



KidstriUK BILLINGSHURST CHARITY DUATHLON -22nd May

YOUNG LIVES
vs CANCER

Race Instructions

(Updated 06/05/2022)

This event is part of the 'KidstriUK Series' of event during 2022 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



Weald School, / PFP Leisure swimming pool. Station Road, Billingshurst,

West Sussex, RH14 9RY

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

BEFORE RACE



Prior to the race an email 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.

The British Triathlon Day Licence receipt is on the [race info page](#) of the website. Your Day Licence has been included in the cost of the entry. If you are interested in joining British Triathlon, then use this receipt to get a discounted rate.

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

ARRIVAL



Parking is in the leisure centre car park, head down alongside the swimming pool & follow the event signs.

Locate registration with your competitor and the 'Registration Ticket'

REGISTRATION

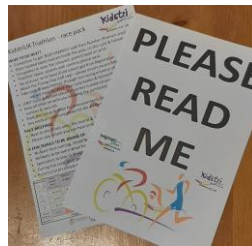


This will be next to the finish area.

We will scan the Registration Ticket and give each competitor a YELLOW RACE BAG(returnable) 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
- Race timing 'CHIP' attach to the LEFT ankle – Please ensure it's safety & return.

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
- Competitor to get 'Body marked' with the race number on arm and carf. - rostrum area.
- 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.
- ON ENTERING TRANSITION PLEASE PLACE THE YELLOW REGISTRATION BAG IN THE MARKED CONTAINER for reuse.
- Then walk the cycle and run course.

CHANGING



- We would ask that all Youth/TS3/TS2 competitors are changed and ready before the briefing.
- Be advised that the changing facilities in the leisure centre are not exclusive use, public sessions are in effect.

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
- ONE Race information update prior to the start at 10hrs



THE RACE

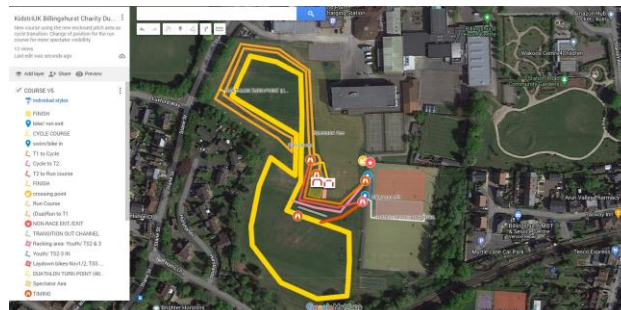


- Competitors called by bib number asked to attend assembly area in small groups, please listen to the public address.
- Parents are asked not to enter this area.

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

Age Groups	Novice 1	Novice 2	Tristart	Tristar 1	Tristar 2	Tristar 3	Youth	 kidstri.co.uk					
	8-10yrs	11-14yrs	8yrs only	9-10yrs	11-12yrs	13-14yrs	15-16yrs						
	KidstriUK Categories (no prizes)		British Triathlon age categories (prize for first 3 male/female)										
	laps	Dist.	laps	Dist.	laps	Dist.	laps	Dist.	laps	Dist.	laps	Dist.	
	1 (400m)	3 (1.2km)	1 (400m)	3 (1.2km)	4 (1.6km)	5 (2km)	6 (2.4km)						
	1 (660m)	3 (2km)	1 (660m)	3 (2km)	6 (4km)	9 (6km)	9 (6km)						
	1 (200m)	1 (400m)	1 (200m)	1 (400m)	1 (400m)	2 (800m)	3 (1.6km)						
band col	Red	Yellow	Purple	Blue	Green	White	Orange	Open to all abilities					

1st RUN SECTION



1 - [COURSE MAP CLICK](#)

- Competitors started in small groups on 1st run.
- 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.

TRANSITION (T1)



- On completion of 1st run take the marked exit from the run course alongside transition.
- Enter transition, locate cycle, put on and clip up Cycle helmet before picking up the cycle
- Push cycle out to mount point.
- Water station on the course- please dispose of used cups in the BINS PROVIDED, Please do not just throw them to the ground.



CYCLE SECTION



- This a lapping anti-clockwise 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)**
- Overtaking on the OUTSIDE only.

TRANSITION 2 (T2)



- Dismount in the marked box.
- 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'

2ND RUN SECTION



- Each lap is 400m- that is an 'Out and Back'= 400m = 1 lap
- Novice 1 / TriStart complete 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).

FINISH



- The finish awaits the competitor and a drink, fruit and the roar of the crowd.

YOUNG LIVES
vs CANCER

- Collect your medal from the table
- Before leaving place the timing 'CHIP' in the marked container.

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), Finis.
 - 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.
- 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 & LIMITED EDITION T-SHIRT



- The popular charity raffle for a new children's road cycle and other goodies
- Raffle tickets on sale on the day £5 per strip of 5 or £2 per ticket.
- Raffle drawn at the end of prize giving (approx. 11.45hrs).
- LIMITED EDITION T-SHIRT on sale at registration £10 each, proceeds to the charity. 4 different sizes only 100 available.



2 - #letsTRlagain2022

FREE FUN SWIM (after the racing)



There will be two sessions of 45mins from 1200 to 1245 and 1245-1330

These will be bookable in advance 14 days before the event, link will be sent via email.

Maximum of 50 persons per session on a first come-first served basis via booking.

Check the spaces available [HERE](#)

RESULTS

A small, dark image showing a list of race results. The text is too small to read clearly, but it appears to be a table with columns for name, time, and possibly category or gender.

- 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, (m/f) 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.co.uk
- Results will be declared final on FRIDAY at 7pm.

FIRST AID



- Supplied by WANT Medical Services and will be positioned in the field next to the cycle transition 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)
- Shared with group members for personal use only
- Drone photography will 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.

COLLECTING EQUIPMENT AFTER RACE



- Some of you may wish to leave before the completion of the event.
- Competitor may 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.
- If you have not already returned the numbered YELLOW registration BAG, please leave it in the container in transition for reuse at future events.

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 info@kidstri.uk or check out the novice information on the link below <http://www.kidstri.co.uk/kidstri/noviceinfo.php>

What does 'Young Lives vs Cancer' do?

YOUNG LIVES
vs CANCER



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.

Next events in the Series



- KidstriUK Billingshurst Triathlon - 17th July
- Steyning Children's Triathlon – Saturday 20th August - Brighton Tri Club Assisted by KidstriUK
- KidstriUK Bognor Triathlon - 11th September
- KidstriUK Billingshurst Aquathlon - 2nd October
- SERIES WINNERS' PRESENTATIONS -November, date to be confirmed.

Chichester Children's Triathlon -29th May (details on the website) . Chichester Tri Club (Assisted by KidstriUK) -

Not part of the KidstriUK Series 2022

Sunday 29th May 2022



Westbourne House School, Chichester

RACES:

(Age on the 31st December)			
Novice 1 8 - 10yrs	25m	665m	600m
Novice 2 11 - 14yrs	50m	1.3km	1.2km
TriStar Start 8yrs	50m	665m	600m
TriStar 1 9 - 10yrs	150m	2.0km	1.2km
TriStar 2 11 - 12yrs	200m	4.0km	1.8km
TriStar 3 13 - 14yrs	300m	6.0km	2.4km
Youth 15-16yrs	400m	6.0km	2.4km

A fun triathlon event designed for children

Race entry fee - £22.00 Novices / £27.00 TriStar & Youth

You can enter on-line (or scan QR code):-



https://www.britishtriathlon.org/events/chichester-junior-triathlon_13587

For further information please contact cwtctrstars@gmail.com

