

## Team MK Kids Duathlon

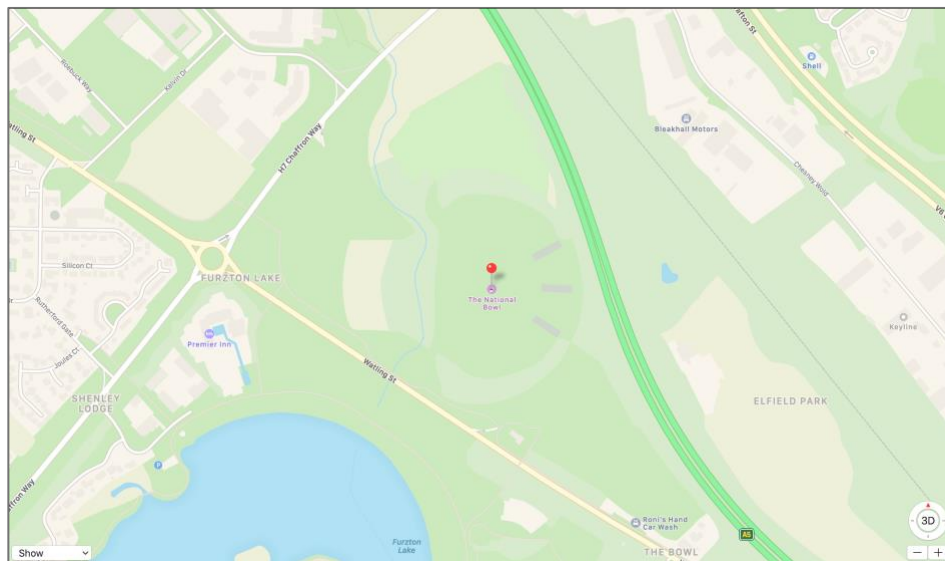
Team MK aims to secure the safety of all athletes who are competing in our event. With this in mind we provide a team of well-trained, experienced Race officials, stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one but please bear in mind they are all volunteers.

In addition to this we will still be under the governments covid19's guidelines and regulations for which we shall comply to and expect the attendee's to do the same. Failure to comply will result in a DQ and/or removal from site.

We will look after your every need from the time you arrive at the bowl to the time you leave.

### VENUE & CAR PARKING:

The National Bowl, wailing street, Milton Keynes. MK5 8AA  
Please use the car park off chaffron way.



## **GENERAL RACE INFORMATION**

### **RACE PACKS**

Due to COVID, we will be sending race packs in the post. You will not be able to collect your pack on the day so entry will close early to allow for this.

Items that will be in your race pack:

Helmet number, bike number & bib number. Timing chip will be given to you when you enter transition on the day.

### **KEY TIMINGS FOR RACE DAY**

08:00 Marshals Arrive

08:45 venue open for Athletes to arrive

Please leave plenty of time for COVID checks and obey the any social distancing rules.

Please register under track and trace for your race wave and venue on entry. Have your NHS app ready to scan QR code.

09:00 Transition opens for the TS wave and will open 30 mins before each wave.

### **Start times for each race**

09:30 Tri start wave

10:00 Tristar 1

10:40 Tristar 2

11:45 Tristar 3

12:45 Youth

### **RACE BRIEFING**

This will be done via a youtube video and send out before the race. Please ensure you have listened and watched this before the day.

### **REFEREE FOR THE DAY**

Paul Hester

### **HEALTH AND SAFETY RISK ASSESSMENT**

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort. Along with a covid specific risk assessment and control plan.

### **FIRST AID & EMERGENCIES**

For all medical issues with athletes or spectators, whether an emergency or not please notify a medical team or your nearest steward or crew members. There after Lisa Webb will direct the medical team and follow our protocols & procedures of care of contacting emergency contacts and paperwork regarding the incident.

**MEDICAL COVER BY:** R.A.C.E - Pete Nolan

### **LOST OR FOUND CHILDREN**

All stewards and crew members are fully briefed on how to deal with these situations.

If you, as a member of the public, get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest steward or team member who will assist you with your needs.

### **SPONSORS:**

#### **BODY LIMITS CLINIC**

Body Limits offers its customers a commitment to total health and fitness through it's specialist Sports injury clinic. Based in Newport Pagnell, Body Limits experienced Team provide examination, diagnosis, treatment and a prognosis of any injury with aftercare advice. They deal with an array of physical complaints from work, lifestyle and or sport specific injuries, with many of the team being athletes it helps them to empathise and relate to your worries and needs.

More than that, you will experience caring therapists and a warm welcome. Whatever your age, choice of lifestyle or sporting activity, it's good to know that there is a team of experienced therapists whenever the need arises.

#### **BIG COW SPORTS**

Born and bred in Milton Keynes, an event company creating fun and challenging sporting events.

<https://bigcowsports.com/about-us>

#### **MULTISPORT DISTRIBUTION (MSD)**

Multisport Distribution Ltd is a Milton Keynes based Sports distribution business established in 2008. We specialise in developing new, established and innovative product brands within the UK and Ireland markets. We also provide brand fulfilment and brand management services European wide.

Many of our brands have been with us since we set up the business back in 2008 and we have been successful in growing brand awareness, customer loyalty and sales growth whilst creating a unique business and personal bond with our brand owners.

Brands include; Fusion Sports UK, Xlab, ISM saddles, tex lock & saltstick to name a few.

[www.multisportdistribution.co.uk](http://www.multisportdistribution.co.uk)

Love Thy Rustic

Located in the United Kingdom, we are a specialist furniture company who restore once-used Bourbon barrels, turning them into fantastic unique furniture pieces for your home or garden.

The Bourbon barrel is made from Quercus alba or white oak, commonly known as American oak. After prohibition, in 1935, this long established, exclusively new oak custom was made federal law: thanks to the powerful Coopers Union the law now says that bourbon casks can be used only once.

These are the barrels that we import from America hence the reason they are of very good quality and unlike whisky barrels, which can be used several times, our barrels at love thy rustic are used only once.

## **HELPFUL INFORMATION**

### **CATERING**

There will be a catering van available with a selection of foods, so pop along and see the really awesome coffee team! Please abide by social distancing rules.

### **WASTE AND LITTER**

Please take all litter home with you where possible or use our limited bin provided

### **TOILET FACILITIES**

There are a set of portaloos within the bowl or near transition and finish area.

### **TROPHIES**

Due to COVID we will announce any winners and medals will be left out on a table for you to collect.

## RACING INFORMATION

### RACE BRIEFING

Full briefing will be sent to you separately by Tuesday 11<sup>th</sup> May

#### 1. RUN

Make sure your number is visible from the front and you are wearing your timing chip

#### 2. BIKE

A correctly fitting cycle helmet is compulsory and must be worn for the cycle section.

Approved cycling safety helmets of ANSIZ90.4, SNELLB90, EN1078 or an equivalent national standard must be worn by competitors.

NB: A CE mark is NOT an approval mark.

Bike passing conduct

It is the overtaking cyclist's responsibility to make the pass safely.

Bike Collection: Once all the bikes are in and the transition is reopened for bike collection please use allocated entrance and exit only, race number must be provided in and out to the transitions Marshall/official who will allow you safe access/exit and check bike numbers match for removal.

#### 3. RUN

Numbers

Make sure your number is on your front for that photo finish!

## RACING INFORMATION

### ALL DISCIPLINES

- Competitors are ultimately responsible for their own safety and for the safety of others.
- Competitors must take responsibility for knowing both the technical and competition rules and abiding by them.
- It is the competitor's responsibility to be properly prepared for an event and to ensure his or her equipment is suitable and fit for its intended purpose, including his or her bike, which must be roadworthy. Including bar ends
- If your race contains laps it will be your responsibility to count these.
- Timing chip must be worn on your left ankle.
- No chip, no time!

## RULES AND REGULATIONS

- Check out the BTF handbook for complete rules.

## TRANSITION RULES

- All our races are non-drafting events (time penalties apply).
  - Officials and competitors are only allowed in transition.
  - Bike labels/numbers must be on bikes before entering transition.
  - Race numbers must be on front and back or with use of a number belt.
  - No marking position in transition, all places are number marked according to your race number.
  - You must rack your bike in its numbered allotted space.
  - iPods, MP3 players, other music players or mobile phones are prohibited during the race.
  - No bikes will be allowed out of transition until all the competitors in your wave have completed the race and it is safe. An announcement when bikes are available will be made from the race director.
  - No nudity in transition.
  - Glass containers must not be used at any time.
- Please show your race number to gain access. Your race number and your bike number must be the SAME for your bike removal.

## COURSE TIME LIMITS

There is no time limit for this race.

**FAILURE TO COMPLY WITH THESE RULES OR DISREGARDING STEWARD'S REQUESTS MAY LEAD TO DISQUALIFICATION.**

## RACING INFORMATION SPECTATORS

Team MK like to make sure we look after everyone, including spectators.

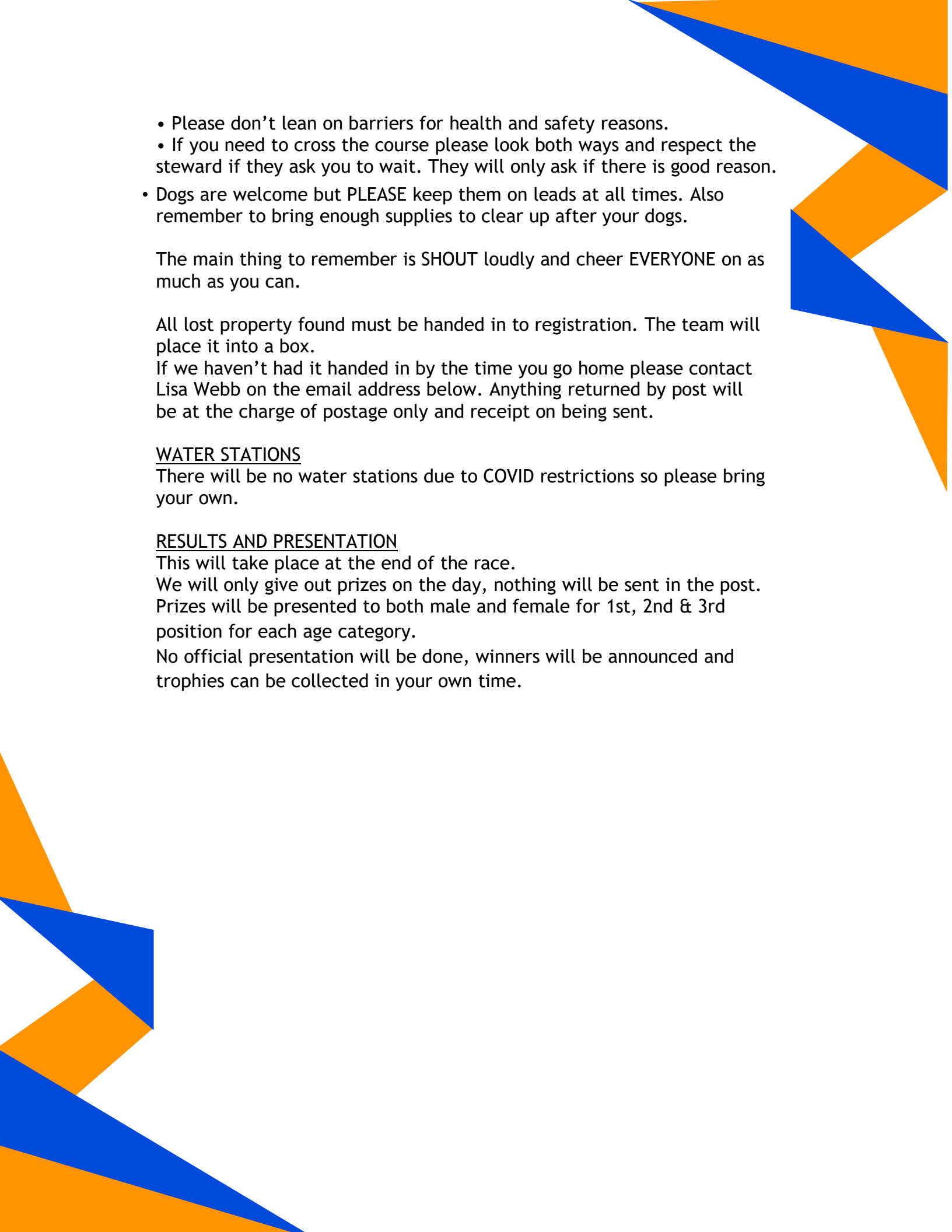
We have one transition area situated inside the bowl.

The run is just outside the bowl on the gravel car park area and the whole run course will be visible. The bike is on a tarmac circuit around the inside of the bowl and there are a few view points for this. Each lap is just over a km long and comes past transition each time. The finish line is next to transition on the gravel area.

So all in all a very spectator friendly event for all to enjoy.

Things to help us make our race safe, help competitors and not obstruct them:

- Please don't block entrances or exits to transition.

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- Please don't lean on barriers for health and safety reasons.
  - If you need to cross the course please look both ways and respect the steward if they ask you to wait. They will only ask if there is good reason.
  - Dogs are welcome but PLEASE keep them on leads at all times. Also remember to bring enough supplies to clear up after your dogs.

The main thing to remember is SHOUT loudly and cheer EVERYONE on as much as you can.

All lost property found must be handed in to registration. The team will place it into a box.

If we haven't had it handed in by the time you go home please contact Lisa Webb on the email address below. Anything returned by post will be at the charge of postage only and receipt on being sent.

#### WATER STATIONS

There will be no water stations due to COVID restrictions so please bring your own.

#### RESULTS AND PRESENTATION

This will take place at the end of the race.

We will only give out prizes on the day, nothing will be sent in the post. Prizes will be presented to both male and female for 1st, 2nd & 3rd position for each age category.

No official presentation will be done, winners will be announced and trophies can be collected in your own time.

## THE RACE... STEP BY STEP.

1. Arrive at The MK bowl
2. Scan into NHS track and trace with QR code.
3. Park car and walk to gate where Temperature checks and COVID forms will be checked.
4. Get your license ready! (if you don't have one there will already be a day license in your pack)
5. Put your bike label on your seat post
6. Have your number in your hand so they match up as you go into transition
7. Head to transition
8. Find your numbered space on the racking
9. Sort all your bits and pieces out
10. Place your medical information, if you have any on the back of your number just in case of an emergency
11. Get to your spot in transition by your bike 5 mins before your race start time ready to be called forwards.
12. RUN, BIKE, RUN, FINISH
13. Be chuffed, eat some food and refuel!!
14. Hand your chip back before exiting the athlete finish enclosure
15. Get your time, although this will be subject to any potential time penalties
16. Race winners announced and clapped (socially distanced)
17. Enter you next race!
18. Well Done!!