



Cheshire Kids Duathlon Race Day Information

Saturday 21st May 2022

Registration open from 11:30am

First start time from 13:00

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

Cheshire Kids Duathlon			
Distance	Run	Cycle	Run
Tin	100m - 1 Lap <small>(Short Course)</small>	1k - 1 Lap	500m - 1 Lap
Zinc	200m - 1 Lap	1k - 1 Lap	500m - 1 Lap
Steel	200m - 1 Lap	2k - 2 Laps	1000m - 2 Laps
Bronze	400m - 2 Laps	3k - 3 Laps	1500m - 3 Laps
Silver	400m - 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.

Race day parking is only £2 and is donated to our official local charities.

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Essential Information

Registration

Go to registration where you will receive your race envelope.

Registration will be open on Saturday from 11:45am.

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

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 that the supporting parent must wear, 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 the children.

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 also 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.

Race 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's cycle and rack it in the cycle transition area along with anything else they need for the cycle and second run.

Supporters must wear the supplied wristband 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



Helmet Sticker

Race Number

Seat stem Sticker

Handlebar Sticker



2022 Event Calendar

Birmingham Run	24th April 2022
Stratford Triathlon	8th May 2022
Cheshire Kids Duathlon	21st May 2022
Cheshire Triathlon	22nd May 2022
Ultimate, Ultimate 1/2 & Ultimate 1/4	12th June 2022
Triathlon @ Alderford	18th June 2022
Henley Kids Triathlon	9th July 2022
Henley Triathlon	10th July 2022
UK Ultimate Weekend	15-17th July 2022
UK Ultimate Swim	15th July 2022
UK Ultimate Cycle Sportive	16th July 2022
UK Ultimate Run	17th July 2022
York Kids Triathlon	30th July 2022
York Triathlon	31st July 2022
World Standard Distance Qualifier Event	3rd September 2022
Shropshire Triathlon	4th September 2022
North West Kids Duathlon	17th September 2022
North West Triathlon	18th September 2022
Warwickshire Triathlon	2nd October 2022



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

OFFICIAL UK TRIATHLON KIDS TRI WEAR



KIDS TECH SHIRTS £13



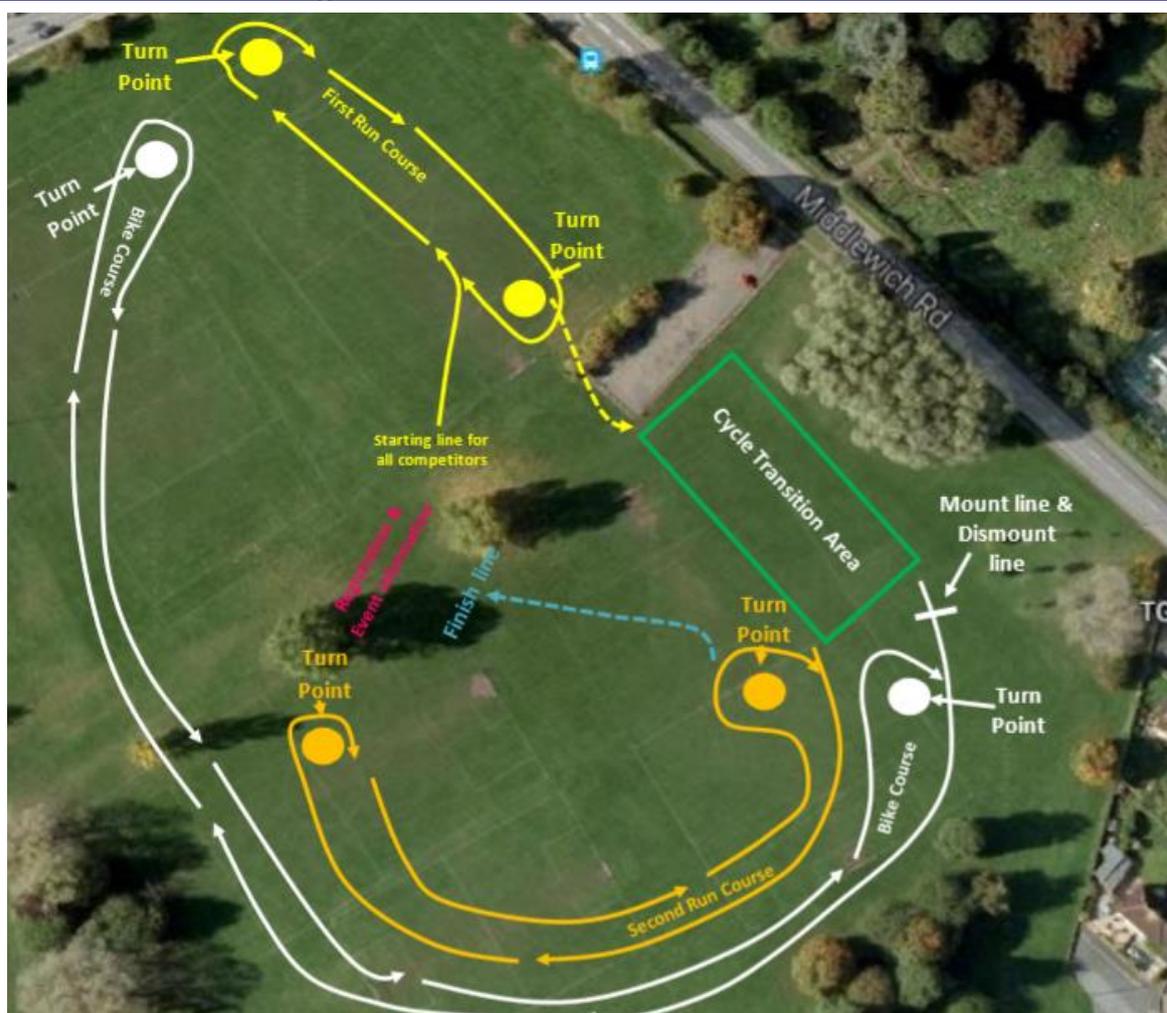
KIDS HOODIES £20

**EMBROIDERED
TECH CAPS
£10**



AVAILABLE TO BUY AT THE EVENT

Event Map



Run 1

The Start of the Duathlon

Asics sails will mark the start line.

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

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/children's 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

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 (there is 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. Parents and guardians can follow their child for the cycle if they wish but are not allowed on the actual course.

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 be placed on the rack 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. Parents and guardians can follow their child for the run if they wish but are not allowed on the actual course.

Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the run. 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.

During the Duathlon

After completing run 1, the runner goes into the **Cycle Transition Area** where the cyclist can then begin.

Once the cyclist has racked their cycle the runner may start the second run

The runner completes the run; the other team members can join the final runner at the gap of the pedestrian crossing so they can all cross the finish line together and receive their medals.

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. Results will be published in alphabetical order later the same day on the website uktriathlon.co.uk.

Photography

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. [My Sport Photos](#)

Finishers Medal

There is a commemorative 2022 medal for all finishers.

Hydration

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

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.

DABBERS DINER

Classic Diner

Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast baps, Hot & Cold Beverages



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Arnold AS et al, British Journal of Cancer, 2015
Registered charity numbers 1069464, SC043996, 1193 and 247



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UK Triathlon

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With thanks to My Sport Photos for providing images for the competitor race information