



SPORT  
EMBRACE



## SPANISH CITY GoTri Junior Duathlon 2019

23<sup>rd</sup> June 2019

Promenade, Whitley Bay, NE26 4NG

### Participant Information Pack

***This document contains important information  
Please read it all!***

***This will be a novice event for 8-14-year-old children. It would be awesome if you could encourage friends, family and everyone you meet in the street to come and help cheer the juniors on. For a majority of them it will be their first experience of multisport and would no doubt love it if lots of people were there to give lots of encouragement!***

***There will be results published online but we will not be awarding prizes for winners. This is an event aimed purely at participation and many of our athletes will be trying multisport for the first time. Everyone who enters will get a medal and a t-shirt.***

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SOLUTIONS



## Event Timetable

Sunday 23 <sup>rd</sup> June	
Registration Opens (Adult and juniors)	06:30
Transition Opens (Or as soon as the last adult runner is on the course)	09:45
Registration Closes	10:00
Transition Closes	10:15
Event Briefings will take place before the start of each wave <small>(Start times below are APPROXIMATE, subsequent waves will start only after the previous one finishes)</small>	-
Event start – Tristar Start, ALL athletes	10:30
Event start – Tristar 1 Boys	10:40
Event start – Tristar 1 Girls	10:50
Event start – Tristar 2 Boys	11:00
Event start – Tristar 2 Girls	11:20
Event start – Tristar 3 Boys	11:40
Event start – Tristar 3 Girls	12:10
Presentations/ Photography  <small>This is a non-competitive event as per the British Triathlon Go-Tri ethos. ALL participants will get an event medal, T-Shirt and water bottle. We will be gathering everyone together after their wave for photographs from Becky of <a href="#">Boo Photography</a></small>	12:30 (approx)



**Getting to The Event**

The event start is located on the beach at Spanish City on The Links at Whitley Bay NE26 1LX [Click HERE for the Google map](#)  
There is ample pay and display parking in the car parks near to the Spanish City dome.

**Registration and Start Times**

**Registration on the morning of the race will take place between 06:30 and 10:00. The event will start at approximately 10:30 once all adults have completed the triathlon. There will be a short briefing before each wave starts.**

Give yourself plenty of time before your race start for any last-minute toilet stops. There are toilets available near transition and next to the Rendezvous Cafe.

At registration you will be provided with an envelope containing your race number and stickers for your helmet and bike. The helmet sticker should be placed on the middle front of your helmet and in a clearly visible position on your bike. Your timing chip should be attached to your left ankle with the chip facing outwards. At the end of the race the chip **must** be returned to the event crew who will be waiting at the finish line. There is a £30 replacement fee for lost timing chips.

**Transition**

Transition is located on the helipad area on the Links adjacent to the Spanish City dome. It will be open from 09:45, close at 10:15. Before entering please ensure your race numbers are attached to your bike and helmet and you will need to prove to the marshal on transition that your helmet fastens securely. **You will not be allowed to participate without a helmet.**

You will not be able to access transition once it closes at 10:15. It will reopen for you to collect your bike once the last cyclist has returned from their bike leg and access will only be granted on production of your race number.

**Laps and event distances**

Please take note of your age group and the number of laps you will complete:

<b>Age Group</b>	<b>Number of Run 1 Laps</b>	<b>Number of Cycle Laps</b>	<b>Number of Run 2 Laps</b>
Tristar Start	1	2	1
Tristar 1	3	3	1
Tristar 2	4	4	2
Tristar 3	5	5	2

**The Course.**

**Please note:** The course has been updated since last year so take time to familiarise yourself with the new layout.

**Run 1 – an interactive map is available [HERE](#)**



Please see the table at the beginning of this section for how many laps of each element participants will complete. A lap is the rectangular area, when you have completed your relevant number of laps, make your way from points A to B to enter transition.

### Transition to Bike

Once in transition, you must **secure your helmet strap before removing the bike from the racking**, and it must not be undone until your bike is replaced after finishing the bike section. Once you have your bike, proceed to the transition exit and head to the mount line which will be clearly signed. You **MUST NOT** get on your bike before this line.

**Bike Course – an interactive map is available [HERE](#)**



Please see the table at the beginning of this section for how many laps of each element participants will complete. A lap is the looped area, when you have completed your relevant number of laps, make your way from points A to B to start your second run.

Run 2 – an interactive map is available [HERE](#)



Please see the table at the beginning of this section for how many laps of each element participants will complete. A lap is the rectangular area, when you have completed your relevant number of laps, make your way from points A to B to the finish!



### Finish

The event finishes in the event village area where **you must hand in your timing chip**, will be able to collect your event t shirt. You can also collect your time print out from the Results Base timing van. Transition will reopen for you to collect your bike once the last cyclist has returned from their bike leg and on production of your race number.

### Medical & First Aid

There will be a medical first aid station located at the event control area, next to registration and the finish line. We will also have medical staff out on course.

### Emergency Procedures

We are not expecting any issues however should it be necessary to stop the race for any reason and/or evacuate the course you will be alerted via the marshals and the public-address system. The marshals will direct you to safety. Please follow their instructions.

**Finally, have a great day and we hope you love our event!**



**Thank you, from the Embrace Sport team.**

**A special mention needs to go to North Shields Poly Junior section who will be providing your marshals on the day.**

**Please take time to thank them and if your child is keen to get more involved in multisport, visit them at**

**<http://nspoly.org/juniors/>**



**North Shields Polytechnic Club**  
Athletics club based in Whitley Bay



Founded 1903  
Reconstructed 1908

