



## **HSA JUNIOR DUATHLON DARLEY MOOR RACE TRACK SATURDAY 26<sup>TH</sup> MAY 2018**

### **VENUE**

Darley Moor Race Track  
Ashbourne  
Derbyshire  
DE6 2ET.

Car parking is free – there are lots of spaces available. Toilets are available onsite, but no changing facilities.

### **What will you need?**

For the event you will need:

- A road worthy bike (mountain or road)
- A helmet
- Footwear and clothing for cycling and running
- Drinks and snacks

### **Start Times (approx)**

Tri Star Start	9:45
Tri Star 1	10:15
Tri Star 2	11:00
Tri Star 3	12:00
Youth	13:00

Start times will be confirmed at registration.

### **What happens at Registration?**

Registration will take place from **08:30** on Saturday 26<sup>th</sup> May at the Press Office building beside the race track. Registration will close at 12:30. Please find your race number on the notice board (competitors are listed in Alphabetical order).

When you register you will be given the following:

- race numbers x 2
- timing chip
- a sticker for your bike

Please write any medical conditions you have on the reverse of your race number. Your number should be visible on your back for the cycle part of the event and on your front for the run part of the event. You may use a number belt if you have one.

Your timing chip should be attached to your left ankle.





### **BTF Membership**

Triathlon England members must show their licences at registration; if you aren't able to do this then a day licence must be purchased for £1. Non-Tri England members will be issued with a day licence when they register (price already included in entry fee).

### **Race recce**

The track will be open from 8:30 until 9:00 for competitors to ride the track, please ensure you are wearing your helmet.

### **Photography**

In line with Triathlon England guidelines, if you wish to take photographs or video during the event you must register your details at Athlete Registration; you will be issued with a wristband which you must wear at all times.

### **Race Briefing**

All competitors must attend the race briefing. This will be at the following times in the Holding Area. This race is ran under the rules of the British Triathlon Federation please see their website for more details [www.britishtriathlon.org](http://www.britishtriathlon.org)

Tristart & Tristar 1 - **09:30**

Tri Star 2 – **10:40**

Tri Start 3 – 11:40

Youth – 12:40

Tri Star Start and Tri Star 1 competitors must have their bikes racked before this briefing.

### **Transition Area**

The transition area is located at the side of the track.

You will be able to rack your bikes at the following times:

Tristart & Tristar 1 - **09:00**

Tri Star 2 – **10:30**

Tri Start 3 – 11:30

Youth – 12:30

There will be adult helpers in the transition area to assist children with their equipment – they will be wearing hi-vis vests so you'll know who they are. No parents allowed in transition unless they are part of the adult helper team.

All age groups will be kept in the holding area until it's time for them to rack their bikes – announcements will be made to alert people when it's time. Competitors in Tri Star 2, 3 and Youth categories will be able to rack their bikes once the last competitor from the previous wave as completed the bike leg.

Transition will open for Tri Star Start and Tri Star 1 racking at **09:00**.

As soon as a race is finished, children must remove their bikes from transition.



### Run 1

TRI STAR START	TRI STAR 1	TRI STAR 2	TRI STAR 3	YOUTH
400m	1.2km	1.6km	2km	2.5km

The first run for all distances is an 'out and back' starting on the race track, running in a **clockwise** direction, turning around a cone and back towards transition.

### Bike

TRI STAR START	TRI STAR 1	TRI STAR 2	TRI STAR 3	YOUTH
1.5km	3.8km	4.7km	7.2km	9.5km
Out & back	1 lap, 1 straight	2 laps	3 laps	4 laps

Please put on and fasten your helmet before you touch your bike.

Run or walk with your bike towards the bike exit. Do not get onto your bike until you have crossed the mount line. You will ride in an anti-clockwise direction around the race circuit. Please ride on the left and if you need to overtake, please make sure you do so on the right hand side. Remember to check that it is safe to overtake first. When returning to transition dismount your bike before the line, then please rack your bike before removing your helmet.

It is your responsibility to make sure you complete the correct number of laps.

### Run

Exit transition through the Run Out channel onto the road outside the track to complete the final lap of your run, turning around the cone, back down the road and finishing under the gantry.

TRI STAR START	TRI STAR 1	TRI STAR 2	TRI STAR 3	YOUTH
200m	400m	600m	800m	1.5km

### General Rules

**Please obey the marshals at all times – they are there for your safety.**

If there is anything you are unsure of, or don't understand, please ask!

Only race officials are allowed to help you during the race.

Your race number should remain visible at all times – on the front for the run, on the back for the bike.

### Final Results

The results will be available on the Choose Sports website as soon as possible after the event has finished.

### Prizes

The first 3 boys and first 3 girls from each category will receive a prize at presentation.



The prize presentations will be held throughout the morning so listen to PA announcements for when these will be.

### **First Aid**

First Aid will be provided on-site by EMMS and will be located near the finish line. There will also be an RRV along the route should an incident occur. If you feel you need medical assistance during the event please advise the nearest marshals and they will be able to get help straight away.

### **Parents VOLUNTEER & GET A FREE ENTRY INTO ANY RACE in 2018 / 2019**

Do you have any friends or family, travelling with you that are able to support the event in any way whilst you compete? In return for their time they will receive a **Free entry into next years race, or any other race in 2018**, this can be used by you, them or transferred to anyone you wish. You will also get a food and drink voucher and sponsors goodies They don't need any previous experience, or knowledge of duathlon as they will be fully briefed on the day of the event. Duties include, directing competitors, giving out drinks, inside transition area (the centre of the action).

### **Club Area**

There will be space for any clubs wishing to bring gazebos, flags etc and set up during the day for your team.

### **Refreshments**

The Wolf Hut will be serving hot and cold drinks and refreshments throughout the day.

### **Crazy Legs Adult Duathlon**

There are still spaces left for the Crazy Legs duathlon on Sunday 27<sup>th</sup> May so why not make the most of free camping at the track and stay for the weekend? There are plenty of spaces for tents, campervans, caravans, mobile homes in the grassy area beside the track. Just turn up, find a spot and get the kettle on!

For more information about the adult duathlon please visit the Crazy Legs website [www.crazylegsevents.co.uk](http://www.crazylegsevents.co.uk)

### **Thank you**

To our event sponsors and partners for supporting this event:

HUUB Design,  
HUUB Academy,  
High 5 Nutrition,  
Inchcape Toyota,  
The Wolf Hut.

For any further queries please contact Choose Sports [info@choosesports.co.uk](mailto:info@choosesports.co.uk)



## EVENT TIMETABLE - PROVISIONAL

TIME	EVENT	LOCATION
08:30	Athlete Registration opens	Press Office
08:30	Track Opens - recce	Track side
09:00	TSS/TS1 Bike Racking open	Transition
09:15	Track Closes	Track
<b>09:30</b>	<b>Race Briefing</b>	<b>Holding area</b>
09:45	Tri Star Start	Track – race start
10:15	Tri Star 1	Track – race start
10:40 (approx.)	Tri Star 2	Holding area/Transition <b>Race Briefing</b>
10:45 (approx.)	TSS/TS1 prize presentation	Finish Area
11:00	Tri Star 2	Track – race start
11:40 (approx.)	Tri Star 3	Holding area/Transition <b>Race Briefing</b>
<i>11:45</i>	<i>TS2 prize presentation</i>	<i>Finish Area</i>
12:00	Tri Star 3	Track – race start
12:30	Athlete Registration closes	Press office
12:40	Youth	Holding area/Transition <b>Race Briefing</b>
13:00	Youth	Track – race start
<i>14:00</i>	<i>TS3/Youth prize presentation</i> <i>Regional Team prize presentation</i>	<i>Finish Area</i>