

K-BAR 2011

NEW ZEALAND MULTISPORT CHAMPIONSHIPS

www.kbar.co.nz



FEBRUARY 26TH & 27TH

KAITERITERI BEACH, TASMAN BAY, NELSON

KAITERITERI BEACH ADVENTURE RACE

[WELCOME to the inaugural official New Zealand Multisport Championships](#)

The Multisport NZ Association is proud to announce the launch of the new event, which will be held in conjunction with Tasman District Council, Ten Events Ltd and a number of valuable event sponsors.

Multisport is an iconic Kiwi sport with many significant events throughout the country ranging from races that take a few hours to events that span up to 3-days. The Multisport athlete as the title suggests, is a multi-skilled and adaptable character, capable of completing a large variety of events.

It is the belief of the Association that adding a National Championship event to the network of events currently on offer is a valuable asset and tool to continue to build the sport.

Perhaps the major advantage of the National Championships is to raise the profile of Multisport in the mainstream media.

National Championship events undoubtedly draw more media interest and with this come more opportunities for participants. Age group National Champions will have more to offer potential sponsors and in general, having up to 20 'National Champions' applying for sponsorship and support throughout the country will elevate the presence of the sport immensely.

It is also the belief a National Championships has some formal structure so that each year, athletes wishing to contest either an age group National Title or the Elite Nationals, know that the event they are training for each year is of similar distances and times of previous years.

Based on this the K-BAR, 2011 National Championship course will be:

- ⇒ **12km Kayak (or surf ski)**
- ⇒ **26km Mountain Bike**
- ⇒ **12km Trail Run**

K-BAR will host the National Championships for 3-consecutive years then clubs and event promoters around the country are encouraged to submit bids to the MSNZ Association to host future events. Because Tasman District Council have committed to supporting the event for 3-years this will enable the National Championships to gain some positive traction before it gets rolled out Nationally.

There will be some guidelines for the National Championships course in order to keep the times and distances similar.

The general aim of the National Championships is for the Elite winners to take approximately 3-hours.

The table below gives some examples of National Championship courses.

Options	Paddle	Bike / Cycle	Run
1	12km ocean / lake	30km mountain bike	12km trail
2	12km ocean / lake	30km mountain bike	14km road
3	12km ocean / lake	40km road cycle	12km trail
4	12km ocean / lake	40km road cycle	14km road
5	20km river	30km mountain bike	12km trail
6	20km river	30km mountain bike	14km road
7	20km river	40km road cycle	12km trail
8	20km river	40km road cycle	14km road

MORE INFORMATION

- ⇒ Age Groups
- ⇒ Enter / Entry
- ⇒ Events / Descriptions
- ⇒ Event Timetable
- ⇒ Multisport NZ Members
- ⇒ Prize money
- ⇒ Summary of Events
- ⇒ Website

AGE GROUPS

The age of an athlete for a group is their age on the 31st of December 2011

There are female and male categories for all age groups.

- » 16-17
- » 18-19
- » 20-24
- » 25-29
- » 30-34
- » 35-39
- » 40-44
- » 45-49
- » 50-54
- » 55-59
- » 60-65
- » 65-70
- » 70+

Pro Elite (no age restrictions)

ENTER / ENTRY

Entering will be available online from July 1st at www.kbar.co.nz

EVENTS

K-AGE GROUP NATIONAL CHAMPIONSHIPS

Athletes race the full 50km course but will be competing in their respective 5-years age groups. The top-3 participants in each age group will receive medals for their accomplishments and the right to call themselves a National Multisport Champion. (MSNZ Members only)

K-IDS 10KM MULTISPORT CHALLENGE

A 10km multisport event that encourages participation and the opportunity for youth (10-15 years old) to have a go at an achievable multisport event.

2km kayak – 6km mountain bike – 2km trail run (individual only)

K-YAG

A social & **workplace** relay team section where 3-people can form a team and tackle a discipline each. The 3-team mates will have to choose which of the 3-legs they wish to complete. 12km kayak, 26km mountain bike or 12km trail run.

(Men's, women's, mixed and **corporate/workplace** categories)

K-MTB

A chance for pure mountain bikers to race on the KBAR bike course and compare their times to NZ's best multisport athletes. 26km.

K-RUN

Runners will get to blast around the 12km KBAR run course and then wait and see how fast their times stack up against the pro elite athletes who will run after the kayak and bike stages. It's also a chance for social runners to run on the same route as the National Championship athletes.

K-PRO NATIONAL TITLE RACE

NZ is the world leader in Multisport and this is the best of the best. The top 20 women and top 20 men of the sport will race the exciting course to crown the 2011 National Champions. Pro international athletes are welcome.

(MSNZ Members only)

SUMMER CHALLENGE

2-women complete the 25km adventure race around the KBAR course together all the way.

They will paddle a double sea kayak 6km, mountain bike 13km and hike 6km to jubilantly reach the finish. (Double kayaks and gear can be hired at KBAR)

K-YWO

Seriously social mixed & men's teams of 2 rip into the 25km to give it a dam good shot. In creative team uniforms, they have to paddle double sea kayaks 6km, mountain [push] bike 13km and struggle like heck to get through the final 6km in their jandals to the finish before reaching for a cold one out of the chilly bin. (Double kayaks and gear can be hired at KBAR)

K-3

Specialist athletes from codes form female and male 'KREAM TEAMS' to pit themselves against the best individual multisport athletes in the world. These 3-person tag teams complete the full 50km KBAR course.

K-H2O

Offroad triathlon - 1km swim, 26km mountain bike, 12km trail run

K-DUO

Offroad Duathlon – 3km run, 26km mountain bike, 6km run

K-SKI

24km surf ski paddle

WEBSITE

Full event details including costs, course comments from Pro athletes, course maps, images, rules and useful information will be live at www.kbar.co.nz on July 1st 2010.

KBAR = kayak bike and run

EVENT TIMETABLE

Friday February 25th

8.00am-5.00pm Course open for training

5.00pm-8.00pm Registration opens

Saturday February 26th

7.00am – 8:30am Registration continues

10:00am K-AGE group race starts

10:00am K-TAG race starts

10:15am K-DUO race starts

1:00pm K-SKI race starts

3:00pm Course open for PRO training

5:00pm Age group awards

Sunday February 27th

8:00am K-H20 triathlon

8:30am K-RUN 12km Trail Run

9:00am K-MTB 26km Mountain Bike race

9.00am K-IDS Junior Multisport Challenge

10.00am K-TWO Social Multisport Challenge

10:15am Summer Challenge Women's Event

1:00pm K-PRO RACE NZ MULTISPORT CHAMPS

1:00pm K-3 start (3-person)

5:00pm AWARDS – Elite & Children

MULTISPORT NZ MEMBERS

Only members can enter the Age Group National Championships and Pro Elite National Title Race. Membership costs \$10.00 and registration can be done at <http://multisportnz.org.nz/>

PRIZEMONEY

A minimum of **\$10,000.00** cash will be paid to the K-PRO division.

Female & Male

1st \$2500.00

2nd \$1000.00

3rd \$750.00

4th \$500.00

5th \$250.00

SUMMARY OF EVENTS

» K-AGE	Age Group National Championships	50km
» K-IDS	Junior Multisport Challenge	10km
» K-TAG	Three person tag team event	50km
» K-MTB	Mountain Bike Race	26km
» K-RUN	Trail Run	12km
» K-PRO	Pro National Title Race	50km
» K-TWO	Social Multisport Challenge	25km
» K-3	3-person elite teams race	50km
» K-SKI	Surf ski race	24km
» K-DUO	Off road Duathlon – run / bike / run	35km
» K-H20	Off road Triathlon – swim / bike / run	39km
» Summer Challenge	Women's Multisport Race	25km