

Cheshire & North West Kids Run/Bike/Run Duathlon – Main Course

Kids Duathlon Course logistics:

- Run Course 1 will be the start of the Duathlon for all the children (yellow lines).
- Once they have completed Run Course 1 the children will get their bikes out of the Cycle Transition.
- They will run or walk to the cycle mount line.
- They can only get onto their bike once they have crossed the cycle mount line.
- Once they have completed all their allocated laps on the bike course, they go back into the cycle transition, place their bike back on to the cycle racking in the same place (White lines).
- The children must dismount their bikes before the dismount line.
- Then complete their allocated laps on Run Course 2 before going down the finish line (Orange lines).
- All Relay teams will complete the same course as the 13 to 16 year olds

Course map not to scale

