North West Kids Duathlon

Race Day Information

Saturday 29th September 2018

Registration open from 10:00am

First start time from 12:00am

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

All day event parking on the Barony Park £2.00

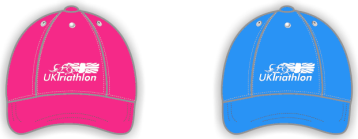
Venue:

Barony Park, Nantwich, Cheshire CW5 5QY

2018 Event Calendar

Cheshire Kids Duathlon	19th May 2018
Cheshire Triathlon	20th May 2018
Ultimate Kids Triathlon	2nd June 2018
Ultimate, Ultimate 1/2 & Ultimate 1/4	3rd June 2018
Henley Kids Triathlon	9th June 2018
Henley Triathlon	10th June 2018
Birmingham Kids Triathlon & Duathlon	23rd June 2018
Birmingham Triathlon	24th June 2018
York Triathlon	15th July 2018
South Coast Triathlon	28th July 2018
South Coast Run	29th July 2018
Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	TBA
Stratford Triathlon	TBA

For more information or for online entry visit uktriathlon.co.uk



OFFICIAL EVENT CLOTHING

KIDS T-SHIRTS £10

KIDS HOODIES £20

KIDS CAPS £8

All available to buy at the event

- For your child/childrens 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.
- Your child/children must attend the compulsory race safety brief at the start line 10 minutes prior to their start time.
- £2 all day race parking is located on Barony Park (proceeds go to Bentley Rotary Club and the local Scout groups towards their jamboree). Please follow 'triathlon parking' signs.

Registration and Set Up

- Registration will be open on Saturday from 10:00am.
- Firstly go to registration where you collect the competitor race envelope.
- Please make sure you know your child/childrens race number and start time ***before*** you go to registration.
- Registration is situated in the orange Mornflake marquee, please follow signs from the car park.
- Please arrive 60 minutes before their start time or as early as possible to become familiar with the layout of the event.

Race Envelope

The race envelope contains the following items:

- Race number x1
- Bike sticker x2 - Before entering the Cycle Transition Area attach one bike number to the front of the handlebar stem and the other on the rear of the seat post. You must show your race number corresponds with the bike number when retrieving a bike after the event.
- Helmet sticker x1 - Attach bike helmet sticker to the front of the helmet.
- Wrist bands x1 - This must be worn by a parent/guardian if supporting before, during and after the duathlon.

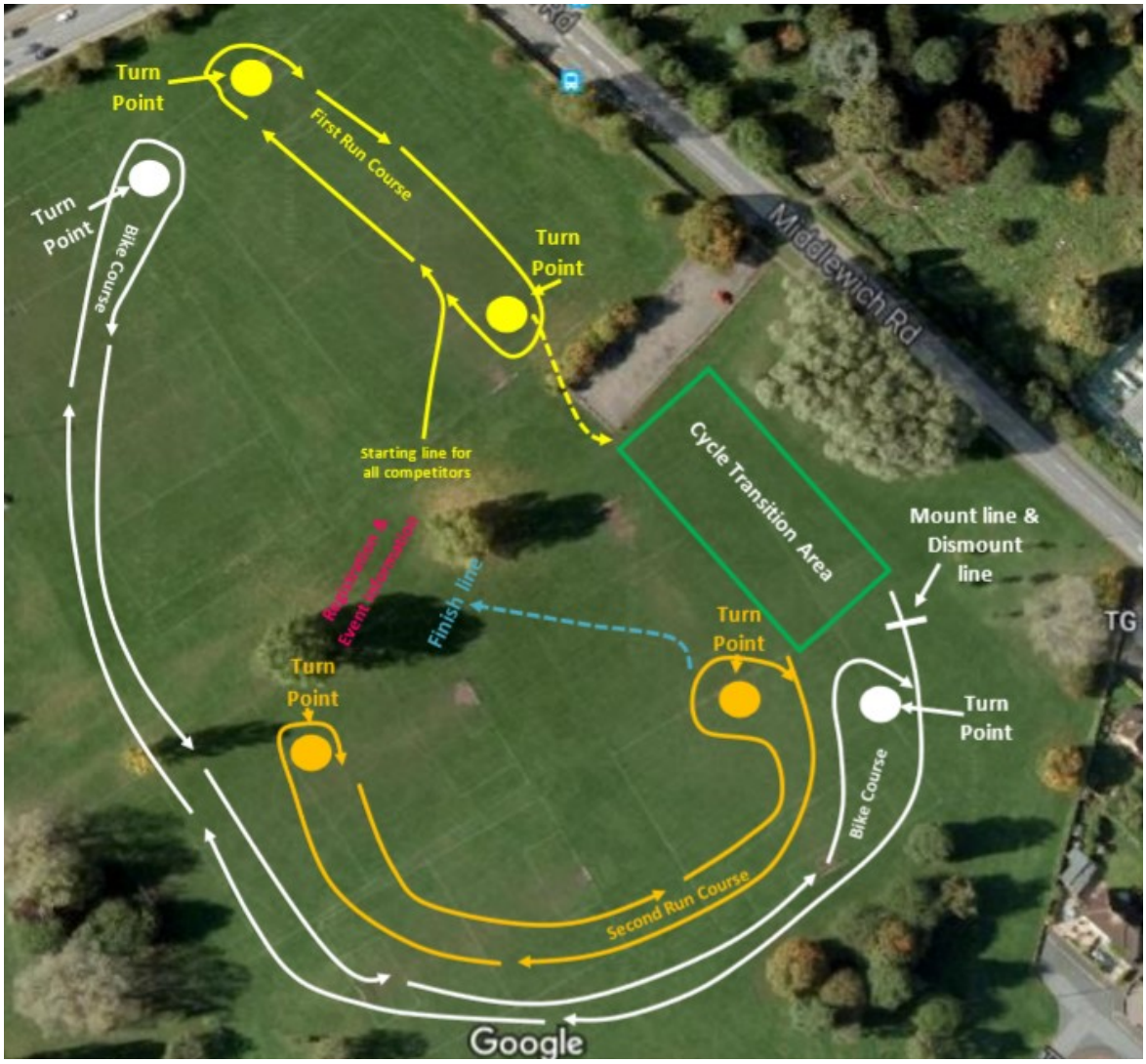
Race Numbers

- Race number must be worn on the front throughout the duration of the duathlon.
- It is good practice to write your child/childrens 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.

Cycle Transition

- Once registered, rack the cycle in the Cycle Transition Area along with anything else needed for the duathlon.
- Parent/guardian is permitted to enter and assist if required in the Cycle Transition Area. Wristbands must be worn to gain entry into the Cycle Transition Area.
- Once finished in the Cycle Transition Area, head to the start line. Please be at the start line 10 minutes prior to the start time for their compulsory race brief.
- When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we are allocating security staff to specifically watch the transition area.

Event Map



Run 1

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Run	**100m 1 Lap (SC)**	**200m 1 Lap (MC)**	**300m 3 Laps (SC)**	**400m 2 Laps (MC)**	**500m 2 Laps (LC)**	**600m 3 Laps (MC)**	**600m 3 Laps (MC)**

*SC - Short Course
MC—Medium Course
LC—Long Course

- Run 1 will mark the start of the duathlon.
- 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.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help them do this.
- 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.
- There will be safety marshals around the course making sure the children go the correct way.

Bike

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Bike	**750m 1 Lap (SC)**	**1km 1 Lap**	**2km 2 Laps**	**3km 3 Laps**	**4km 4 Laps**	**4km 4 Laps**	**4km 4 Laps**

*SC - Short Course
LC—Long Course

- Helmet must be fastened before taking the cycle off the rack.
- The cycle course is entirely on grass around Barony Park. The course is completely post and taped making it clear to follow.
- 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).
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- Cycles must be dismounted at the end of the cycle course and returned to the same spot in the Cycle Transition Area.
- **Your child CANNOT take part without a cycle helmet!**
- Make sure your child/childrens bike are in good working order. You can do this with our pre race service/check. Please see page 11 for more information.

Run 2

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Run	300m 1 Lap (SC)	500m 1 Lap	1000m 2 Laps	1500m 3 Laps	2000m 4 Laps	2500m 5 Laps	2500m 5 Laps

SC - Short Course
LC—Long Course

- The run is entirely on grass. The course is completely post & taped and within the grounds of the Barony Park.
- There is a drinks station on the run course that will be serving water.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help them do this.
- Once your child/children has completed the required number of laps they turn down the finish alley and through the finish line. Finishers will then be awarded their finishers medal.

Relay

	Run	Bike	Run
Relay	600m 3 Laps (LC)	4km 4 Laps	2500m 5 Laps

SC - Short Course
LC—Long Course

- Each member of the relay team completes one of the three disciplines of the duathlon.
- At registration a wristband is supplied that is relayed to the finish line.
- 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. The runner completes the run and hands in the band at the finish line.
- On completion, each member of the relay team will receive a 2018 finishers medal.

Additional 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 alphabetically. 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 others. Every child will be a winner of the North West 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.

Results will be also be available online at uktriathlon.co.uk on Monday 1st October.

Tips

- You may assist your child/children in the **Cycle Transition Area**. Please follow any instructions that an official may give you.
- Make sure your child/children are well hydrated before the event (drink plenty of water).
- If it is a sunny day apply sunscreen to protect against sunburn.
- 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 you have any health concerns about your child/childrens fitness or ability to take part in this duathlon you must seek advice from your local GP.

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 your photographs online post event.

FAQs

1. Will I receive my child's race number by post?

No, when you register your child at the event you will receive a race envelope with it in. The race day envelope is collected on the day at registration.

2. How do we get to the venue?

Please use postcode CW5 5QY

3. Where can we park?

Parking is located on Barony Park. Parking is £2.00 for the entire day.

4. What time should we arrive on race day?

We suggest at least an hour before your child's start time.

5. Does my child need to wear a helmet for the cycle?

Yes, it is compulsory to wear a helmet.

6. Can my child use any type of bike?

Any bike is permitted as long as it is road worthy.

7. Can my child run bare footed?

No, for the safety of the competitor bare foot running is not permitted.

8. Can my child listen to music during the duathlon?

Unfortunately no, for their own safety and others around them they are not permitted to use any music system during the duathlon.

9. I know someone who would like to volunteer are they able to help out?

Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email keith@uktriathlon.co.uk.

10. You're still not sure what to do or you need any questions answering?

Please contact UK Triathlon on customercare@uktriathlon.co.uk.

UKTriathlon
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In aid of
CANCER RESEARCH UK

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

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Visit **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.CO.UK

Pre race bike service/check just £10

Gear and Brake Service £15.00

Brake Block Replacement - Free Fitting

Tyre Replacement - Free Fitting

Intermediate Service - £35.00

Make sure your bike is in tip top condition for your event. Missing gears, rubbing brake blocks on the wheel rim, even worse less effective brakes can spoil your event, even retire you from the race miles away from the venue (don't worry our bike course manager Chris will pick you up and bring you back!). Make sure everything is working properly and well oiled with our pre race service/check. An Intermediate Service includes gears, brakes, headset adjustment, wheel Tru, chain check, full lubrication safety check. Located inside the registration tent during registration hours. Simply text Carl on 07950735737 with your name and start time and he will text back with an available time slot booking. There may be slots available on each day of the weekend subject to availability.

If you change your mind for any reason simply text Carl to cancel.

If additional work is recommended for your bike, there is a charge scale for any repair work over and above the service price. You will be notified of any additional work if recommended before it is carried out.

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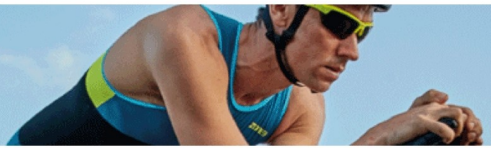
ALWAYS DISPLAY YOUR
BIB NUMBERS CLEARLY

WWW.NEWPIXELSEVENTS.CO.UK

With thanks to New Pixels for providing images for the competitor race information

USE CODE: **uktri18z3**



ZONE3

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