

TriStars Conwy Junior Duathlon Sunday 19th November 2017

Dear Competitor and Parent,

Below you will see the details for the Duathlon. This is probably the last event for you in 2017 so please enjoy and see how you get on. We have included some obstacles in the course and a run section on the bike course – we hope you like them and appreciate why we have put them in. As a duathlon the event is a mass start race so if you are in the front you really are in the lead!! Boys and girls will be racing at the same time.

Eirias Park is a publicly accessible site and therefore we require all competitors to be aware that there may be people and or dogs etc in the park during the event. This means you should take care while racing and be prepared. We will of course be trying to ensure that all members of the public are aware of the event and looking out for you too.

This is the second running of our Duathlon and we hope it is fun for you all. Supporters (Mum and Dad) will have good access to the course. There are many opportunities for pictures so keep smiling. We would also like to know what you think of the event and if you enjoyed it or did not.

All the best
Tristars Conwy

Event timings

Registration 10.00-11.15am and up to 1 hour before the start of your event.

Estimated race start times:

Tristarts: 11.00am

Tristar 1: 11.30am

Tristar 2: 12.15pm

Tristar 3: 13:00pm

Youths: 2:00pm

Parking will be at the civic centre car park - turn down towards police HQ and either park along the road or at the car park at the end of the road as the Leisure centre car park is likely to be busy.

Follow signs to registration.

The course is likely to be wet and muddy and therefore NOT suitable for road bikes. Depending on the weather between now and Sunday 19th November we also may have to change the bike course!

The event is suitable for beginners and novice athletes. There will be trophies for first three in each age group, male and female. Every finisher will receive a t-shirt. The course is grass, therefore we suggest that cyclocross or mountain bikes will be more suitable.

Please note: the course will contain some obstacles that will be part of the event.

Race Distances for both events – all approximate

Group	Age	Run (m)	Bike (m)	Run (m)	Time
Junior	17 – 19	3000m (6)	8000m (8)	1500m (3)	2:15 pm
Youths	15 - 16	3000m (6)	8000m (8)	1500m (3)	2:15 pm
Tristar 3	13 - 14	2000m (4)	6000m (6)	800m (2)	1:30 pm
Tristar 2	11 - 12	1600m (3)	4000m (4)	600m (1)	12:45 am
Tristar 1	9 - 10	1200m (2)	2000m (2)	400m (1)	12:00 am
Tristart	7 - 8	400m (1 Short)	800m (1)	200m (1/2)	11:30 am

(Age category shall be determined by age at 31st December 2017. Race times are approximate.)

The race will take place around Eirias Park with the transition being next to the path that runs between the leisure centre and the civic centre (by the football pitch).

If you have any questions please email tristarsconwy@gmail.com or contact Oggi on 07889 058102

We look forward to seeing you on Sunday.

IF YOU ARE ABLE TO HELP WITH MARSHALLING OR LAP COUNTING PLEASE LETS US KNOW AT REGISTRATION – WE ARE ALWAYS GRATEFUL FOR ANY ASISTANCE YOU CAN PROVIDE.