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# Race Day Information

**Saturday 15th June 2024**

**Alderford Lake**

**Whitchurch**

**SY13 3JQ /what3words acrobats.eating.trombone**

**Start Time From 10am** (Please see your race email for individual start times)

Welcome to the Alderford Kids Triathlon. Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

For free admission into Alderford, please enter the entrance kiosk by no later than 10am. If you leave by 12pm, then it's free. If you arrive later or stay beyond 12pm, the following on the gate prices will be required; Adult £9.95, Child £8.50, Family £34 (prices include swimming in the lake).

All spectators on Saturday who arrive after 10am will need to pay the above prices to enter Alderford Lake. Any competitor or spectator staying later than 12pm must pay the above prices. For a 10% advance booking discount (online only) please use UKTRI24.

## Race Day Checklist

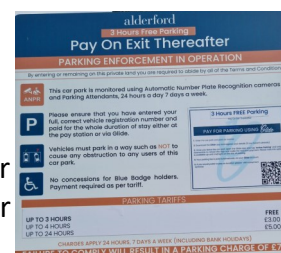
- Race number (can be found on your race day email)
- Appropriate clothing - Shorts and T-shirt (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted. You can also purchase an official UK Triathlon event T-Shirt at the event.
- Additional clothing for wet/cold weather
- Cycle (any type of bike can be used as long as it is road worthy)
- Cycle/Running Shoes (bare foot running is not permitted)
- Cycle helmet
- Drinks bottle
- Elastic race number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running cap (optional)

## Distances

Race	Swim	Cycle	Run
Zinc & Zinc Relay	25m - 1 Length	1k - 1 Lap	500m - 1 Lap
Steel	50m - 2 Lengths	2k - 2 Laps	1000m - 2 Laps
Bronze & Bronze Relay	50m - 2 Lengths	3k - 3 Laps	1500m - 3 Laps
Silver	100m - 4 Lengths	4k - 4 Laps	2000m - 4 Laps
Gold & Gold Relay	150m - 6 Lengths	4k - 4 Laps	2500m - 5 Laps

## Travel & Parking Information -

- Sat Nav postcode is SY13 3JQ /what3words : acrobats.eating.trombone
- Parking is available at Alderford Lake. First three hours are free, after this you must pay for a ticket at the parking terminal. See image for more information regarding parking charges.



## Where are the toilets and changing facilities?

Toilets are available on the event field.

## From the car park follow the signs 'To Registration'

### Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 60 minutes before your individual start time to familiarise yourselves with the layout of the event.
- At registration you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed a race envelope and an instruction sheet, please read this carefully.
- Registration will be open from 9am.

### Race Envelope

At registration you will receive a race envelope containing:

- Race Number x1, Bike Sticker x1, Helmet sticker x1, Numbered Wristband x2 (one for competitor & one for a supporter if applicable).
- Safety pins will not be enclosed however they will be available if required.

### What to do with your Race Envelope contents

- **Wristbands**, one for the competitor and one wristband that the supporting parent/guardian must wear (if required), if helping a competitor. This will permit access into the Cycle Transition Area. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to them.
- **Bike number sticker**, attach to the front handlebar stem.
- **Helmet sticker**, attach to the front of the helmet.
- **Race Number**, the race number must be worn on the front for the cycle and run. It is good practice to write your name, blood group (if known) and any allergies they may have on the back of the race number. You may use an elastic number belt to attach the race number to, opposed to pinning the number directly to a T-shirt or tri-suit.



### Important Cycle Care Information

Make sure your cycle is ready for the event. If you are unsure get it serviced by a professional prior to the event.

There WILL NOT be a cycle mechanic at the event.

There will be a SELF SERVICE CYCLE STATION located next to the massage tent. It has track pumps, specific cycle tools, tyre levers and a bike stand.

From Registration follow the signs 'Transition Entrance this way'

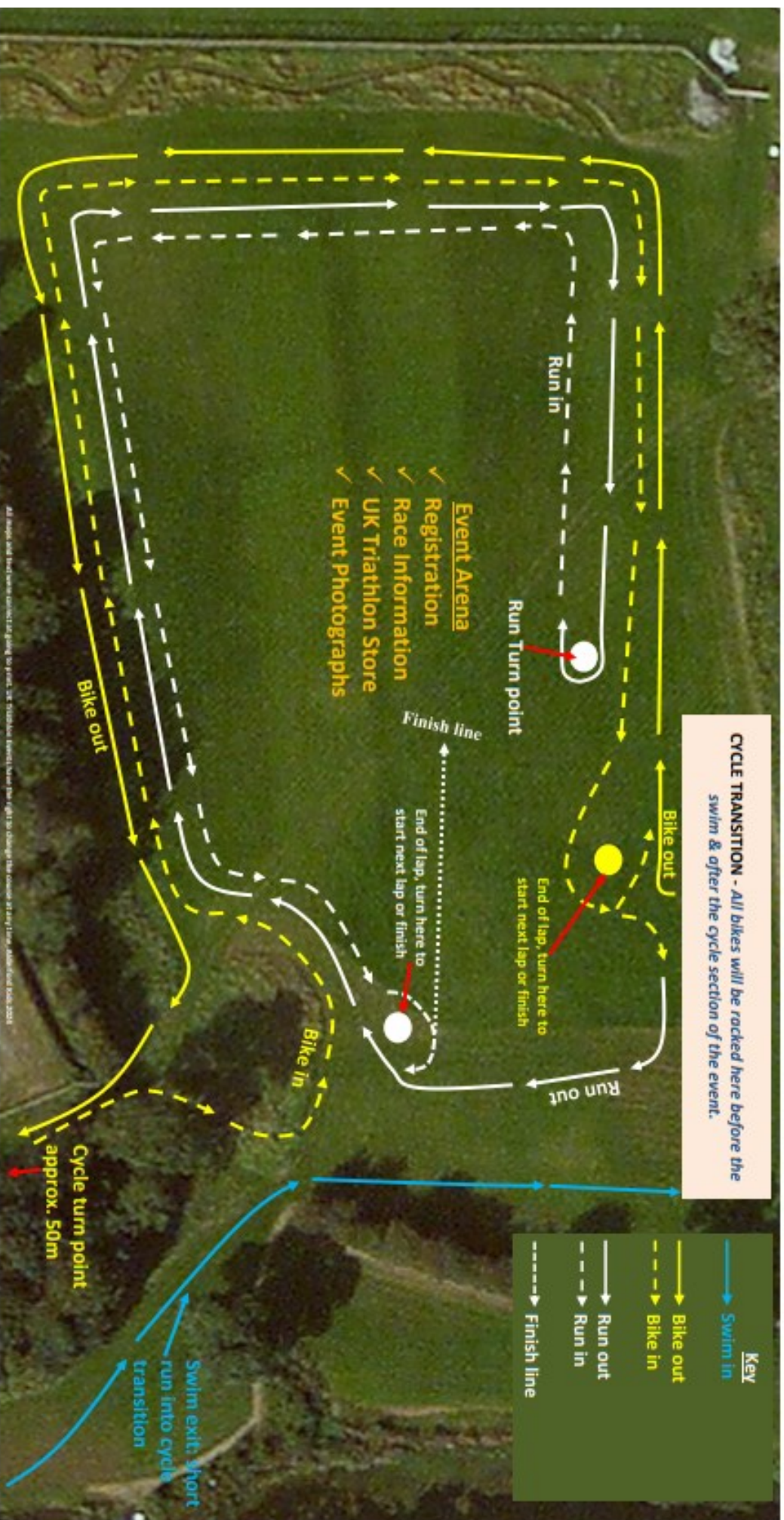
## Cycle Transition

- Once registered, take the cycle along with anything else needed for the cycle and run.
- Supporters must wear the supplied wristband to gain entry into the cycle transition area.
- Rack the cycle in an empty space in cycle transition area, the white tape denotes a racking position.
- When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we allocate security staff to specifically watch the transition area.

**10 minutes before the start time, head to the swim start for the compulsory race brief.**



# Cycle & Run Map



# Swim

- The swim course is very straightforward. There will be safety divers, race crew and canoeists in the water at all times.
- The swim course will be one lane rope 25m in distance, swim alongside the lane rope and around to the other side if required. Once finished exit the water.
- Swimming devices may be used.
- Swim caps are not compulsory so it's not a requirement to wear one. If a swim cap is desired, either use your own or ask for one from registration.
- When the swim course is completed, supporters can escort to the cycle transition area and assist putting on helmet, shoes, race number etc.

# Bike

- Please walk or run to the cycle mount line and commence the cycle section (no cycling in the transition area).
- The cycle course is entirely on grass. The course is completely post and taped making it clear to follow. Supporters can follow the cycle if they wish but are not allowed on the actual course.
- It is your responsibility to count the correct amount of laps on the bike. Supporters may help do this.
- Cycles must be dismantled at the end of the course and be placed on the rack in the Cycle Transition Area.

# Run

- The run is entirely on grass. The course is completely post & taped. Supporters can follow the run if they wish, but are not allowed on the actual course.
- It is your responsibility to count the correct amount of laps on the run. Supporters may help do this.
- There is a drinks station during the run course and at the finish line that will be serving water.
- Once the correct amount of laps are completed, head down the finish straight and through the Mornflake inflatable finish gantry.

# Relay

- Each member of the relay team completes one or two of the three disciplines of the Triathlon.
- At registration a wristband is supplied that is relayed to the finish line.
- After completing the swim, the swimmer passes the wristband to the cyclist inside Cycle Transition Area next to where the cycle is racked.
- The cyclist completes the cycle course and once the bike has been racked, the wristband is passed to the runner.
- The runner completes the run; the other team members can join the final runner at the gap of the pedestrian crossing so they can all cross the finish line together and receive their medals. Please hand in the wristband at the finish line.

## **Timing**

- This event is intended for all abilities to complete the challenge of the triathlon and therefore we don't publish results in fastest to slowest order, instead they are published in alphabetical order. We believe this is important to encourage all children to take part without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the Alderford Kids Triathlon. We will take an overall time for each competitor. Results will be published in alphabetical order later the same day on our website [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk).

## **Finisher's Medal**

- There is a commemorative 2024 medal for all finishers.

## **Photography & Filming**

- UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your child's best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to you once the photos are available. For any photography inquiries please contact [info@mysportphotos.co.uk](mailto:info@mysportphotos.co.uk) or [www.mysportphotos.co.uk](http://www.mysportphotos.co.uk).

## **Health & Wellbeing**

- If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.

## **Hydration**

- Make sure your child/children are sufficiently hydrated before the event.

## **Can my friends and family spectate**

Yes! Friends and family are welcome to spectate but must be in Alderford before 10:00am.

## **Illegal Equipment**

- For your safety and the safety of other competitors, certain items are banned during the event as well as in the cycle transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices.

## **Littering**

- Littering is prohibited during the event. Please use the bins at the feed stations or at the venue.

## **Race Format**

- UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.

# UK Triathlon 2024 Event Calendar

<b>Alderford Kids Duathlon &amp; Triathlon</b>	<b>15th June 2024</b>
Alderford Triathlon	16th June 2024
<b>Ultimate Triathlon</b>	<b>30th June 2024</b>
Ultimate ½ Triathlon	30th June 2024
<b>Ultimate Olympic &amp; Sprint Triathlon</b>	<b>30th June 2024</b>
Chesham Kids Triathlon	13th July 2024
<b>Buckinghamshire Triathlon</b>	<b>14th July 2024</b>
Birmingham Triathlon	27th July 2024
<b>York Kids Triathlon</b>	<b>17th August 2024</b>
York Triathlon	18th August 2024
<b>Shropshire Triathlon</b>	<b>8th September 2024</b>
North West Kids Duathlon	21st September 2024
<b>North West Triathlon</b>	<b>22nd September 2024</b>
Warwickshire Triathlon	6th October 2024
Stratford Triathlon	27th April 2025
<b>Cheshire Kids Duathlon</b>	<b>10th May 2025</b>
Cheshire Triathlon	11th May 2025
<b>Henley Kids Triathlon</b>	<b>31st May 2025</b>
Henley Triathlon	1st June 2025



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\*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 60% of 3g the suggested daily amount.  
^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



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you

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Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024

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