



# ***Birmingham Kids Triathlon***

## ***Race Day Information***

***23rd June 2018***

***Registration open from 12:15pm***

***First start time from 1:45pm***

*(Please see your individual start time on your competitor race email)*

***Boldmere Gate, Sutton Park***

***For satellite navigation directly to the car park use B73 6LH***

***Charity donation £2 all day Race Parking***



★  
**OFFICIAL  
EVENT**

**CLOTHING**

★  
**KIDS  
T-SHIRTS  
£10**

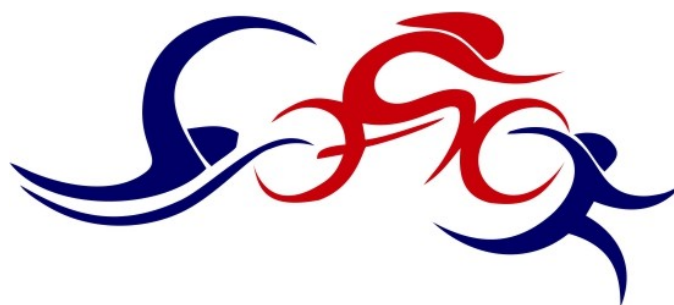
★  
**KIDS  
HOODIES  
£20**

★  
**KIDS  
CAPS  
£8**

**All available  
to buy at  
the event**

# 2018 Event Calendar

Birmingham Kids Triathlon & Duathlon	23rd June 2018
Birmingham Triathlon	24th June 2018
York Triathlon	15th July 2018
South Coast Triathlon	28th July 2018
South Coast Run	29th July 2018
Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	TBA
Stratford Triathlon	28th April 2019
Cheshire Kids Duathlon	11th May 2019
Cheshire Triathlon	12th May 2019
Ultimate Kids Triathlon	TBA
Ultimate, Ultimate 1/2 & Ultimate 1/4	TBA
Henley Kids Triathlon	TBA
Henley Triathlon	TBA



***For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)***

# Registration

- For your child/childrens own and other competitors safety, mobile phones 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.
- £2 all day parking is located on Boldmere Gate. Please follow 'triathlon parking' signs.

## Registration and Set Up

- Registration will be open on Saturday from 12:15pm
- Go to registration where you collect the competitor race envelope.
- Please make sure you know your child/childrens race number and start time **before** you go to registration.
- Registration is situated in the orange Mornflake marquee, please follow signs from the car park.
- Please do not attempt to change the start time.
- Please arrive at least 60 minutes before start time or as early as possible to become familiar with the layout of the event.

## Race Envelope

The race envelope, contains the following items:

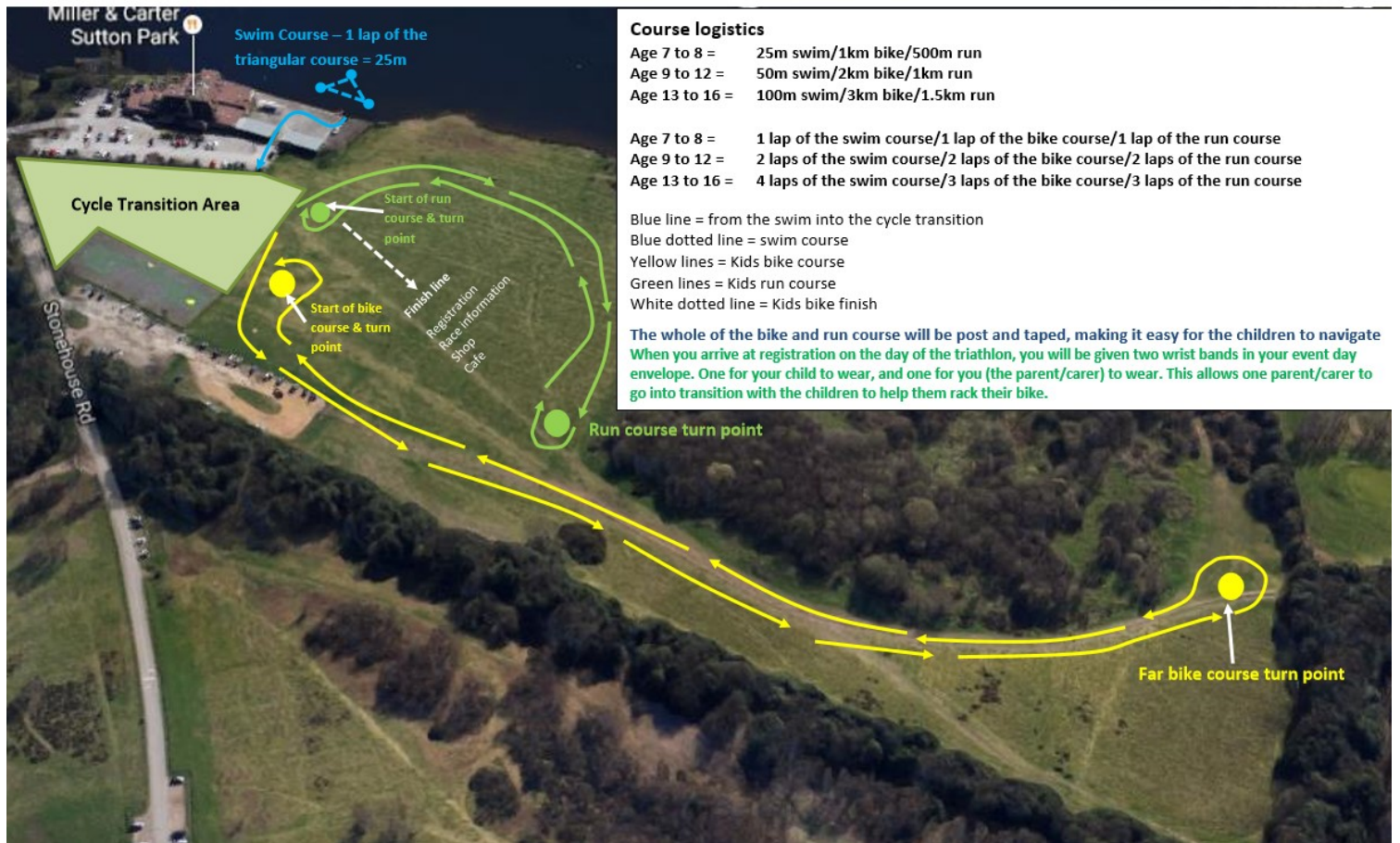
- Race number x1
- Bike sticker x2 - Before entering the Cycle Transition Area attach one bike number on the front of the handlebar stem and the other on the rear of the seat post. You must show the race number corresponds with the bike number when retrieving a bike after the event.
- Helmet sticker x1 - Attach bike helmet sticker to the front of the helmet.
- Wrist bands x2 - There are two wristbands, one worn by the competitor, the other worn by the parent/guardian, if supporting before, during and after the triathlon.

## Race Number

- Race number must be worn on the front for the cycle and run.
- It is good practice to write your child/childrens name, blood group (if known) and any allergies they may have on the back of their race number.
- You may use an elastic number belt to attach the race number to, opposed to pinning the number



# Event Map



## Cycle Transition

- Once registered, rack the cycle in the Cycle Transition Area along with anything else needed for the bike and run section.
- Please make sure wristbands are worn to gain access to the Cycle Transition Area.
- Parents and supporters 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.
- Once finished in the Cycle Transition Area head to the swim start. Please be at the swim start at least 10 minutes prior to start time for the compulsory race 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.

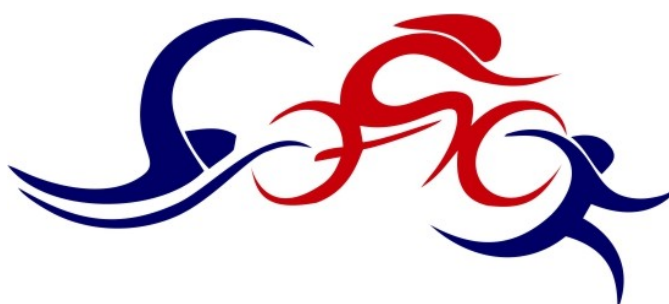
Please be on the lakeside 10 minutes prior to the start time for the compulsory race safety brief. This race brief explains the whole course so it is important not to miss it!

Zinc	Steel	Bronze	Silver	Gold	Relay
25m 1 Length	50m 2 lengths	75m 3 lengths	100m 4 lengths	150m 6 lengths	150m 6 lengths

- Competitors will start at regular intervals from 1:45pm.
- Your child must wear their allocated swim cap, which will be given to them at registration.
- 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.
- **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.



# Bike

Zinc	Steel	Bronze	Silver	Gold	Relay
1km 1 lap	2km 2 laps	3km 3 laps	4km 4 laps	4km 4 laps	4km 4 laps

- Helmets must be fastened 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 within Sutton Park. It is completely post and taped. Parents and guardians can follow their child for the cycle if they wish but are not allowed on the actual course.
- Due to the cycle course being on slightly uneven grass within Sutton Park, it is recommended racing bike wheels and tyres that are used for tarmac are not suitable for the cycle leg of the Kids Triathlon. Mountain bikes or similar types of bikes would be suitable.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- **Your child CANNOT compete without a cycle helmet!**
- Cycles must be dismounted at the end of the cycle course
- Make sure your child/childrens bike/s are in good working order. You can do this with our pre race service/check. Please see page 17 for more information.

# Run

Zinc	Steel	Bronze	Silver	Gold	Relay
500m 1 lap	1000m 2 laps	1500m 3 laps	2km 4 laps	2500m 5 laps	2500m 5 laps

- The run is within Sutton Park.
- Parents and guardians can follow their child for the run if they wish but are not allowed on the actual course.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.
- There is a drinks station on the run course that will be serving water.
- When the required number of laps has 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 finishers medal.

	Relay
Swim	150m 6 lengths
Bike	4km 4 laps
Run	2500m 5 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 2018 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 Ultimate 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.

Results will also be available online at [uktriathlon.co.uk](http://uktriathlon.co.uk) on Monday 25th June.

### 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/childrens fitness or ability to take part in this triathlon you must seek advice from your local GP.

### Medals

- There is a commemorative 2018 medal for all finishers.



# Photography

Our official event photographers, New Pixels Photography, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event.

In addition to this there will be filmmakers recording for a promotional video of the event with the use of ground cameras and a drone. A remotely operated aircraft will be in operation throughout the day. The aircraft may be overhead at a safe distance at any stage or area of the triathlon. For your safety, please locate and observe. Please be aware that landing/take off areas will be restricted areas. Please do not approach or communicate with staff members within these areas, as they may be in control of the aircraft.

If you do not want your image (moving or still) to be used in the making of any film or promotional material please advise in writing to [zoe@uktriathlon.co.uk](mailto:zoe@uktriathlon.co.uk)



## FAQs

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

No, the race day envelope is collected on the day at registration.

### 2. How do we get to the venue?

*For satellite navigation directly to the car park B73 6LH*

When you get close to the venue you will see fluorescent orange "Triathlon Parking" direction signs, please follow them.

### 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?

Due to the cycle course being on slightly uneven grass within Sutton Park, it is recommended racing bike wheels and tyres that are used for tarmac are not suitable for the cycle leg of the Kids Triathlon. Mountain bikes or similar types of bikes would be suitable.

### 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](mailto:keith@uktriathlon.co.uk).

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

For B&B and hotel accommodation please visit Tourist Information at [www.visitbirmingham.co.uk](http://www.visitbirmingham.co.uk).



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



# **BADGER** **CYCLES.CO.UK**

**Pre race bike service/check just £10**

**Gear and Brake Service £20.00**

**Brake Block Replacement - Free Fitting**

**Tyre Replacement - Free Fitting**

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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*With thanks to New Pixels for providing images for the competitor race information*