



# **Cheshire Kids Duathlon** **Race Day Information**

**Saturday 19th May 2018**

**Registration open from 10:30am**

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

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

**All day event parking on the Barony Park £2.00**

**Venue:**

**Barony Park, Nantwich, Cheshire CW5 5QY**

# 2018 Event Calendar

<b>Cheshire Kids Duathlon</b>	<b>19th May 2018</b>
<b>Cheshire Triathlon</b>	<b>20th May 2018</b>
<b>Ultimate Kids Triathlon</b>	<b>2nd June 2018</b>
<b>Ultimate, Ultimate 1/2 &amp; Ultimate 1/4</b>	<b>3rd June 2018</b>
<b>Henley Kids Triathlon</b>	<b>9th June 2018</b>
<b>Henley Triathlon</b>	<b>10th June 2018</b>
<b>Birmingham Kids Triathlon &amp; Duathlon</b>	<b>23rd June 2018</b>
<b>Birmingham Triathlon</b>	<b>24th June 2018</b>
<b>York Triathlon</b>	<b>15th July 2018</b>
<b>South Coast Triathlon</b>	<b>28th July 2018</b>
<b>South Coast Run</b>	<b>29th July 2018</b>
<b>Shropshire Triathlon</b>	<b>16th September 2018</b>
<b>North West Kids Duathlon</b>	<b>29th September 2018</b>
<b>North West Triathlon</b>	<b>30th September 2018</b>
<b>Warwickshire Triathlon</b>	<b>7th October 2018</b>
<b>Birmingham Half Marathon, 10k &amp; 5K</b>	<b>TBA</b>
<b>Stratford Triathlon</b>	<b>TBA</b>



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



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to buy at  
the event**

# 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 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 Barony Park (proceeds go to Bentley Rotary Club and the Scouts towards their jamboree). Please follow 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 10:30am.

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

Please do not attempt to change your child/children's 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 - Before entering the Cycle Transition Area attach one bike number on the front of the handlebar stem and the other on the rear of the seat post. You must show your race number corresponds with your bike number when retrieving your bike after the event.

Helmet sticker x1 - Attach your bike helmet sticker to the front of your helmet.

Wrist bands x1 - There are two wristbands, one worn by the competitor, the other worn by the parent/guardian, this must be clearly displayed during the event.

## 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 (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

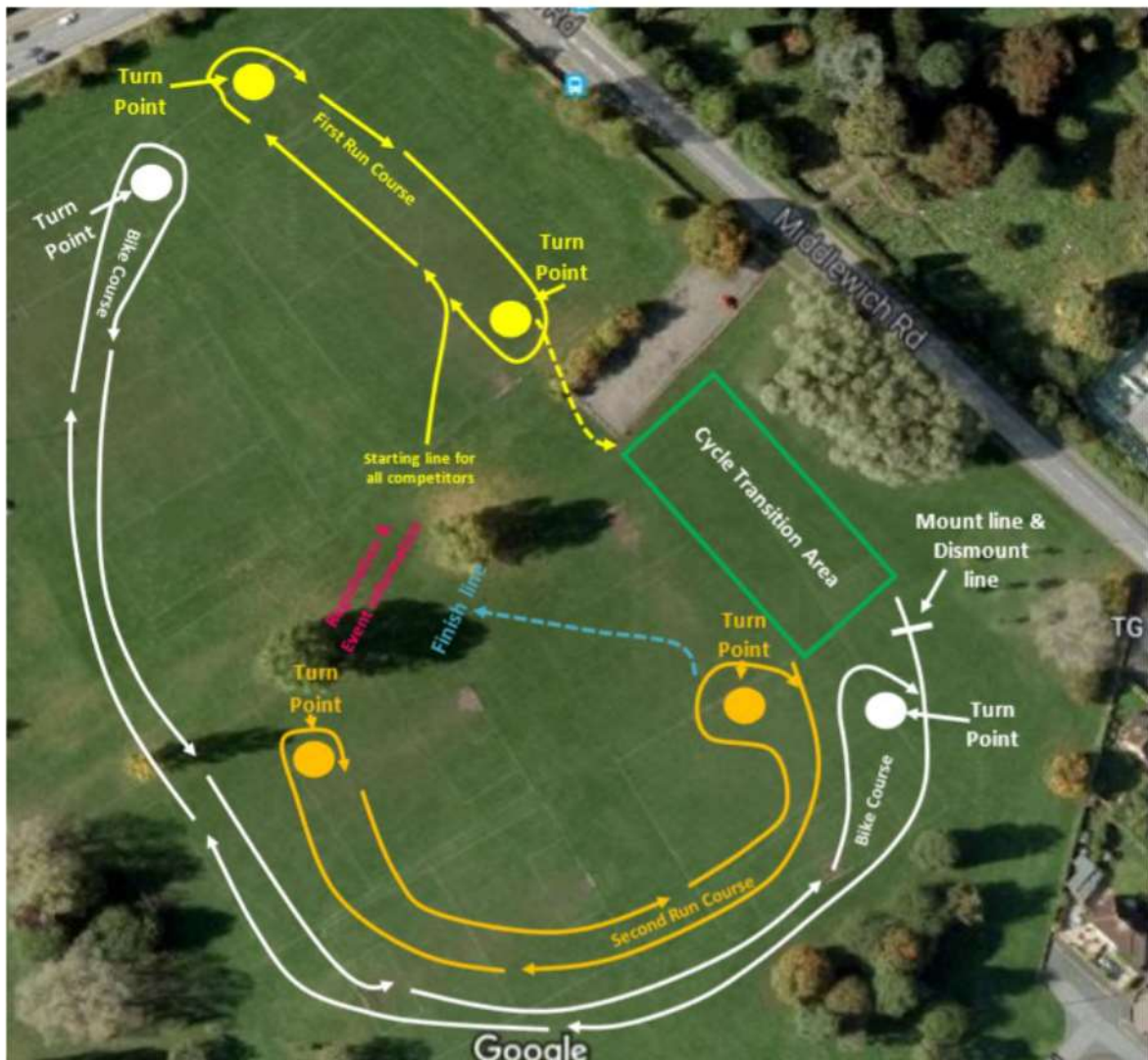
Once registered, take your child/childrens cycle and rack it in Cycle Transition Area along with anything else they need for the duathlon.

Parents/Guardians 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 10 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



# Run 1

	Tin	Inc	Steel	Bronze	Silver	Gold	Relay
Run	100m 1 Lap <small>SC</small>	200m 1 Lap	300m 3 Laps <small>SC</small>	400m 2 Laps	500m 2 Laps <small>LC</small>	600m 3 Laps	600m 3 Laps

\*SC - Short Course  
LC—Long 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 Barony Park, making it really safe for competitors to negotiate the course.

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.

There will be safety marshals around the course making sure the children go the correct way.

# Bike

	Tin	Inc	Steel	Bronze	Silver	Gold	Relay
Bike	750m 1 Lap <small>SC</small>	1km 1 Lap	2km 2 Laps	3km 3 Laps	4km 4 Laps	4km 4 Laps	4km 4 Laps

\*SC - Short Course  
LC—Long Course

Your child/children must fasten their helmet before taking their cycle off the rack.

The cycle course is entirely on grass around Barony 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).

It is yours or your child/childrens 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 the Cycle Transition Area.

**Your child CANNOT take part without a cycle helmet!**

Make sure your bike is working properly with our pre race service/check. Please see page 11 for

# Run 2

	Tin	Inc	Steel	Bronze	Silver	Gold	Relay
Run	300m 1 Lap <small>SC</small>	500m 1 Lap	1000m 2 Laps	1500m 3 Laps	200m 4 Laps	2500m 5 Laps	2500m 5 Laps

SC - Short Course  
LC—Long Course

The run is entirely on grass. The course is completely post & taped and within the grounds of the Barony 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 your child/children have completed the required number of laps they turn down the finish alley and through the finish line.

# Relay

	Run	Bike	Run
Relay	600m 3 Laps <small>LC</small>	4km 4 Laps	2500m 5 Laps

SC - Short Course  
LC—Long Course

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

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 Cheshire 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.

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

## M

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](mailto: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?**

*Please use postcode CW5 5QY*

## **3. Where can we park?**

*Parking is located on Barony Park. Parking is £2.00 for the entire day.*

## **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?**

*Any bike is permitted as long as it is road worthy.*

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

## **10. You're still not sure what to do or you need any questions answering?**

*Please contact UK Triathlon on [customercare@uktriathlon.co.uk](mailto:customercare@uktriathlon.co.uk).*



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