



# ***Birmingham Kids Duathlon***

## ***Race Day Information***

***15th July 2017***

***Registration open from 11:00am***

***First start time from 12:00am***

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

***Boldmere Gate, Sutton Park***

***For satellite navigation directly to the car park use B73 6LH***

***Charity donation £2 all day Race Parking***

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# 2017 Event Calendar



Birmingham Half Marathon, 10k & 5K	2nd April
Stratford Triathlon	14th May
Cheshire Kids Duathlon	20th May
Cheshire Triathlon	21st May
Henley Kids Triathlon	3rd June
Henley Triathlon	4th June
Shropshire Kids Triathlon	10th June
Ultimate/ Ultimate Half/Ultimate One	11th June
York Triathlon	2nd July
Birmingham Kids Triathlon and Duathlon	15th July
Birmingham Triathlon	16th July
Club Championships	16th July
North West Kids Duathlon	12th August
North West Triathlon	13th August
South Coast Triathlon	2nd September
South Coast Run	3rd September
Stoke on Trent Kids Triathlon	9th September
Stoke on Trent Triathlon	10th September
Warwickshire Triathlon	24th September

**For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)**

# Registration

- Please make sure you know your child/children race number and start time **before** you go to registration.
- For your child/children own and other competitors safety, mobile phones, MP3 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 15 minutes prior to their start time.
- £2 all day race parking is located at Boldmere Gate. Please follow the 'triathlon parking' signs.

## Registration and Set Up

- Firstly you and your child must go to registration where you will receive your child's 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 your child/children start time.
- It is recommended you and your child/children arrive at least 60 minutes before their start time or as early as possible to familiarise yourselves with the layout of the event.

## Race Envelope

At registration your child/children will receive their race envelope, it will contain the following items:

Race number x1

Bike sticker x2

Helmet sticker x1

**Wrist band x1 —One wristband must be worn by a parent or guardian. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to the children.**

## Race Numbers

- Your child/children must wear their race number on their front throughout the duration of the duathlon.
- It is good practice to write your child/children name, blood group and any allergies they may have on the back of their race number in the unfortunate case of an accident.
- 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. Elastic number belts can be purchased next to registration or online at [www.uktriathlonstore.co.uk](http://www.uktriathlonstore.co.uk) (subject to availability).

# Cycle Transition



- Once registered, take your child/children cycle and rack it in Cycle Transition Area along with anything else that they need for the duathlon.
- Parents and supporters are permitted to enter and assist if required in the Cycle Transition Area. Wristbands must be worn to gain entry into the Cycle Transition Area.
- When your child/children have finished their cycle transition area preparation, then make your way to the start line 15 minutes before their start time for their compulsory race safety 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



## Duathlon - Course logistics

Age	First Run	Bike	Second Run
5 to 6	100m	1000m/1km	300m
7 to 8	200m	1000m/1km	500m
9 to 12	400m	2000m/2km	1000m/1km
13 to 16	600m	3000m/3km	1500m/1.5km
Relay (all ages)	600m	3000m/3km	1500m/1.5km

Red lines = Kids run course 1

Yellow lines = Kids bike course

Green lines = Kids run course 2

White dotted line = Kids finish

The whole of the bike course and run courses will be post and taped, making it easy for the children to navigate

**When you arrive at registration on the day, you will be given one wrist band in your event day envelope. One for you (the parent/carer) to wear. This allows one parent/carer to go into transition with the children to help them rack their bike.**

Course not to scale\*



# Run 1



## Run 1 –

13-16 years/relay – 600m – 3 laps

9-12 years – 400m – 2 laps

7-8 years – 200m-1 lap

5-6 years – 100m – 1 lap of a short 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 the Sutton Park.
- There is a drinks station during the run course that will be serving water.
- It is you or your child/children 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.





## Bike –

13-16 years/relay – 3k – 3 laps

9-12 years – 2k – 2 laps

7-8 years – 1k – 1 lap

5-6 years – 1k – 1 lap

- Your child/children must fasten their helmet to their head before taking their cycle off the rack.
- The cycle course is entirely on grass around Sutton 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 transition area).
- 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.
- It is yours or your child/children responsibility to count the correct amount of laps on the bike. Parents/guardians may help them do this.
- Cycles must be dismounted at the end of the course and returned to the same spot in transition.
- **Your child CANNOT compete without a cycle helmet!**
- Make sure your bike is working properly with our pre race service/check. Please see page 15 for more information.



# Run 2



## Run 2 –

13-16 years/relay	- 1500m	- 3 laps
9-12 years	- 1000m	- 2 laps
7-8 years	- 500m	- 1 lap
5-6 years	- 500m	- 1 lap (short course)

- The run is entirely on grass. The course is again completely post & taped and within the grounds of Sutton Park.
- There is a drinks station during the run course that will be serving High5 sports drink and water.
- It is you or your child/children responsibility to count the correct amount of laps on the run. Parents/guardians may help them do this.
- Once your child/children have completed the required number of laps they turn down the finish alley and through the finish line.

# Relay



## Relay Distances for all ages

Run	- 600m	- 3 laps
Cycle	- 3k	- 3 laps
Run	- 1500m	- 3 laps

- 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 runner at the cycle dismount area. 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 2017 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 other children. 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 alphabetical order.

## 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/children fitness or ability to take part in this duathlon you must seek advice from your local GP.

## Medals

- There is a commemorative 2017 medal for all finishers.

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

No, when you register your child at the event you will receive a race envelope with them in.

## 2. How do I get to the Venue and where do I park?

*For satellite navigation directly to the car park B73 6LH*

When you get close to the venue you will see fluorescent orange "Triathlon Parking" direction signs, please follow them.

## 3. What time should we arrive on race day?

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

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

Yes, it is compulsory to wear a helmet.

## 5. Can my child use any type of bike?

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.

## 6. 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.

## 7. 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](mailto:keith@uktriathlon.co.uk).







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



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## **2} HUUB " VARGA " GOGGLES**

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**Gear and Brake Service £20.00**

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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. 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.

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