

FINAL INSTRUCTIONS FOR MCDONALD'S 2019 YOUTH DUATHLON

1. Arrival.

On arrival at South Hagley Park go to the 'McDonald's Tent' with your race entry confirmation and collect your competition shirt together with your Race Age Colour. Put your shirt on and attach your race colour to your RIGHT WRIST. Now make your way to the Transition area set up on the Netball Courts.

The transition area (see map on the web site) will be open at 7.30am. Place your bike in the row for your age group as soon as you arrive.

[LOOK FOR THE COLOUR THAT MATCHES YOUR RACE COLOUR]

The transition area closes at 8.30am. Race Briefing will be at 8.40am.

First start around 9.00am.

Only competitors will be permitted in the transition area.

No adults please.

All spectators are asked to stay clear of all taped or coned run areas and the cycleway.

2. Parking.

Limited off street parking on a first come basis will be available at Hagley Community College. On the Sunday morning there should be plenty of street parking available close to South Hagley Park.

3. Bike & Helmet Checks.

Before the event, make sure that your cycle is in a road worthy and safe condition and you have a good secure fitting helmet to wear.

It is recommended that you have your cycle and helmet checked at your local cycle shop.

As one of the event sponsors Avanti Plus Fleet Cycles, crn Colombo & St Asaph Streets. (Phone. 3771666) will do this for free.

4. The Course

The course will be well marked on race day with diagrams in the competitor assembly area and officials to guide you on the course.

NOTE on race day, the course as shown on the web site, may be varied)

5. Product Packs, & Certificates

These can be claimed from the McDonalds Duathlon counter after completing your event by exchanging your race colour for your pack and certificate.

MEDALS will be presented as you cross the finish line

Note. After the event a draw will be done to find the winners of the Avanti Mountain Bikes and Helmets. Winners will be announced on Face Book and in the ChCh Press on the following Saturday.

6. After the Race

Competitors may leave the venue anytime after completing the event but you may not be able to access the transition area to retrieve your bike until the last competitor has finished the bike ride. Officials at the transition area may permit earlier access while showing respect to those still competing.

7 Equipment

Bicycle Helmets must sit firmly and level on the head with the strap fastened. Remember that a poorly fitting helmet may shift or come off in an accident. No responsibility for the safety of equipment used by competitors will be accepted by the organisers or sponsors

No registration is necessary on race morning, other than late entries.

See you at the briefing by 8.40am with your race colour on your wrist