



Cheshire Kids Duathlon Race Day Information

Saturday 24th July 2021

Registration open from 11:45am

First start time from 13:00

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

| 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. **All day parking is only £2.***

| | | | | | | |
|-----------------|-----------------------|---------------|---------------|---------------|---------------|----------------|
| Contents | Essential Information | Race Ready | Merchandise | Event Map | Bike | Relay |
| | <i>Page 3</i> | <i>Page 5</i> | <i>Page 7</i> | <i>Page 8</i> | <i>Page 9</i> | <i>Page 10</i> |
| | Our Partners | | | | | |
| | <i>Page 11</i> | | | | | |

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 supporting parents 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 5).

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.

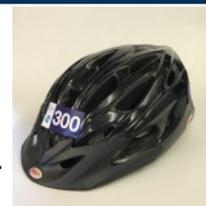
One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



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



2021 Event Calendar

| | |
|---|-------------------|
| Cheshire Kids Duathlon | 24th July |
| Cheshire Triathlon | 25th July |
| York Kids Triathlon | 31st July |
| York Triathlon | 1st August |
| South Coast Triathlon | 21st August |
| South Coast Run | 22nd August |
| Shropshire Triathlon | 5th September |
| North West Kids Duathlon | 18th September |
| North West Triathlon | 19th September |
| Ultimate Weekend | 24-26th September |
| Warwickshire Triathlon | 3rd October |
| Birmingham Autumn Half Marathon, 10k & 5K | 17th October |
| Ultimate, Ultimate 1/2 & Ultimate 1/4 | 12th June 2022 |
| Ultimate Aquathlon | 12th June 2022 |
| Triathlon @ Alderford | TBA |
| Birmingham Triathlon | TBA |



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

OFFICIAL UK TRIATHLON KIDS TRI WEAR



KIDS TECH SHIRTS £13



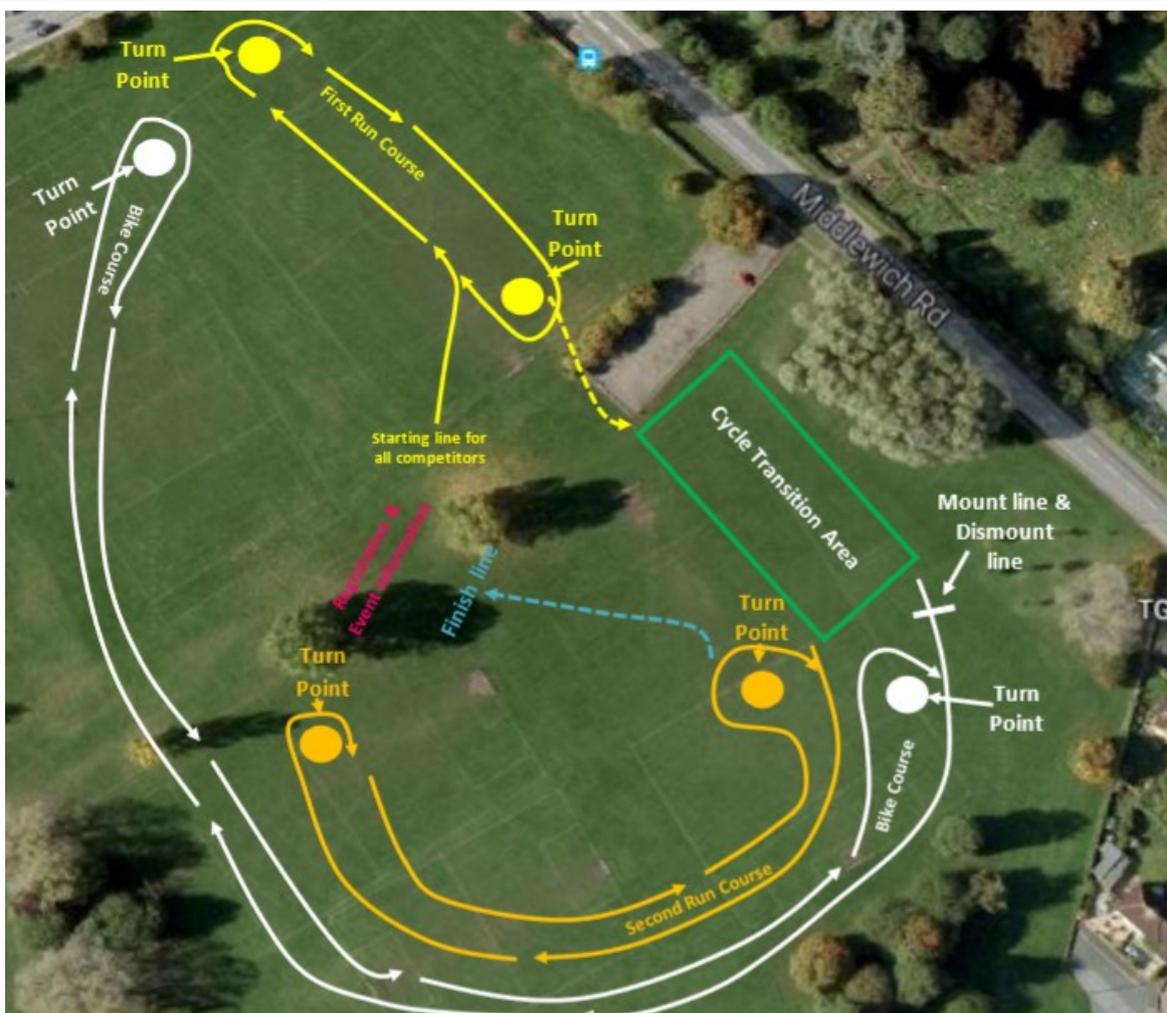
KIDS HOODIES £20

**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/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

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 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 dismantled 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 **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 and all team members can receive their medal.

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.

Hydration

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

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

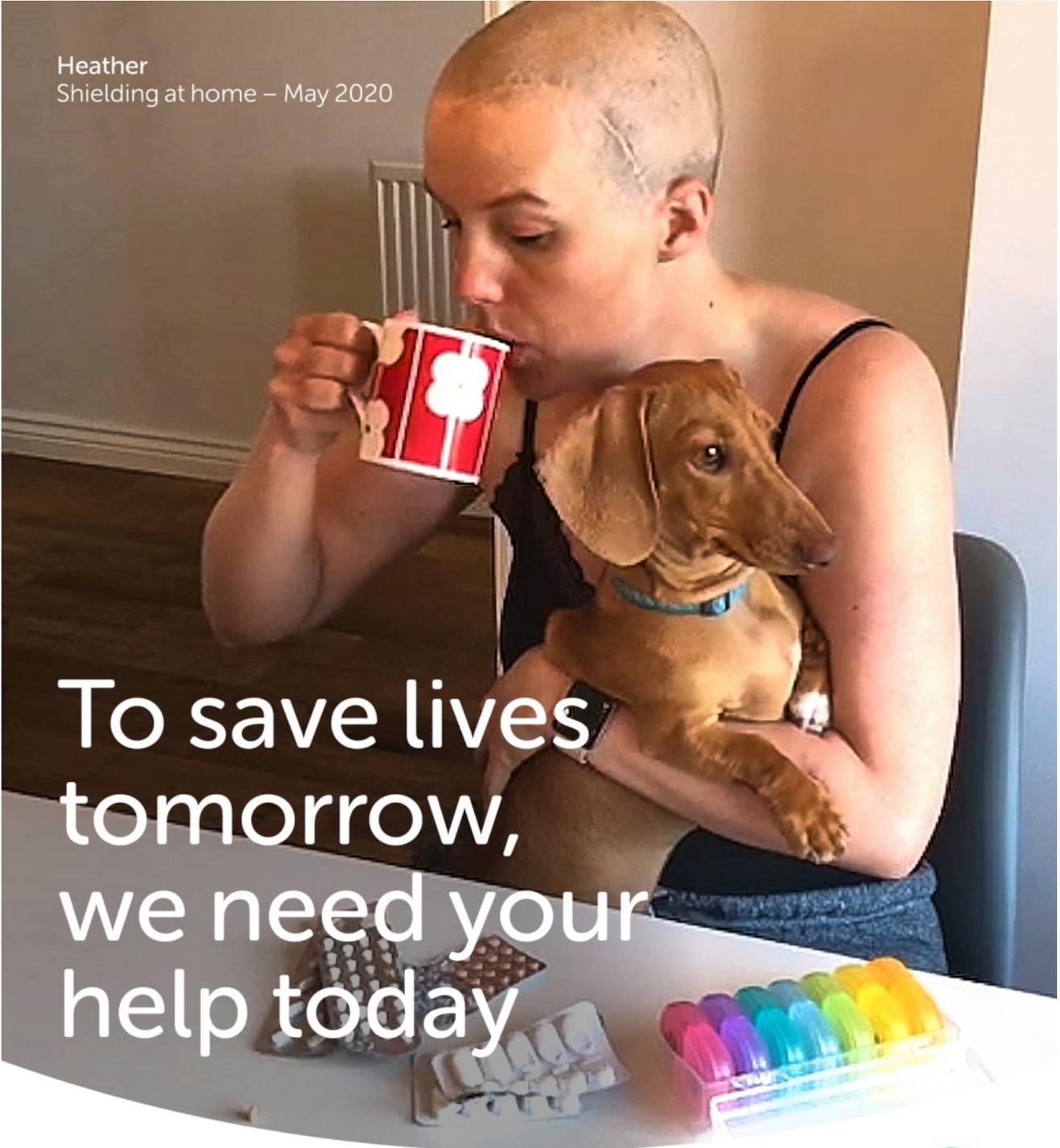
There is a commemorative 2021 medal for all finishers.

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.

Heather
Shielding at home – May 2020



To save lives
tomorrow,
we need your
help today

COVID-19 has slowed us down,
but we will never stop.

Fundraising has fallen and future
cancer research is at risk. We need
your donations now more than ever,
to help continue our life-saving work.

Please donate at cruk.org/give

Together we will **still** beat cancer



CANCER
RESEARCH
UK



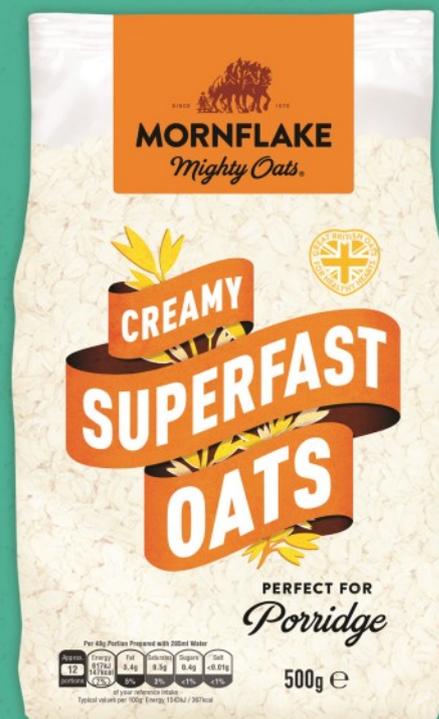


MORNFLAKE
Mighty Oats.

SUPERFAST OATS FOR SUPERFAST ENTRANTS

Proud Sponsors of
UK Triathlon 2021 Events

**MILLERS OF
MIGHTY OATS**
SINCE
1675



ラ N T
ン O R
ニ O I™
ン S
ゲ A 1
 3

Colors
to move
body and
mind.

asics
sound mind, sound body





PROFESSIONAL, AFFORDABLE, RACE PHOTOGRAPHY



BE THE FIRST TO SEE YOUR
PHOTOS!

WWW.MYSPORTPHOTOS.CO.UK

ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

With thanks to New Pixels for providing images for the competitor race information