



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

IRONKIDS[®]

WALES



2023 IRONKIDS WALES EVENT INSTRUCTIONS

Saturday 2nd September

INTRODUCTION

IRONKIDS will return to Pembrokeshire on Saturday 2nd September 2023 as part of the 2023 IRONMAN Wales weekend. The event will see over 1,800 young athletes run through the streets of Tenby, before finishing along The Esplanade under the iconic IRONMAN finish gantry. The event is participation focused and purely recreational, there are no prizes for the winning athletes - every child who completes the race will receive an IRONKIDS t-shirt and finisher's medal.

These Event Instructions include all the information you need for Registration and for Event Day. Please take the time to read through to help you understand the event requirements and plan for the event.

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BEFORE EVENT DAY

IRONKIDS REGISTRATION ADDRESS + TIMES

De Valence Pavilion, Upper Frog Street, Tenby, SA70 7JD

Thursday 31st August 14:00 – 18:00

Friday 1st September 09:00 – 17:00

Saturday 2nd September 08:00 – 10:00

Race Packs must be collected from registration BEFORE 10am on Saturday 2nd September. No race pack collections will be granted at the help desk.

Please note, Friday is an extremely busy time for IRONKIDS registration and long queues are expected. To make the registration process as quick and convenient as possible, it is highly advisable that you register on Thursday.

Children must start in the specific time they been allocated to, there will be no exceptions.

YOU WILL NEED

To register for the event and to collect your child's Event Pack, you will need:

1. To know the child/children's name they were registered under.
2. To show your confirmation email (on phone or print-out) on request.

If you have not received the confirmation email by Tuesday of race week, please contact wales@ironman.com

Please note:

- The child does not need to attend registration.
- You can collect Race Packs for more than one child at a time, providing you have the relevant confirmation emails.

EVENT WAIVERS

- You will need to sign a waiver for each race pack you collect.
- The waiver will be signed online when you register for the event.

Under NO circumstances do we hand out the registration pack without a signed waiver

ENTRIES

IRONKIDS Wales entries are non-transferable and non-refundable. There are no exceptions to this rule.



BEFORE EVENT DAY

EVENT PACK COLLECTION AND CONTENTS

- **1 x IRONKIDS T-shirt** – this should be worn on Event Day for identification purposes (see T-shirt policy section)
 - **1 x IRONKIDS Event BIB Number** – please write the child's emergency contact details on the back before Event Day. This **MUST** be worn on Event Day, safety pinned to the front of the child's t-shirt. The emergency contact should be onsite and contactable on event day.
 - **2 x IRONKIDS Wristbands** with the corresponding BIB number on. These are extremely important for safety and security reasons. The wristbands allow us to reunite the correct child with the correct guardian
- **1 x wristband is for the child**. The child will need to have this attached securely to their wrist to get entry to the start pens
- **1 x wristband is for the parent/guardian** (MUST be age 18+) **who will be collecting the child from the exit pens** at the end of their event. The parent/guardian will need to have this attached securely to their wrist to collect their child from the Exit Pens.
- NOTE: Parents AND children running in the 500m distance must both be wearing wristbands. This is so that we can reunite the correct child with the correct parents/guardian should they get split up during the race. Each child participating needs their own adult supervision. Parents cannot take part with multiple children.

IRONKIDS T-SHIRT POLICY

You indicated the child's t-shirt size when you signed up to the event. This is the t-shirt size you will receive when you register. This policy is to ensure that every child gets the t-shirt size that they requested. NO EXCEPTIONS.

If after you have collected the t-shirt from Registration you realise that the size is wrong for your child, you will need to return to Registration at 10:00 on Saturday 2nd September for an exchange. You need to bring the original t-shirt with you so that you can swap it. T-shirt sizes will then be reallocated on a first-come, first-serve basis.

No size changes will be made at any other time.



IRONKIDS BIB Example



EVENT DAY

HOW TO GET THERE

Athletes and spectators will be making use of Town Centre car parks, and as a result, Tenby Town Centre is expected to be very busy on Saturday. Please ensure to give yourself plenty of time to arrive, park, and reach the start line ready for your child's start time.

EVENT ADDRESS

Five Arches Car Park, South Parade, Tenby, SA70 7DT

Next to St. Teilo's Catholic Church (refer to the map at the end of these Event Instructions). This is the address for the Start Line and Event Day Help Desk. The Finish Line is on The Esplanade with the Exit Pens located down Victoria Street.

CAR PARKING

For town centre parking, there are plenty of public car parks. Parking is available over the IRONMAN/IRONKIDS weekend in the Tenby Multi-Storey Car Park (SA707DW), North Beach Carpark (SA708AG), Salterns Pay and Display (SA70 8DU), The Green Carpark (SA708ES) and South Beach Carpark (SA707EG). Disabled parking is available at the Tenby Multi-Storey Car Park on Upper Park Road (SA707DW).

PUBLIC TRANSPORT

IRONMAN Shuttle bus service is available from Carew Airfield to Tenby on Saturday between 09:30 - 18:00. Please see the IRONMAN Wales website for more information.

There are regular bus services around Pembrokeshire, for up-to-date information please visit the Traveline - Cymru website: www.traveline.cymru

Tenby train station is situated 0.4 miles from the event site and is within easy walking distance. Alternatively, there is a taxi rank located just outside the station entrance.

EVENT WAIVER

Every child must have a waiver signed by their parent/guardian in order to race. Under NO circumstance do we hand out the Registration Pack without a signed waiver. We will not be accepting printed/hard paper copies of the signed waiver. You should have signed the waiver electronically when you registered your child.

ENTRIES

Race entries are non-transferable and non-refundable. There are no exceptions to this rule.



EVENT DAY

HELP DESK ADDRESS AND OPENING TIMES

Five Arches, South Parade, Tenby, SA70 7HZ

Saturday 2nd September / 11:30 - 17:30

Registration will close at 10:00 on Saturday 2nd September. If you have any questions or problems after this time, please visit the Race Day Help Desk. Lost Race Pack items including wristbands and safety pins can also be sorted here. Please note that there will be no replacement items available at the Start Line – you will need to go to the Race Day Help Desk

YEAR GROUPS AND DISTANCES

SCHOOL YEAR

DISTANCE

Nursery, Preschool, Reception, Year 1*

500m*

Year 2, 3, 4, 5

1km

Year 6, 7, 8, 9, 10, 11

1.5km

**Must run with a parent or guardian over 18 years of age*

PARENT ASSISTANCE

Nursery 1, Preschool, Reception and Year 1 (the 500m distance) children **MUST** be accompanied by a parent or guardian to run in the event. One parent or guardian per child (you cannot accompany multiple children in a single race under any circumstances). The parent/guardian **MUST** be age 18+.

Please note, Nursery 1, Nursey 2, Reception and Year 1 (the 500m distance) are the **ONLY** age groups permitted to run with a parent/guardian. For older year groups, parents will not be allowed to run with their child including running outside of the course along the barriers unless the child requires special additional support.

If your child requires additional support please email wales@ironman.com prior to the event.

Our staff and volunteers are not able to supervise any children whilst their parent/guardian participates in the 500m race. You will need to make alternative arrangements.



EVENT DAY

START TIMES

Start times will be confirmed closer to Event Day. Younger children's start times will be scheduled first with older children starting last.

At the beginning of Event Week, you will receive an email with your child's expected start time for their age group (their specific time will also be noted on their race BIB).

Please remember that this is the time the child will start their event. Tenby Town Centre will be extremely busy on IRONKIDS Event Day. You should make sure to leave with plenty of time to travel, park and be ready at the start pens 10 minutes early. It will not be possible to run in any distance greater than what your child is allocated but they can run in a shorter distance in some exceptional circumstances.

EVENT DAY CHECKLIST

You will need to take with you on Event Day:

- Event **BIB Number** (safety pinned to the front of the child's IRONKIDS t-shirt)
- **2 x Wristbands** (1 for the child and 1 for parent/guardian collecting them from the Exit Pens)
- Safety pins
- Running shoes, suitable for running on paved surfaces in Tenby

It is highly recommended that you take:

- Wet weather clothing
- Hat
- Sun-screen
- Post event warm clothing
- Extra water




MEDICAL AND FIRST AID

Please ensure to write the medical details and emergency contact information for the child on the back of their event BIB number. This is the first place the medical team will check should they require medical attention. The First Aid Point, should you need it, is located at the Finish Line.

EVENT DAY

START LINE ADDRESS AND EVENT TIMES

Five Arches Car Park, South Parade, Tenby, SA70 7HZ

SCHOOL YEAR	DISTANCE	BIB COLOUR	START TIME
Nursery and Preschool	500m*		12:00pm
Reception	500m*		12:20pm
Year 1	500m*		12:40pm
Year 2	1.0km		1:20pm
Year 3	1.0km		1:50pm
Year 4	1.0km		2:20pm
Year 5	1.0km		2:50pm
Year 6	1.5km		3:35pm
Year 7 and 8	1.5km		4:05pm
Year 9	1.5km		4:35pm
Year 10 & 11	1.5km		4:50pm

*Must run with a parent or guardian over 18 years of age

Please note

- BIBs will not be multi coloured, there will be multiple waves in these age groups.
- The start times above are subject to change and are for the overall age group. Your child's specific start time will be shown on the Event BIB you will receive at registration.

ADDITIONAL SUPPORT

If a child needs additional support, are in a wheelchair or need to partake with walking aids, they need to be in the last wave of their age group. Please notify our staff via email at wales@ironman.com should your child need additional support.



EVENT DAY

EXIT PENS AND CHILD COLLECTION

When they have crossed the Finish Line, the child will receive their medal and a bottle of water. The child will then be separated into boy/girl and directed into the appropriate boy/girl Exit Pen. The child will then wait within the secure Exit Pens, behind the finish area until a parent/guardian comes to collect them.

- The parent/guardian must be present at the Exit Pens with a matching wristband to collect the child. Please be wearing the matching wristband and have this ready for inspection when you arrive at the Exit Pens.
- The parent/guardian must be aged over 18+.
- Please make sure to queue at the correct boy/girl Exit Pen gate for the child you are collecting.
- Please be patient and don't push or shout as you are waiting to be reunited with your child, because this makes it more difficult for our Exit Pen staff to hear and locate the race numbers they are looking for.
- Please be respectful of IRONKIDS staff, volunteers and other parents/guardians around you.

The Exit Pens and wristband system enables us to safely and securely reunite the correct child with the correct parent/guardian. The process does take some time but is essential for the children's welfare. We thank you for your patience and understanding, in the interest of all children participating in the event.

STAFF AND VOLUNTEERS

Our IRONKIDS staff and volunteers are there to ensure your child has a safe and enjoyable experience. Please respect our staff and volunteers, be patient and understanding that any request they are making of you is in the interest of the child involved. Please especially take this into consideration when waiting to use a Crossing Point or when collecting your child at the Exit Pens.

MORE INFORMATION

For further information, please visit www.ironman.com/im-wales-register or email wales@ironman.com

Thank you for taking the time to read this information and thank you to The University of Wales, Trinity Saint David for their support of the event.
We look forward to seeing you on Event Day!



