



Birmingham Kids Duathlon Race Day Information

Saturday 15th June 2019

Registration open from 11:00am

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	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: Boldmere Gate, Sutton Park, B73 6LH

All day parking is only £2.

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Essential Information

Registration

Firstly go to registration where you will receive your race envelope.

Registration will be open on Saturday from 11:00am.

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

Please do not attempt to change the start time.

It is recommended you arrive at least 60 minutes before your 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 supporting parents or guardians 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

Race Number

The race number must be worn on the front throughout the duration of the duathlon (please see page 4).

It is good practice to write your child/children's 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.

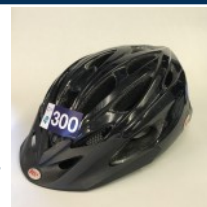
One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



Helmets

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

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



Essential Information

What to wear?

Shorts and T-shirt (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted. You can purchase an official UK Triathlon event T-shirt at the event.

Footwear

Trainers must be worn for the duathlon, bare foot running is not permitted.

Music

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

Racing Conduct

Everyone involved in the duathlon are there to ensure a safe and enjoyable experience, so respect 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 of 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 second run.

Parents/Guardians are permitted to enter and assist if required in the Cycle Transition Area. The wristband 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 allocate security staff to specifically watch the transition area.

Race Safety Brief

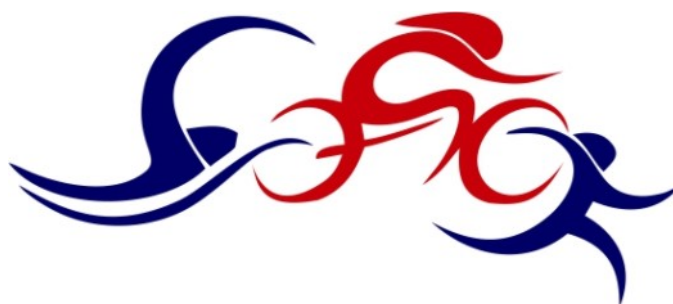
Once the cycle transition area preparation is complete, make your way to the start line 10 minutes before your start time for your compulsory race safety brief.

Where to place your Race Number and Stickers



2019 Event Calendar

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



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



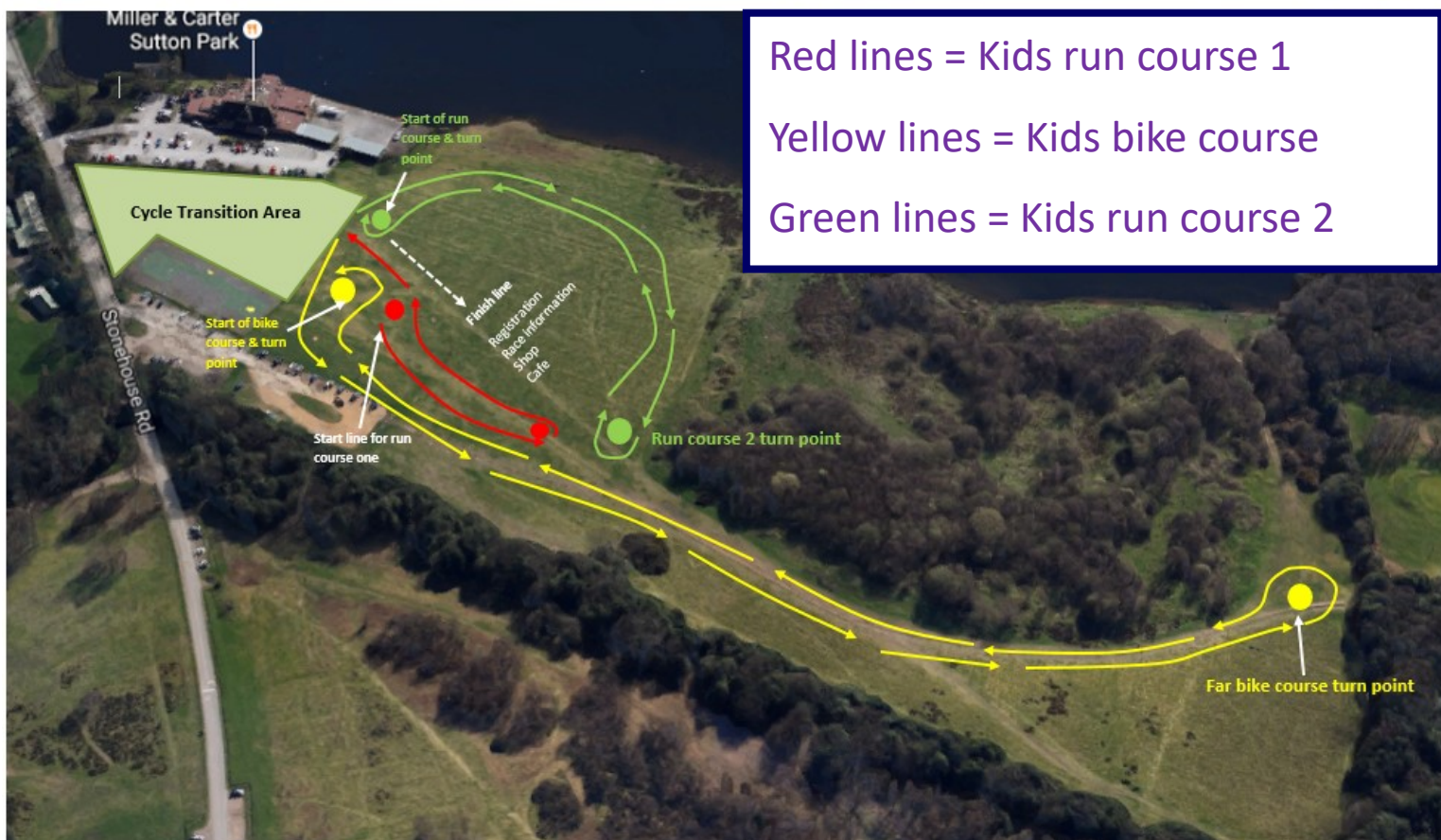
2019 KIDS MERCHANDISE

AVAILABLE TO BUY AT THE EVENT

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



Event Map



Red lines = Kids run course 1

Yellow lines = Kids bike course

Green lines = Kids run course 2

Run 1

The Start of the Duathlon

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 Sutton 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 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 Sutton Park. The course is completely post and taped making it clear to follow. Due to the cycle course being on slightly uneven grass within Sutton Park, it is recommended racing bike wheels and tyres that are used for tarmac are not suitable for the cycle leg of the Kids Duathlon. Mountain bikes or similar types of bikes would be suitable.

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 place 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 Sutton 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 and at the finish line 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 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 others. Every child will be a winner of the Birmingham 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 race number order.

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.

Hydration

Make sure your child/children are well hydrated before the event.



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

**JOIN US
ON THE
ROAD TO
PROGRESS**

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call **0300 123 5461**



**CANCER
RESEARCH
UK**



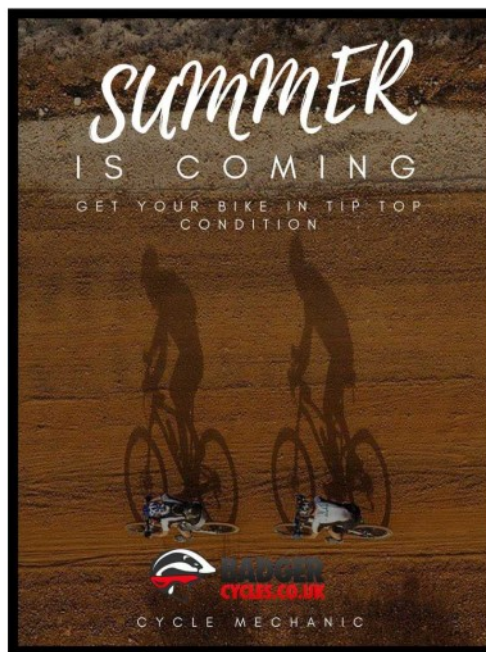
Registered with
**FUNDRAISING
REGULATOR**

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

BADGER CYCLES- 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





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EVENT PHOTOGRAPHY



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RACE PHOTOGRAPHY

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ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

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