



Birmingham Kids Duathlon ***Race Day Information***

23rd June 2018

Registration open from 10:00am

First start time from 11:00am

(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



★
OFFICIAL
EVENT

CLOTHING

★
KIDS
T-SHIRTS
£10

★
KIDS
HOODIES
£20

★
KIDS
CAPS
£8
★

All available
to buy at
the event

2018 Event Calendar

Birmingham Kids Triathlon & Duathlon	23rd June 2018
Birmingham Triathlon	24th June 2018
York Triathlon	15th July 2018
South Coast Triathlon	28th July 2018
South Coast Run	29th July 2018
Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	TBA
Stratford Triathlon	28th April 2019
Cheshire Kids Duathlon	11th May 2019
Cheshire Triathlon	12th May 2019
Ultimate Kids Triathlon	TBA
Ultimate, Ultimate 1/2 & Ultimate 1/4	TBA
Henley Kids Triathlon	TBA
Henley Triathlon	TBA



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

Registration

- Please make sure you know your child/childrens race number and start time **before** you go to registration.
- For your child/childrens own and other competitors safety, mobile phones 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 10 minutes prior to their start time.
- £2 all day race parking is located on Boldmere Gate. Please follow 'triathlon parking' signs.

Registration and Set Up

- Registration will be open on Saturday from 10:00am.
- Firstly you and your child must go to registration where you will collect the competitor race envelope.
- Registration is situated in the orange Mornflake marquee, please follow signs from the car park.
- Please do not attempt to change the start time.
- Please arrive at least 60 minutes before start time or as early as possible to become familiar with the layout of the event.

Race Envelope

The race envelope contains the following items:

- Race number x1
- Bike sticker x2 - Before entering the Cycle Transition Area attach one bike number to the front of the handlebar stem and the other on the rear of the seat post. You must show the race number corresponds with the bike number when retrieving a bike after the event.
- Helmet sticker x1 - Attach the bike helmet sticker to the front of the helmet.
- Wrist bands x1 - There are two wristbands, one worn by the competitor, the other worn by the parent/guardian, if supporting before, during and after the duathlon.

Race Number

- Race number must be worn on the front for the duration of the duathlon.
- It is good practice to write your child/childrens 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, rack the cycle in the Cycle Transition Area along with anything else needed for the duathlon.
- Please make sure wristbands are worn to gain access to the transition.
- 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.
- Once finished in the Cycle Transition Area, head to the start line. Please be at the start line 15 minutes prior to start time for the compulsory race 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



- Red lines = Kids run course 1
- Yellow lines = Kids bike course
- Green lines = Kids run course 2
- White dotted line = Kids finish

Run 1

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Run	100m 1 Lap	200m 1 Lap	300m 3 Laps	400m 2 Laps	500m 2 Laps	600m 3 Laps	600m 3 Laps

- 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/childrens 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

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Bike	750m 1 lap	1km 1 lap	2km 2 laps	3km 3 laps	4km 4 laps	4km 4 laps	4km 4 laps

- Helmet must be fastened before taking the 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 Cycle 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/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- Cycles must be dismounted at the end of the cycle course
- Make sure your bike is working properly with our pre race service/check. Please see page 11 for more information.
- **Your child CANNOT take part without a cycle helmet!**

Run 2

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Run	300m 1 lap	500m 1 lap	1000m 2 laps	1500m 3 laps	2km 4 laps	2500m 5 laps	2500m 5 laps

- 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 water.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help them do this.
- When the required number of laps have been completed, your child/children must turn down the finish alley and continue through the inflatable finish line into the enclosure, finishers will then be awarded their finishers medal.

Relay

Run	600m 3 Laps
Bike	4km 4 laps
Run	2500m 5 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 second 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 2018 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.

Results will also be available online at uktriathlon.co.uk on Monday 25th June

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

Medals

- There is a commemorative 2018 medal for all finishers.

Photography

Our official event photographers, New Pixels Photography, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event.

In addition to this there will be filmmakers recording for a promotional video of the event with the use of ground cameras and a drone. A remotely operated aircraft will be in operation throughout the day. The aircraft may be overhead at a safe distance at any stage or area of the triathlon. For your safety, please locate and observe. Please be aware that landing/take off areas will be restricted areas. Please do not approach or communicate with staff members within these areas, as they may be in control of the aircraft.

If you do not want your image (moving or still) to be used in the making of any film or promotional material please advise in writing to zoe@uktriathlon.co.uk



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

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

2. How do we get to the venue?

For satellite navigation directly to the car park B73 6LH

3. Where can we park?

When you get close to the venue look for the fluorescent orange "Triathlon Parking" direction signs.

4. What time should we arrive on race day?

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

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

Yes, it is compulsory to wear a helmet.

6. 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.

7. Can my child run bare footed?

No, for the safety of the competitor bare foot running is not permitted.

8. 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.

9. 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.



Women, swimming, cycling & running to beat cancer



Take part individually or as part of a team!
Distances from just 200m swim - 9k bike - 2.5k run

Pool based triathlons for women-only, working in partnership with Cancer Research UK to raise money for research into all 200 types of cancer.



UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

6 fun pool based events to choose from Yorkshire, Oxfordshire, Cheshire, Warwickshire

Fight the fight, whilst trying the TRI!
Sign up today, join The Pink Wave

UKTriathlon.co.uk/pinkwave



JOIN US
ON THE
ROAD TO
PROGRESS

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call 0300 123 5461



CANCER RESEARCH UK



Registered with
FUNDRAISING
REGULATOR

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

BADGER **CYCLES.CO.UK**

Pre race bike service/check just £10

Gear and Brake Service £20.00

Brake Block Replacement - Free Fitting

Tyre Replacement - Free Fitting

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.



MORNFLAKE
Mighty Oats.

PORRIDGE DONE PROPERLY

A bowl of oats is never just a bowl of oats.
It's a recipe - a meticulous combination of hundreds of millers' techniques that we've been honing and perfecting for over 300 years.

**MILLERS OF
MIGHTY OATS
SINCE
1675**



**CREAMY
SUPERFAST
OATS**

PERFECT FOR
Porridge

500g e

**ORGANIC
SUPERFAST
OATS**

BRILLIANTLY
British

750g e

**SCOTTISH
SUPERFAST
OATS**

GROWN, MILLED
& PACKED IN
Scotland

600g e



NEWPIXELS

SPORT PHOTOGRAPHY



PROFESSIONAL, AFFORDABLE
RACE PHOTOGRAPHY

ALWAYS DISPLAY YOUR
BIB NUMBERS CLEARLY

WWW.NEWPIXELSEVENTS.CO.UK