



IRONKIDS®



UK Event Instructions 2023
Saturday 1st July 2023

INTRODUCTION

IRONKIDS will return to Bolton on Saturday 1st July 2023 as part of the 2023 IRONMAN UK weekend. The event, which is the largest in the global IRONKIDS series, will see 4,000 young athletes run through the streets of Bolton Town Centre and lap around Bolton Town Hall, before finishing under the iconic IRONMAN finish gantry. The event is participation focused and purely recreational. There are no prizes for the athletes who cross the line first – every child who completes the race will receive a t-shirt and a 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 pre-plan for the event.

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BEFORE EVENT DAY

REGISTRATION

Before Event Day, you will need to go to IRONKIDS Registration to register your child and to collect their Event Pack. You should have received the estimated child's start time via email. This email can be used as your confirmation email. If you have not received this email by Wednesday of race week, contact uk@ironman.com

IRONKIDS REGISTRATION ADDRESS

Bolton Town Hall, Victoria Square, Bolton, BL1 1RU

IRONKIDS REGISTRATION OPENING TIMES

Thursday 29th June 15:00 – 19:00

Friday 30th June 09:00 – 18:00

IRONKIDS Registration will not be open on Saturday 1st July (see Help Desk section below)

Please note, peak registration times are: Thursday 15:00 – 16:00 and 17:00 – 19:00; Friday 12:00 – 17:00. During these times, long queues are likely. In order to make the registration process as quick and convenient for you as possible, it is highly advisable that you avoid these peak registration times if you can.

YOU WILL NEED

To register for the event and to collect the 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

Please note that:

- The child does not need to go to registration
- Event Packs can be collected by any adult with the email confirmation
- You can register and collect Race Packs for multiple children

ENTRIES

Event 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 MUST 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

2 x IRONKIDS wristbands with the corresponding race 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 gain 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 race. The parent/guardian will need to have this attached securely to their wrist to collect their child from the exit pens.

- 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 event.

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. 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 17:00 on Friday 30th June 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, Bolton 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 event.

EVENT ADDRESS

Le Mans Crescent, Bolton, BL1 1SA

Behind Bolton Town Hall (refer to the map at the back of these Event Instructions). This is the address for the Start Line and the Exit Pens. The Finish Line is in front of the Town Hall on Victoria Square.

CAR PARKING

For town center parking, there are plenty of public car parks. Parking is available over the IRONMAN/IRONKIDS weekend in Topp Way (BL12DJ), Deane Road (BL3SDX), Octagon (BL11TN) multi-story car parks. Disabled parking is available at Cheadle Square (BL1 1EZ).

PUBLIC TRANSPORT

There are regular bus services around Bolton, for up-to-date information please visit the Greater Manchester Public Transport website: www.tfem.com

Bolton train station is situated 0.8 miles from the event site and is within easy walking distance. Alternatively, there is a taxi rank located just outside the station entrance.

HELP DESK ADDRESS AND OPENING TIMES

Le Mans Crescent, Bolton, BL1 1SA

Saturday 1st July / 08:30 - 15:00

Near the IRONKIDS Start Line, at the bottom of the steps to the Bolton Museum (refer to the map at the back of these Event Instructions).

MEDICAL AND FIRST AID

Please ensure to write the medical details and emergency contact info 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

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 Bolton Town Centre

It is highly recommended that you take:

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

PARENT ASSISTANCE

Nursery 1, Nursery 2, and Reception (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 event under any circumstances). The parent/guardian **MUST** be age 18+.

Please note, Nursery 1, Nursey 2, and Reception (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.

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.












START TIMES

Start times are available over the page and your child's specific time will also be noted on the bottom left of their event BIB.

Please remember that **this is the time the child will start their event**. Bolton Town Centre will be extremely busy on IRONKIDS Race 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

START TIMES

SCHOOL YEAR	DISTANCE	BIB COLOUR	START TIME
Year 10 & 11	1.5km		9:00am
Year 8 & 9	1.5km		9:15am
Year 7	1.5km		9:45am
Year 6	1.5km		10:15am
Year 5	1.0km		11:15am
Year 4	1.0km		11:45am
Year 3	1.0km		12:15pm
Year 2	1.0km		1:00pm
Year 1	1.0km		1:45pm
Reception*	500m		2:30pm
Preschool*	500m		3:00pm
Nursery*	500m		3:30pm

*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

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 event BIB 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.

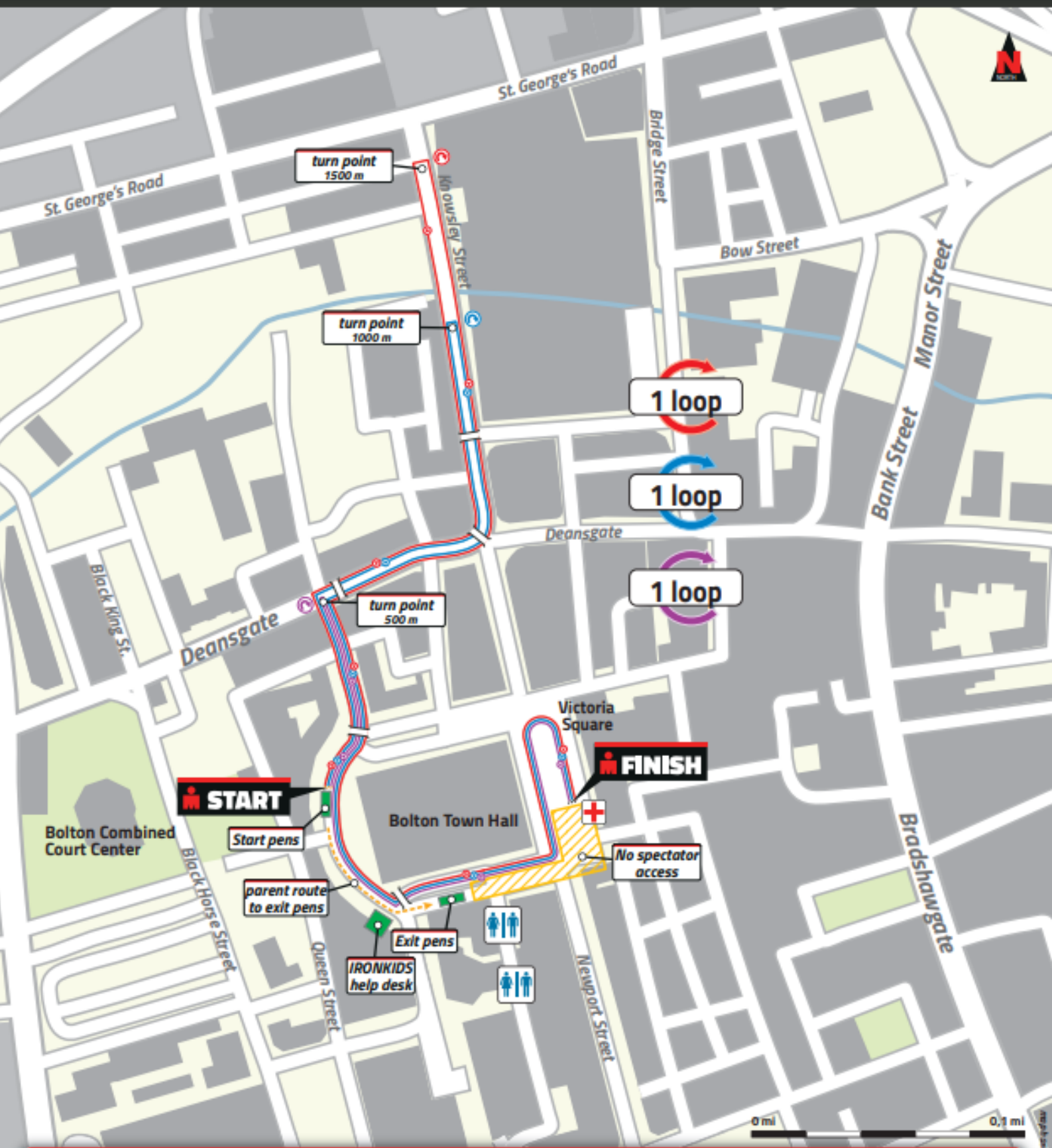
STAFF AND VOLUNTEERS

Our IRONKIDS staff and volunteers are there to ensure your child has a safe and enjoyable event 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-uk-register or email uk@ironman.com

Thank you for taking the time to read this information and thank you to Bolton Council for their support of the event. We look forward to seeing you on Event Day!



-  First Aid
-  Toilets
-  Crossing Point

