

Diddy Duathlon – Race Instructions

Before the Race;

- Register in the Wentworth leisure centre sports hall between 10:00am and 10:30am.
- Place anything you may need for the run section in the transition area which is located inside of the track at the end next to hammer/discuss cage. THIS RACE STARTS WITH THE BIKE SO DO NOT LEAVE THIS IN TRANSITION. (You may not need to leave anything in transition as the bike is first.)
- The race briefing will take place following the finish of the Diddy Triathlon and will be announced over the speakers.
 - This will take place in the sports hall and the race will begin immediately after so please be ready to start.

Bike(500m);

- Starts at the sprint start point of the track closest to the sports hall.
- One full lap of the track followed by one straight before turning into the transition area.

Transition;

- Dismount (get off your bike) before the line which will be marshalled.
- Leave your bike, helmet and anything else in transition.
- Exit the same way you came in.

Run(350m);

- Continue out of transition and round the track until the finish area to complete the race.

Parents/guardians etc. may accompany athletes but this is not required and entirely up to you.

Most importantly this race is about having fun and trying something new so enjoy it.