

ORGANISING YOUR DUATHLON

What equipment will you need?

- Playing field or running circuit of 400 metres for the course
- Cones for making out layout of the above course and transition areas.
- Safety Helmets approx 15 - 20. Each child taking part **must** wear a helmet during the cycling part of this event
- Bikes 10 - 20 bikes should be sufficient as the bikes will be re-used for each heat. E.g. If 100 children are taking part they can be split into groups of 10 up to 20. Once the first group have completed their cycling section they will leave the bike & helmet at the transition area before commencing their run. These will be returned to the start by the Marshalls for the next group of cyclists. If children are using their own bikes, it is the responsibility of the parents to ensure that they are in a safe and roadworthy condition. Please ensure that there are bikes are suitable sizes for all children taking part.
- Scooters 10 - 15 these are for the tiny tots taking part who have not yet reached the “dizzy heights” of riding a bicycle

Organisers of the event are responsible for making sure that all the equipment used is in a safe condition

- Marshalls – these can be members of staff, parents or the older children who would like further involvement in the event. (see pictures)
- Recorders & Time keepers – this is a responsible role that older children can play a key part in. A recorder should be nominated to record the number of laps completed and the names and times of the finishers. The timekeeper is responsible for informing the start and finishing times of the children in each group. At least two stopwatches will be required (one for each group)

Duathlon Options:

Option 1. Group Competition: Groups of 10, 15 or 20 children, depending on numbers taking part are timed resulting in 1st 2nd & 3rd places. The accent is on completion not on who wins. Boys and girls may compete in the same heats but their times will only be compared against boys/girls racing in other group heats. The “overall” winner will be the fastest group winner.

Option 2. Heats and Final: Each group of children will be timed and the 1st & 2nd place competitors of each heat will go forward to the final. The winner of the final will be the overall winner of the Duathlon Challenge

Radio City Cash for Kids will supply certificates to all the children that take part and will award medals to the boy/girl winners of each age category.

DISCLAIMER: Radio City Cash for Kids accept no liability in the running of the event and would suggest that suitable Health & Safety guidelines are followed in accordance with your school/organisations policy.