

# HA Junior Duathlon FAQs

## FAQs

### Are there ID requirements or an age limit to enter the event?

Minimum age for children taking part is 8 years old by the 31<sup>st</sup> December 2018 and maximum age is 16 years old. All members of BTF Home Nation must bring their membership cards with them to display at registration. You can buy a day licence on the day if you wish, or if you have forgotten your membership card (day licence = £1).

### What are the distances?

DUATHLON	AGE	RUN	CYCLE	RUN
Tri Stars Start	8 years (born 2010)	400m	1.5km	200m
Tri Stars 1	9 – 10 years (born 2008/2009)	1.2km	3.8km	400m
Tri Stars 2	11 – 12 years (born 2006/2007)	1.6km	4.7km	600m
Tri Stars 3	13 – 14 years (born 2004/2005)	2km	7.8km	800m
Youth	15-16 years (born 2002/2003)	2.5km	9.5km	1.5km

### What sort of bike do I need?

The bike route is on the track so any bike will do as long as it is roadworthy (ie the brakes work)  
Wearing a helmet is compulsory.

### What equipment will we need?

Bike - bike and helmet are compulsory! Other than that, Tshirt, shorts, trisuit, whatever you feel comfortable in.

Run – trainers

### Will we get a race number?

Yes. When you register for the event you will get two race numbers – these can be pinned on the back and front of the top you are cycling/running in; alternatively if you have a number belt, it can be clipped on the belt and put on before you start your cycle. You will also get a timing chip and this must be strapped around your left ankle while you are running and cycling.

### Where can I contact the organiser with any questions?

Please contact us at [info@huubevents.com](mailto:info@huubevents.com) if you have any further questions.