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Race Day Information

Saturday 21st September 2024

Start from 12:30pm *Please check your race email for your individual start time*

Barony Park, Nantwich, Cheshire, CW5 5QY

what3words: composts.payback.surely

Parking is £2.00 cash only and is donated to our official local charities.

Welcome to the North West Kids Duathlon. Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

Race Day Checklist

- Race number (can be found on your race day email)
- Appropriate clothing - 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.
- Additional clothing for wet/cold weather
- Cycle (any type of bike can be used as long as it is road worthy)
- Cycle/Running Shoes (bare foot running is not permitted)
- Cycle helmet
- Drinks bottle
- Elastic race number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running cap (optional)

Distances

Race	Run	Cycle	Run
Tin	100m - 1 Lap (short course)	1k - 1 Lap	500m - 1 Lap
Zinc & Zinc Relay	200m - 1 Lap	1k - 1 Lap	500m - 1 Lap
Steel	200m - 1 Lap	2k - 2 Laps	1000m - 2 Laps
Bronze & Bronze Relay	400m - 2 Laps	3k - 3 Laps	1500m - 3 Laps
Silver	400m - 2 Laps	4k - 4 Laps	2000m - 4 Laps
Gold & Gold Relay	600m - 3 Laps	4k - 4 Laps	2500m - 5 Laps

Travel & Parking Information

- Sat Nav postcode is CW5 5QY / what3words composts.payback.surely, on arrival please follow the Triathlon parking signs.
- Parking is available on the Barony Park next to registration and the event arena.
- Parking is £2.00 cash only and is donated to our official local charities.
- Parking will be open from 11am-4pm - all cars must be off the event field by this time.

Where are the toilets and changing facilities?

Toilets and changing facilities are available at the Barony Park Sports Complex next to the car park.

Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 60 minutes before your child's start time to familiarise yourselves with the layout of the event.
- At registration you will be asked for your child's race number (which can be found on your email), once your details have been checked you will be handed a race envelope and an instruction sheet, please read this carefully.
- Registration will be open from 11:30am.

Race Envelope

At registration you will receive a race envelope containing:

- Race Number x1, Bike Sticker x1, Helmet sticker x1, Numbered Wristband x1 (for parent or guardian if required)
- Safety pins will not be enclosed however they will be available if required.

What to do with your Race Envelope contents

- **Wristband**, you will be issued with one wristband that the supporting parent/guardian 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.
- **Bike number sticker**, attach to the front handlebar stem.
- **Helmet sticker**, attach to the front of the helmet.
- **Race Number**, the race number must be worn on the front throughout the duration of the duathlon. 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.



Important Cycle Care Information

Your bike must be in a roadworthy condition. You are responsible for checking your own brakes. Make sure your helmet fastens correctly. Make sure your bike is ready for the event. If you are unsure get it serviced by a professional prior to the event.

There WILL NOT be a cycle mechanic at the event.

There will be a SELF SERVICE CYCLE STATION located next to the massage tent. It has track pumps, specific cycle tools, tyre levers and a bike stand.

Inner tubes will be for sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

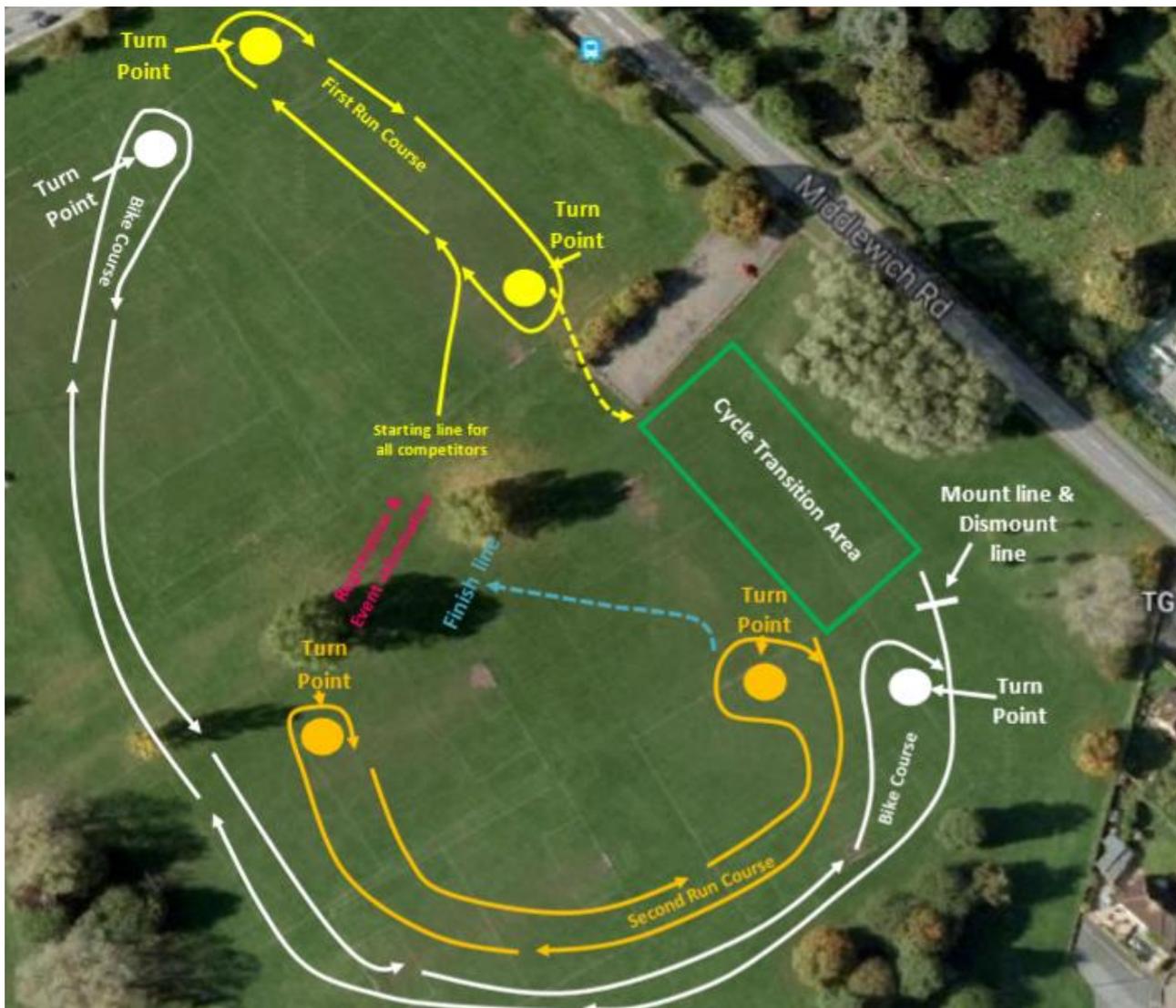
Cycle Transition

- Once registered, take the cycle along with anything else required for the cycle and second run.
- Supporters must wear the supplied wristband to gain entry into the cycle transition area.
- Rack the cycle in an empty space in cycle transition area, the white tape denotes a racking position.
- Please note, although we allocate security staff to the Cycle Transition Area, we cannot be responsible for any items lost or stolen.

10 minutes before your start time, head to the start line for the compulsory race brief.

At the Start Line

- Please position in number order at the start line.
- The starter will countdown to the start.
- Asics sails will mark the start line.



Run 1

- The run is entirely on grass. The course is completely post & taped and within the grounds of Barony Park, making it very safe for competitors to negotiate the course. There will be safety marshals positioned on the course.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.
- Once Run 1 is completed, head into the Cycle Transition Area to collect the cycle

Bike

- Please walk or run to the cycle mount line and commence the cycle section (no cycling in the transition area).
- 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.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.

Run 2

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.

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

There is a drinks station during the run course and at the finish line that will be serving water.

Once the correct amount of laps are completed, head down the finish straight and through the Mornflake inflatable finish gantry.

Relay

- Each member of the relay team completes one or two of the three disciplines of the duathlon.
- After completing run 1, the runner heads 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.

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 in alphabetical order by surname. We believe this is important to encourage all children to take part without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the North West Kids Duathlon. We will take an overall time for each competitor. Results will be published later the same day on our website www.uktriathlon.co.uk.

Finisher's Medal

- There is a commemorative 2024 medal for all finishers.

Photography & Filming

- UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your child's best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or www.mysportphotos.co.uk.

Health & Wellbeing

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

Hydration

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

Can my friends and family spectate

- Yes! Friends and family are welcome to spectate on the Barony Park.

Illegal Equipment

- For your safety and the safety of other competitors, certain items are banned during the event as well as in the cycle transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices.

Littering

- Littering is prohibited during the event. Please use the bins at the feed stations or at the venue.

Race Format

- UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.

UK Triathlon 2024/25 Event Calendar

North West Kids Duathlon	21st September 2024
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North West Triathlon	22nd September 2024
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Warwickshire Triathlon	6th October 2024
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Stratford Triathlon	27th April 2025
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Cheshire Kids Duathlon	10th May 2025
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Cheshire Triathlon	11th May 2025
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Henley Kids Triathlon	31st May 2025
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Henley Triathlon	1st June 2025
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Alderford Kids Triathlon	14th June 2025
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Alderford Triathlon	15th June 2025
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Ultimate Triathlon	29th June 2025
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Ultimate ½ Triathlon	29th June 2025
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Ultimate Quarter Triathlon	29th June 2025
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Birmingham Triathlon	19th July 2025
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Chesham Kids Triathlon	2nd August 2025
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Buckinghamshire Triathlon	3rd August 2025
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York Kids Triathlon	16th August 2025
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York Triathlon	17th August 2025
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Shropshire Triathlon	31st August 2025
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OFFICIAL UK TRIATHLON KIDS



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TEES**

£13

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ASK THE PHYSIO & COACH

If your child is having slight niggling injuries or training issues, come along and speak with physio/Coach Barry who will give you some expert advice.

www.cravencomplete.co.uk

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^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



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you

You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at cruk.org/team



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Together we are
beating cancer




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MY SPORT PHOTOS



HIGH 5

FUEL THAT
HIGH 5
FEELING

