

PEOPLE'S TRIATHLON SERIES

MISSION BAY RACE GUIDE



Welcome to the Barfoot & Thompson People's Triathlon Series Mission Bay

This is it - Race 2 of the 2025/26 Barfoot & Thompson People's Triathlon Series, and Mission Bay is ready to turn it on. On March 22nd, we're taking over Auckland's fastest waterfront course for a huge day of racing, and you'll want to be part of it.

This year, the course is quicker and sharper than ever. We've rolled out an altered, faster bike course, plus a brand new run course featuring a single-lap Sprint and double-lap Olympic - smoother, simpler, and built for speed from start to finish.

Mission Bay has always been made for PBs, but this year it's also set to welcome literally hundreds of new faces to the sport. Whether you're chasing a breakthrough result, stepping up for your next challenge, or tackling your very first triathlon, there's going to be something pretty special about this one.

So lock in your race plan, bring the noise, and get ready for one of the biggest and fastest events of the summer. This is your chance to race hard, race proud, and make Mission Bay count.

See you on the start line!



MISSION BAY BEACH

48-56 TAMAKI DRIVE
MISSION BAY

**BARFOOT
& THOMPSON**
LICENSED REAA 2008

22²⁰²⁶
MARCH



About the **Mission Bay Venue**

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Mission Bay is the perfect triathlon venue with stunning views, a fast course, and an unbeatable atmosphere. It's everything a triathlete could ask for.

Mission Bay is a triathlete's dream destination, blending natural beauty with an electric race-day atmosphere. The swim starts in calm, sparkling waters, with the majestic Rangitoto Island as your backdrop, setting the tone for an unforgettable day. The bike course takes you along Auckland's stunning waterfront, offering smooth roads and sweeping coastal views that inspire every pedal stroke. Finally, the run brings it all together—a flat, fast route with cheering spectators and the vibrant energy of Mission Bay urging you to the finish line. Whether you're chasing a PB, tackling your first triathlon, or just soaking up the scenery, Mission Bay delivers a race-day experience like no other. It's not just a race location—it's where triathlon memories are made, leaving you inspired, accomplished, and already looking forward to the next challenge.

Race Week Schedule

Pre-race pickup Saturday 21

15:00 - 17:00

EVENT SITE

Mission Bay Beach, Mission Bay

Race Day Sunday 22

06:00

RACE SITE OPEN

06:00

REGISTRATION OPENS

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 Two

It's a big event - there are lots of race numbers to be picked up, if queues form we will be pushing our Olympic and Try-a-Tri distance through first on race morning, and then our Spring distance athletes a little later! Come by and grab it on Saturday afternoon, or from 6am Sunday morning (If you are a Sprint distance athlete, grab yours from 7.30!).

02 —

Parking & Road closures

Getting your ideal carpark in Mission Bay is harder than any triathlon you might do - but boy is it worth it! Arrive EXTRA early for this one, we open the venue at 6am to rack bikes, be there! There are a few roadside carparks, and a small carpark on the cityside of the venue that can hold roughly 30 cars, **the rest is nearby street parking and hoofing it to the venue.**

We encourage drop offs & pick ups from this venue, or carpooling if you can to save the space and time. But you cannot beat an early arrival time.

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, electrolyte drinks, and lollies (contain gluten). Both Sprint & Olympic Distances will hit the aid station, with the Olympic passing twice.

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 by the finish line 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 non-athletes 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 insanely 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!

Prize Giving

11:15am sharp at each 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 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 LEFT 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

PEOPLE'S TRIATHLON SERIES VENUE MISSION BAY



PEOPLE'S TRIATHLON SERIES

SHOE SCIENCE RUN COURSE MISSION BAY

MISSION BAY
START

OLYMPIC LAP TURN

FOUNTAIN
FINISH

TRY-A-TRI TURN

KOHI BEACH

KOHI YACHT CLUB

OLYMPIC & SPRINT TURN

VELLENOWETH GREEN

BARFOOT &
THOMPSON

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

PEOPLE'S TRIATHLON SERIES

NICH CYCLING BIKE COURSE **MISSION BAY**



TRY-A-TRI
SPRINT
OLYMPIC

1-SHORT LAP
2-SHORT LAP
2 - LONG +
1 SHORT LAP

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**PEOPLE'S
TRIATHLON
SERIES**

See you on the road.