



North West Kids Duathlon

Race Day Information

Saturday 19th September 2020

Registration open from 1:00pm

First start time from 2:30pm

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

Distance	Run	Cycle	Run
Tin	100m - 1 Lap	750m - 1 Lap <small>Short Course</small>	300m - 1 Lap <small>Short Course</small>
Zinc	200m - 1 Lap	1k - 1 Lap	500m - 1 Lap
Steel	300m - 3 Laps	2k - 2 Laps	1000m - 2 Laps
Bronze	400m - 2 Laps	3k - 3 Laps	1500m - 3 Laps
Silver	600m - 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

All Day Parking Free Parking. Entry to Alderford Lake free for competitors
(please show your race number email on your phone or printed on paper)

Spectators -

£1 per adult, 50p per child, Under 3's free

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Covid-19 Guidelines

Your Health before the Event

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

Social Distancing

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event. Please make sure your spectators are aware of and abide by the 2 metre distance rule.

Do not form groups of more than 6 people at any time at the events.

Hand Sanitising

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

Please sanitise before and after toilet use.

Registration

Please allow more time than normal to register. Only one adult to register each child or multiple children.

Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before registering.

Transition

Only one adult can enter the cycle transition area to support a competitor.

Each competitor has their own numbered racking position. Rack only there and with your race number facing you.

Race Brief

There will be a short rolling race brief that you must attend before going to the swim start. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start.

Run Course

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

Feed Stations Run & Finish line

Water will be dispensed for your child/children at the drink station. Move away as quickly as possible allowing for other competitors. Bin your litter.

Spectators

Please do not bring unnecessary spectators if possible.

Your Covid Officer is Vic Bickerton

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

Essential Information

Registration

Go to registration where you will receive your race envelope.

Registration will be open on Saturday from 1:00pm.

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 4).

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.

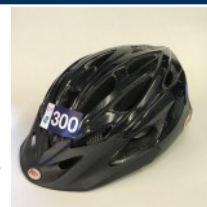
One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



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-shirts (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

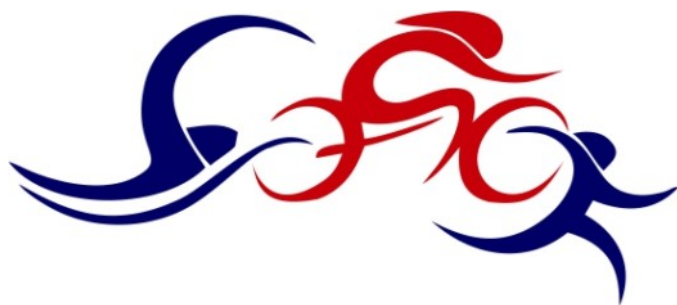
Once the cycle transition area preparation is complete, make your way to the start line 10 minutes before your start time for your compulsory race safety brief.

Where to place your Race Number and Stickers



2020 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	16th August
Ultimate Aquathlon	16th August
Shropshire Triathlon	6th September
Henley Kids Triathlon	12th September
Henley Triathlon	13th September
Cheshire Kids Duathlon	19th September
Cheshire Triathlon	20th September
North West Kids Duathlon @ Alderford	19th September
North West Triathlon @ Alderford	19th September
Birmingham Triathlon	26th September
Warwickshire Triathlon	4th October
Stratford Triathlon	4th October
Birmingham Half Marathon, 10k & 5K	18th October



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

OFFICIAL UK TRIATHLON 2020 KIDS TRI WEAR



KIDS TECH SHIRTS £13



KIDS HOODIES £20

**EMBROIDERED
TECH CAPS
£10**



AVAILABLE TO BUY AT THE EVENT

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 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. 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.

Registration

The runner must be within 4 m but no closer than 2 m to the cyclist.

During the Triathlon

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 North West 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.

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 photographs online post event.

Finishers Medal

There is a commemorative 2020 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.

Hydration

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



Donations are
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people like Angela
get good news

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Together we will beat cancer



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). © Cancer Research UK 2019.



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