



## RATS Duathlon Information 2025



- DATE :** Tuesday 18th March  
**TIME:** **8.30am Registration opens, first race at approx. 9.30am.**  
**VENUE:** Waipa MTB Car Park, Whakarewarewa Forest  
**ENTRIES:** Must be made through school - **returned to the office by Friday 7th March**  
**COST:** \$10 per competitor (paid to school)  
**MARSHALLS:** All schools **MUST** provide a marshal for the event.  
**MAPS:** MAPS for the event to be confirmed as there may be changes!

### COURSE OPTIONS:

- Short Course 500m run – 3km MTB – 500m run (Yrs **3,4,5 & 6**)
- Long Course 1.5k run – 8km MTB – 500m run (Yrs **5,6,7 & 8**)

### AGE GROUPS:

- **Year 3 and 4 children must enter the short course.**
- **Year 7 and 8 children must enter the long course.**
- **Year 5 and 6 children can choose which course they would like to enter - short or long.**

### RACE START TIMES:

- 8.30am - Registrations and Transition area opens.  
**9.15am - All bikes must be in transition area & Race Briefing**  
**9.30am** approx. - Year 5 & 6 Short Course Race Starts  
**10:15am** approx. - Year 3 & 4 Short Course Race Starts  
**11.00am** approx. - Start Long Course  
Prize Giving immediately after the last finisher completes the course.

### Rats Duathlon 2025

I give permission for \_\_\_\_\_ to attend the Rats Duathlon.

Competing in the - Short Course 500m run – 3km MTB – 500m run

- Long Course 1.5k run – 8km MTB – 500m run

I can provide transport. YES/NO

#### **If providing Transport please answer below:**

I agree to drive with zero alcohol/drug consumption. YES/NO

My car has a current WOF YES/NO

I have a full driver's license YES/NO

NAME \_\_\_\_\_ Mob Ph: \_\_\_\_\_

My car seats \_\_\_\_\_ **including** my child/ren

**I am unable to help and my child/ren will require transport.**

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_