

TWYFORD KIDS DUATHLON

SUNDAY 12 MAY
10:00AM START
RUN/BIKE/RUN
KING GEORGE'S FIELD,
LODDON HALL ROAD,
TWYFORD. RG10 9JA



Welcome to Barnes Fitness' Twyford Kids Duathlon – SUNDAY 12 MAY 2019

WHERE & COURSE MAPS

The Duathlon is taking place on [King George V Recreation Ground, Loddon Hall Road, Twyford, RG10 9JA](#). **Course & Transition maps** are [here](#). There will be a lead cyclist who will be on the course for the children to follow for the first lap of the first run and bike. As you will see from the course maps, distances/laps vary depending on age group.

PARKING

Parking is free at this event – there are two places we have permission to park, both of which are a short walk from the Recreation Ground;

1. [Loddon Hall, Loddon Hall Road, RG10 9JA](#) **N.B. parking only permitted here until 11.45am, if you are going to be at the event past this time, please park at;**
2. [Polehampton Junior School, Kibblewhite Crescent, Twyford, RG10 9AX](#)

PLEASE DO NOT PARK IN THE CHURCH, DOCTOR'S SURGERY OR IN LODDON HALL ROAD ITSELF.

EVENT TIMETABLE:

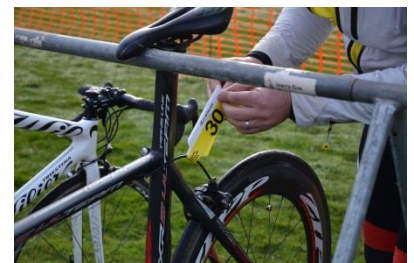
	TriStars Start	TriStar 1	TriStar 2	TriStar 3
Registration Opens	9:00am			
Registration Closes	9:30am	9:45am	10:15am	11:00am
Race Briefing	9:45am	10:00am	10:30am	11:15am
Race starts	10:00am	10:15am	10:45am	11:30am
Prize Giving	10:30am	10:50am	11:15am	12:30pm

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 if you are not using a race belt
- Bike sticker to be put on seat post
- Helmet sticker to be put on front of helmet
- Chip Timing responder to be worn on left ankle
- 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 and helmets will also be checked for correct fitting. Your race number **MUST** be attached to your bike seat post and also the front of your cycle helmet before entering transition.



MECHANICAL ISSUE

Speak to the nearest marshal who may be able to assist you.

CLOTHING/EQUIPMENT

- **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 as well as race belts to purchase for £6)
- Jacket or long sleeve top to put on in transition if weather is inclement
- Bike in roadworthy condition (functioning brakes) **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.

PARENTAL INVOLVEMENT

A parent will be allowed to assist the children with the racking of their bikes in the main transition area 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 after the event.

RULES

- 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](#)

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.

REFRESHMENTS, TOILETS & CHANGING FACILITIES

There are toilets with space for changing within Twyford Youth Centre. There will also be refreshments available to purchase with funds going to the Brain Tumour Charity.

RESULTS

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

PHOTOS

We do not have an official event photographer. If you wish to take your own photos on the day, you will be required to complete the photographic waiver at Race HQ and will be given a wrist band to indicate that you have done so.

WHO IS TO THANK FOR THE EVENT?

- [Twyford Parish Council](#) – granting permission for use of their land.
- [Lexus Reading](#) – headline sponsor of the event.
- [Twyford Together](#) – help with promotion and support of the event.
- [Polehampton C of E Junior School](#) – allowing event parking
- ALL OF OUR MARSHALS – mainly Reading Rascal parents as well as students from The Piggott School.



Twyford
PARISH COUNCIL

