>	<b>Scott Clinic Women's Triathlon and Duathlon</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 2km Run/walk, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) <b>Online entries only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Tuesday 26 Nov 2019</b>	<b>McDonalds HB Primary &amp; Intermediate Schools Triathlon 2019</b> @ Frimley Park. School Year 5 through to Year 8. <b>Enter through school or online</b> – (See website for full details <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sunday 1 Dec 2019 Standard Rego 6.15am Start 7am Rego 7am Start 8am</b>	<b>East Pier Summer Triathlon and Duathlon Series Race 2</b> @ Pandora Pond <b>Standard Distance: 1300m Swim, 42km Cycle, 10km Run</b> ( <a href="#">Team or Individual</a> ) Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Aquabike: 750m Swim, 21 Km Bike Aquathlon – Long: 750mn Swim, 5km Run/Short: 200m Swim 2Km Run Kids Aquathlon - (2 distances) 100/200m Swim 1/2Km Run (Starts at 8.15am) <b>Online entries only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sunday 15 Dec 2019 8am Start</b>	<b>Tri HB 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>Enter online only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sat &amp; Sun 25&amp;26 Jan 2020</b>	<b>Napier Port Harbour to Hills Multisport Festival</b> Individual and Team options available. Check out <a href="http://www.harbourtohills.co.nz">www.harbourtohills.co.nz</a>
<b>Sunday 9 Feb 2020 Standard Rego 6.15am Start 7am Start 8am</b>	<b>East Pier Summer Triathlon and Duathlon Series Race 3</b> @ Pandora Pond <b>Standard Distance: 1300m Swim, 42km Cycle, 10km Run</b> ( <a href="#">Team or Individual</a> ) Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Aquabike: 750m Swim, 21 Km Bike <b>Online entries only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sunday 2/16 Feb 2020</b>	<b>Scott Clinic Ironkids Triathlon Series</b> @ Ocean Spa, Napier 8-10 years: 100m Swim, 2km Cycle, 1km Run/walk ( <a href="#">Team or Individual</a> ) 11-13 years: 200m Swim, 4km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> )

<b>Sunday 1 Mar 2020 Rego 7am Start 8am</b>	<b>East Pier Summer Triathlon and Duathlon Series Race 4</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Aquabike: 750m Swim, 21 Km Bike Aquathlon – Long: 750mn Swim, 5km Run/Short: 200m Swim 2Km Run Kids Aquathlon - (2 distances) 100/200m Swim 1/2Km Run (Starts at 8.15am)
<b>Sunday 15 Mar 2020 Rego 7am Start 8am</b>	<b>East Pier Triathlon and Duathlon Series Race 5 (CLUB CHAMPS) AND Scott Clinic HB Secondary Schools Individual Champs</b> @ Pandora Pond Sprint Distance: 750m Swim, 21km Cycle, 5km Run/walk ( <a href="#">Team or Individual</a> ) Short Distance: 200m Swim, 14km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Duathlon Option: 4.5km Run/walk, 21km Cycle, 2km Run/walk ( <a href="#">Team or Individual</a> ) Aquabike: 750m Swim, 21 Km Bike Aquathlon – Long: 750mn Swim, 5km Run/Short: 200m Swim 2Km Run Kids Aquathlon - (2 distances) 100/200m Swim 1/2Km Run (Starts at 8.15am) <b>Online entries only close 4pm day before event</b> (Full details @ <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> )
<b>Sunday 22 Mar 2020</b>	<b>Back Paddock Lakes Multisport Event (New Event)</b> ( <a href="#">Team or Individual</a> ) Off road multisport event with Triathlon, Duathlon, Mountain Biking and Trail Running options available. <b>Full Details on our website <a href="http://www.trihb.kiwi">www.trihb.kiwi</a></b>

## WINTER EVENTS 2020

<b>Sunday 31 May 2020 Rego 9am Start 10am</b>	<b>Scott Clinic Duathlon Series Race #1</b> ( <a href="#">Team or Individual</a> ) <b>Cancelled</b> <b>Shoe Clinic Duathlon</b> @ Haumoana Primary School, Raymond Rd, Haumoana Long Distance: 4km Run/walk, 21km Cycle, 4km Run/walk Middle Distance: 4.5km Run/walk, 22km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 11km Cycle, 2km Run/walk <b>Online entries only close 11.59pm Friday before event</b> <a href="http://www.trihb.kiwi">www.trihb.kiwi</a>
<b>Sunday NEW DATE 18 October 2020 Rego 7am Start from 8am</b>	<b>Scott Clinic Winter Series Race #2</b> <b>NEW LOCATION</b> <b>Cranked Cycles Off Road Duathlon</b> <b>POSTPONED</b> Puketapu School, Puketapu Road, Napier This is a new event and will cater for all ages involving a trail run and a mountain bike course offering short, medium and long distances. Full details will be available on our website <a href="http://www.trihb.kiwi">www.trihb.kiwi</a> <b>Online entries only close 11.59pm Friday before event</b> <a href="http://www.trihb.kiwi">www.trihb.kiwi</a>
<b>Sunday 26 July 2020 Start 10am</b>	<b>Scott Clinic Winter Series Race #3</b> ( <a href="#">Team or Individual</a> ) <b>(Change Of Date)</b> <b>Pure Catering Duathlon</b> @ Haumoana Primary School, Raymond Rd, Haumoana Long Distance: 4km Run/walk, 21km Cycle, 4km Run/walk Middle Distance: 4.5km Run/walk, 22km Cycle, 2km Run/walk Short Distance: 2km Run/walk, 11km Cycle, 2km Run/walk <b>Online entries only close 11.59pm Friday before event</b> <a href="http://www.trihb.kiwi">www.trihb.kiwi</a>
<b>Sunday 16 August 2020 Rego 7am Start from 8am</b>	<b>Scott Clinic Winter Series Race #4</b> ( <a href="#">Team or Individual</a> ) <b>(Change Of Date)</b> 329 Omarunui Road, Napier <b>NEW LOCATION</b> This is a new off road event and will cater for all ages involving a trail run and a mountain bike course offering short, medium and long distances. Full details will be available on our website. <b>Online entries only close 11.59pm Friday before event</b> <a href="http://www.trihb.kiwi">www.trihb.kiwi</a>
<b>Sunday 6 Sept 2020 Rego 9am Start 10am</b>	<b>Scott Clinic Winter Series Race #5</b> <b>NEW LOCATION</b> ( <a href="#">Team or Individual</a> ) <b>(Change Of Date)</b> This event will be based out of Park Island Napier offering short, middle and long distances. Full details will be available on our website <a href="http://www.trihb.kiwi">www.trihb.kiwi</a>