

YORK KIDS **FUN TRIATHLON**

16th August 2025

Start from 13:00pm

Please check your race email for your individual start time

York Sport Village

Lakeside Way

YO10 5FG/ what3words: rental.fleet.spots



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Race Day Information 2025

Welcome

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

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 for £10)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running cap (optional)

Distances

Race	Swim	Cycle	Run
Tin	18m - 1 length (training pool)	1k - 1 lap	500m - 1 lap
Zinc & Zinc Relay	25m - 1 length	1k - 1 lap	500m - 1 lap
Steel	50m - 2 lengths	2k - 2 lap	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

Postcode YO10 5FG / what3words: rental.fleet.spots

Parking is at York Sport Village. Please follow the Triathlon Parking signs. If the York Sport Village centre car park appears full, please follow the straight on triathlon parking signs to the second car park. **The pay by phone car parks are free for the Triathlon.** Once parked, please follow the "to the Triathlon" signs which will guide you to the registration marquee.

Where are the toilets & changing facilities

Individual toilets and changing room toilets are available inside the leisure centre. You may also use the leisure centre's changing facilities before and after your race.



From the car park follow the signs 'To Registration'

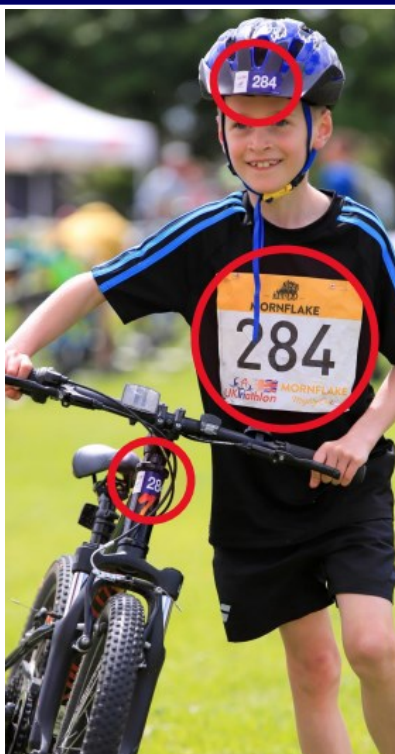
Registration

- 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 12:00pm.

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 parent/guardian).
- 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 name, emergency contact number, blood group (if known) and any allergies on the back of the race number.
- You must not re-size your race number in any way.

Important Cycle Care Information

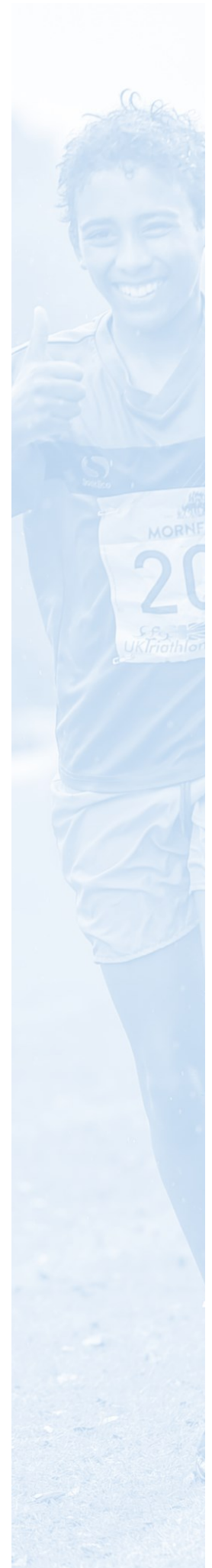
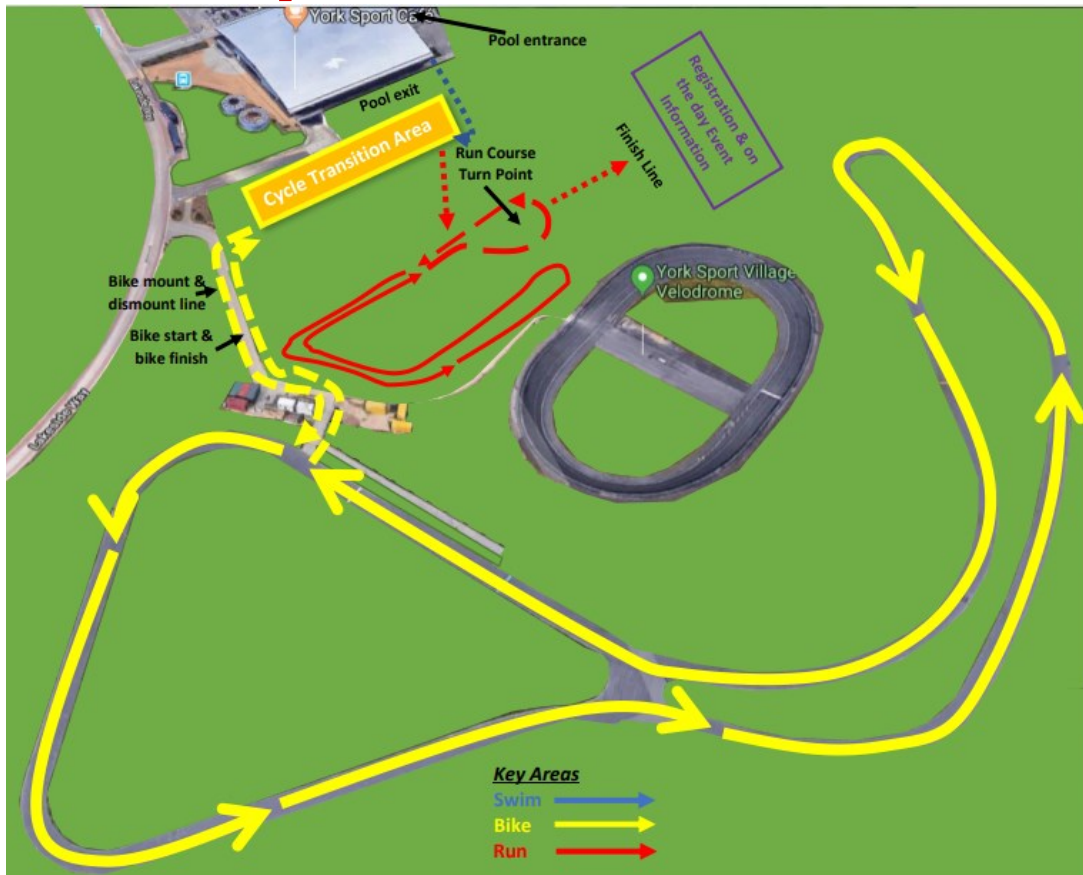
Make sure your bike brakes and gears are all in perfect working order for race day. Available is a pre race check for only £10, payable on the day by cash or card and takes approximately 15 minutes. Booking a time slot is essential as there is no guarantee on the day. Contact Cycle Mechanic Craig on Whatsapp 07748 053009 with your name, race, preferred day and time for availability. Craig's cycle service availability will be 10am to 1pm on Saturday. There will be a self-service cycle station at the event. It has track pumps, specific cycle tools, tyre levers and a bike stand.

Inner tubes will be on sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

From Registration follow the signs 'Transition Entrance this way'



Event Map



Cycle Transition Area

- Competitors and supporters must wear the supplied wristband to gain entry into the Cycle Transition Area.
- Once registered, rack the cycle in an empty space, along with anything else required for the cycle and run.
- The white tape denotes a racking position.
- Please note, although we allocate security staff to the Cycle Transition Area, we cannot be responsible for any items lost or stolen.

Please be at the swimming pool start 10 minutes before your start time for the compulsory race brief.

Swim

- The swim course is very straightforward. Lifeguards and official event crew will be on hand at all times.
- Children can wear any swimming safety device.
- The pool is 25 metres long.
- 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 you can buy one at the UK Triathlon shop on the day of the triathlon.
- When the swim course is completed, supporters can escort competitors to the Cycle Transition Area and assist putting on helmet, shoes, race number etc.

Cycle

- Please walk or run to the cycle mount line and commence the cycle section (no cycling in the transition area).
- The start and finish of the cycle is on grass. Each full lap is on tarmac.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- Cycles must be dismounted 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. Parents/guardians can follow the run if they wish but are not allowed on the actual course.
- It is yours 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 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 run turnaround point so they can all cross the finish line together and receive their medals. Please hand in the wristband at the finish line.



Further 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 alphabetical. We believe this is important to encourage participation without the pressure of coming last, or not doing as well as others. Every finisher will be a winner of the York Kids Triathlon. We will take an overall time for each competitor. Results will be online by 7pm on race day.

Finisher's Medal

There is a commemorative 2025 medal for all finishers.

Photography & Filming

UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your 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 or www.mysportphotos.co.uk.

Health & Wellbeing

If suffering from any kind of bad chest, cold, sore throat or ear infection we advise not taking part.

Hydration

Make sure you are sufficiently hydrated before the event.

Can my friends and family spectate

Yes! Friends and family are welcome to spectate. There is a viewing area within the Leisure Centre if you want to watch your child swim. No parents will be allowed pool side.

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 Area. 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 2025/26 Event Calendar

York Kids Triathlon	16th August 2025
York Triathlon	17th August 2025
Shropshire Triathlon	31st August 2025
North West Kids Duathlon	13th September 2025
North West Triathlon	14th September 2025
Warwickshire Triathlon	28th September 2025
Stratford Triathlon	19th April 2026
Cheshire Kids Duathlon	9th May 2026
Cheshire Triathlon	10th May 2026
Henley Kids Triathlon	30th May 2026
Henley Triathlon	31st May 2026
Ultimate 150 Triathlon	14th June 2026
Ultimate 100 Triathlon	14th June 2026
Ultimate 50 Triathlon	14th June 2026
Alderford Kids Triathlon	5th September 2026
Alderford Triathlon	6th September 2026
Birmingham Triathlon	TBA

OFFICIAL RACE UKTriathlon MERCHANDISE

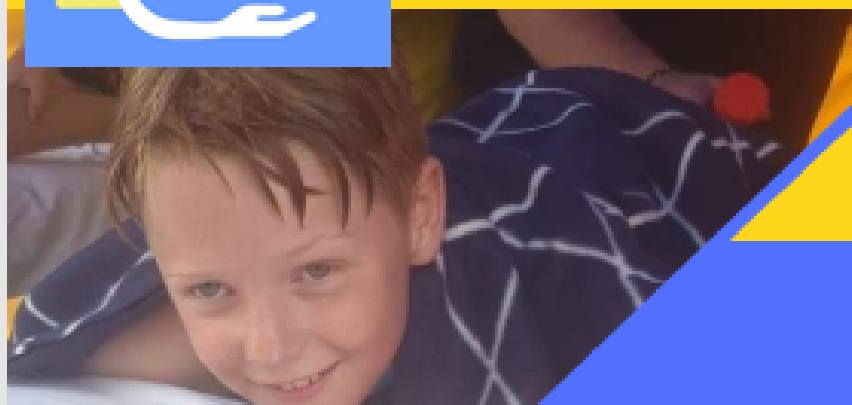
KIDS OFFICAL HOODIES £20



KIDS TEES £13

KIDS CAPS £8





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ADD MUSCLE MEND

To your treatment. This 100% natural oil that improve recovery and sport related aches and pains

£20

ASK THE PHYSIO & COACH

If your child is having slight niggling injuries or training issues, come along and speak with physio/Coach Barry who will give you some expert advice.

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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.



Thank
you

You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at cruk.org/team



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

Together we are
beating cancer

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SEARCH

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Bib Number & Selfie!



PROFESSIONAL

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your race and we'll take
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