

MedwayTri Junior Duathlon



Including:

TESE & TE London series' event. Earn points for your club.

Sunday 12th April

09:00 – 13:00

CycloPark Gravesend



Welcome

Dear Competitor

Welcome to MedwayTri's Duathlon. Now in its twelfth year we hope you enjoy racing at Cyclopark as much as we do.

We are also excited to welcome athletes racing for points in their regional series and, for the first time in a few years, there is an adult race.

Whether you are racing or spectating, please be sure to read through the full details below so you understand how the whole event will work and where you need to be and when.



The race is not Draft Legal and as such, TT bikes will be allowed, and gear restriction is not required.

Please could we request that on arrival all bikes are taken straight through the reception area and wait whilst another of your party registers. This is to keep the area clear and make registration smoother.

Please give priority at registration to athletes taking part in earlier races, particularly TS and TS1 as their start times are soon after registration opens (transition isn't far so no need to panic and our marshals are on hand to help)

Athletes Note: it is your responsibility to count laps (bits of tape on your handlebars are an easy way to count bike laps). **Do not assume the person in front of you has counted correctly!**

Just a few notes for your attention:

- 1) Registration is in the main entrance building so please allow a little extra time for registration as the facility is open to other users.
- 2) Unfortunately, our timetable this year does not allow for course familiarisation

We look forward to all competitors racing hard within the rules and with sportsmanship, but most importantly with a smile on your face - even if you save it till after you cross the line.

For many, this will also be their first event so please support all the athletes and recognise taking part as much as a podium place.

Good luck and most importantly, enjoy!

ONE HAND ON HANDLEBARS/BRAKE HOODS AT ALL TIMES. No riding with elbows on bars/hoods

Andrew McClelland - Race Director

f @MedwayTri



JOIN US MEDWAYTRI

Experienced Coaches
Dedicated Pool and Track sessions
Club bike rides every weekend
Openwater Swim training
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Group Parkruns

TALK TO US

All levels catered from fitness
and fun to competing at
international level

Pay-as-you-go or
subscription membership

join@medwaytri.com

www.medwaytri.com

MedwayTri has a strong Junior and Adult membership achieving their goals at all levels.

We can offer Juniors over 5 hours of coached swimming, 2 hours coached cycling at Cyclopark, guided weekend rides and 1 hour coached track sessions per week.

Membership Offer:

- No Annual Membership Fee for first year
- First taster session (each discipline) – Free of Charge
 - First three months of sessions at 50% discount
- Email join@medwaytri.com for more information

Arrival and Registration

Pre-Arrival

Please ensure all athletes are fit and well enough for the race ahead of them.

Where is it?

Cyclopark, The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP

How to get there

Please refer to the [Cyclopark website \(www.cyclopark.com\)](http://www.cyclopark.com) for travel details.

Where to park?

Parking can be paid for at the reception in the main entrance building, **on departure**, the Pavilion. You don't need to display a parking ticket in your car, but please ensure you pay before you leave as parking is monitored by CCTV.

Registration

Registration will be in the main reception area of the facility. Registration will be **open from 09:00 (for TS and TS1 Only), from 09:30 for all other races, and will close at 11:00**. All competitors must be registered at least 30 minutes before their racking timeslot closes.

What you will receive

You will need to tell the registration marshals your name and which race you are in, then each competitor will receive:

- Race number (written on your hand)
- Sticker for your bike with race number
- A numbered timing chip

If you have booked your place as a member of British Triathlon, you will need to produce your membership card (screen shot on mobile phone is sufficient). If you forget to bring it with you, you will have to purchase a daypass for £1 (juniors).

Bike course familiarization: Due to time constraints we are sorry we won't be able to offer this on the day. The course is well marked out and this guide includes maps showing the different circuits. Please also visit the CycloPark website for more location details.

Once you have registered:

Proceed to transition no sooner than 10mins before race racking time opens.

Proceed to transition via the signposted footpath, not on the side of the track. Failure to adhere to this could result in a DQ due to safety concerns.

Marshals will direct you to transition area/spectator area. Please do not cross the track unless instructed to by a marshal.

Before entry into transition attach bike number to the seat post and ensure your helmet is on and secure - a marshal will check on entry. (Adults are responsible for ensuring their child's helmet is correctly fitted.)

We have provided guidance on transition open times, but these may be interrupted due to progress of the previous race. Please leave plenty of time to rack before your race start time.

Place your bike on the racking in a free space, and make sure you remember its location. *Tristart race will not use racking but will lay their bikes on the ground.*

Athletes should familiarise themselves with entry/exits for bike and run, as well as bike mount/dismount lines.

Tristart (Race One) is the only race where **one** parent/guardian is allowed into the transition zone to assist the competitor. For all other races, marshals will be available to help take bikes down and re-rack them if necessary, particularly for Tristar1.

Please leave the transition area as soon as you are racked and head to the spectator area via the marshalled crossing points.

Race briefing

There will be a joint race briefing for both the male and female waves about 10 minutes before the start of each race, which all competitors must attend and where you can ask any final questions. The briefing will take place by transition.

Spectators

Spectator areas will be clearly signposted. For the safety of competitors please only cross the track under the guidance of a marshal, and do not stray onto the run/bike track.

Marshals

To ensure competitors' safety and security, there will be marshals at the registration desk, in the transition zone, and stationed at key points throughout the run and bike courses. They will be happy to answer any questions from competitors and spectators.

Providing assistance to competitors

Once the race is under way, competitors cannot be given any outside assistance other than the support provided by marshals. For Tristart races, competitors are allowed one adult to assist them in transition but they must not be given assistance once the race commences.

Please make the organisers/marshals aware if there are any specific requirements.

Lost Children

If any lost children are found, then they will be taken to the registration area in the main reception building where our Welfare Officer will be based unless attending an incident.

What happens before and after each race.

A race briefing with the Race Director will take place before every race. Athlete attendance is mandatory and parents/guardians are encouraged to attend. For TriStart, this will take place on the start line. For all other races this will be held in the holding pen next to the start line.

We will set each age group off in two waves, open then female, both to ease congestion and to make sure the genders get to compete head-to-head with one another.

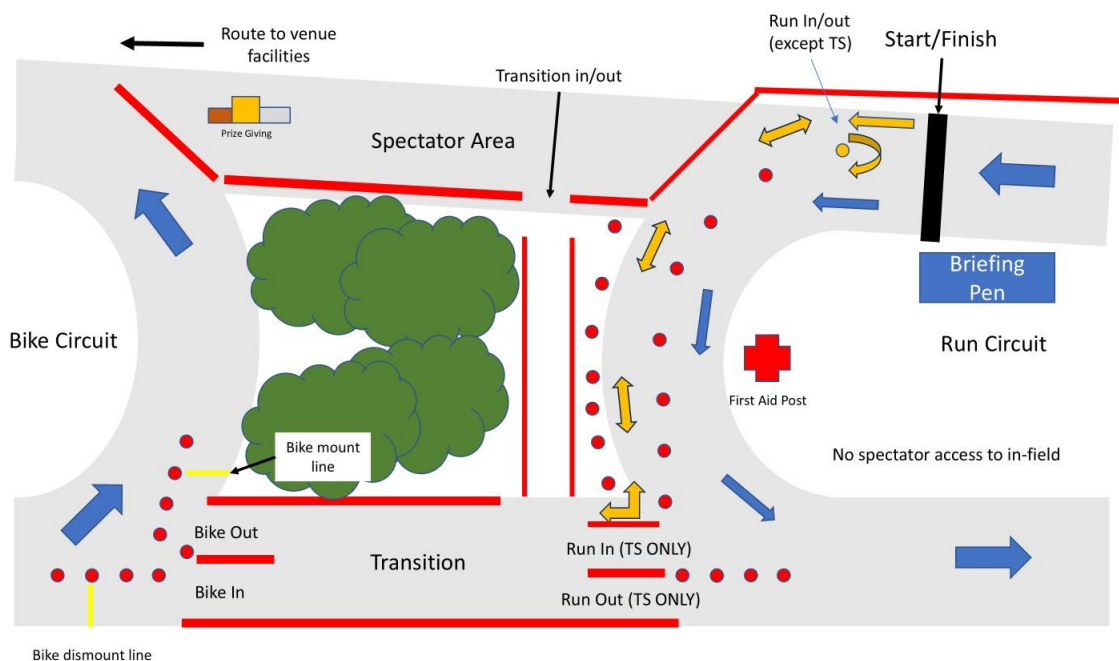
When you finish your race you will be asked to return immediately to the transition area to collect your bike and other belongings, so that athletes competing in a later race can access the racking.

Results can be seen online at the conclusion of each race.

<http://results.netiming.co.uk/results.aspx?CId=20008&RId=486>

Map of Transition

Marshals will be on hand to help, but please familiarize yourself with this map before the event.



Note: For Tri-Start, 'Bike In' becomes 'Bike Out' and 'Bike Out' becomes 'Bike In' as they are cycling Clockwise around the course. Run transition remains the same for all races.

Update for 2026: Except for Tristart, Run-In/Out has moved to by the Start line. This helps with lap counting. The Yellow arrows show running in/out of transition. When running out for final run, you will turn 180 degrees, as you exit the transit funnel, enter run course and start counting laps from there.

Timetable

Race One - Tristart (300m/1.5km/200m)	
09:20 – 09:45	Racking
09:50	Briefing on start line
10:00	Open wave start
10:00:05	Female wave start
Race Two – Tristar 1 (1200m/3.4km/300m)	
09:20 – 10:00	Racking
10:10	Briefing in holding pen by transition
10:15	Open wave start
10:15:10	Female wave start
11:00	Prize Giving – Tristart and Tristar1
Race Three – Tristar 2 (900m/5.6km/900m)	
10:00 – 10:30	Racking (entry times subject to control by marshals)
10:40	Briefing in holding pen by transition
10:45	Open wave start
10:45:10	Female wave start
Race Four – Tristar 3 (1.3km/6.2km/1.3km)	
10:30 – 11:00	Racking (entry times subject to control by marshals)
11:10	Briefing in holding pen by transition
11:20	Open wave start
11:20:10	Female wave start
12:10	Prize Giving – Tristar 2 and Tristar 3
Race Five Youth (2.25km/10.4km/1.35km)	
11:15 - 11:45	Racking (entry times subject to control by marshals)
11:55	Briefing in holding pen by transition
12:05	Open wave start
12:05:10	Female wave start
13:00	Prize Giving – Youth

Race Details

Below are the distances, laps and circuits athletes will be using for each race. Please ensure you are aware of the number of laps you must complete for your race. **You are responsible for counting your own laps.** Directional signs and marshals will ensure that competitors stay on the correct circuits for both the bike and run. Course maps are shown below the table of Race Details

Note: TriStart bike course runs clockwise. All other races will go anti-clockwise. Bike In/Out will be changed appropriately but will remain at the same end of Transition.

Tri Start	Distance	Course	Laps	Comments
Run 1	300	Oval	1	Run straight to 'Run In' on Circuit
Bike	1500	Short	2	Short bike Course
Run 2	300	Oval	1	From Run out to Finish line

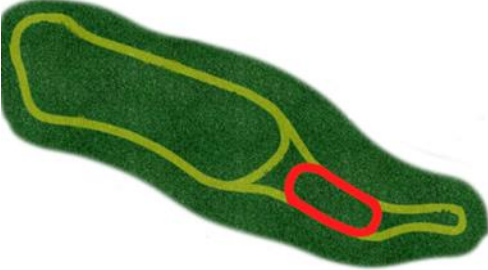
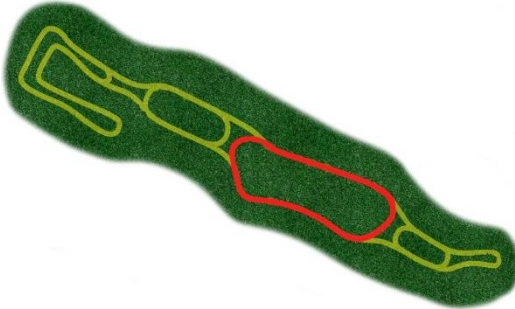
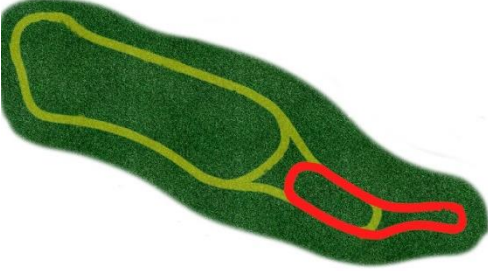
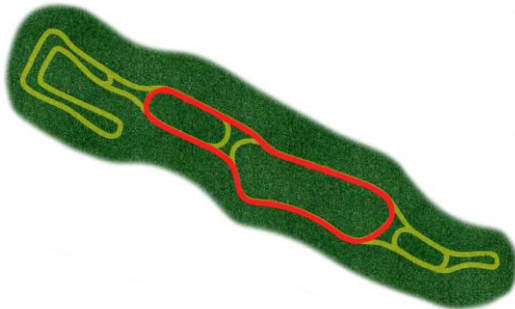
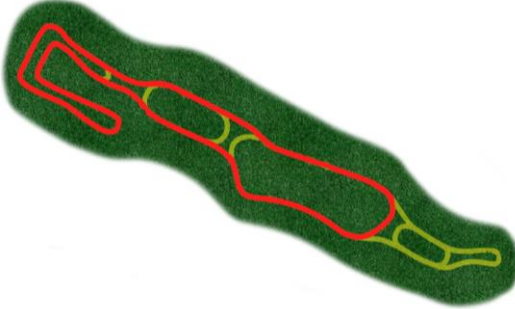
TS1	Distance	Course	Laps	Comments
Run 1	1200	Oval	4	Run straight to 'Run In' on Circuit
Bike	3400	Mid	3	Mid Bike Course
Run 2	300	Oval	1	1 lap of Oval from 'run out' to Finish line

TS2	Distance	Course	Laps	Comments
Run 1	900	Full	2	Run straight to 'Run In' on Circuit
Bike	5650	Mid	5	Mid Bike Course
Run 2	900	Full	2	1 lap of course from 'run out' to Finish line

TS3	Distance	Course	Laps	Comments
Run 1	1350	Full	3	Run straight to 'Run In' on Circuit
Bike	6200	Long	3	Long Bike Course
Run 2	1300	Full	3	3 laps of course from 'run out' to Finish line

Youth	Distance	Course	Laps	Comments
Run 1	2250	Full	5	Run straight to 'Run In' on Circuit
Bike	10400	Long	5	Long Bike Course
Run 2	1300	Full	3	3 laps of course from 'run out' to Finish line

Race Details

Run Course	Bike Courses
Oval – Used in Tristart and TS1 races 	Short Bike – Used for TriStart (Cycle clockwise) 
Full Run - Used in TS2, 3 and Youth Races. Note hill around hairpin – worth looking at before the race! 	Mid Bike Course – Used for TS1 and TS2 (anti-clockwise) 
	Long Bike Course – Used for TS3 and Youth Races (anti-clockwise) 

Race Details

TRANSITION 1 (T1)

Once you have completed the appropriate number of laps, head towards the transition zone at the signed 'Run In' point. Before touching your bike, you must put on your helmet and attach the chin strap. Collect your bike and leave transition via 'Bike Out'. You must not mount your bike until you have crossed the 'Bike mount' line. This will be clearly signposted and marshals will be on hand to ensure you do not mount too soon.

BIKE

After you have crossed the bike mount line, take care initially to keep to the middle of the bike circuit both to avoid any cyclists who may already be on the circuit as well as the segregated runners coming towards you in the opposite direction.

Then move to the left as soon as you can. The bike leg is based on multiple laps of a circuit. If you wish to overtake a cyclist ahead of you, you should do so on the right and then return to the left-hand side of the circuit. The course includes several fast and sharp descent and corners requiring caution.

Drafting is not permitted. This will be explained at the race briefing and is detailed on page 18 of the [British Triathlon Rule Book](#).

TRANSITION 2

At the end of your final lap, head back towards transition and dismount your bike before you cross the 'Bike dismount' line. Push your bike back into transition at the 'Bike In' sign, and return your bike to its correct place on the racking. Once you have replaced your bike, you can then remove your helmet. Please make sure you return your bike to the same location that you took it from!

Exit transition via the 'Run Out' point and rejoin the run course.

Note: 'Run Out' has moved this year to by the start/finish line to make lap counting easier.

The Finish!

Congratulations, you have finished your race. As you cross the finish line your overall time is recorded. Before you take a well-earned rest, please can you help us by removing your timing chip and handing it to a Marshal in the finish area. You will also be able to collect your finishers medal.

Results can be seen online at the conclusion of each race at:

<http://results.netiming.co.uk/results.aspx?CIId=20008&RIId=385>

For those of you who have come home in a podium place, wait for us to confirm the finishing times, and then look out for prize giving ceremony for your race.

Other Useful Information

Photography

If you wish to take any photos of the event, please sign in at the event registration before race start. This includes any form of photography or video. No images may be shared on social media without consent if another individual is in the picture. A yellow wristband also indicates that the individual doesn't want their picture taken.

Race Timing and Results

The race will be electronically timed. <http://results.netiming.co.uk/results.aspx?CIId=20008&RIId=486>

Interim results will be available soon after the last competitor has crossed the line and these will determine the prize winners.

The results will be declared final by Friday 03rd May. If you have any issues with the results please contact the race organizer: andrew@medwaytri.com

Prizes

1st, 2nd, 3rd open and female categories in each race will receive a prize. All finishers will receive a medal.

Race Rules

Competitors are not allowed to wear Smartphones/headphones anywhere on the race course. For a detailed list of race rules, please refer to the [British Triathlon Rule Book](#).

Toilets/Changing

There are toilets, and separate changing facilities and showers close to the Pavilion.

First Aid

There will be qualified first aiders on site throughout the day. If competitors are having difficulties, they should inform any marshal.

Catering

The [Cyclocafe](#) is located within the Pavilion looking out on to the cycling circuit. The cafe offers both an adult and children's menu.

Any Questions?

If you have any questions or queries do not hesitate to contact the Race Director events@medwaytri.com