

Carew Airfield Junior Duathlon

Saturday 20th April 2019 – 11am

Race Pack



Fun duathlon: 200m run | 1km bike | 200m run

TriStart (age 8): 400m run | 1km bike | 200m run

TriStars 1 (age 9-10): 1.2km run | 2km bike | 400m run

TriStars 2 (age 11-12): 1.6km run | 4km bike | 600m run

TriStars 3 (age 13-14): 2km run | 6km bike | 800m run



Carew Airfield Junior Duathlon, based at Carew Airfield Business Park, is organised by Just Tri Junior Triathlon Club and is returning in 2019 after a highly successful debut event in 2018. The race is permitted by British Triathlon, which means that all athletes must abide by the rules in place by British Triathlon. The event has been created to offer a fun and exciting experience for those new to multi-sport racing. It caters for those looking for a fast time, as well as those taking on a duathlon for the first time. The run and bike sections are flat and fast and closed to public access. [There are two small speed bumps on the bike section].

Just Tri are proud to host the first junior duathlon in Pembrokeshire that has been approved by British Triathlon. We would like to welcome local athletes from Pembrokeshire and those athletes that have travelled from further afield. Carew Airfield is situated on the A477 between Kilgetty and Pembroke Dock, and is approximately 30 minutes from Carmarthen and 1 hour from Swansea. We hope you have an enjoyable and memorable day and a safe journey home!

Race numbers

At registration you will be given the following:

Race number x 2 - Numbers must be worn on the FRONT during the runs and on the REAR during the cycle stage. They must not be folded and must be pinned in all four corners if not using a race belt. Please add any personal information on the back of the number in the case of an emergency. If your number is not visible, we will not be able to record your time (the event is NOT chip timed). Spot marshals will be in place and counting laps at random.

2 labels – one for the front of your helmet, one for your bike (we suggest putting it on your seat post or rear brake cable, clearly visible from both sides). Please ensure these labels are attached before you bring your bike and kit to set up in transition. Marshals will be required to see all numbers.

Wristband – This will be numbered and will relate to your helmet and bike for transition.

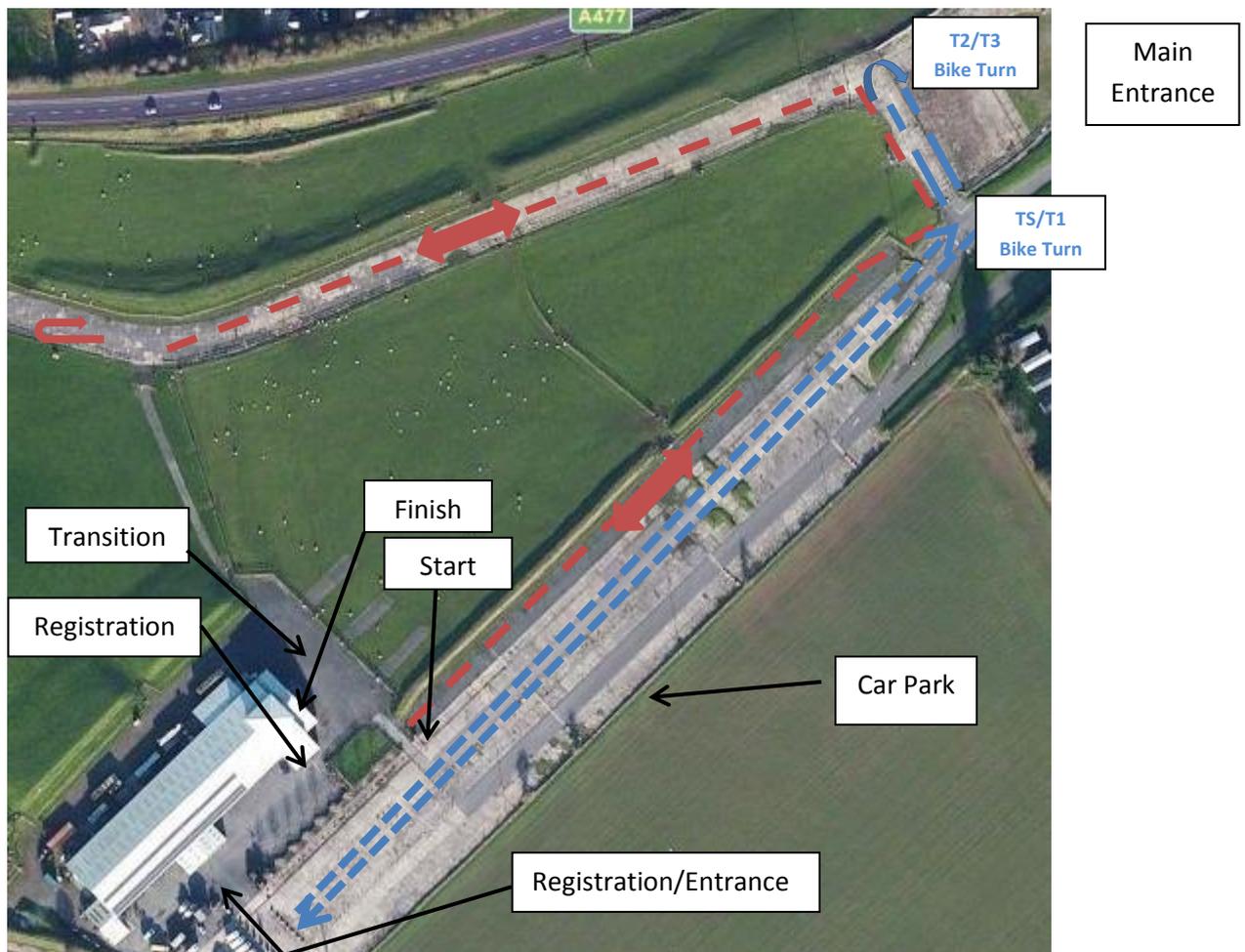
If you need them, safety pins will be available at registration.

Registration will be open from 9am. The first race will commence at 11am. Transition will be marshalled, but fairly flexible. During a race, nobody will be allowed to drop off or collect bikes. There will be a short amount of time between each race to allow children to enter transition if needed. NO ACCOMPANYING ADULTS CAN ENTER TRANSITION WITH ATHLETES.

Race briefing

A race briefing/welcome will take place at 10:45a.m. There will be a short briefing before each race, and all competitors must be present.

Bike & Run Route



Run: — — — — —

Each race will have different turn points for run one and run two. The turn points will have appropriate signage and marshals for each race. Marshals will be instructed to stand in the appropriate place, based on the accurate distances. **For example, run 1 for TriStars Two is 1.6km. Therefore, they will turn at the 800m point which will be marshalled and have appropriate signs.**

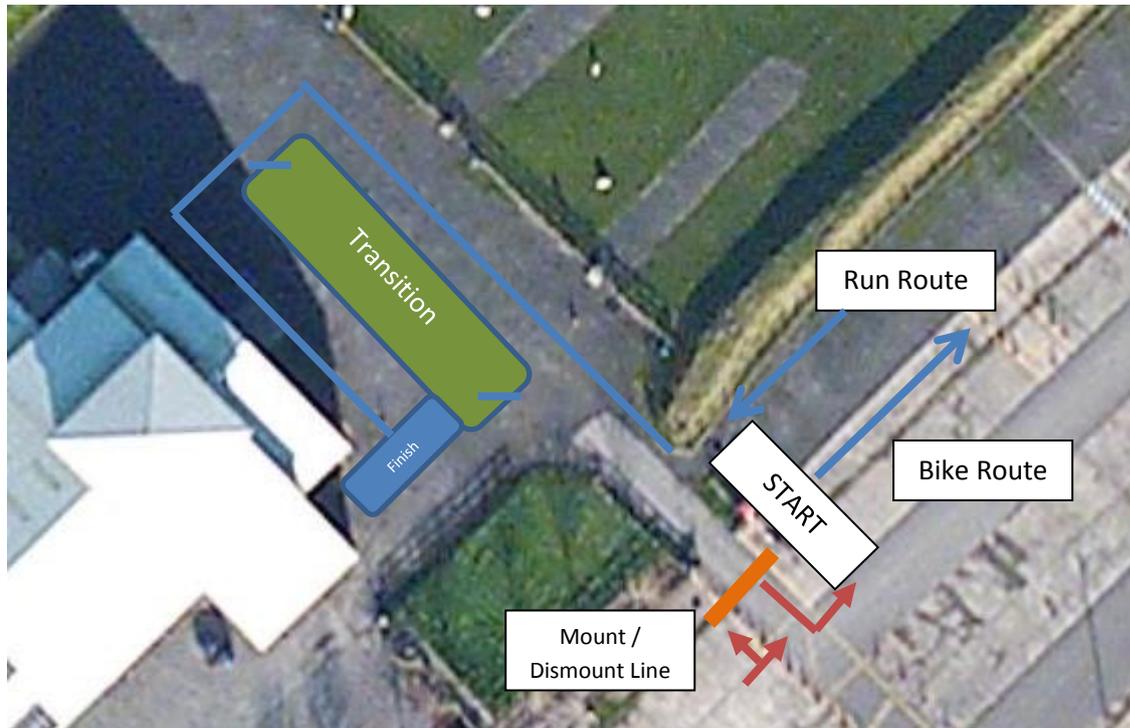
Bike: — — — — —>

The bike route is looped circuit. The surface is made up of tarmac and concrete, and is flat and relatively smooth. Athletes will be encouraged to cycle to the left, to allow overtaking on the right. At each end, there will be 180° turn. There are small speedbumps on the circuit. Athletes will be responsible for counting their own laps. There will be marshals doing spot checks and counting randomly. The course has been extended in 2019 to reduce the amount of laps and cause less confusion. Anyone who is known to have cheated will be allowed to finish, but will be disqualified.

Laps:

TriStart – 1 lap
Tristars 1 – 3 laps
Tristars 2 – 5 laps
Tristars 3 – 7 laps.

Transition



Transition will be secure and have barriers around the bikes. There will be two entrances/exits. One will be for run in/bike out and the other will be bike in/run out.

There will be enough racking for 100 bikes. For children with bikes that are too small to rack, then they can place these against the barriers, but must not obstruct athletes. No bags or boxes will be allowed in transition. To finish the race, athletes must run around the back of transition and down the finishing line. **Only athletes will be allowed in transition. Athletes must be able to fasten their own helmet.**

Race Day Timetable (approx.)

0900 – Registration opens
1000 – Transition opens
1030 – Marshal briefing
1045 – Race briefing
1100 – Fun Duathlon Race

1115 (approx.) – TriStart
1130 (approx.) – TriStars 1 Girls
1150 (approx.) – TriStars 1 Boys
1210 (approx.) – TriStars 2 Girls
1230 (approx.) – Tristars 2 Boys
1250 (approx.) – TriStars 3
1330 – Transition closes.

Medals, Finishers T-Shirts and Awards

All athletes will receive a finishers' medal and t-shirt. They will also be given a gymbag in registration. These have all been kindly donated by Harbour Wealth of Tenby. Chris Brace, from Harbour Wealth, is a keen triathlete and a multiple Ironman finisher. Chris is a keen fundraiser and raised around £15,000 for Bloodwise in 2017 completing different events and Ironman races throughout the year. We are grateful for his continued support. We will be making a donation to Chris' chosen charity this year.

Car Park

The car park is situated on the airfield and will be marshalled. The run/bike course will be cordoned off, so please park in the designated area. Please do not move barriers or break tape in order to cross the course. Please follow signs to registration and transition.

Toilets

Toilets are located within the main building at Carew Airfield. Temporary changing facilities will be in place for the event for children to change before and after the race.

Health & safety

Medical cover will be based at registration. It will be available during the race, so in the unlikely event that you need medical attention please alert a race official who will act accordingly. If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you MUST report to a timekeeper at the finish so that this can be recorded and we know that you are safe. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

Photographs

Photographers will be in place on the day to capture the moments. These photographs will be uploaded and shared by Just Tri on Facebook and on our website. If you do not wish photographs of your child to feature online, please make a volunteer aware when you register.

The finish

Athletes will cross the finish line and will be presented with their medal by a member of the Harbour Wealth team. Water, provided by Princes Gate, and snacks will be available at the finish. Please collect your bike and kit from transition as soon as you can after transition has re-opened. You will need to show your race number/wristband to gain access to transition.

Food & Drink

Hot (Daps Baps) and cold (Worley's Ice Cream of Manorbier) refreshments will be available on the day.

Results

Results will be uploaded to the website and Facebook as soon as possible. They will also be emailed to competitors a few days later and published on our website.

Feedback

We would appreciate your feedback on all aspects of the event, so that we can make improvements for future years. Please e-mail any views you have to just_tri@hotmail.com.

Thanks

We would like to thank sponsors, parents and volunteers for supporting this event:

Harbour Wealth, Tenby (www.harbourwealth.co.uk)

Wheeler's Embroidery – T-shirts & Medals

Daps Baps and Worley's of Manorbier – Refreshments

Medical Cover

Photographers

Princes Gate Water

Phil Davies and family/Carew Airfield Business Park.

All marshals and volunteers.

Thank you!

