



## **East Essex Kids Duathlon Race Instructions**

### **Saturday the 13<sup>th</sup> September, 2025**

Thank you for entering the 23rd East Essex Kids Triathlon which as you all now know has been changed to a duathlon due to the pool refurbishment still not having been complete. We would like everyone to have a great time again this year and this information pack is designed to help you prepare for the day in advance. There will also be plenty of helpers in bright yellow vests around on the day to guide you and please feel free to ask any of them if there is anything that you are unsure of after you arrive at the race.

#### **Venue**

We are returning to [Basildon Sporting Village](#) this year. The address is:

Cranes Farm Road  
Basildon  
SS14 3GR

Please [click here](#) and enter your post code on the line in the top left hand corner to get directions.

#### **Timings**

NOTE: All timings are approximate and may be subject to change.

Time	Activity	Location
11:30	Registration opens	Studio at top of stairs
12:45	Registration closes	Studio at top of stairs
12:50	Race briefing	Grandstand
13.00	Race start	Athletics Track

#### **Registration**

Please enter the complex via the green gates to the left of the pool as you face the building. Registration is through those gates and up the stairs immediately to your right. Please register using your race number

You will receive an envelope containing: 2 race numbers, a helmet sticker, a bike sticker, a bike number plate, cable ties (for the bike number plate), safety pins and a timing chip attached to a Velcro strap.

Before leaving registration, one of the helpers will mark your race number on both arms.

You should:

- Use safety pins to attach the race numbers to the front and back of the top you will be cycling and running in. Alternatively number belts may be used.
- Attach the bike sticker on to your bike frame so that it is clearly displayed.
- Attach the helmet sticker on the front of your helmet.
- Velcro the timing chip around your left ankle.
- Use the cable ties to attach the number plate to the front of your bike so that it is clearly visible.
- Please ask our helpers for assistance with any of these items.



Photography – there is a separate registration desk for anyone wishing to take photographs during the race.

## Transition

NOTE: only competitors will be allowed in the transition area but there will be plenty of marshals on hand to offer you any help or advice you need.

Transition is in the middle of the athletics track. This is where you leave your bike during the race. There are two entrances (one for after the first run and one for after the bike leg) and two exits (one to leave through with your bike and one to leave through to start the second run) which will be clearly marked. Please familiarise yourself with these after you have set your equipment up so you know where to go during the race.

Transition will be laid out in rows according to your age group and numbered for each competitor. Marshals will show you where to go when you arrive. This is where you will need to leave, your bike and helmet.

During the race, please make sure that all equipment is returned carefully to your own transition space so as not to cause an obstacle for other competitors.

Once the race starts there will be a continuous flow through transition so you will not be able to collect your belongings until after the whole race has finished.

## Briefing

There will be a compulsory briefing for all competitors in the grandstand area. It will confirm the race programme and make you aware of any last-minute changes. You will have an opportunity to ask any final questions you have before the race.

## Run 1

The start will be at the beginning of the back straight of the athletics track.

**PLEASE BE AT THE START AREA AT LEAST 10 MINUTES BEFORE THE START OF YOUR WAVE.**

When making your way to the start please walk along the black dotted line shown on the course map. This is to the left and around the back of the transition area inside the track on the grass area. We ask that competitors take care when crossing the track and only do so when it is free.

The youths will start first in waves split between the open and female categories. The gaps in between each wave take into consideration the number of competitors and the distances involved so that the course does not become congested, thereby ensuring a safe and enjoyable race for all.

Apart from the Tristar Starts, the first run takes a slightly different direction to the second run so when you exit the gate on the path between the 3G pitches, and the hockey pitch you will need to turn left. Please study the course image which had been provided to you along with these race instructions, however this will also be available at registration.



Your race number should be displayed to the front during the run leg.

The first run is mainly on grass and goes around the outside of the bike course. Please take care to keep the distance between the two and follow the marshals' instructions. You will be given an elastic band at the turn point which you should keep on your wrist until after the results have been announced.

We provide approximate start times; however, you may be needed early if people have not turned up on the day so, please pay attention.

- Youths will run to the Youth turn point and back in to transition (2k)
- Tristar 3s will run to the TS3 turn point and back in to transition (2k)
- Tristar 2s will run to the TS2 turn point and back in to transition (1.6k)
- Tristar 1s will run to the TS1 turn point and back in to transition (1.2k)
- Tristar Starts will run to the TSS turn point and back in to transition (400m)

## Bike

The cycle course is on grass and consists of laps around several football pitches.

- Youths will ride 5 laps (5k)
- Tristar 3s will ride 4 laps (4k)
- Tristar 2s will ride 3 laps (3k)
- Tristar 1s will ride 2 laps (2k)
- Tristar Starts will ride 1 lap (1k)

Be aware that helmets must be put on and fastened before you pick up your bike. Your race number should be displayed to the back during the cycle leg. You may not cycle until you have left transition and AFTER you have crossed the mount line (see race map). You must leave a gap of 10m between you and the rider in front unless you are overtaking which you have 20 seconds to do before you must drop back. You are responsible for counting your own laps. You must be off your bike BEFORE crossing the dismount line. Make sure that you have laid your bike back down in transition before you take your helmet off.

## Run 2

For the Youths, the Tristar 3's and the Tristar 2's, the second run takes a slightly different direction to the first run so when you exit gate on the path between the 3G pitches, and the hockey pitch you will carry straight on instead of taking a left turn as you do with the first run. Please study the course picture which had been provided to you along with these race instructions, however these will also be available at registration.

Your race number should be displayed to the front during the run leg.

- Youths will run to the Youth turn point and back (800m)
- Tristar 3s will run to the TS3 turn point and back (800m)
- Tristar 2s will run to the TS2 turn point and back (600m)
- Tristar 1s will run to the TS1 turn point and back (400m)
- Tristar Starts will run to the TSS turn point and back (200m)



Again, with the second run, you will be given an elastic band at the turn point which you should keep on your wrist until after the results have been announced.

PLEASE NOTE THAT IT IS THE RESPONSIBILITY OF THOSE TAKING PART TO COMPLETE THE CORRECT COURSE.

## Results and award ceremony

These will take place after the last person has finished. It will take some time to compile all the results for all the age groups and you are welcome to wait in the grandstands during this time or go through the leisure centre to the café which will be selling hot and cold food and drink.

## General

- The event will be run under British Triathlon Federation rules. A copy of these can be downloaded at [www.britishtriathlon.org](http://www.britishtriathlon.org).
- Please note that all marshals are volunteers, friends and family of the organisers, who have given up their day to allow the event to proceed and who we hope will do so again in the future. Please treat them with respect and follow their instructions at all times. If you have any concerns or complaints, come and see the race referee or race director rather than the marshals themselves or email [kidstri@east-essex-tri-club.co.uk](mailto:kidstri@east-essex-tri-club.co.uk) after the event.
- Please do send your feedback after the race – positive or negative – to the email address above. We have made changes to this year's event after input from previous years. The days after the event are equally busy for us but we will read all the emails received and pass on your comments when necessary.
- Spectators (and competitors who have finished) are encouraged to stay in the athletics stadium after the race to support those still racing. We hope to have access to the public address system to give a running commentary of finishers and there is a café in the sporting village for food and drinks, so we are really hoping that lots of competitors and their families will spend the day at Basildon Sporting Village to enhance the atmosphere for everyone's enjoyment.

## Medical Provider

Our medical provider on the day will be Essex Community First Aid Events Volunteers who provide affordable first aid at events in and around Essex, and first aid training.

Further details can be found from their website at <https://e-voice.org.uk/ecfaev/>



## **Useful Tips for Beginners**

### **General**

- Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.
- Have a drink and eat something soon after completing the event. This will replace the energy you used and help you to recover quicker.
- The marshals are there to help you, don't hesitate to ask them if there is anything you don't understand.
- Essential equipment: t-shirt or trisuit, bicycle, helmet, shoes.
- You may also wish to have: a number belt, sunglasses, towel and warm clothing for afterwards

### **Transition**

- The clock starts at the start of the first run and ends at the end of the run so fast transitions are important.
- Instead of tying laces, consider getting lacelocks to hold your laces tight. These are often found on anoraks or fleeces and can be bought in good hardware stores. Lace-locks holding elasticated laces are even better.
- Please remember to collect your equipment from transition after the race!

### **Running**

- Don't use new kit; stick with what you're familiar with.
- Try to keep running - slow jogging is quicker than walking.
- Pace yourself.
- We can't predict the weather, please bring suitable clothing for any condition.

Overall, the most important thing is to ENJOY YOURSELF!