



# Cheshire Kids Duathlon Race Day Information

**Saturday 11th May 2019**

**Registration open from 1045:am**

**First start time from 12:00 noon**

*(Please see your individual start time on your competitor race email)*

| Distance | Run  | Cycle                                      | Run  |
|----------|--|--|--|
| Tin      | 100m - 1 Lap <small>(Short Course)</small> | 750m - 1 Lap <small>(Short Course)</small> | 300m - 1 Lap <small>(Short Course)</small> |
| Zinc     | 200m - 1 Lap                               | 1k - 1 Lap                                 | 500m - 1 Lap                               |
| Steel    | 300m - 3 Laps                              | 2k - 2 Laps                                | 1000m - 2 Laps                             |
| Bronze   | 400m - 2 Laps                              | 3k - 3 Laps                                | 1500m - 3 Laps                             |
| Silver   | 600m - 2 Laps                              | 4k - 4 Laps                                | 2000m - 4 Laps                             |
| Gold     | 600m - 3 Laps                              | 4k - 4 Laps                                | 2500m - 5 Laps                             |
| Relay    | 600m - 3 Laps                              | 4k - 4 Laps                                | 2500m - 5 Laps                             |

**Venue: Barony Park, Nantwich**

**Sat Nav: CW5 5QY**

*Event parking is available on Barony Park (registration and main arena).*

*Follow the Triathlon parking signs. All day parking is only £2.*

|                 |                              |                     |                       |                    |                  |             |
|-----------------|------------------------------|---------------------|-----------------------|--------------------|------------------|-------------|
| <b>Contents</b> | <u>Essential Information</u> | <u>Race Ready</u>   | <u>Event Calendar</u> | <u>Merchandise</u> | <u>Event Map</u> | <u>Bike</u> |
|                 | Page 2                       | Page 2              | Page 4                | Page 5             | Page 7           | Page 8      |
|                 | <u>Relay</u>                 | <u>Our Partners</u> |                       |                    |                  |             |
|                 | Page 9                       | Page 10             |                       |                    |                  |             |

# Essential Information

## Registration

Firstly you and your child must go to registration where you will receive your child's race envelope.

Registration will be open on Saturday from 10:45am.

Registration is situated in the orange Mornflake marquee, please follow signs from the car park.

Please do not attempt to change your child/children's start time.

It is recommended you and your child/children arrive at least 60 minutes before their start time or as early as possible to familiarise yourselves with the layout of the event.

## Race Envelope

At registration you will receive a race envelope containing: Race Number x1

Bike Stickers x2

Helmet Sticker x1

Wristband x1

## Wristband

You will be issued with one wristband that a parent or guardian must wear, only if helping a competitor, this will permit access into the Cycle Transition Area. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to

## Race Number

Your child/children must wear their race number on their front throughout the duration of the duathlon (please see page 4).

It is good practice to write your child/children name, blood group (if known) and any allergies they may have on the back of their race number.

You may use an elastic number belt to attach the race number to, opposed to pinning the number directly to a T-shirt or tri-suit.

## Bike

Any type of bike can be used as long as it is road worthy.

One bike sticker must go on the front of your handlebars and the other bike sticker must go on your seat stem.



## Helmets

The bike sticker must be attached to the front of your helmet.

Helmets are compulsory for the cycle and must be fastened before the bike is touched.



# Essential Information

## What to wear?

Shorts and T-shirts (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted.

## Footwear

Children must wear trainers for the duathlon, bare foot running is not permitted.

## Music

For your child/children own and other competitors safety, mobile phones or any type of personal music system that restricts their hearing are not permitted whilst competing in the event.

## Racing Conduct

Everyone involved in the duathlon are there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Officials, Event Organisers, Race Crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

## Littering

All litter must be placed in bins or keep hold of it until you can dispose properly.

## Cycle Transition

Once registered, take your child/childrens cycle and rack it in Cycle Transition Area along with anything else they need for the cycle and run.

Parents/Guardians are permitted to enter and assist if required in the Cycle Transition Area. The wristbands must be worn to gain entry into the Cycle Transition Area.

When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we are allocate security staff to specifically watch the transition area.

## Race Safety Brief

Once the cycle transition area preparation is complete, make your way to the start line 10 minutes before your start time for your compulsory race safety brief.

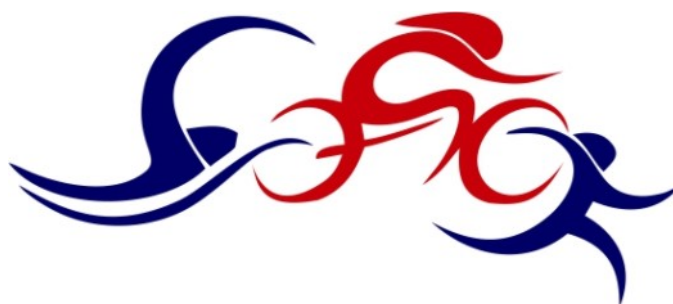


# Where to place your Race Number and Stickers



# 2019 Event Calendar

|   |                       |
|---|-----------------------|
| Birmingham Half Marathon, 10k & 5K              | 14th April            |
| <b>Cheshire Kids Duathlon</b>                   | <b>11th May</b>       |
| Cheshire Triathlon                              | 12th May              |
| Stratford Triathlon                             | 19th May              |
| <b>Ultimate Kids Triathlon</b>                  | <b>1st June</b>       |
| Ultimate, Ultimate 1/2 & Ultimate 1/4           | 2nd June              |
| <b>Birmingham Kids Triathlon &amp; Duathlon</b> | <b>15th June</b>      |
| Birmingham Triathlon                            | 16th June             |
| York Triathlon                                  | 14th July             |
| <b>Henley Kids Triathlon</b>                    | <b>27th July</b>      |
| Henley Triathlon                                | 28th July             |
| South Coast Triathlon                           | 10th August           |
| South Coast Run                                 | 11th August           |
| Shropshire Triathlon                            | 8th September         |
| <b>North West Kids Duathlon</b>                 | <b>21st September</b> |
| North West Triathlon                            | 22nd September        |
| Warwickshire Triathlon                          | 6th October           |



***For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)***





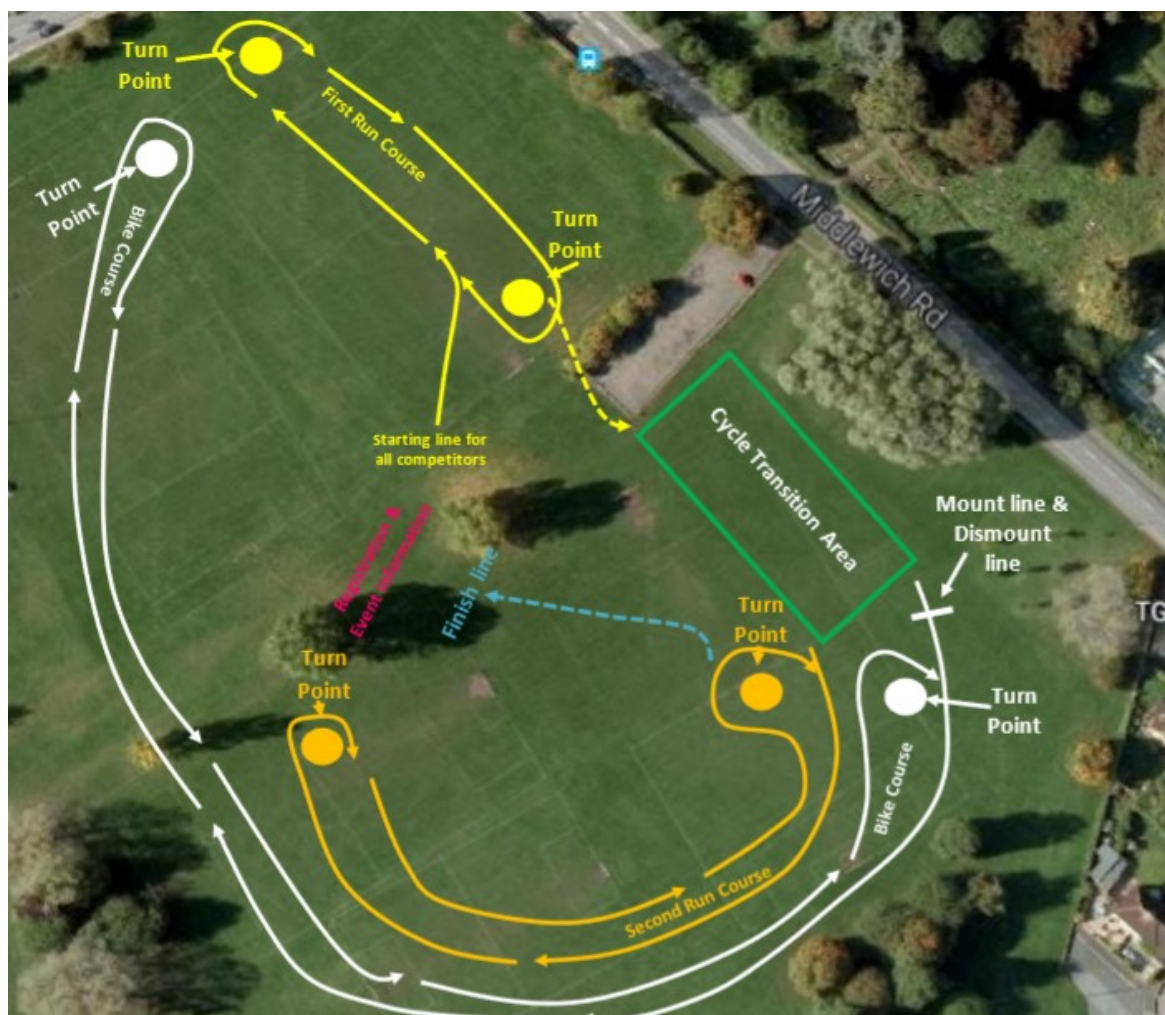
# 2019 KIDS MERCHANDISE

**AVAILABLE TO BUY AT THE EVENT**

**OFFICIAL HOODIES £20 - OFFICIAL TEES £10 - OFFICIAL CAPS £8**



# Event Map



## Run 1

### The Start of the Duathlon

The start line is approximately 100m from the registration marquee.

Asics sales will mark the start line.

### The Course

The run is entirely on grass. The course is completely post & taped and within the grounds of Barony Park, making it really safe for competitors to negotiate the course.

There will be safety marshals around the course making sure the children go the correct way.

### Counting Laps

It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.

### Completion of Run 1

Once Run 1 has been completed the child/children will go to the Cycle Transition Area to collect their bike ready for the cycle section of the duathlon.

# Bike

## Bike Maintenance

Make sure your child/childrens bike is working properly with our pre race service/check. Please see **page 11** for more information.

## Cycle Mount Line

Your child/children can walk or run to the cycle mount line where they will commence the cycle section of the duathlon (no cycling in the Cycle Transition Area).

## The Course

The cycle course is entirely on grass around Barony Park. The course is completely post and taped making it clear to follow.

## Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.

## Cycle Dismount

Cycles must be dismounted at the end of the course and returned to the same spot in the Cycle Transition Area.

# Run 2

## The Course

The run is entirely on grass. The course is completely post & taped and within the grounds of the Barony Park.

## Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.

## Drinks Station

There is a drinks station during the run course that will be serving water.

## Finish

Once your child/children have completed the required number of laps they turn onto the finish alley and continue through the Mornflake finish gantry.



# Relay

## The Team

Each member of the relay team completes one or two of the three disciplines of the duathlon.

## Registration

At registration a wristband is supplied that is relayed to the finish line.

## During the Duathlon

After completing run 1, the first runner then passes the wristband to the cyclist inside of the **Cycle Transition Area** next to where the cycle is racked.

The cyclist completes the cycle course and racks their cycle back in the Cycle Transition Area before passing the band over to the second runner at the cycle dismount area.

The runner completes the run and hands in the band at the finish line.

# Further Information

## Timing

This event is intended for all abilities to complete the challenge of the duathlon and therefore we don't publish results in fastest to slowest order, instead they are published by race number. We believe this is important to encourage all children to have a go without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the Cheshire Kids Duathlon. We will take an overall time for each competitor. You may go to the timing trailer at the finish line and see their results in alphabetical order.

## Hydration

Make sure your child/children are well hydrated before the event (drink plenty of water).

## Photography

Our official event photographers, New Pixels Photography, will be in attendance on the day to capture your best sporting moments, with the option to purchase photographs online post event.

## Finishers Medal

There is a commemorative 2019 medal for all finishers.

## Health & Well Being

If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.

If it is a sunny day apply sunscreen to protect against sunburn.



Women, swimming, cycling & running to beat cancer



**Take part individually or as part of a team!**  
Distances from just 200m swim - 9k bike - 2.5k run

Pool based triathlons for women-only, working in partnership with Cancer Research UK to raise money for research into all 200 types of cancer.



UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

6 fun pool based events to choose from  
Yorkshire, Oxfordshire, Cheshire, Warwickshire

**Fight the fight, whilst trying the TRI!**  
Sign up today, join The Pink Wave

[UKTriathlon.co.uk/pinkwave](http://UKTriathlon.co.uk/pinkwave)



**JOIN US  
ON THE  
ROAD TO  
PROGRESS**

Request a sponsorship pack  
and join our team today

**JOIN OUR TEAM:**  
Visit [cruk.org/our-team](http://cruk.org/our-team)  
Call **0300 123 5461**



**CANCER  
RESEARCH  
UK**



Registered with  
**FUNDRAISING  
REGULATOR**

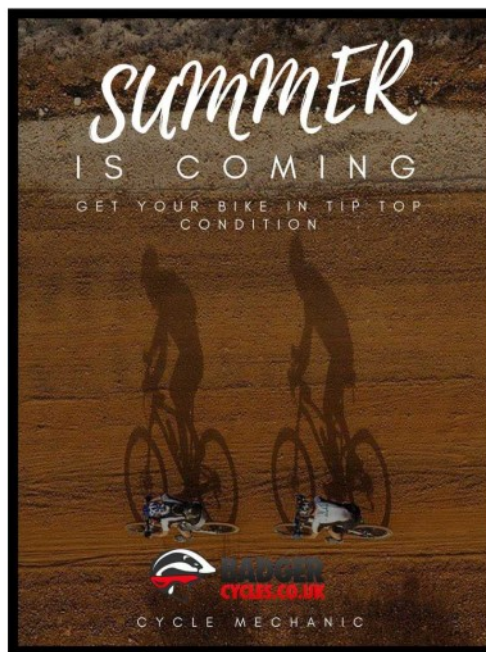
Cancer Research UK is a registered charity in England and Wales  
1089464), Scotland (SC041666) and the Isle of Man (1103).



## BADGER CYCLES- QUALITY BIKE SERVICING

# Get YOUR bike in Race shape!

Pre book your Pre race check or Service with Carl by texting him your race number and start time. 07950 735737



PRE RACE BIKE CHECK £12.00

GEAR AND BRAKE SERVICE £20.00

INTERMEDIATE SERVICE £40.00

Badger Cycles can also offer a full service and individual repair options including -

Tyre Supply and free fitting

Chain replacement

Head set replacement

Cassette upgrade and fitting

Brake pads supply and free fitting.



## SAVE MONEY ON YOUR BIKE SERVICE OR REPAIR

Make sure your bike is in race shape for your event. Missing gears, inefficient brakes and various other cycle maintenance issues can spoil your event, or worse could retire you from the race!

Badger Cycles offer a full comprehensive Service and Repair Menu and have been working in association with UK Triathlon for 5 years servicing over 800 bikes during that time! There will be slots available each day of the weekend, so why not save the hassle of booking repairs or service with a bike shop and save up to 30%. Simply text or call Carl to book on 07950735737 or discuss with him on the day! If additional work or replacement parts are required cost will be agreed with you prior to work taking place.

## RACE DAY SHOP – RACE ESSENTIALS – RACE ACCESSORIES.....

A Triathlon Race store will be on site at all events offering those essential race day products as well as accessories for you to treat yourselves too after your race! So check out the latest products for sale from the top brands.

# BADGER CYCLES.CO.UK

**PROGRESS** WHEELS

Available from  
**BADGER**  
CYCLES.CO.UK

On site Mechanical  
services at all events

**UK Triathlon**

# THE RUN IS IN ALL OF US







# CHAMPIONS OF BREAKFAST

UK's leading oat brand for health and enjoyment  
in the Breakfast Cereals category.\*

UK's leading and fastest growing porridge  
brand in the UK (volume) total market.\*

**MILLERS OF  
MIGHTY OATS  
SINCE  
1675**

\*Kantar Worldpanel 2018







# NEWPIXELS

EVENT PHOTOGRAPHY



PROFESSIONAL, AFFORDABLE  
RACE PHOTOGRAPHY

SEARCH FOR PHOTOS VIA YOUR BIB NUMBER

ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

[WWW.NEWPIXELSEVENTS.CO.UK](http://WWW.NEWPIXELSEVENTS.CO.UK)