

KIDS **FUN TRIATHLON**

14th June 2025

Start from 10:00am

Please check your race email for your individual start time

Alderford Lake

Whitchurch

SY13 3JQ / what3words

yachting.pickle.bonkers



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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.

Admission to Alderford Lake

What you can and cannot do at Alderford Lake during the Alderford Kids Triathlon

Waiver:

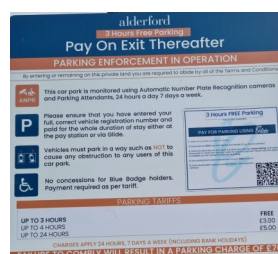
IMPORTANT: All competitors, family members, and friends must complete the Alderford Lake waiver **before race day**. You can find the waiver here: <https://waiver.roller.app/AlderfordLake/home> or [click here](#). This is a mandatory requirement set by Alderford Lake.

Failure to complete the waiver online in advance may result in you missing your race. Arriving without a signed waiver may cause delays to your entry and risk you being late for your event.

Travel & Parking SY13 3JQ /what3words: yachting.pickle.bonkers

Parking is free for up to 3 hours. If you go over the 3 hours, it is your responsibility to pay. UK Triathlon and Alderford Lake cannot be responsible for non-payment of parking. If you are not sure, go to a parking machine and type in your registration number, that will tell you if you have to pay to park or not.

Payment for car parking is on exit.



Discount codes from Alderford Lake:

If you're planning to stay after your event and enjoy the fantastic facilities at Alderford Lake, please book online at www.alderford.com and use the discount code

UKTRIATHLON10 when booking your activities.

When you arrive at admissions, let the team know you've booked a day pass, and they will provide you with a wristband.

Accompanying Family Members

Upon proof of their entry number, the children taking part may bring in accompanying family members, provided they arrive together. Anyone arriving separately or not with a child will be required to pay from 11.00am

Costs: from £8.50 adult £7.25 child



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
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

Where are the toilets

Toilets are available on the event field.



From the car park follow the signs 'To the Triathlon'

Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 60 minutes before your child's start time to familiarise yourselves with the layout of the event.
- At registration you will be asked for your child's 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 9:00am.

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.



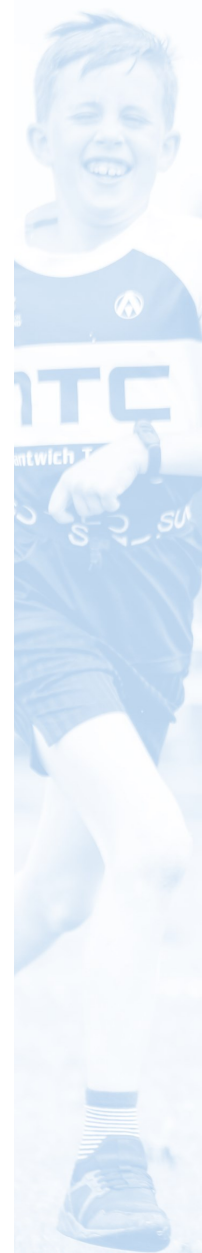
What to do with your Race Envelope contents

- **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 name, blood group (if known) and any allergies 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 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. Mechanic availability Saturday 09:30am to 12pm. 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 for sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

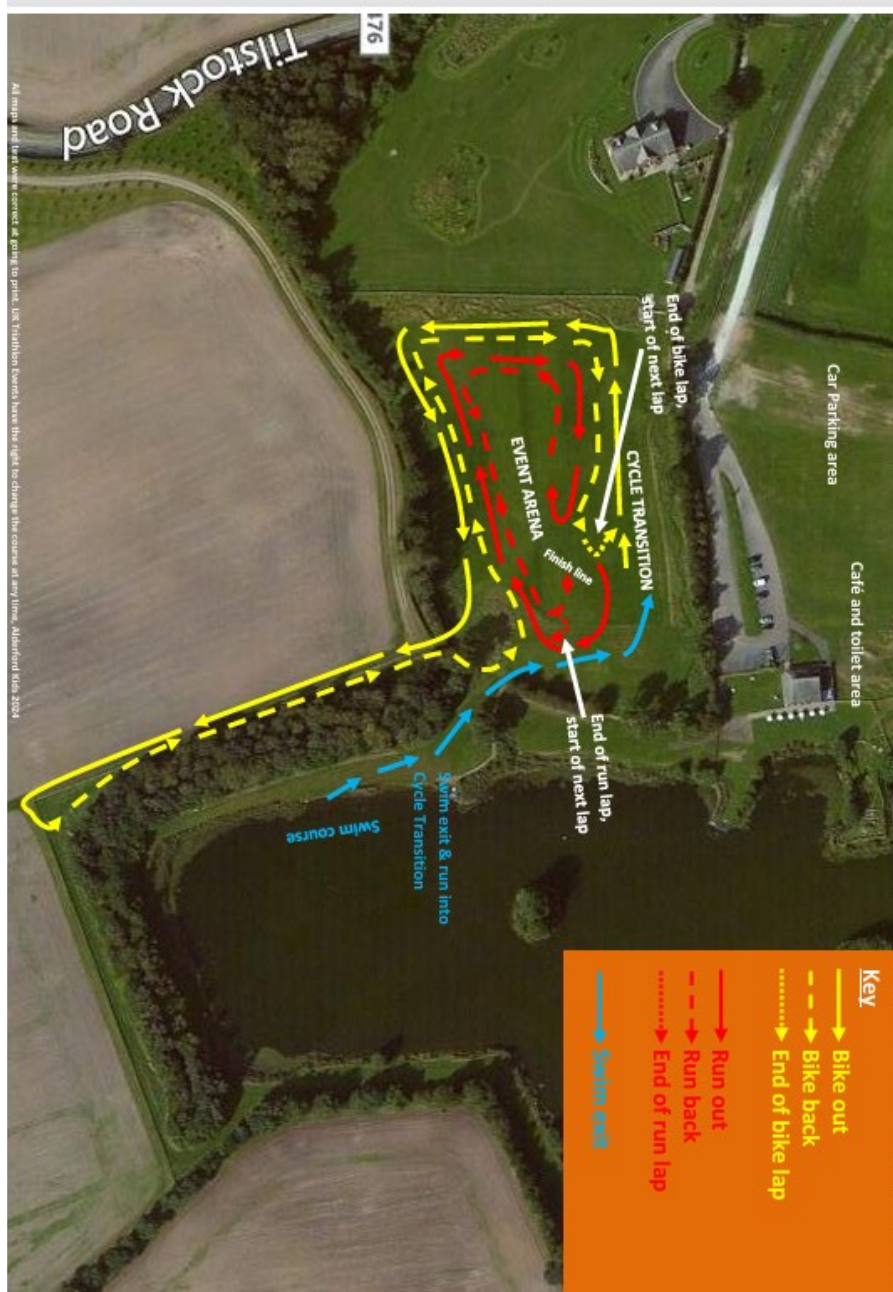


From Registration follow the signs 'Transition Entrance this way'

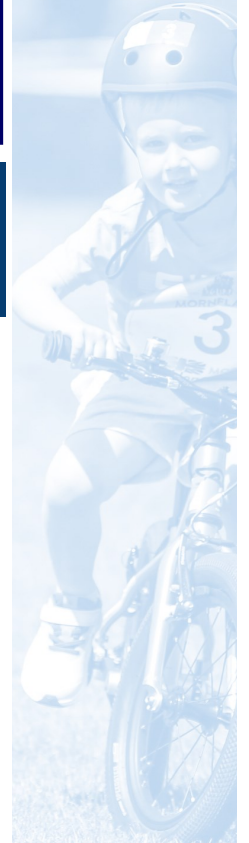
Cycle Transition Area

- 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 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.

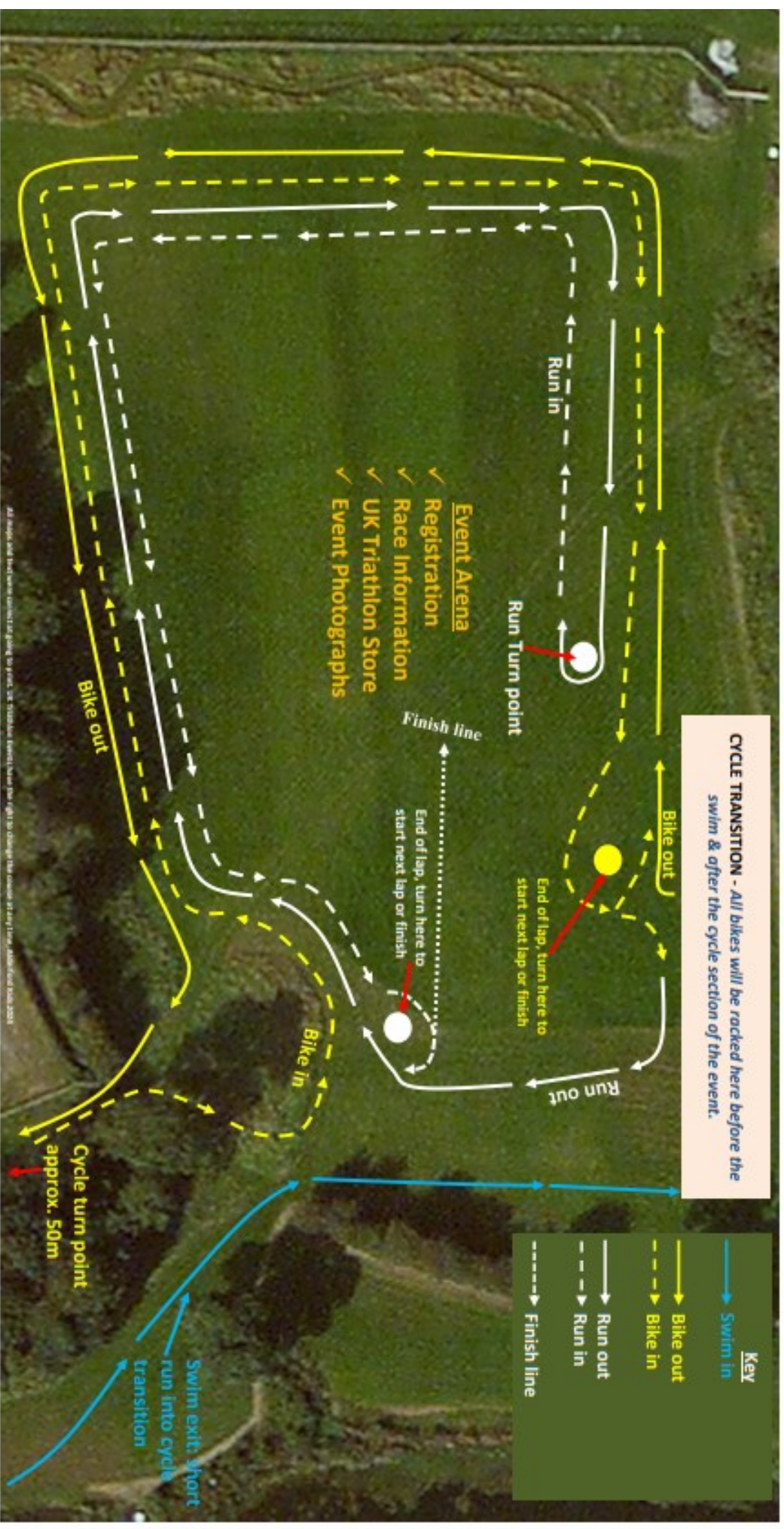
Please be at the swim start 10 minutes before your start time for the compulsory race brief.



Event Map



Cycle & Run Map



Swim

- The swim course is very straightforward. There will be safety personnel, 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 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. 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.



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 published in alphabetical order by surname. 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 later the same day on our website www.uktriathlon.co.uk.

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 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 or 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.

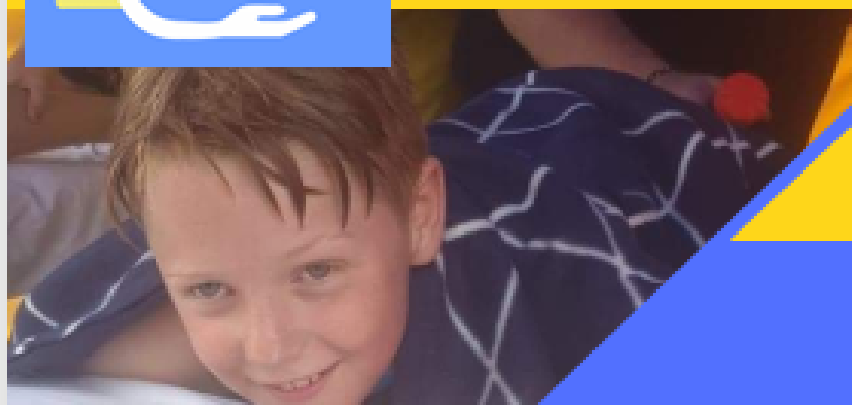
Race Format

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.



Alderford Kids Triathlon	14th June 2025
Alderford Triathlon	15th June 2025
Ultimate Triathlon	29th June 2025
Ultimate ½ Triathlon	29th June 2025
Ultimate Quarter Triathlon	29th June 2025
Birmingham Triathlon	19th July 2025
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 2025
Cheshire Kids Duathlon	TBA
Cheshire Triathlon	TBA
Henley Kids Triathlon	TBA
Henley Triathlon	TBA

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£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.

www.cravencomplete.co.uk

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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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PROFESSIONAL

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