

# PEOPLE'S TRIATHLON SERIES

## MARAETAI RACE GUIDE



# Welcome to the Barfoot & Thompson People's Triathlon Series Event 3

Welcome back to Maraetai Beach for Race 3 of the 2025/26 Barfoot & Thompson People's Triathlon Series, landing on Sunday, May 3. After a fair bit of waiting, shifting, and weather-watching, it is finally our turn – and the forecast is looking absolutely stunning. The roads are ready, the water is calling, and Maraetai is set to deliver the kind of race day this coastline does best. You'll take on a fresh ocean swim, roll through those brilliant scenic coastal roads, and finish with a run that suits both seasoned racers and first-timers alike. As always, this event is about participation, not pressure... go hard, take it cruisey, or simply enjoy being back on a start line. We've made a stack of updates and refinements across the season, and you'll see plenty of those come together on the day. For now, it's about turning up, getting involved, and making the most of a seriously good day out. With Barfoot & Thompson on board, an outstanding volunteer crew, and a community that shows up in force, Race 3 is ready to rip. Take it at your pace.

Round up your mates, bring the family, and join us on the start line at Maraetai.



**MARAETAI BEACH**  
188 MARAETAI DRIVE  
MARAETAI

**BARFOOT  
& THOMPSON**  
LICENSED REAA 2008

**03** 2026  
**MAY**



# About the **Maraetai Venue**

“

What makes Maraetai special for me is the bike course - fast, flowing coastal roads that let you settle in and really race.

Maraetai Beach offers more than good looks - it's a place built for training. Calm, clear water stretching out toward the Hauraki Gulf makes it ideal for long, confidence-building open-water swims, while the rolling terrain inland gives cyclists a chance to find rhythm and strength without getting beaten up. Along the coast, the run routes are scenic, open, and cooled by a steady sea breeze that keeps things honest on tougher sessions. Whether you're stacking kilometres or taking a lighter day to reset, Maraetai strikes the balance between effort and enjoyment. It's a training ground that rewards consistency, focus, and time on the course - a natural hub for triathletes preparing for what's next.



# Race Week Schedule

## Pre-race pickup Saturday 02

15:00 - 18:00

EVENT SITE

Maraetai Beach Reserve, Maraetai

## Race Day Sunday 03

06:00

RACE SITE OPEN

07:45

RACE BRIEFING

08:00

TRY-A-TRI START

08:05

OLYMPIC TRI START  
inc. teams & aquabike

08:10

OLYMPIC DUATHLON

08:35

SPRINT TRI START  
inc. teams & aquabike

08:40

SPRINT DUATHLON

10:30

BIKE CUT-OFF

11:15

PRIZE-GIVING

# Event Rules & Notes

01 —

## Race Pack Pickups for Event Three

Race pack collection has been a huge success this season **with our guided self-service system**. Athletes will collect their own pre-packed race bags, with our registration team nearby to help point you in the right direction and answer any questions. Please take your time and search carefully through the folders for your pack.

**Athletes who entered before race week will have printed bibs, sorted by last name** within each discipline. **Entries received during race week will be sorted by bib number**, again within the relevant race. Your pack will include your bib and helmet sticker, plus your swim cap and timing transponder to use on race day.

---

02 —

## Parking & Road closures

Parking in Maraetai comes on a “first in, first served” basis – get there early, carpool, and be prepared to put a bit of a warm up on those legs. Avoid parking on, in front of, or near driveways. The small car park behind the event base fills up before 6:30am, so be prepared to use the streets down Rewa Drive, Carlton Crescent, and Maraetai Drive. **Do NOT park inside the parking beyond the road closure from the round about onwards.** You can access the event from the Clevedon side until 7:00am when Maraetai Coast Road get's closed.

---

03 —

## Swim Cap, Helmet Sticker, Race Bib

All swimmers must wear the correct cap colour for their race. Blue for Olympic, Yellow for Sprint, White for Try-a-Tri. This is for our lifeguard safety measures. All cyclists and triathletes must wear a helmet sticker attached to the front of their helmet at all times while on your bike. Race bibs must be worn on the front while on the run and be visible at all times! **Duathletes - your timing transponder is on your race number.** If you don't have a race belt to attach it to, come see registration to purchase one.

---

04 —

## Aid stations & Refuelling

On course you can find a mix of water, elecrolyte drinks, and lollies (contain gluten). Sprint and Olympic Distance will visit the Aid Station multiple times.

At the finish line, **Spring Water Solutions NZ** will be keeping you well hydrated with their amazing self-service water stations for you to refill a drink bottle, or take a cup if you must, but reuse & help us reduce waste. There will also be bananas, but please only take one per person.

---

05 —

## Transition Etiquette

During transitions, please be mindful of fellow participants to ensure a smooth and safe experience. Keep your gear organized within your designated space to avoid encroaching on others. Be aware of those around you when moving through the transition zone, and avoid blocking or impeding others. Remember to handle only your own equipment and respect others' property. **Please note that after 7:30am, the transition area will be closed for everyone until 10:30am.** Following these simple etiquette rules helps create an enjoyable event for all.

# Activations & Food + Drink



## Barfoot & Thompson

Barfoot & Thompson are keeping the post-race tradition alive with their world-famous (in Auckland) sausage sizzle.

Take your race number over, show the team, and score yourself a well-earned sausage... FREE. A proper finish-line reward.

## Teamline

Teamline Swim is your go-to swim shop for race week essentials.

From goggles and caps to wetsuits, swimskins and anti-chafe, they've got everything you need – plus advice from people who actually swim. If you're missing something from your kit bag, Teamline will get you sorted fast.

## Espresso on the Go

Pete has been serving up coffee to triathletes since before you were born (probably), get in and grab a nice warm cup pre-race, or settle in and watch the prizegiving with a cup of Pete's coffee!

## Massage

Alongside the sausage sizzle, you'll find the Barfoot & Thompson Best Seats Trailer, they have got 2 hard working massage therapists giving out free massages. Get in the queue quickly after your race to score a spot!



## Pablo's Acai

A triathlete himself, Pablo knows what makes you tick, and helps you recover post event! Grab a super tasty, and insanelly healthy treat after you finish your race!

## Blue70

Blue70's range of triathlon-dominating wetsuits will be available to buy, and we're also giving away one wetsuit as a major spot prize!

## Performance Bike Tuning

Hands down, Auckland's go-to bike mechanic, Ben will be on site giving advice and doing small adjustments as many of you prep for a big season of triathlon. Make the most of his aluable time!

## Broderick Print & Design

While not on site, the team from Broderick's presence can be felt through top-tier signage and a colourful, vibrant event!

# BARFOOT & THOMPSON

SPRINT & OLYMPIC  
LAP TURN

ALL COURSES  
SWIM EXIT

ALL COURSES  
TRANSITION

ALL COURSES  
BIKE MOUNT

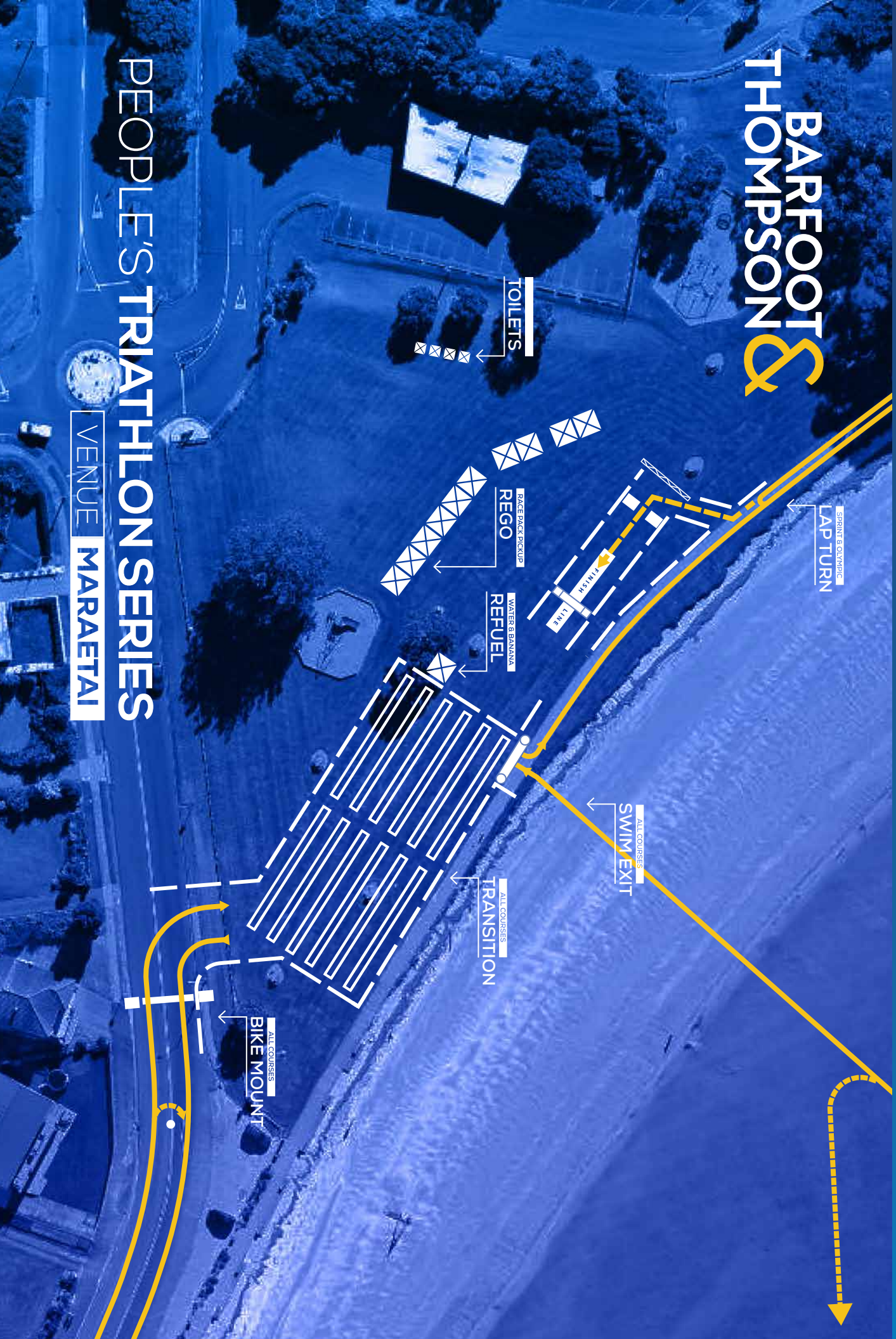
TOILETS

RACE PACK PICKUP  
REGO

WATER & BANANA  
REFUEL

## PEOPLE'S TRIATHLON SERIES

VENUE **MARAETAI**



# PEOPLE'S TRIATHLON SERIES

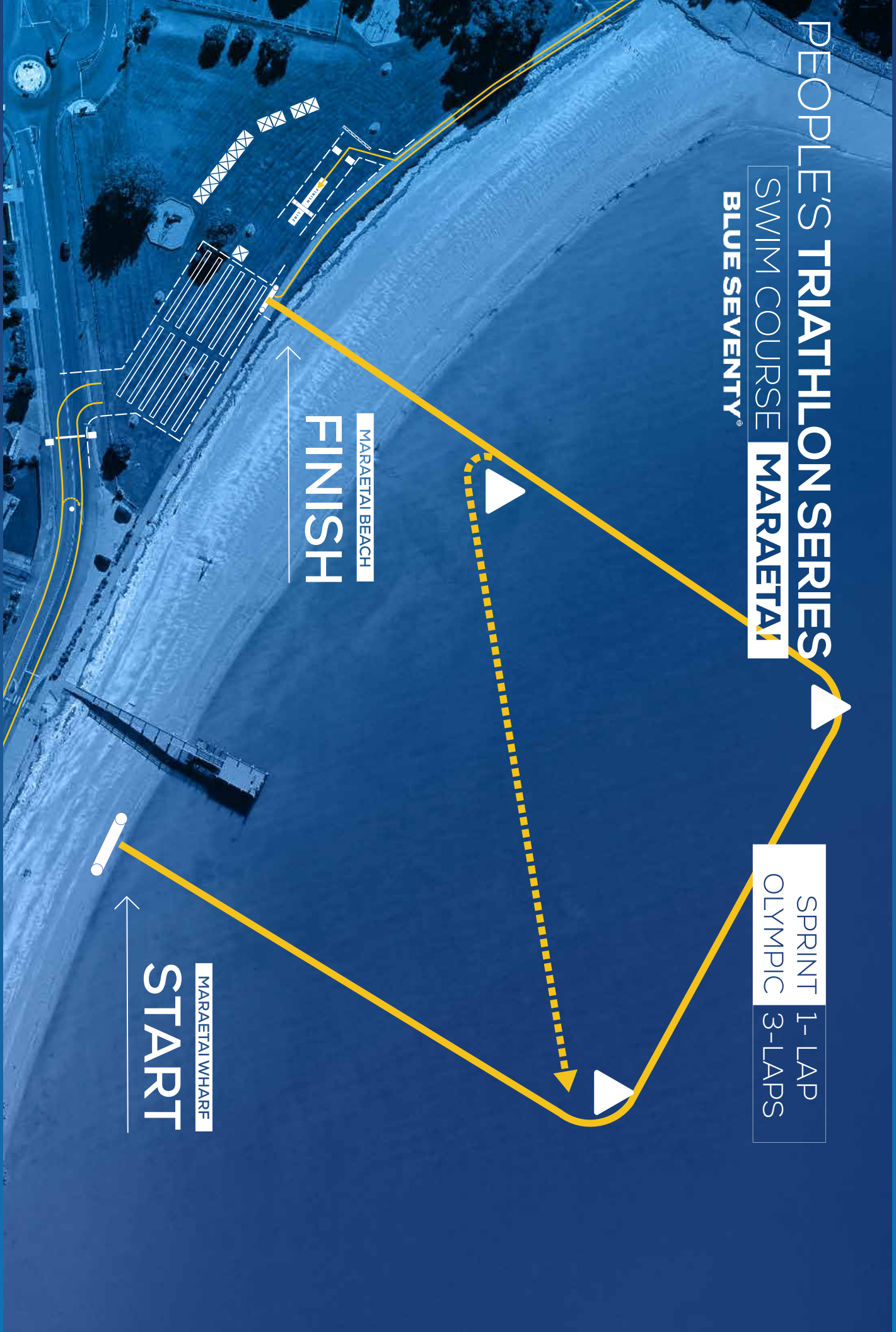
## SWIM COURSE **MARAETAI**

### BLUE SEVENTY®

SPRINT 1-LAP  
OLYMPIC 3-LAPS

MARAETAI BEACH  
**FINISH**

MARAETAI WHARF  
**START**





MARAETAI BEACH

START &

OLYMPIC LAP

5KM // DUDERS

TRY-A-TRI

TURN

# BARFOOT & THOMPSON

TRY-A-TRI	1-LAP
SPRINT	1-LAP
OLYMPIC	2-LAPS

10KM // 30KM

BIKE

TURN

MAGAZINE BAY WHARF

UMUPUIA BEACH & MARAE

DUDERS REGIONAL PARK

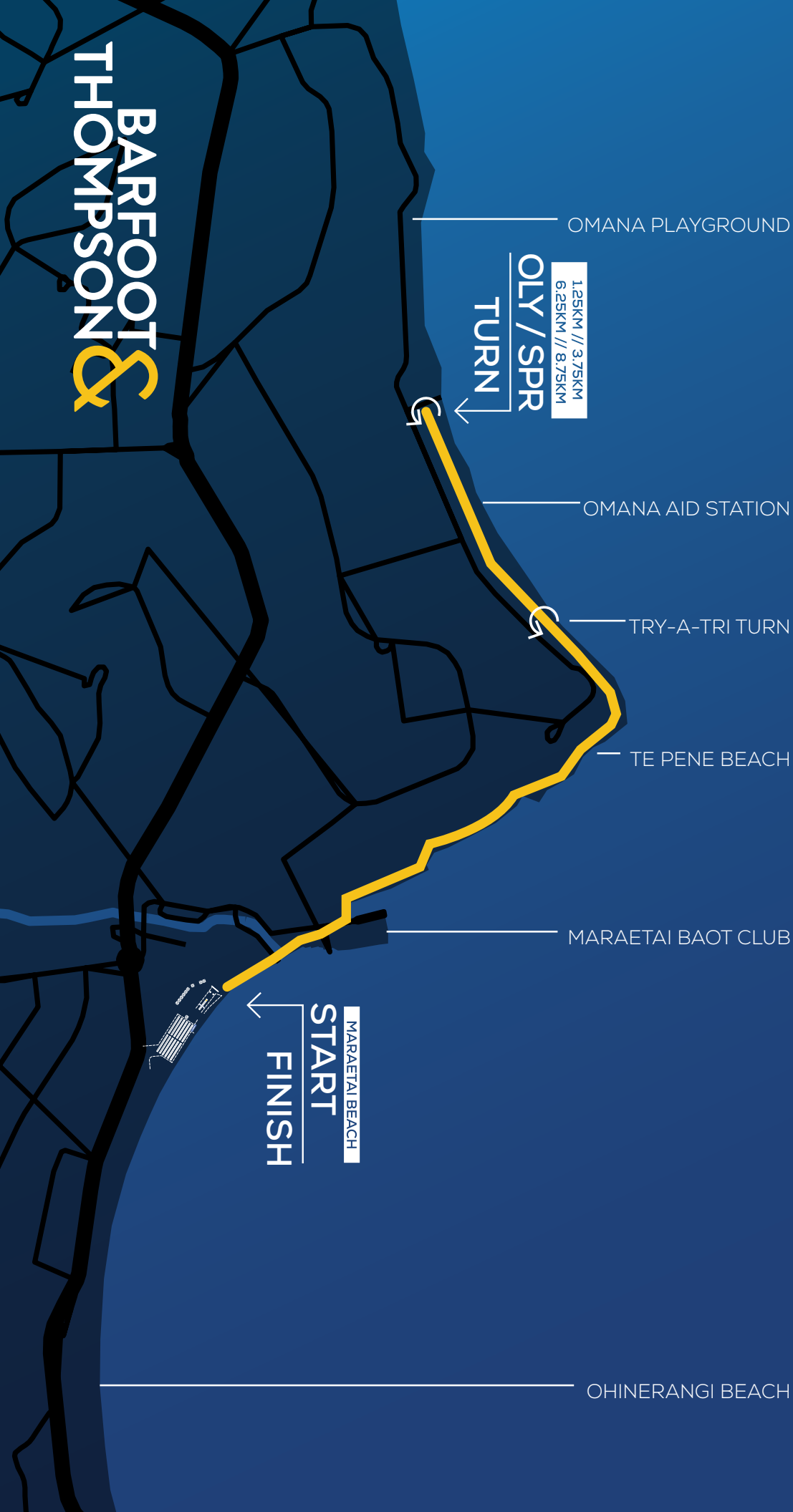
BROOKLANDS ESTATE

442 NORTH ROAD

# PEOPLE'S TRIATHLON SERIES

SHOE SCIENCE RUN COURSE **MARAETAI**

TRY-A-TRI	1-LAP
SPRINT	2-LAP
OLYMPIC	4-LAPS



BARFOOT &  
THOMPSON

# Prize Giving

**11:15am sharp at each individual event.** We will honor our champions with awards and recognize the age group winners of the day – the very individuals you are competing against for the series championship.

## Event Awards

Applicable to all events (Olympic Triathlon, Sprint Triathlon, Aquabike, Duathlon):

1st, 2nd, and 3rd Place (Male & Female):  
Recipients will receive medals.

Age Group Winners:  
First-place finishers in each age category will receive medallions.

## Series Competition

At the final event of the season–Mission Bay—we will present awards to our series champions, those who have demonstrated consistency or exceptional performance throughout the season. These champions will receive a large glass trophy to commemorate their achievement.

---

Please check results that will be live all day, let the registration team know of any inconsistencies you may come across.

# Event Rules

**Safety First:** Prioritize your safety and the safety of others at all times. Follow all event rules and listen to instructions from officials and volunteers.

**Respect Fellow Participants:** Treat other athletes, volunteers, officials, and spectators with respect and courtesy. **DO NOT using offensive language or gestures.** You will be instantly disqualified

**Fair Play:** Compete honestly and honorably. Do not interfere with other participants or engage in unsportsmanlike conduct.

**Equipment Etiquette:** Use only your own equipment. Keep your gear organized within your designated space in the transition area. Do not touch or move another athlete's equipment.

## Course Conduct:

**Swimming:** If you need to stop or adjust, move to the side to avoid obstructing others.

**Cycling:** Follow all road rules. Stay to the left unless overtaking. Signal your intentions and pass on the right safely. Drafting is legal, but keep off your aero bars while drafting. **Keep LEFT at all times on the road and let others overtake**

**Running:** Keep to the designated route. Be mindful of other participants and share the path. **This is a KEEP RIGHT AT ALL TIMES run course**, do not cross over.

**Transition Area:** The transition area closes to everyone after 7:30 am. Plan accordingly to have all your equipment set up before this time.

**Environmental Respect:** Dispose of trash in designated areas. Do not litter on the course. Help us keep the environment clean.

**Medical Attention:** If you or another participant requires medical assistance, alert event staff or volunteers immediately and First Aid NZ will take care of you.

**Follow Instructions:** Adhere to all signage and directions given by officials and volunteers throughout the race.

**Have Fun:** Embrace the spirit of the event. Encourage others and enjoy the experience!

**BARFOOT  
THOMPSON &**  
LICENSED REAA 2008

**PEOPLE'S  
TRIATHLON  
SERIES**

**See you on the road.**