



Junior Duathlon Race Briefing Document.

General information:

- Registration is open from 9.30am.
- Race packs (containing numbers, bike stickers and race licence) should be collected from registration before 10 o'clock. Maps and further details regarding the course will be displayed in the registration tent. Competitors may walk the course before 10am.
- Please attach one sticker to the front of your helmet and one to the front of your bike. You will need to rack your bike just before your wave starts, the racking will not be numbered so please choose your spot
- Race briefing is compulsory and will take place 5 minutes before the start of your race at the start.
- The course will be clearly signposted with marshals at every junction. If you need to retire from the race at any point please inform the nearest marshal so that they can communicate with the race HQ.
- Transition is split; therefore once the bike course has been completed competitors need to dismount at the mount line outside the astro pitch and hand their bike to the marshal.

Run 1:

Tristart: Complete one lap of the field and then run directly to transition.

Tristar 1, 2, 3: Complete one lap of the field and then loops of the course in the grounds of the school, passing in front of the main house.

Transition 1:

On entering transition, competitors must fasten their helmets before removing their bikes from the racking. Do not mount your bike until you have reached the mount line.

Bike section:

- No drafting!!!!
- The start of the bike course is on tarmac (300m) before the competitors complete laps of the off road track around the astro pitch.
- Be mindful on the bike please, there are a lot of leaves on the ground, so it will be slippery in places, and there are some sharp turns as well.
- If you are overtaking a fellow competitor please warn them. If you hear a warning from behind, please ensure that you allow sufficient room to pass.
- Please shout your number to the officials each time you pass or enter transition.

Transition 2

Competitors need to dismount before the mount line and hand bike to a marshal situated in transition. There will be plastic boxes in transition for helmets. Please make sure that helmets are not removed until bikes are racked / given to marshals.

Run section:

- The run will commence down hill, the surface is loose underfoot, so please take care.
- All competitors will need to complete laps of the walled garden field before finishing.

Tristar: ½ lap

Tristar 1: 1 lap

Tristar 2/3: 2 laps

- The run is mainly off road with some loose or uneven surfaces but suitable for normal road or off road trainers. Please make sure race numbers are pinned to your front.
- All competitors will receive a medal, there will be prizes for the top 3 boys and girls in each age group. Prize giving will be straight after the final race.

All results will be published on the TriPurbeck website www.tripurbeck.com