

Cleveland Junior Duathlon Race Information

Date: Saturday 28th May 2022

Registration: 1pm-2pm

Event Time: 2pm-4pm

Location: Prissick Cycle Circuit, Middlesbrough Sports Village, TS4 3AE

Cost: £9

Facilities: Free parking, Toilets, Refreshments, First Aid

The event is only open to children between 8 and 14 year's old

The BTF distances are as follows (approx.):

Age 8 400m Run – 1500m Bike – 200m Run

Age 9-10 1200 Run – 4000m Bike – 400m Run

Age 11-12 1600 Run – 6000m Bike – 600m Run

Age 13-14 2000 Run – 8000m Bike – 800m Run

The actual distance will work within the guide lines of the BTF, the first run in each age group will be slightly short to account for the run through transition.

Please familiarise yourself with the course – You are responsible for counting your own laps

At 2pm the first wave, which will be TriStar Start, will be called to the gate (competitors only), please come with **ALL** your race equipment, you will then be led by marshals to the transition area where you will rack your bikes. You will then go to the start area and given the following briefing:

“Start the race at the chequered flags and run around the top circuit (dark green on map) for the required number of laps. Enter the transition zone across the grass as directed.

Collect your bike and leave out the opposite end of transition; mount when directed by a marshal.

Complete your required number of full bike laps (i.e. one full lap will be back the where you started the bike course) you will then have a half lap to complete to get you into T2.

Enter T2 via the marshal, be sure to be ready to dismount at the line, and run your bike back to the racking. **IMPORTANT:** You then need to run to the end of the racking and down the other side to the marshal to exit transition. This is to ensure everyone runs the same distance.

Run back around the track the same as your first run but keep to the **right hand side** of the cones as you are running past the finish. On your **final lap** run to the **left** of the cones to the time keeper. You will finish where you originally started.”

When all competitors understand the course, they will be started off.

When the competitors finish the course they will be asked to wait on the grassed area near the start/finish until a marshal takes them to collect their bikes and guide's them back across the track. We will endeavour to get them back as soon as possible but there might be a short wait, it would be great if in this time the children who have finished (and their parents/guardians) encouraged the children who are still competing.

It might be useful if the competitors brought over a jumper, or coat, to leave in the start/finish area to pull on when they have finished. Medals and goody bags will be given out in this area when they have finished.

Please be vigilant as to which wave we will be calling next so as not to cause any undue delays.

IMPORTANT: Parents and responsible adults will **NOT** be allowed through the gate onto the track **AT ANY TIME** during the event (common sense prevailing). This is an area strictly for competitors and marshals. You

will check a box to say you agree to this at the time of entry. Also, **NO** competitor is allowed on the track at any other time than when they are competing. There is ample spectator space along the trackside behind the gate. You can also view a lot of the bike course by following the path alongside the track outside the fencing.

Exceptions: We are an Athletes with disabilities inclusive club and welcome athletes with disabilities to our event. If your child has special need's, please e-mail paigemc13@hotmail.co.uk and discuss how we can take care of the needs of your child **before** the day of the event.

Other Information:

Trophies will be awarded for 1st, 2nd and 3rd in each category and a presentation will take place as soon as possible after all competitors have finished.

All competitors will receive a finish time and the results will be posted on the website and emailed out as soon as possible.

Please familiarise your child with basic rules of duathlon before the event. They must ride to the left of the track unless overtaking. This is especially important at the top of the bike course as the course considerably narrows to accommodate for runners and cyclists. This event is a non-drafting event, there will be Technical Officials watching for drafting and time penalties will be issued if the rule is deliberately violated.

Cycling in the spectator area is prohibited, if anyone is caught riding in this area they will be disqualified, please save your energy for the race! There will NOT be an opportunity to practice on the cycle circuit before your event, due to the transition from one wave to another. If you wish to practice on the circuit, you should do so prior to the day of the event.

If you have any questions or concerns about this event, please e-mail paigemc13@hotmail.co.uk before the day.

PLEASE SCROLL DOWN FOR ADDITIONAL INFORMATION

Category	Run 1 Laps	Bike Laps	Run 2 Laps
TriStar Start	2	1.5	1
TriStar 1	4	3.5	2
TriStar 2	6	5.5	3
TriStar 3	8	7.5	4

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner and failure to do so may result in disqualification of the competitor. As per rule 22.8 of the British Triathlon Rule Book misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening, abusive or insulting words or conduct. This could include over-zealous support and shouts of encouragement.**
- Failure to obey marshals / officials instruction**
- Tampering with equipment of others**
- Unsporting impedance**
- Handing water bottles or any other equipment (including inhalers) to, or collecting them from, competitors.**

Failure to do so may result in the child's disqualification from the race and further disciplinary action being taken against the parent or accompanying adult by British Triathlon.