

KidstriUK WORTHING CHARITY DUATHLON & 2km Fun Run - 2nd June



Race Instructions

(Updated 10/04/2024 15:50hrs)

This event is part of the 'KidstriUK Series' of event during 2024 in the Sussex area. The series winners will be determined by 3 out of 5 events best placing in age group. Further details can be found on the [WEBSITE](#)

VENUE

Durrington High School, The Blvd, Worthing, BN13 1JX

EVENT TIMETABLE (dependant on number of entries)

ALL Competitors register before racing.

09.00 Registration opens.

09.00 Transition opens - Cycle and run courses open for walking the course.

10.00 Race briefing for all, additional to Video Race Briefing online (7 days before)

10.00 Course closes for walking around.

10.15 Race Start for Youth

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BEFORE RACE



Prior to the race an email which will contain the competitors 'Registration Ticket' please download to your mobile device or print off your and bring with you. (Instructions on the website). Please note all competitors in the same family will be on the one ticket.

This will speed up your passage through registration.

Please ensure the cycle has working brakes, has air in the tyres and is safe to ride.

ARRIVAL

Parking is in the school drive in through the front entrance & follow the road., cross the road into the field & follow the event signs.

Locate registration with your competitor and the 'Registration Ticket'.

REGISTRATION



This will be next to the finish area.

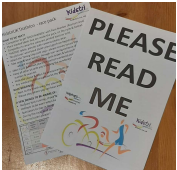
We will scan the Registration Ticket and give each competitor a Race Pack which will contain.

- Race information sheet – Please read.
- Race labels for cycle and Helmet.
- One race number to be worn on the FRONT of the running/cycling top or on your Tri race belt.
- Coloured bib numbered wrist band to wear during the event.
- PHOTOS labels to be worn by adults taking picture/video.

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- Race timing 'CHIP' attach to the LEFT ankle facing outwards – Please ensure its safety & return it at the end of the event.

WHAT TO DO NEXT



- Open you RACE PACK and the read instructions.
- Attach all labels to cycle and helmet.
- Parents to wear PHOTOS labels if taking pics/video.
- Proceed to NON-RACING ENTRANCE of transition, competitor to wear secured Cycle helmet & demonstrate working brakes on cycle. Please only one adult per child.
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and please no marking position.
- Then walk the cycle and run course.

CHANGING

- We would ask that all Youth/TS3/TS2 competitors are changed and ready before the briefing update.
- Be advised that the limited changing facilities in the pavilion near registration, advise come race ready.

RACE BRIEFING- Online & on the day








- Video link to 'race briefing' will be emailed out prior to the race.
- Cycle / Run course and Transition will be closed at 10.00hrs
- Race information update prior to the start at 10.00hrs

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THE RACE

- Competitors called by bib number asked to attend assembly area in small groups, please listen to the public address.
- Parents are asked not to enter this area (unless with 6/7yrs SBR Mini competitors).

Order of starting: Youth 15-16yrs – ORANGE, Tristar 3 13-14yrs – WHITE, Tristars 2 11-12yrs- GREEN, Novice 2 11-14yrs – YELLOW, Tristars 1 9-10yrs – BLUE, 2km Run – LIME, SBR Mini – PINK, Tristart (8yrs)- PURPLE, Novice 1 8-10yrs – RED.

Race & Age		SWIMBIKERUN Mini	Novice 1	Novice 2	Tristart	Tristar 1	Tristar 2	Tristar 3	Youth	Running Event (just like Jnr)	Run	Family FUN relay
6-14yrs		No Prizes	9-10yrs	11-14yrs	8yrs only	9-10yrs	11-12yrs	13-14yrs	15-16yrs		8-14yrs	Min age 9yrs
			KidstriUK Categories (no prizes)			British Triathlon age categories (prize for first 3 male/female)				KidstriUK Cat.	2 or 3 in team	
		laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.
		2 (800m-max)	2 (800m)	3 (1.2km)	1 (400m)	3 (1.2km)	4 (1.6km)	5 (2km)	6 2.4km)	5 (2km)	6 (2.4km)	
		6 (4km max)	1 (660m)	3 (2km)	1 (660m)	3 (2km)	6 (4km)	9 (6km)	9 (6km)		2 laps each	
		1 (400m max)	1 (400m)	1 (400m)	1 (200m)	1 (400m)	1 (400m)	2 (800m)	3 1.2km)		Max 1 adult per team	
Quail. age		Age on race day	Age category is based on age on 31st December of the race year.							Age on race day	Proceeds to Charity	
Trophies		No	No	No	Yes	Yes	Yes	Yes	Yes	No	Charity	

1st RUN SECTION

- Each lap is 400m- that is an 'Out and Back'= 400m = 1 lap, clockwise direction.
- Competitors started in small groups on 1st run.
- Run clockwise around the course.
- Runners to always keep to the left, out to the 'turnaround point' around the yellow banner and return on same route keeping left.
- Complete the correct number of laps, parents can assist in counting.
- Bib number to be showing on the FRONT in all cases.

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- Water station on the course- please dispose of used cups in the BINS PROVIDED, please do not just throw them to the ground.

TRANSITION (T1)



- On completion of 1st run take the marked exit from the run course alongside transition. Keep Left.
- Enter transition, locate cycle, put on and clip up Cycle helmet before picking up the cycle.
- Push cycle out to mount point.

CYCLE SECTION

- This a lapping counterclockwise course on the grass, each lap is 665m in distance.
- Mount in the marked box.
- **Cycle the correct number of laps (competitors must count their own -with parent help)**
- Keep Left, overtaking on the OUTSIDE only.

TRANSITION 2 (T2)



- Dismount in the before the line.
- Push cycle to your original space in transition.
- Lay down/ rack cycle and remove cycle helmet. ENSURE YOU PARK THE CYCLE IN YOUR NUMBERED SPACE.
- Exit on to the run through 'Run Out'

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2ND RUN SECTION

- Each lap is 400m- that is an 'Out and Back'= 400m = 1 lap, clockwise direction.
- Tri Start (8yrs) completing a short lap for the 2nd run- A member of the team will be at the turn around position at 100m.
- **Count and complete the correct number of laps.**
- On completion of correct number of laps take route to the finish line.
- (And don't forget about the used cups in the bins).

2km Fun Run

- Competitors will be called to the finish arch given a short briefing then started.
- Each completes FIVE laps then heads towards the finish.

FUN RUN TEAM RELAY

- After you're their individual racing we have this FUN event.
- 2 or 3 in a Team, each completes 2 laps (800m)
- 1 adult can make up a team of 3.
- All entry fees go towards the Charity Young Lives vs Cancer. Donations from £2+ per Team.
- Special prizes for the winners!
- We encourage all that have raced to come and join in the fun.

Swim Bike Run Mini Duathlon

- These will be called to the start with the Novice 1 competitors, those aged 6/7yrs can have a parent running alongside (outside of the course) on both the cycle and the run, if you wish to do so then please arrange in advance with the Race Director or one of the Team & please wear a marshal vest.



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- After a short briefing then start completing whatever distance is comfortable one lap of each or up to the maximum distances; 1st Run 800m (2 laps), Bike 4km (6 laps), 2nd Run 400m (1 lap). No timing or Prizes for this participation race.

FINISH

- The finish awaits the competitor and a drink, fruit, and the roar of the crowd.
- Collect your medal from the table.
- Before leaving place the timing 'CHIP' in the marked container.
- On completion of all the races we will be having an Under 7yrs DASH (this year for a medal & sweets) over 250m.

TIMING/ Checking

- Timing CHIP is attached to the LEFT ankle facing outwards, do not remove or damage.
 - Timing taken at: Start, entering Transition (x2), Exiting Transition (x2), Finish.
 - Manual time taken at start of 1st run remaining times and laps completed are captured by TAG receivers.

WELFARE, SAFEGUARDING, TOILETS & CHANGING,

- The event Welfare Officer (Jacqui) is based at registration and wearing the red hi-vis. If you have any issues, please speak to her or the Race Director (Paul) in the first instance. Contact her on 07999 667684 (during event only)
- Children changing – please come changed & ready.
- Parents taking pictures/video please wear the 'PHOTOS' numbered label.
- If you do not want any individual pictures of your child used for promotional purposes then please collect a GOLD coloured wrist band (NO PICS), from registration, to be worn by the competitor.
- Toilets will be outside next to the tennis courts (follow signage).
- The event is run in-line and within the Safeguarding guidelines/ policy set by British Triathlon.

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- All spectators must stay in the taped area and not enter any part of the course.
- This is the young triathlete's event and supported by you with verbal encouragement they will get around the marked course and feel that they have achieved competing against the clock and earned their medal.
- If a child goes missing, please report to the Welfare Officer (in person or by Mob) ASAP.
- We ask all careers to celebrate all competitors' achievements in the event and not to be too over enthusiastic in supporting your own young person.
- Other information on Safeguarding is on the event poster at registration and nearby.

CHARITY RAFFLE

- The popular charity raffle for a new children's road cycle and other goodies
- Raffle tickets on sale on the day Cash or Card accepted.
- Raffle drawn at the end of prize giving (approx. 11.45hrs).



RESULTS

- The correct number of cycle and run laps must be completed, failing to do so will mean the competitor will not receive a placing in the results. Their times will be placed at the bottom.
- Winners of the Tristart, Tristar & Youth categories 1st, 2nd, 3rd, (open/female) will be presented with winner's trophies.
- INTERIM RESULTS will be posted on the website <http://www.kidstri.co.uk/results.php> hopefully by 7pm
- Any comments regarding the results please email info@kidstri.uk



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- Results will be declared final on FRIDAY at 7pm.

FIRST AID

- Supplied by Event Ambulance Service and will be positioned in the field next to the finish area.

PUBLIC ADDRESS

- Music and commentary through the event will start at 9.30am, please listen out for announcements that may affect the race, we will try and give you a name check around the course.

EVENT PHOTOGRAPHY (ground and air)

- The race Organiser or a member of the Team will be taking video/still pictures during the event. These images will be used in the following ways:
 - The organisation's printed publicity
 - The organisation's online publicity (including Facebook and Twitter)
 - Drone photography may also form a part of this but only flying under the following conditions:
 - i) Weather conditions permit flight
 - ii) A qualified operator and flight Team is available.
 - iii) That there is no objection from any parents/guardians/ carers that cannot be dealt with through the risk assessment process.
 - All flying will not be over persons; landing & take offs will be in a marked area that must be always kept clear.
 - All flying is carried out within the guidelines of the CAA.
 - If you do not wish to have video or pictures of your young person used in social media, please collect a 'NO PICS' gold wristband from registration, give us the bib number and ensure the competitor is wearing it throughout the event.

[PLEASE ENSURE YOU HAVE COMPLETED A PHOTO/VIDEO CONSENT FORM FOR EACH CHILD](#)
[PLEASE CLICK HERE TO DO SO ONLINE.](#)

COLLECTING EQUIPMENT AFTER RACE

- Some of you may wish to leave before the completion of the event.

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- Competitor my collect cycle and helmet via the non-racing entrance, under marshal control.
- Whilst the race is on ONLY competitors are allowed in the cycle transition area.

VOLUNTEERS

The event is run with the help of volunteers to help direct children around the course. Parents helping will be able to claim a free children's race event for later in the year. If you can assist, please email info@kidstri.uk or go to [HERE](#)
QUESTIONS? Please email or check out the novice information on the link below.

Novice
Information



What does 'Young Lives vs Cancer' do?



Today, 12 more children and young people will hear the devastating news that they have cancer. Treatment is often gruelling, can start immediately and be given many miles from home. Young Lives vs Cancer is the UK's leading cancer charity for children, young people, and their families. Our care teams have been providing specialist support across the UK for years. We fight tirelessly for young cancer patients – individually, locally, and nationally.



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Future events in the KidstriUK Series

- KidstriUK Billingshurst Multi-Sport Festival – 14th July
- Steyning Children's Triathlon – Sat. 17th Aug – Steyning AC/Brighton Tri Club Assisted by KidstriUK
- KidstriUK Bognor Multi-Sport Festival - 15th September
- KidstriUK Uckfield Aquathlon & 2km Run – 22nd September.
- SERIES WINNERS' PRESENTATIONS -16th November 2024, Billingshurst LC Studio.

[KidstriUK Series
Info](#)