

We're delighted that Cholmondeley Castle is part of the of the Triathlon England North West Junior Series 2022. There will be draft-legal waves, on a tarmac cycle course, for the following age groups. Below you will find some useful links to ensure you're fully prepared for a great race!

Youth 15-16years - 500m/8.4km/2.2km
TriStar3 13-14years - 400m/8.4km/2.2km
TriStar2 11-12 years - 300m/4.2km/1.6km

North west Junior Series requirements – [click here](#)

Wheel regulations for Tristar, youth and junior draft - [click here](#)

Gear and maximum rollout distance tables - [click here](#)

Restricting gears for young athletes 2022 - [click here](#)

Best tips for draft-legal racing - [click here](#)

Drafting rules explained - [click here](#)

Parents/carers guide - [click here](#)

The Inter-regional Championships Parent, Coach and Athlete Information booklet - [click here](#)

Bike information for draft legal races:

- Drop handle bars. No "T" shape handle bars or mountain bikes
- Must be gear restricted as per their age group details. Link above
- No carbon wheel rims.
- Rims must be metal and no deeper than 30mm

If you have any questions about the event, please contact us [here](#) or if your question is specifically about the Regional Series please email [here](#).

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