



Welcome to Barnes Fitness' Kids Dinton Duathlon

WHERE IS THE EVENT TAKING PLACE?

The Duathlon is taking place on the closed golf course accessed from [Dinton Activity Centre, Sandford Lane, Hurst, RG10 0SU](#). **Course & Transition maps** can be found [here](#). There will be a lead cyclist who will be on the course for the children to follow.

As you will see from the course maps – distances vary depending on your age group.

WHERE & HOW MUCH IS PARKING?

Ample parking is available onsite at Dinton Activity Centre at a cost of £1.50 per hour up to 4 hours, £6.00 flat rate for 4 hours plus. **Failure to display a valid ticket purchased from the machine, will put you at risk of receiving an £80 fine from Wokingham Borough Council.**

EVENT TIMETABLE:

	TriStars Start	TriStar 1	TriStar 2	TriStar 3
Registration Opens	9:00am			
Registration Closes	9:30am	9:45am	10:15am	11:00am
Race Briefing	9:45am	10:00am	10:30am	11:15am
Race starts	10:00am	10:15am	10:45am	11:30am
Prize Giving	10:30am	10:50am	11:15am	12:30pm

WILL I RECEIVE ANYTHING BEFORE THE DAY?

No, **all participants are required to register and collect the following on race day** from Race HQ:

- Race number for the front of your clothing
- Bike number for the handlebars
- Helmet sticker
- Chip Timing responder
- Day Race Licence if not a British Triathlon member



Bikes are to be placed into transition AFTER registration at which point they will be checked for basic road worthiness. Your race number **MUST** be attached to your bike seat post and also the front of your cycle helmet before entering transition.



**SOUTH CENTRAL
JUNIOR SERIES
2018**

CAN PARENTS HELP....?

A parent will be allowed to assist the children with the racking of their bikes in the main transition area before each race but will not be allowed on the course or in transition during the event.

Please ensure either the child or a parent has the matching race number to remove the bike from transition.

WHAT DO I NEED TO BRING/WEAR?

- **A correctly fitting cycle helmet must be worn by ALL taking part**
- Tri-Suit or cycling shorts and top
- Race belts (we will have safety pins available)
- Jacket or long sleeve top to put on in transition if weather is inclement
- Bike in roadworthy condition SUITABLE FOR CYCLING ON GRASS
- Cycling shoes if wearing them or trainers. Elastic laces available to purchase for £2 on the day
- Drink/energy provisions
- British Triathlon Membership Card if applicable.

Please bring only the essential items into transition and leave the rest with your spectators.

ARE THERE ANY SPECIFIC RULES I NEED TO ABIDE BY?

Yes:

- All competitors MUST wear a fastened helmet when in contact with their bike.
- **No earphones/mobile phones or MP3 players are to be used AT ALL during the event.**
- FULL LIST OF RULES AVAILABLE AT BRITISH TRIATHLON [here](#)

WHAT HAPPENS IF GET A MECHANICAL ISSUE ON THE BIKE?

Speak to the nearest marshal who will assist you.

WILL THERE BE FIRST AID AVAILABLE?

Yes, supplied by [Beyond First Aid](#). They will be stationed in between the Start/Finish and Transition area and have access to the whole course.

ARE THERE TOILETS/CHANGING FACILITIES ONSITE?

There are toilets with space for changing within Dinton Activity Centre.

HOW WILL I GET MY RESULTS?

These will be available immediately as you cross the line courtesy of [RogueRacer](#).

WHERE CAN I FIND PHOTOS OF ME FROM THE EVENT?

These will be posted on our website when available.

WHO IS TO THANK FOR THE EVENT?

- [Wokingham Borough Council](#) – granting permission for use of their land and Dinton Activity Centre.
- [Lexus Reading](#) – headline sponsor of the event.
- [Zone3](#) – sponsor of podium prizes.
- ALL OF OUR MARSHALS



**WOKINGHAM
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