



PRESTON PARK YOUTH DUATHLON 04.10.25


















Version: 1.0 (updated 24/09/2025)

Sponsored by





CONTENTS

| | |
|--|----|
| CONTENTS..... | 2 |
|  WELCOME | 3 |
|  APPROXIMATE TIMETABLE | 4 |
|  AGE GROUPS & DISTANCES..... | 4 |
|  DIRECTIONS, PARKING & ACCESS | 5 |
|  REGISTRATION..... | 6 |
|  RACE BRIEFINGS | 6 |
|  TRANSITION | 7 |
|  COURSE DETAILS | 8 |
|  SWIM-BIKE-RUN MINI | 10 |
|  SPECTATORS, PHOTOGRAPHY AND DOGS..... | 10 |
|  CHANGING AND TOILETS | 11 |
|  SAFEGUARDING & FIRST AID | 12 |
|  CATERING & REFRESHMENTS | 12 |
|  GENERAL RULES & RACE CONDUCT | 13 |
|  FINAL NOTES | 14 |
|  THANK YOU TO OUR SPONSORS..... | 15 |
|  ABOUT PPYCC..... | 15 |

WELCOME

We are thrilled to welcome you to the Preston Park Youth Duathlon 2025.

This event brings together young athletes of all abilities for a day of friendly competition, fun, and personal achievement at one of the UK's most historic sporting venues.

Preston Park cycle track was opened in 1887 making it the oldest working velodrome in the world. During the 1950s, crowds of up to 10,000 would gather to watch cycle races here. Today it's protected by Historic England and we're proud to keep grassroots sport alive here for the next generation.

Whether this is your first duathlon or one of many, we hope you'll find the experience rewarding and enjoyable. Our goal is to provide a safe, inclusive and supportive environment where every competitor can feel proud of taking part.

Thank you for supporting this community event. We'd like to extend special thanks to our volunteers, marshals, sponsors, and supporters – we couldn't do this without you!

Wishing all competitors the very best of luck. Race hard, race fair, and most importantly – enjoy it!

This event is the 3rd and last event in the KidstriUK Series for 2025. Both event and series results will be published online only at www.kidstri.co.uk. **Event prizes** will be awarded on the day after all races are complete. **Series prizes** will be awarded at the Triathlon England South-East Region AGM in November.










APPROXIMATE TIMETABLE

All times are approximate and may change. Please listen to PA for announcements.

| | |
|-------|--|
| 10:00 | Registration opens |
| 10:00 | Transition open / course open (for walking only) |
| 10:45 | Transition closes / course closes |
| 10:45 | Race briefing: All age categories |
| 11:00 | Race Start: Youth |
| 11:15 | Race Start: TriStar 3 |
| 11:30 | Race Start: TriStar 2 |
| 11:45 | Race Start: TriStar 1 |
| 12:00 | Race Start: Novice 2 |
| 12:15 | Race Start: Novice 1 |
| 12:30 | Race Start: SBR Mini |
| 12:40 | Race Start: Tristart |
| 12:50 | Family Fun Run Relay |
| 13:00 | Trophy presentations |



AGE GROUPS & DISTANCES

| <div>  <div>Assisted by</div>   </div> <div> PRESTON PARK YOUTH DUATHLON RUN BIKE RUN <small>Created by Preston Park Youth Cycling Club</small> </div> <div> Duathlon (Run/Cycle/Run) Cycle lap on Cycle Track & grass =1km, Run lap on grass =400m (200m TSS 2nd run) </div> | | | | | | | |  Family FUN RUN relay | |
|--|---|------------|--|------------|------------|------------|------------|---|----------------------|
| Race & Age | Novice 1 | Novice 2 | Tristart | Tristar 1 | Tristar 2 | Tristar 3 | Youth | | |
| | 9-10yrs | 11-14yrs | 8yrs only | 9-10yrs | 11-12yrs | 13-14yrs | 15-16yrs | Age 6-14 | Min age 9yrs |
| | Novice Categories (no prizes) | | British Triathlon age categories (prize for first 3 male/female) | | | | | Choice of laps up to max limit | 2 or 3 in team |
| | laps Dist. | laps Dist. | laps Dist. | laps Dist. | laps Dist. | laps Dist. | laps Dist. | laps Dist. (Max) | laps Dist. |
|  | 2 (800m) | 3 (1.2km) | 1 (400m) | 3 (1.2km) | 4 (1.6km) | 5 (2km) | 6 (2.4km) | 3 MAX (1k) | 6 (2.4km) |
|  | 1 (1km) | 2 (2km) | 1 (1km) | 2 (2km) | 4 (4km) | 6 (6km) | 7 (7km) | 5 MAX (5k) | 2 laps each |
|  | 1 (400m) | 1 (400m) | 1 (200m) (short laps) | 1 (400m) | 1 (400m) | 2 (800m) | 3 (1.2km) | 3 MAX (1k) | Max 1 adult per team |
| | Red | Yellow | Purple | Blue | Green | Grey | Orange | Pink | enter on the day |
| Quail. age | Age category is based on age on 31st December of the race year. | | | | | | | Age on race day | Proceeds to Charity |
| Trophies | No | No | Yes | Yes | Yes | Yes | Yes | No | |

Note: Novice races are shorter and non-competitive. All distances are approximate.

DIRECTIONS, PARKING & ACCESS

The event takes place at **Preston Park Velodrome**, The Ride, Brighton BN1 6LA.

What3Words: [///sheep.bind.makes](https://www.what3words.com/#!/share////sheep.bind.makes)

Google Map: <https://maps.app.goo.gl/7fZsp4KowSrYxSHP8>

Parking Guidance



The official car park for Preston Park is **The Ride**, accessed from Preston Drive. However, there is plenty of free street parking nearby, although restrictions vary between streets. Please do not park on double yellows, dropped curbs, near junctions, or in front of driveways. All paid parking uses the Pay by Phone app.

- **The Ride:** Paid parking, 6hrs maximum.
- **Preston Park Ave:** Paid parking, 6hrs (Park-side) / Permits only (Houses-side).
- **Preston Drive (West of Harrington Villas):** Free on-street parking, 4hrs (Park-side) / Permits only (Houses-side)
- **Preston Drive (East of Harrington Villas):** Paid parking, 4hrs (Park-side) / Permits only (Houses-side)
- **Bavant Road, Knogle Road, Harrington Villas, Harrington Road, Surrenden Road:** Free on-street parking (unlimited time, no restrictions on weekends)

Trains

Preston Park Railway Station is on the mainline from London and the coastal route from Littlehampton. It is a short walk or cycle from there to the velodrome. Don't forget to check the train operator's website for cycle restrictions.

Disabled Access

The event site is accessible via hard-surfaced paths from the South / The Ride car park. All other entrances involve steps.

The Cricket Pavilion toilets in the basement involve a flight of stairs; there is also a toilet on the ground floor but this involves steps into the pavilion itself. Fully accessible, public toilets are located at the Chalet Cafe and Rotunda Cafe within Preston Park.

Please contact us in advance if you require support with access or a designated viewing area.



REGISTRATION

Location: Near the event village at the velodrome entrance.

Opens: 10:00am

What you receive:

- Race number
- Bike & helmet stickers
- Timing chip (ankle strap - left leg - facing outwards)

Please register before going to transition. Bikes must not enter transition until registration is complete.

If you are a British Triathlon member, bring your licence (digital copy accepted). Otherwise, day membership is included in your entry.

TOP TIP: Ensure that you arrive in plenty of time. Most last-minute 'emergencies' can be handled calmly if you're not in a rush. We recommend arriving at least an hour before your scheduled start time. This will give you enough time to register, collect your race numbers, rack your bike, familiarise yourself with the course, and attend your race briefing.



RACE BRIEFINGS

The race briefing will take place near the transition area and are mandatory for all competitors. They will cover key course details, safety information, lap counts, and any last-minute updates or changes. Parents and carers are welcome to listen in, especially for younger age groups.

Please ensure your child is changed, numbered, and ready with their bike racked in transition before the briefing begins. Listen for announcements and follow marshal instructions to gather promptly at the designated area.

TRANSITION

Transition is a **competitor-only zone**. One parent may assist Tristart and Novice competitors *before* the race.

All competitors and supporters entering transition must wear a race number.

Bikes and helmets must be placed tidily at the athlete's numbered spot.

No boxes are allowed. Keep all bags and non-essential kit out of transition.

Tristart and Novice competitors should lay bikes down; older athletes will use the racking.

Helmets must be securely fastened before touching your bike and remain fastened until the bike is racked again.

Marshals will help where needed, and may adjust kit to allow space for others.

TOP TIP: Familiarise yourself with your bike and run entry/exit points. It is the athlete's responsibility to know their route, do not rely on marshals during the race.

Bike and Equipment Checks

There will be a bike and helmet check before you can enter the transition area to setup.

Competitors to approach the non-racing entrance wearing the cycle helmet, then demonstrate both working brakes before proceeding.

You must have your helmet (with number sticker) on your head and securely fastened.

Bikes must be roadworthy and safe, with brakes working, tyres properly inflated and with handlebar end plugs in place.

The following equipment is **not permitted**:

- Tri-bars or aerobars
- Mobile phones, MP3 players, and other electronic devices

Race marshals reserve the right to refuse any bike deemed unsafe or non-compliant.

Collecting Equipment After Your Race

To maintain safety, the transition area remains a restricted zone while racing is ongoing.

After your race:

- Only competitors will be allowed back into transition to collect bikes and kit.
- Parents will not be allowed in. Marshals will assist younger competitors as needed.
- Marshals at the designated access point will allow small groups in when it is safe.
- A number check will be carried out to ensure the bike and helmet match the athlete's race number.

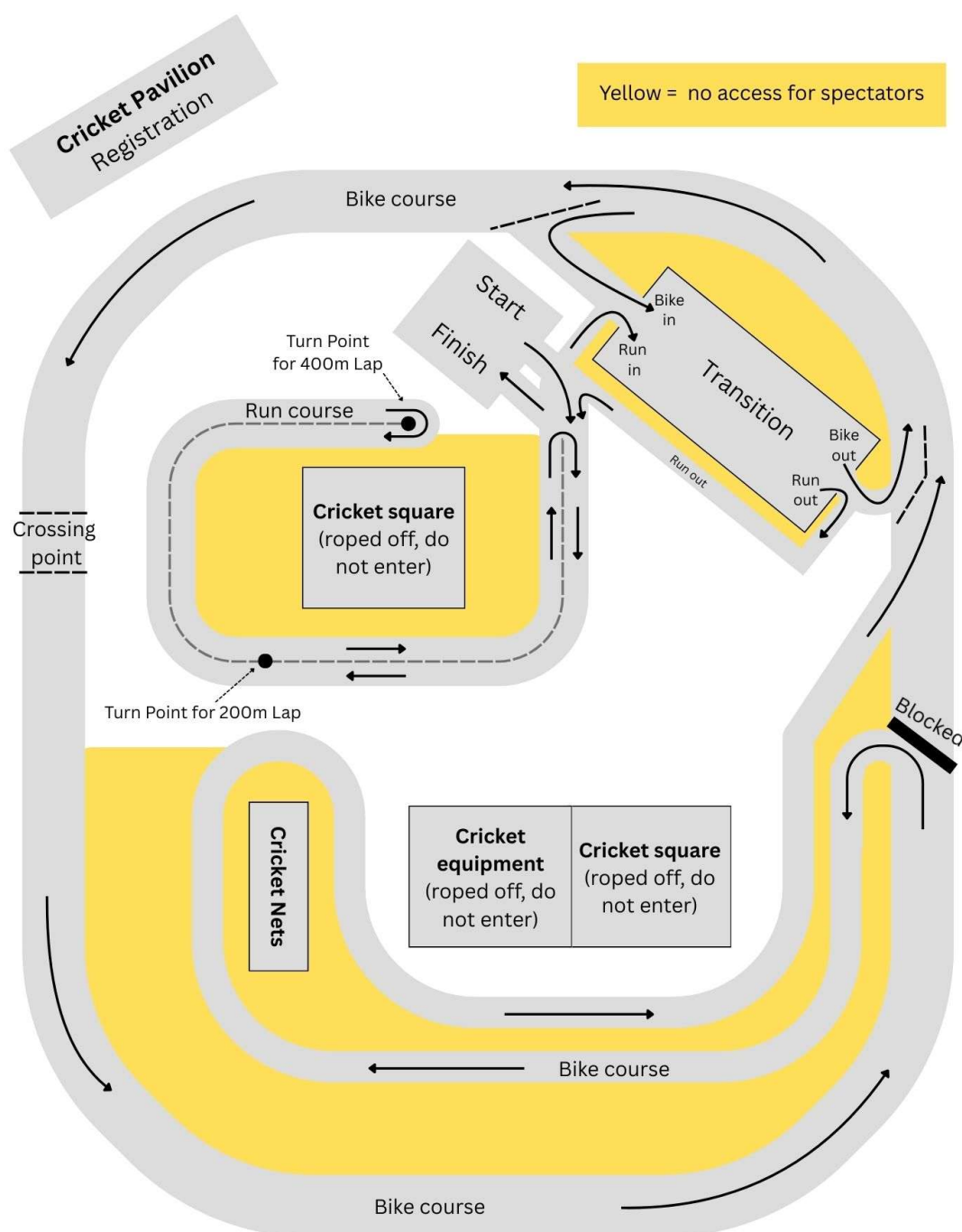
We thank you for your patience and cooperation.



COURSE DETAILS

The Duathlon is a Run-Bike-Run event. The run lap is 400m on grass. The cycle lap is 1km on a mix of approximately 60% tarmac and 40% grass with a number of tight corners which will test technical skills as well as speed. Each age group will do a different number of laps, please see the table on page 3.

If there is heavy rain preceding the event, or forecast during the event, we may shorten the bike lap to use the tarmac track only, in order to protect the grass for other venue users. We will email all entrants the day before, if this is the case.



Run 1

Run on the left and overtake on the right. Once you've completed the required number of laps, head to transition at the 'Run In' point.

Transition 1

Enter transition and find your bike. Place any unwanted run kit neatly beside your spot. Your helmet must be fastened securely before you handle your bike. If you're using a race belt, rotate your number to the back before exiting. Walk or jog your bike to the 'Bike Out' point — **riding inside transition is not allowed**. Once over the mount line, begin your ride.

Cycle

Ride to the left and overtake on the right. Ride responsibly and within your limits. **Drafting is not allowed**, you must maintain at least 12 metres between your front wheel and the rider ahead. Once you've completed the correct number of laps, dismount before the marked dismount line and return your bike to transition.

Transition 2

After racking your bike, head toward the 'Run Out' area. Make sure your helmet is removed only after your bike is securely placed. If you're wearing a race belt, rotate the number to the front. For those using racking (TriStar and Youth), marshals will be nearby to assist if needed. Novice and Tristart competitors will lay their bikes in the designated area.

Run 2

Run on the left and overtake on the right. Once you've completed the required number of laps, head to the finish line. **Smile for your supporters – they'll be cheering you on!**

TOP TIP: Competitors are responsible for counting their own run and bike laps, with parental assistance if needed. If you lose count, it's better to complete an extra lap than risk disqualification.

Medals, trophies and results

Medals will be given to all finishers.

Trophies will be awarded to top 3 male and female finishers in TriStar and Youth categories once all racing is finished. Novice races are not competitive and do not have podiums – they're all about giving it a go!

Interim event results will be published on the event website by the evening.

Final event results will be confirmed within a few days and posted to www.kidstri.co.uk

KidsTri series results will be confirmed within a few days on www.kidstri.co.uk, and **series prizes** will be awarded at the Triathlon England South-East Region AGM in November.



SWIM-BIKE-RUN MINI

This event is open to those aged 6 or above (age on race day) who want to have a go without a race number or being timed, just to give it a try. We only have 10 places available. Competitors can choose their number of laps up to a maximum distance of 1km run / 5km bike / 1km run.

Parents can be with their child in transition but are **STRICTLY** not allowed on the run and bike courses, therefore the entrants **MUST** be able to demonstrate competence on the bike and safety around other riders. A judge may request to see them riding beforehand and the judge's decision on their inclusion will be final.



SPECTATORS, PHOTOGRAPHY AND DOGS

Spectators

- Spectators are welcome in all marked viewing zones.
- No spectators allowed in transition or on course.
- No ball games inside the velodrome fencing.

Photography

- **Photography is allowed**, but photographers must wear the sticker from the race labels issued to the competitor.
- Competitors wearing **gold “no photo” wristbands** must not be photographed.

Dogs

- **Strictly no dogs** are allowed inside the fenced velodrome and playing field area.
- There is plenty of space to spectate outside the fencing, where dogs are welcome but **must be kept on a lead at all times**. We reserve the right to ask you to remove your dog if it becomes a danger or nuisance to other competitors or spectators.



CHANGING AND TOILETS

Changing rooms

There are changing rooms available in the Cricket Pavilion, close to the velodrome. Each changing room has its own toilet facilities located in the pavilion basement, accessed via the stairs at the pavilion entrance.

Toilets

Competitors and visitors may use the toilet facilities in the Cricket Pavilion basement, accessed via the stairs at the pavilion entrance. There is also a toilet on the ground floor, this also involves steps into the pavilion itself.

Fully accessible, public toilets are located at the Chalet Cafe and Rotunda Cafe within Preston Park.

Please help us keep all toilet and changing areas clean. We recommend arriving changed, where possible, and ask that no one changes in open public spaces.



SAFEGUARDING & FIRST AID

We are committed to providing a safe and welcoming environment. If you become separated from your child, or if you find a child who appears lost, please speak to the designated **Welfare Officer** at the registration tent. Please ensure your child knows the location of the registration tent and what to do if they become lost.

All staff and volunteers are briefed on our safeguarding procedures.

We kindly ask all adults to support our safeguarding efforts by:

- Supervising children when not racing
- Reporting any concerns to a marshal or welfare officer
- Respecting all competitor boundaries, especially around transition and toilets

If you do not wish your child to be photographed during the event, please ensure they wear a **gold "no photo" wristband** collected at registration.

Medical support will be on site throughout the event. In case of any incident, notify the nearest marshal immediately. The Welfare Officer or medical team will respond.

If a competitor withdraws mid-race, they must report to the finish area or registration desk and return their timing chip.

The nearest A&E department is Royal Sussex County Hospital, Eastern Rd, Brighton and Hove, Brighton BN2 5BE. <https://maps.app.goo.gl/qZzqiR82ocK6h3MN6>

CATERING & REFRESHMENTS

We hope to have a **coffee van** serving a variety of hot drinks near the registration area, and a **club-run refreshment stall** offering cold drinks, snacks, and homemade cakes.

There's also a **Costa Coffee** at the bottom of Preston Drove (about a 5-minute walk), and the **Pavilion Café** within Preston Park serves hot meals, drinks, and ice cream.

You're very welcome to bring your own picnic – there's plenty of space around the park to sit, relax, and cheer on the competitors.

Please dispose of all rubbish responsibly – bins will be provided.



GENERAL RULES & RACE CONDUCT

This event is governed by the rules of **British Triathlon**. Full rules can be found at www.britishtriathlon.org/events/competition-rules.

A Technical Official from Triathlon England will be present to support athletes and ensure the event runs safely and fairly. While their role is to help, they may issue time penalties for rule breaches or unsafe conduct.

Key Rules to Remember:

- Competitors are responsible for knowing and completing the full course.
- Outside help during the race is not allowed (except for Novices pre-start).
- Respect for marshals, volunteers, fellow athletes, and the public is essential.
- Foul or abusive language will not be tolerated.
- Race numbers must be clearly visible and worn on the back (bike) and front (run).
- All bikes must be roadworthy, and helmets must meet BSI, ANSI, Snell or equivalent safety standards.
- All athletes must remain properly clothed for the duration of the event.
- If you withdraw from your race for any reason, you must inform a marshal or report to the registration tent or finish line. Please also return your timing chip.

Codes of Conduct

We aim to foster a positive, respectful, and inclusive environment for all competitors and their families. Please take a moment to review these important guidelines.

For Parents and Carers:

- Encourage your child to enjoy taking part, whatever their ability or result.
- Set a good example by applauding effort, not just podium finishes.
- Respect marshals, officials, and volunteers at all times.
- Avoid coaching or shouting instructions during the race.
- Help your child prepare calmly and positively for their event.
- Use supportive and respectful language; never berate or criticise.
- Refrain from arguing with officials. Their decisions are final.

For Young Athletes:

- Compete fairly and within the rules.
- Respect the decisions of race officials and marshals.
- Treat fellow competitors as friends and teammates.
- Use polite language and behaviour at all times.
- Be responsible for your own race (e.g. lap counting).
- Thank the volunteers who make your racing possible.

Everyone plays a role in making this a great event. Thank you for your support!

Disputes

If you have a concern about your result or race conduct, speak to the Race Director or Technical Official as soon as possible after your race.

- Not completing the required number of laps will result in disqualification (a time may be recorded but no placing given).
- If you complete too many laps, your finish time will stand as-is.
- The Race Director's decision is final.

Please remember: all organisers and marshals are volunteers working hard to create a positive race day for everyone. Thank you for showing them the same respect you'd hope for in return.

FINAL NOTES

Fit to Compete

By entering the event, parents confirm their child is medically fit to take part in a physically demanding race. If your child has allergies or other medical needs, please write relevant details on the back of their race number. For more specific support needs – such as accessibility or para-athlete participation – feel free to contact us in advance.

Public Address & Announcements

A public address system will be used throughout the day for important announcements, including race calls, briefing reminders and schedule changes. Please listen carefully and follow instructions from the event team.

Adverse Weather or Course Changes

We'll monitor weather conditions closely. If heavy rain or other risks affect safety, we may shorten or adjust the course. While unlikely, we reserve the right to make on-the-day changes in line with British Triathlon safety guidance.

Lost Property

Any items found during or after the event will be taken to the registration tent. If you're missing something, please check there before you leave.



THANK YOU TO OUR SPONSORS

We would like to extend our sincere thanks to the sponsors and supporters who helped make this event possible. Their generosity ensures we can continue to provide high-quality, inclusive sporting opportunities for young people. Please take a moment to visit and support the organisations who support us — we couldn't do it without them!

Dirt Store



dirtstore.co.uk

Devils Bykes



www.devilsbykes.com

Upgrade Bikes



www.upgradebikes.co.uk



ABOUT PPYCC

Preston Park Youth Cycle Club (PPYCC) is a volunteer-led cycling club for riders aged 8–18. Based at Preston Park Velodrome in Brighton, we run coaching sessions, races, and events throughout the year, helping young cyclists develop their skills, confidence, and love for the sport. We are affiliated with British Cycling and run regular Saturday morning sessions, offering structured coaching for all levels – from beginners to aspiring racers.

Interested in Joining?

Visit ppycc.org.uk to learn more about the club, session times, membership options, and how to join. We run regular **taster sessions** for new riders – check the website for dates and sign-up information.

Whether your child is just learning to ride or aiming for the podium, we'd love to welcome you to the club!

Instagram: [@prestonpark_youthcc](https://www.instagram.com/prestonpark_youthcc)





Preston Manor

A delightful manor house capturing the atmosphere of an Edwardian home both 'upstairs and downstairs.' Visitors can take a step back in time exploring over 20 rooms on four floors from the superbly renovated servants quarters in the basement to the attic bedrooms on the top floor.
An admission fee is payable and opening times are available from the Manor.



Chalet Cafe

Designed by Philip Lockwood in 1897 this two storey brick and timber building has a distinctive balcony reached by metal stairs and was originally used by the park police. Look out for the cast iron box by the door with the letters and town crest of the former Corporation of Brighton.



The Clock Tower

This 55ft working Grade II listed red brick and terracotta tower has broken pediments supported by Corinthian columns and is elaborately decorated with dolphin motifs, shields, Cherub statues and a weathervane. It bears the following rhyme: 'Here I stand with all my might to tell the hour day and night. Therefore example take by me and serve thy God as I serve thee.'



Bowls Pavillion

Designed and built by Captain Bertie McLaren in 1937, this red brick flat roof building is easily recognised with its five glazed double doors leading to a terrace.



Rotunda Cafe

Built in 1925, this circular single storey building was the subject of a Heritage Lottery Grant. It has been restored to its former glory and is now a busy continental style cafe. Designed in Italianate style by Bertie McLaren, the building has 11 glazed timber doors, leading to a terrace and overlooking a rose garden.



Walled Garden

The Edwardian style Walled garden re-opened to the public in 2001 after restoration funded by the Heritage Lottery Fund. The grade II listed garden was originally part of the manor gardens before becoming part of the park. Work has included the relaying of paths, replacing the lily pond, erecting a metal arch (re-introducing early varieties of period plants).



Rock Garden & Chalet

Built on the side of a railway embankment, using 1,350 tonnes of stone from the Cheddar Gorge the rock garden opened in 1936. Winding stone paths, steps and a rustic bridge follow the rocky cascade through different levels of the garden leading to a kidney shaped pool.
A walk to the top of the rockery reveals stunning views over the Park, Preston Manor and St Peter's Church.



Tile House

Also known as the octagonal pavilion, the Grade II listed tile house was bought in 1929 from the Wembley Exhibition where it was used to display a pottery company's glazed tile work at the Bath and West Show. Designed by Philip Lockwood, the timber framed building was originally moved to the park as a Ladies Pavilion.



Bowls Pavillion

This timber framed single storey building designed and built by Captain Bertie McLaren was originally the men's bowling pavilion.



Rose Garden

Originally designed by Captain Bertie McLaren to draw people into the park, the rose garden was restored and replanted in 2001 with funding from a Heritage Lottery grant. Work included planting 4,000 old fashioned shrub roses, chosen for colour and scent and renovation of the life size French statues which represent two of the four seasons.

Index

