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Race Day Information

Saturday 18th May 2024

Barony Park & Nantwich Swimming Pool

Nantwich

Cheshire

CW5 5QY / what3words: [composts.payback.surely](https://www.what3words.com/composts.payback.surely)

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

Welcome to the Cheshire 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 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 will cost £2.00 per car and is donated to our official local charities. **Only cash is accepted.**
- 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 are available at the Barony Park Sports Complex next to the car park and Nantwich Swimming Pool. Changing facilities are available at both.

From the car park follow the signs 'For Registration'

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.



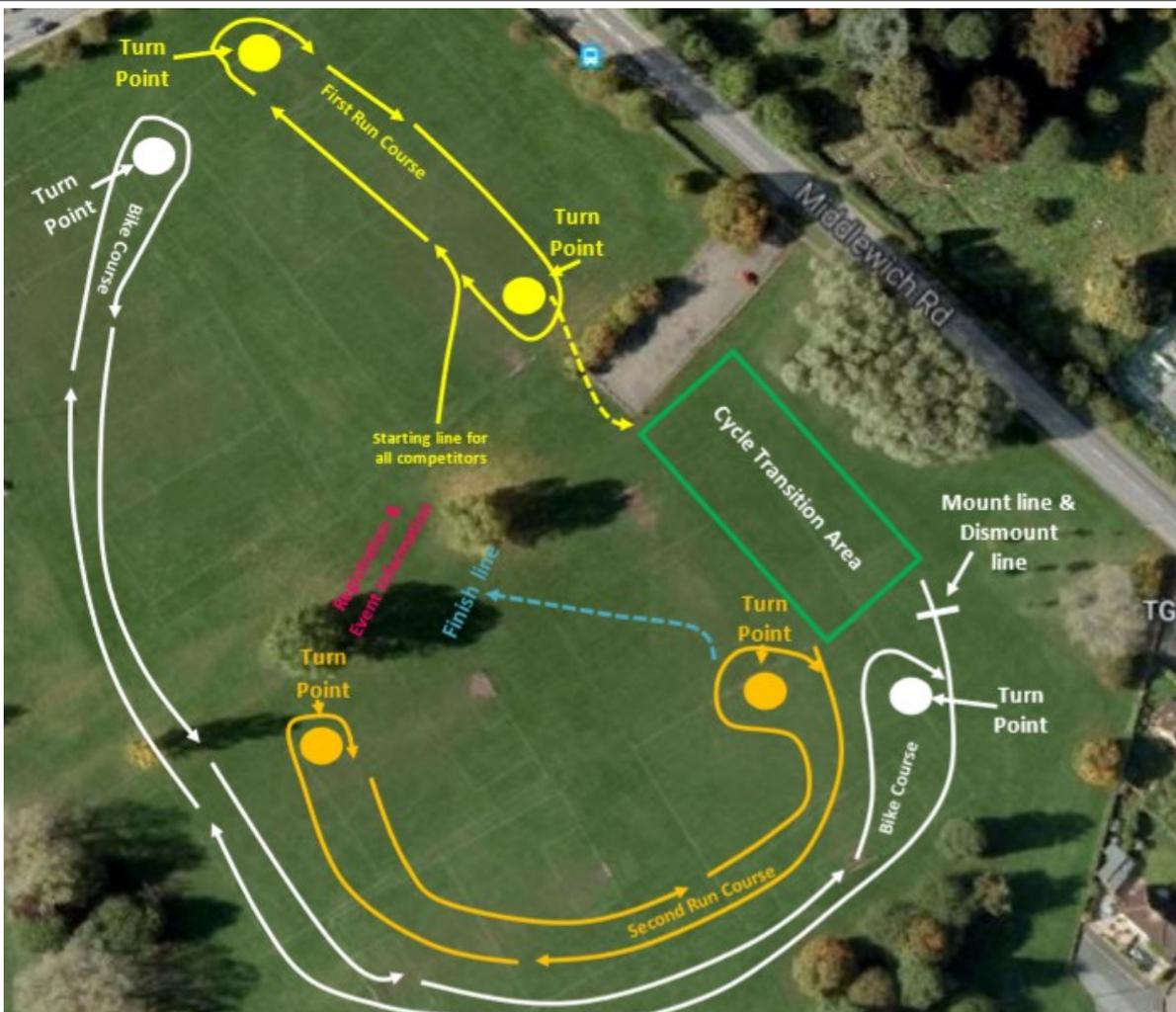
Cycle Transition

- Once registered, take the cycle 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.
- Rack your child's cycle in an empty space in cycle transition area, the white tape denotes a racking position.
- 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.

10 minutes before the 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 really 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 has been complete, 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 by race number. 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 Cheshire Kids Duathlon. We will take an overall time for each competitor. Results will be published in alphabetical order 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 Event Calendar

Cheshire Kids Duathlon 18th May 2024

Cheshire Triathlon 19th May 2024

Henley Kids Triathlon 1st June 2024

Henley Triathlon 2nd June 2024

Alderford Kids Duathlon & Triathlon 15th June 2024

Alderford Triathlon 16th June 2024

Ultimate Triathlon 30th June 2024

Ultimate ½ Triathlon 30th June 2024

Ultimate Olympic & Sprint Triathlon 30th June 2024

Chesham Kids Triathlon 13th July 2024

Buckinghamshire Triathlon 14th July 2024

Birmingham Triathlon 27th July 2024

York Kids Triathlon 17th August 2024

York Triathlon 18th August 2024

Shropshire Triathlon 8th September 2024

North West Kids Duathlon 21st September 2024

North West Triathlon 22nd September 2024

Warwickshire Triathlon 6th October 2024

Stratford Triathlon 27th April 2025

OFFICIAL UK TRIATHLON KIDS TRI WEAR



KIDS TECH SHIRTS £13



KIDS HOODIES £20

**EMBROIDERED
TECH CAPS
£10**



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*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 60% of 3g the suggested daily amount.
^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



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£1

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£20

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

IMPROVE YOUR RACE WITH US !