



Cheshire Kids Duathlon

Saturday 20th May 2023

Barony Park, Nantwich, CW5 5QY

Start from 12:30pm

Race Day Information



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Welcome

Welcome to the Cheshire Kids Duathlon. Please take a moment to read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

Parking Information

- Parking is available on the Barony Park next to registration and the event arena.
- Race day parking will cost £2.00 per car and is donated to our official local charities. Only cash is accepted.
- Sat Nav postcode is CW5 5QY, on arrival please follow the Triathlon parking signs.

Race Day Checklist

- Race number (can be found on your race day email)
- Trisuit or appropriate cycling/running kit
- Additional clothing for wet/cold weather
- Cycle
- Cycle/Running Shoes
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)

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

Essential Information

Registration

Registration will be open on Saturday from 11:30am.

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

Please know your race number for registration and 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 Sticker x1, Helmet sticker x1, Numbered Wristband x1 (for parent)

Safety pins will not be enclosed however they will be available if required.

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.

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.

Bike

Any type of bike can be used as long as it is road worthy. The bike sticker must go on the front of the handlebars.

Helmet

Your 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.



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.

Trainers must be worn for the duathlon, bare foot running is not permitted.

Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all technical officials, event organisers, race crew, volunteers, and spectators with courtesy. Any abuse towards these people will not be tolerated and as a result you may be disqualified.

Essential Information

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.

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.

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.

Littering

All litter must be placed in bins or keep hold of it until you can dispose of properly.

Frequently Asked Questions

What should I do when I arrive?

- Once you've parked your car, follow the signs to Registration (inside the orange marquee).
- At registration, you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed your race envelope and an instruction sheet, please read this carefully (see page 3).
- After your bike and helmet stickers are attached (see page 3) you can enter the Cycle Transition Area and rack your bike.
- Rack your bike in an empty space – the racking is not numbered but there is marker tape to indicate where to position your bike. Prepare your kit ready for the cycle.
- When ready, follow the signs to the start.
- Please be at the start 10 minutes prior to your start time to ensure you are positioned in number order and have time to listen to the race brief.
- The starter will then tell you when to start your run.

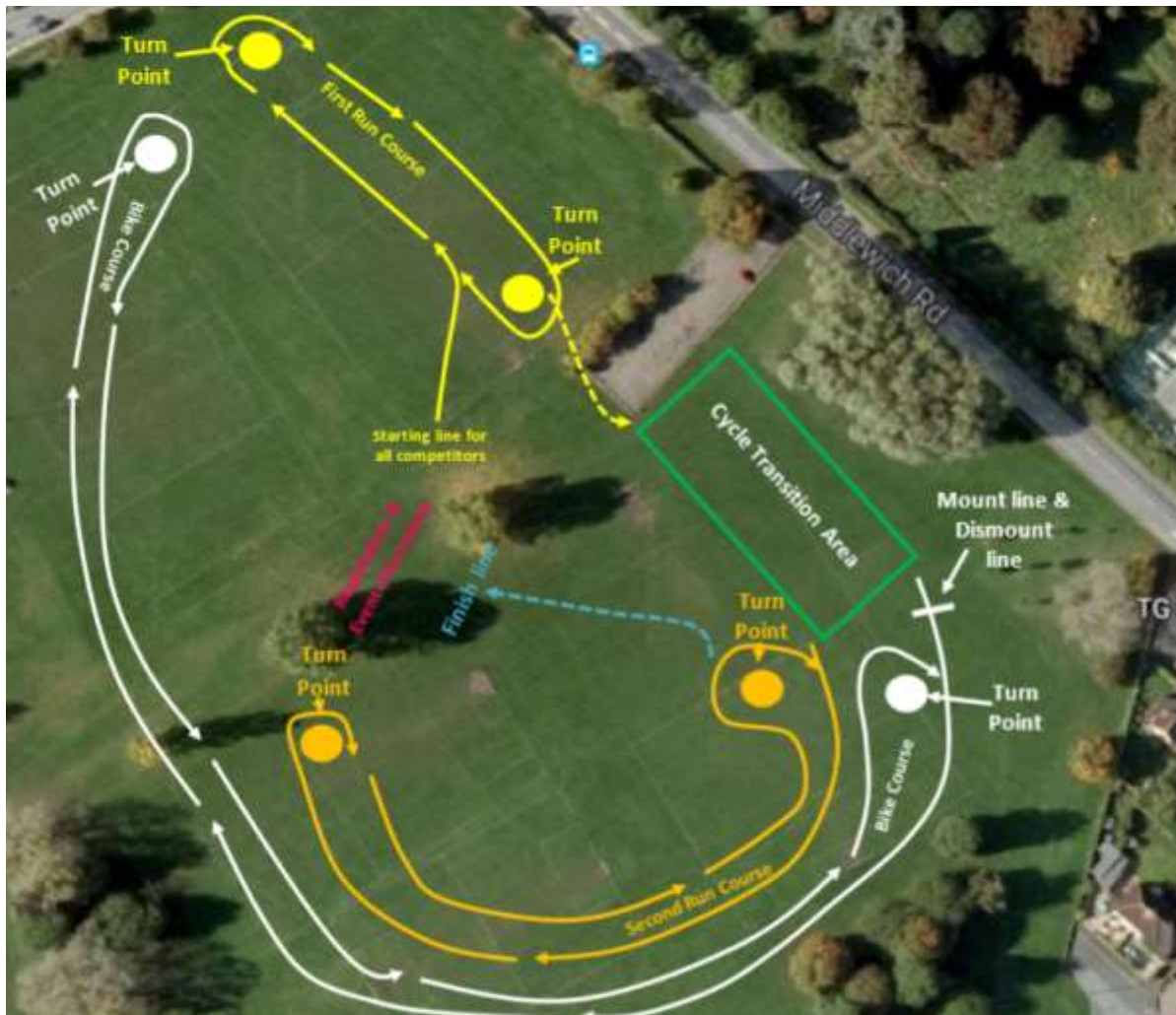
Where are the toilets and changing facilities?

Toilets are available in the pavilion building at the Barony Park and at the leisure centre. You may also use the changing facilities in the pavilion after your race.

Can my friends and family spectate?

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

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 (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. Don't forget to collect your finishers medal!

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 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.

Finishers Medal

There is a commemorative 2023 medal for all finishers.

My Sport Photos

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. We will email you once the photos are available. For any photography inquiries please contact info@mysportphoto.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.

UK Triathlon 2023

Event Calendar

Stratford Triathlon	7th May 2023
Cheshire Kids Duathlon	20th May 2023
Cheshire Triathlon	21st May 2023
Ultimate Weekend	2nd - 4th June 2023
Ultimate Swim	2nd June 2023
Ultimate Cycle	3rd June 2023
Triathlon @ Ellesmere	3rd June 2023
Ultimate Run	4th June 2023
Ultimate Triathlon	25th June 2023
Ultimate ½ Triathlon	25th June 2023
Ultimate ¼ Triathlon	25th June 2023
Henley Kids Triathlon	22nd July 2023
Henley Triathlon	23rd July 2023
Birmingham Triathlon	5th August 2023
Birmingham Run	6th August 2023
York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championships	2nd September 2023
Shropshire Triathlon	3rd September 2023
North West Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023

For more information please 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



BADGER CYCLES- QUALITY BIKE SERVICING

Get YOUR bike in Race shape!

Pre book your Pre race check or Service with Carl by texting him your race number and start time. 07950 735737

Badger Cycles will again be attending all UK Triathlon Events in 2023 offering Athletes the opportunity to save money on Bike servicing and repairs during the race weekend. GET YOUR BIKE READY FOR RACE DAY!

To make your booking just text your Race Number, Name and Start time prior to Race Day and Carl will allocate a slot for your selected work. Bookings are also taken on Saturdays prior to Sunday Race Day.

Alternatively, for Athletes living in Cheshire or Shropshire bookings can be made at Badger Cycles Workshop based in Whitchurch in the weeks prior to the event. Discounted service rates will apply.

New for this year are the following Service packages -

BRONZE SERVICE - Safety Check, Brakes, Gears, Drivetrain, Headset

Tyres/Valves. **£20.00**

SILVER SERVICE - As Bronze plus - Chain Lubrication and Wear Check

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. **£45.00**

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. **£75.00**



BIKE HIRE - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for Athletes travelling from abroad. POA

RACE WHEELS HIRE - Badger Cycles can offer UK Triathlon Athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

POST RACE SERVICING – **£55.00**

Treat your bike to a Service and Spruce up after your race!!

This service includes Bike Wash, Silver Level Service and New Bar Tape with a choice of 10 Colours to give your bike that new feel when you hit the next training ride!

GOT MECHANICAL ISSUES?



GOLD £75	SILVER £45	BRONZE £20
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BOOK YOUR PRE OR POST RACE SERVICE


Badger Cycles will be displaying selected Models from Moda Bikes at ALL events this Season with Special Offers to tempt you to update your Bike this season !!

An addition to any special offer being offered, any customers placing orders during Race Weekend will also receive a FREE UK TRIATHLON RACE ENTRY VOUCHER (to the value of £100)!







FREE RACE ENTRY WITH EVERY BIKE ORDER DURING RACE WEEKEND



Classic Diner

Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast baps, Hot & Cold Beverages





You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



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ASK THE PHYSIO & COACH

Is there a physio or training issues that is affecting the development of the junior triathlete. Come and speak to Physio / Coach Barry to see if we can help!

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