

IRONKIDS
WALES CYMRU

5th September
2020



INTRODUCTION

IRONKIDS will return to Pembrokeshire on Saturday 5th September 2020, as part of the IRONMAN Wales weekend. The event will see 2,000 young athletes run through the streets of Tenby, before finishing on 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 Race Day. Please take the time to read through to help you understand the event requirements and plan for the event.

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REGISTRATION

Race Packs will need to be collected from registration BEFORE 11am on Saturday 5th September. Registration is open during the times below. Please note, Saturday is an extremely busy time for IRONKIDS registration and long queues are expected. To make the registration process as quick and convenient for you as possible, it is highly advisable that you register on Thursday or Friday instead and avoid registering on Saturday. In addition, IRONMAN Registration and Transition 2 bike racking will also be open for IRONMAN Athletes whilst IRONKIDS registration is taking place. If you do plan to register on Saturday, please factor in plenty of time for queueing so that you are not late arriving for the child's specific start time. It is not possible for children to start at any other time other than the specific time they have been allocated.

IRONKIDS REGISTRATION ADDRESS: *Athlete Registration Marquee, Five Arches Car Park, Tenby, SA70 7HZ*

- 📍 Thursday 3rd September 15:00 – 19:00
- 📍 Friday 4th September 09:00 – 17:00
- 📍 Saturday 5th September 08:00 – 11:00

Please also note:

- 📍 The child does not need to attend registration.
- 📍 You can collect Race Packs for more than one child at a time. You will need to sign a waiver for each child you collect a Race Pack for.
- 📍 There will be on-site registration available in Tenby should the race not sell out ahead of September 5th.
- 📍 IRONKIDS Wales race entries are non-transferrable and non-refundable. There are no exceptions to this rule. This is for medical reasons.

TO REGISTER, YOU WILL NEED

To register for the race and to collect the Race Pack, you will need:

1. To know the surname of all the children that you are registering.
2. To show your confirmation email (on your phone or a print-out). You should have received your child's unique BIB number and start time by email.

EVENT WAIVER

Every child must have a waiver signed by their parent/ guardian to race.

[Under NO circumstance do we hand out the Registration Pack without a signed waiver.](#)

- [The waiver will be signed on the tablet at registration](#)

RACE PACK CONTENTS

- 📍 1 IRONKIDS T-shirt – MUST be worn on Race Day for identification purposes.
- 📍 1 IRONKIDS Race BIB Number – please write the child's emergency contact details on the back before Race Day. This MUST be worn on Race Day, safety pinned to the front of the athlete's t-shirt.
- 📍 2 x IRONKIDS wristbands with corresponding race number and colour. 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. Only children wearing wristbands and bibs for that start time will be allowed to start the race.
 - [1 x wristband is for the parent/ guardian who will be collecting the child from the exit pens](#) at the end of their race. The parent 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 also BOTH be wearing wristbands. This is so that we can reunite the correct child with the correct parent should you get split up during your race.

IRONKIDS T-SHIRT POLICY

You indicated the child's t-shirt size when you signed up to the race. 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.

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 11:00 on Saturday 5th 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.

RACE DAY HELP DESK

IRONKIDS HELP DESK ADDRESS: *Athlete Registration Marquee, Five Arches Car Park, Tenby, SA70 7HZ*

 Saturday 5th September 11:00 – 16:00

Registration will close at 11:00 on Saturday 5th 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.

RACE DAY

START TIMES

CHECK YOUR CONFIRMATION EMAIL 2 WEEKS BEFORE RACE DAY TO SEE YOUR CHILD'S SPECIFIC START TIME.

You received the athlete's individual start time by email, and it is also noted on their race BIB. Please remember that this is the time the athlete will start their race – you should make sure to arrive in plenty of time to and be ready at the start pens 10 minutes early.

There are more children than ever participating in IRONKIDS Wales 2020. As a result, Tenby is expected to be extremely busy. Please ensure to give yourself plenty of time to arrive, park or use the Park & Ride, and reach the start line ready for your child's start time. It is not possible to race in a later wave than the one your child has been allocated.

LAPS

500m = 1/2 lap

1km = 1 lap

1.5km = 2 laps

See Course Map for more details.

PARENT ASSISTANCE

CHILDREN RUNNING 500m MUST run with a parent or guardian over 18 years of age.

- ❖ Preschool
- ❖ Nursery
- ❖ Reception
- ❖ Year 1

The 500m distance is the only distance where a parent or guardian is permitted to run with a child. For older year groups and the 1km and 1.5km distance, parents or guardians will not be allowed to run with their child, including outside the course and along the barrier line (unless your child requires additional support.)

One parent or guardian per child, per race. **You cannot accompany more than one child in a single race.** If you have more than one child in your care, you will need to make your own childcare arrangements for any child who is not racing at the time of the 500m race.

MEDICAL NOTES

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

EXIT PENS AND CHILD COLLECTION

When they have crossed the finish line, the athlete will receive their medal and a bottle of water. Athletes will be separated by gender and directed into the appropriate girl/ boy Exit Pen. The athlete will then wait within the secure exit pens area, behind the finish area, until a parent/guardian with a matching wristband comes to collect the athlete.

The parent/ guardian must be present with a matching wristband at the exit pens to collect the child. The parent/ guardian must be aged 18 or over. This is extremely important for safety and security reasons. The wristbands enable us to safely and securely reunite the correct child with the correct parent/ guardian.

There are 2,000 children participating in IRONKIDS Wales. This means that the process of reuniting the correct child with the correct parent/ guardian does take some time. There are several things you as the parent/ guardian can do to help make this process smoother:

- ❖ Be wearing the matching wristband and have this ready for inspection when you arrive at the Exit Pens.
- ❖ Queue at the correct boy/ girl Exit Pen Gate for the child you are collecting.
- ❖ Remember the etiquette of queuing. Please be patient and don't push or shout as you are waiting to be reunited with your child.
- ❖ Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you.

MORE INFORMATION

For further information please visit www.ironkids.co.uk, email wales@ironman.com or call +44 (0) 1235 390880

**THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION.
WE LOOK FORWARD TO SEEING YOU ON RACE DAY!**



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	500 m - 1/2 lap		Crossing Point
	1000 m - 1 lap		First Aid
	1500 m - 2 laps		
	Parent / guardian route for Exit Pen Collection		
	Route to Transition		

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