



Shropshire Kids Triathlon

10th June 2017

Race Day Information

Registration open from 10:00am

First start time from 11:00am

*Dearnford Lake,
Tilstock Road
Whitchurch,
Shropshire
SY13 3JQ*

Contents



2017 UK Triathlon Dates **3**

Registration **4**

Cycle Transition **5**

Event Map **6**

Swim **7**

Bike **9**

Run **10**

Relay **11**

Additional Information **12**

FAQs **13**

Partners **14**

2017 Event Calendar



Birmingham Half Marathon, 10k & 5K	2nd April
Stratford Triathlon	14th May
Cheshire Kids Duathlon	20th May
Cheshire Triathlon	21st May
Henley Kids Triathlon	3rd June
Henley Triathlon	4th June
Shropshire Kids Triathlon	10th June
Ultimate/ Ultimate Half/Ultimate One	11th June
York Triathlon	2nd July
Birmingham Kids Triathlon & Duathlon	15th July
Birmingham Triathlon	16th July
Club Championships	16th July
North West Kids Duathlon	12th August
North West Triathlon	13th August
South Coast Triathlon	2nd September
South Coast Run	3rd September
Stoke on Trent Kids Triathlon	9th September
Stoke on Trent Triathlon	10th September
Warwickshire Triathlon	24th September

For more information or for online entry visit uktriathlon.co.uk

Registration

- Please make sure you know your child/children race number and start time **before** you go to registration.
- For your child/children own and other competitors safety, mobile phones, MP3 or any type of personal music system that restricts their hearing are not permitted whilst competing in the event.
- Your child/children must attend the compulsory race safety brief at the start line 10 minutes prior to their start time.

Registration and Set Up

- Firstly you and your child/children must go to registration where you will receive their race envelope.
- Registration will be open on Saturday from **10:00am**
- Registration is situated in the orange Mornflake marquee, please follow signs from the car park.
- Please do not attempt to change your child/children start time.
- It is recommended you and your child/children arrive at least 60 minutes before their start time or as early as possible to familiarise yourselves with the layout of the event.

Race Envelope

At registration your child/children will receive their race envelope, it will contain the following items:

Race number x1

Safety pins x4

Bike sticker x2

Helmet sticker x1

Wrist bands x2 - —One wristband must be worn by your child/children and the other by a parent or guardian (if required). Older competitors need only to wear their wristband. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to the children.

Race Numbers

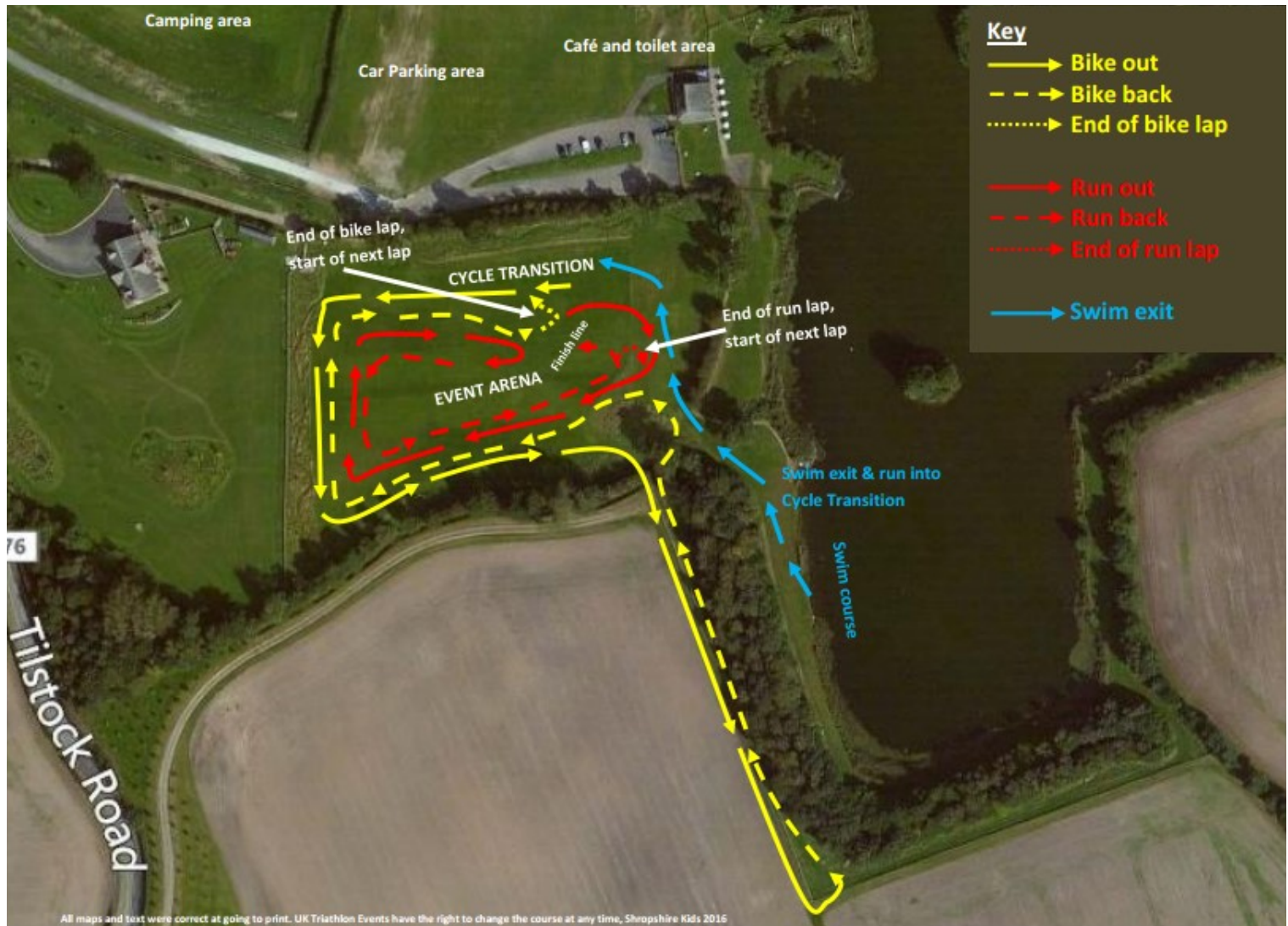
- Your child/children must wear their race number on their front throughout the duration of the bike and run.
- It is good practice to write your child/children name, blood group and any allergies they may have on the back of their race number in the unfortunate case of an accident.
- You may use an elastic number belt to attach the race number to, opposed to pinning the number directly to a T-shirt or tri-suit. Elastic number belts can be purchased from the UK Triathlon store on race day or from our online shop at www.uktriathlonstore.co.uk (Subject to availability).

Cycle Transition



- Once registered, take your child/children cycle and rack it in the Cycle Transition Area along with anything else that they need for the bike or run section.
- Parents and supported are permitted to enter and assist if required in the Cycle Transition Area. Wristbands must be worn to gain entry into the Cycle Transition Area.
- When your child/children have finished their Cycle Transition Area preparation, then make your way to the swim start at the lake at least 10 minutes before their compulsory race safety brief.
- When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we are allocating security staff to specifically watch the transition area.

Event Map

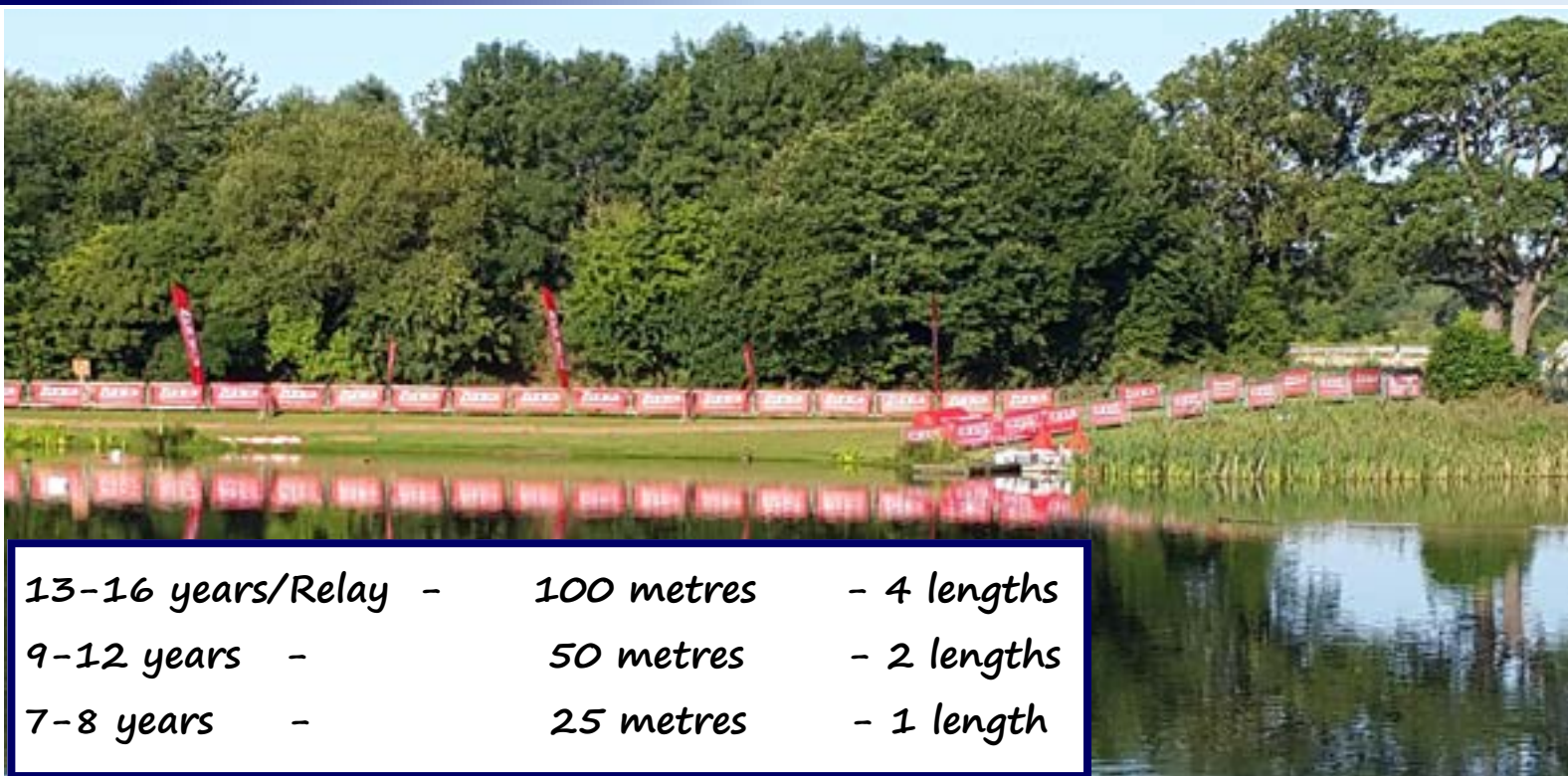


Blue Lines - Swim exit course

Yellow Lines - Bike course

Red Lines - Run course





13-16 years/Relay	-	100 metres	- 4 lengths
9-12 years	-	50 metres	- 2 lengths
7-8 years	-	25 metres	- 1 length

- Children will be starting at regular intervals from 11am.
- Your child must wear their allocated swim cap, which will be given to them at registration. Children are welcome to wear their own swim cap if they prefer to.
- You can purchase children's goggles at the UK Triathlon Store or from our online store at <http://uktriathlon.co.uk/tristore/332-goggles> subject to availability.
- The swim course will be one lane rope 25m in distance

Important Safety

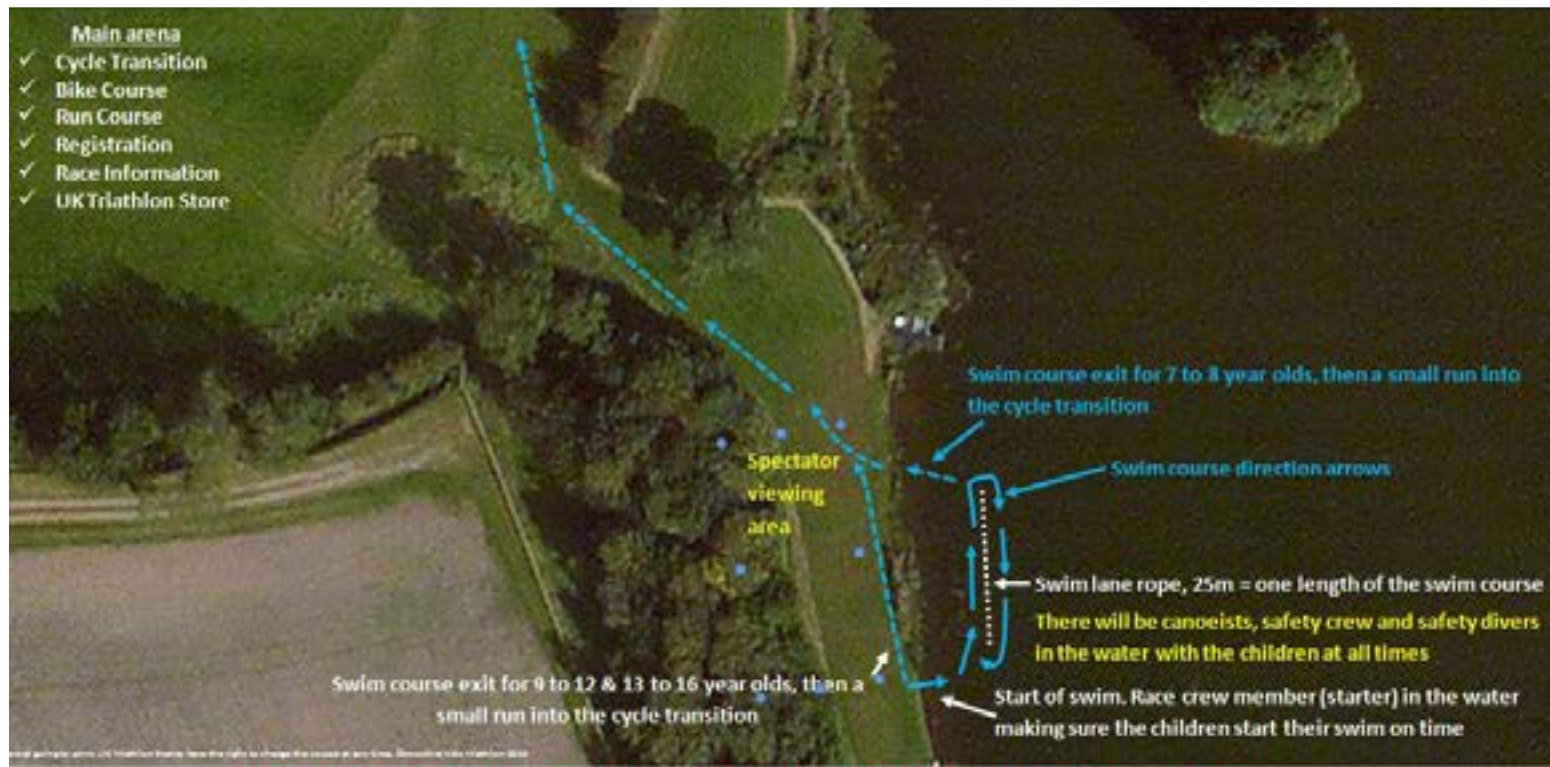
- As an added precaution, as soon as your child/children get into water that is deep enough to swim, then it is advisable to swim not walk. Although Dearnford is a clean lake and divers will have checked we cannot absolutely guarantee what is underfoot.
- **Safety in the water:** there will be safety divers, race crew & safety canoeists in the water at all times; they will guide the children around the swim course to make sure they are safe and feel comfortable swimming in open water.
- Wetsuits are permitted but not compulsory
- When the swim course is completed, if necessary please escort your child/children to the Cycle Transition Area. You can help putting on their helmet, shoes, race number, etc. Please take swimming goggles, towel etc with you at that point so you don't have to go back for them later.

Water Quality

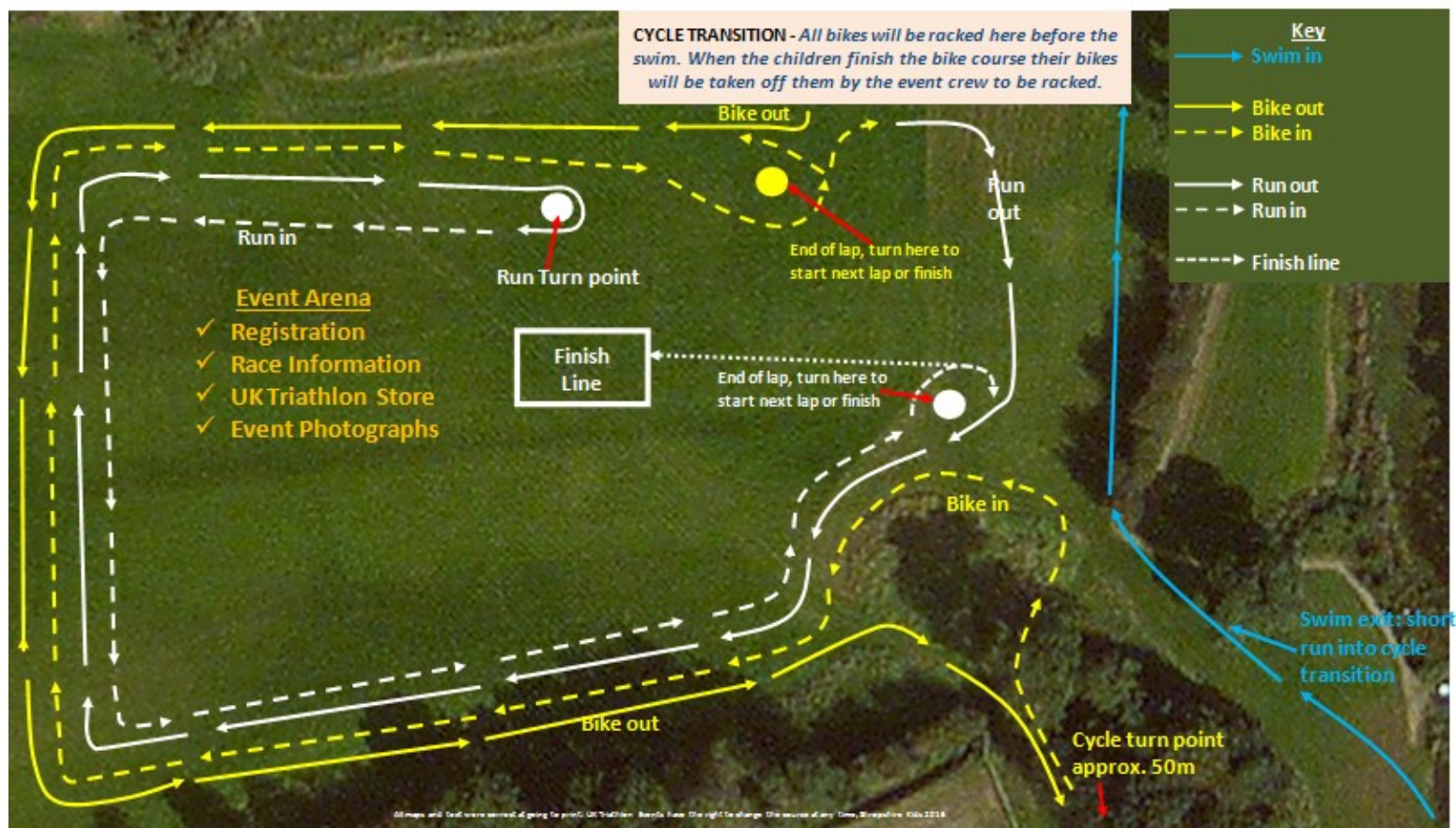
- Dearnford Lake water quality is regularly checked and is considered one of the cleaner lakes used for swimming in. It is fed by freshwater springs which help to keep the water cleaner.

Please be on the lakeside 10 minutes before your child/children start time for their compulsory race safety brief. This race brief explains the whole course so it is important your child/children do not miss it!

Swim Map



Bike and Run Map



13-16 years/Relay	3k	3 laps
9-12 years	2k	2 laps
7-8 years	1k	1 Lap

- Your child/children must fasten their helmet to their head before taking their cycle off the rack.
- Your child/children can walk or run to the cycle mount line where they will commence the cycle section, there is strictly no cycling in the Cycle Transition Area.
- The bike course is round Dearnford Lake on flat grass. It is post and taped all the way round the course. Parents and guardians can follow their child for the entire triathlon but they are not allowed on the actual course.
- It is yours or your child/children responsibility to count the correct amount of laps on the bike. Parents/guardians may help them do this.
- **Your child CANNOT compete without a cycle helmet!**
- Cycles must be dismounted at the end of the course, a marshal will instruct this. Cycles and helmets will be taken by the marshals so the children can continue straight onto the run.
- Make sure your child/children bike's are working properly with our pre race service/check. Please see page 15 for more information.





Run –

13-16 years/relay	- 1.5k	- 3 laps
9-12 years	- 1k	- 2 laps
7-8 years	- 500m	- 1 lap

- The run takes place around the main arena inside Dearnford Lake on flat grass.
- Parents and guardians can follow their child for the entire triathlon but they are not allowed on the actual course.
- It is you or your child/children responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.
- There is a drinks station during the run course that will be serving water.
- You can purchase Xtenex elasticated laces for a faster and hassle free way of getting shoes on at the UK Triathlon Store either at the event or online.
- When the required number of laps have been completed, your child/children must turn down the finish alley and continue through the inflatable finish line into the enclosure, finishers will then be awarded their medal at the finish line.

Relay



Swim	100m	4 lengths
Bike	3k	3 laps
Run	1.5k	3 laps

- Each member of the relay team completes one 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 then passes the wristband to the cyclist inside **Cycle Transition Area** next to where the cycle is racked.
- The cyclist completes the cycle course and passes the band over to the runner at the cycle dismount area. The runner completes the run and hands in the band at the finish line.
- On completion, each member of the relay team will receive a 2017 finishers medal.

Additional Information



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 alphabetically. We believe this is important to encourage all children to have a go without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the Shropshire Kids Fun Triathlon. We will take an overall time for each competitor. You may go to the timing trailer at the finish line and see their results in alphabetical order.

Tips

- You may assist your child/children in the **Cycle Transition Area**. Please follow any instructions that an official may give you.
- Make sure your child/children are well hydrated before the event (drink plenty of water).
- If it is a sunny day apply sunscreen to protect against sunburn.
- If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.
- If you have any health concerns about your child/children fitness or ability to take part in this triathlon you must seek advice from your local GP.
- Check that the bike brakes, gears etc. are working correctly. Please remember to check your child's bike is in good working order before the triathlon. Make sure everything is working properly and well oiled with our pre race service/check see page 16 for more information.

Medals

- There is a commemorative 2017 medal for all finishers.

1. Will I receive my child's race numbers by post?

No, when you register your child at the event you will receive a race envelope with them in.

2. How do we get to the venue?

(satellite navigation SY13 3JQ)

When you get close to the venue you will see the brown Dearnford Lake signs and at the entrance of the lake please follow the triathlon parking signs.

Dearnford is just off the A49/A41/A525 Whitchurch, Shropshire.

Whitchurch railway station is 1 mile away.

3. Where can we park?

The following parking charges apply at Dearnford Lake:

£3.00 for a day pass

£5.00 for a weekend pass

4. What time should we arrive on race day?

We suggest at least an hour before your child's start time.

5. Does my child need to wear a helmet for the cycle?

Yes, it is compulsory to wear a helmet.

6. Can my child use any type of bike?

Any bike is permitted as long as it is road worthy.

7. Can my child listen to music during the triathlon?

Unfortunately no, for their own safety and others around them they are not permitted to use any music system during the triathlon.

8. I know someone who would like to volunteer are they able to help out?

Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email keith@uktriathlon.co.uk.

9. Where can I look for accommodation for the triathlon?

There is camping and caravanning at Dearnford Lake. For more information please visit: www.dearnford.net/lake/camping.html

For B&B and hotel accommodation please visit Tourist Information at www.shropshiretourism.co.uk/whitchurch



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Make sure your bike is in tip top condition for your event. Missing gears, rubbing brake blocks on the wheel rim, even worse less effective brakes can spoil your event, even retire you from the race miles away from the venue (don't worry our bike course manager Chris will pick you up and bring you back!). Make sure everything is working properly and well oiled with our pre race service/check. Located inside the registration tent during registration hours. Simply text Carl on 07950735737 with your name and start time and he will text back with an available time slot booking. There may be slots available on each day of the weekend subject to availability.

If you change your mind for any reason simply text Carl to cancel.

If additional work is recommended for your bike, there is a charge scale for any repair work over and above the service price. You will be notified of any additional work if recommended.

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