



PRESENTS



2019 Children's Event Guide Sunday 8th September



Distances

The whole Triathlon course will be for the exclusive use of the Children's races. Adult races will only follow once completed.

SCOOTATHLON

SCOOT 400M | BIKE 400M | RUN 150M

JUNIOR TRIATHLON (9-12yrs)

SWIM 100M | BIKE 3KM | RUN 1KM

JUNIOR TRIATHLON (13-15yrs)

SWIM 300M | BIKE 6.8KM | RUN 2.5KM

PROVISIONAL WAVE TIMES

Time	Wave	Event
08:30	1	Kids Tri 9-12 Boys
08:40	2	Kids Tri 9-12 Girls
09:05	3	Kids Tri 13-15 Boys
09:15	4	Kids Tri 13-15 Girls
10:30	5	Scootathlon



Finalised event start times can be found at www.woburnabbeytriathlon.co.uk on Tuesday 3rd September.

Getting There

By Road:

The Event is located at **Woburn Abbey**, Woburn Park, Bedfordshire, MK17 9DP.

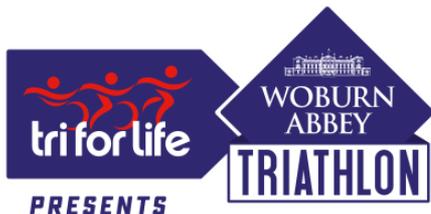
Follow signs to Woburn Abbey from the M1 junction 12 or 13. From the A5, follow signs to Woburn village. Woburn Abbey is signposted from here.

CAR PARKING: There is a £5.00 charge per car for the car park, which contributes to the fundraising for tri for life. This can either be bought in advance via your race entry in which case you will need to display your parking pass on your dashboard, or you can pay in cash on the day. Please note: if you have prepaid but don't bring your car park pass, you will be charged again as there will be no way of checking your pre-payment.

Access to the Deer Park is free on the day of the event for all participants and spectators. You will however have to pay to enter the Abbey and Gardens.

By Public Transport:

Woburn Abbey is approximately 15 minutes from Flitwick train station, the nearest station to Woburn. Flitwick train station has a taxi rank called **A1 Taxis** (01525 757575) but there is no public transport directly available to Woburn Abbey from the station.



If you're looking for a great location for your pre- or post-race meal, we recommend the Green Man Pub in Eversholt – [click here](#) to book a table online!

Registration

On the day, please arrive at least 1 hour before your start time to collect your race pack. Registration opens at **7:00am**. The Triathlon registration will take place in the registration marquee. The Scootathlon registration will take place next door to the registration marquee.

Register and collect your race pack which will include:

- Race number (pinned to your front)
- **TRIATHLON ONLY:** Numbered wristband for Transition entrance
- **TRIATHLON ONLY:** Bike number (to be wrapped around your seat post)

Please attach **ALL** numbers before the start of the event or entering Transition (Transition is applicable to TRIATHLETES only). Bikes are racked by Race Number. Only competitors are allowed in Transition when the event has started.

Please arrive at least 1 hour before your wave start time.

ELECTRONIC TIMING – TRIATHLETES ONLY

Collect your timing chip from the registration marquee. Attach it around your left ankle. We will endeavour to provide all timing splits, but this is not guaranteed. Lost chip charge is £35 so secure it well. We will collect it at the finish line.



RACE LICENCE AND ID (TRIATHLON ONLY)

This event is affiliated with the BTF, so please remember to bring your triathlon race licence (if you have one) and some form of photo identification. This will speed up registration. This event is licensed by British Triathlon.

If you are not a member of Triathlon England, Triathlon Scotland, the Welsh Triathlon Association or equivalent, then you will have to pay the £3 day membership fee. **Cash only, no card payments.**

For more membership information and benefits [click here](#).



The Course

SCOOTATHLON COURSE SCOOT : BIKE : RUN



The start and finish for the Scootathlon will be on the gravel area in front of the Abbey.

Enlarged route maps can be found online at www.woburnabbeytriathlon.co.uk.



The Course

TRIATHLON COURSE SWIM : BIKE : RUN



Please note that we are in the process of improving the swim this year and are hoping to continue to use the big lake, which is closer to transition and allows for larger courses & less loops.

However, as much as we hope the treatments we are undertaking on this lake will work, we are unable to guarantee this.

We will let you know as soon as possible before the event which lake will be in use and therefore which course you will be using.

The start for the TRIATHLON will be in large lake (unless otherwise informed) which is a short 20m walk from the Transition – parents can walk with children to their start at the lake.

Enlarged route maps can be found online for each distance on www.woburnabbeytriathlon.co.uk.

Fundraising

Will you go that extra mile for tri for life?

From our very first event over 12 years ago, raising money for charity has been at the heart of what we do. Giving our participants a fantastic, challenging experience whilst helping others is what makes this event truly unlike any other triathlon. To date, our supporters have raised over £2.5 million which has enabled tri for life to support many different charities. Including Great Ormond Street Hospital, Teenage Cancer Trust, Rays of Sunshine to name a few.

Raising money for charity is the sole purpose of this event, so if your child would like to go that extra mile and fundraise for tri for life why not set up your fundraising page today?

You can do so [here](#) and set up a JustGiving fundraising page and help us to help others.

Thank you from the tri for life team



Medical

Medical teams and ambulances will be on standby in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team.

For your safety in the water, water based safety personnel will be positioned along the swim course as well as on the shore.

IMPORTANT: If you have any medical conditions please inform us at Registration and please write any medical details on the back of your Race Number.

If you feel unwell on event day, whether you have a medical condition or not, please don't take part!



Event Village

Facilities

Toilet & changing facilities are available. There will also be a toilet close to Transition.

Kids Zone

We will have Bigtopmania offering a whole host of circus-based fun for the whole family.

Wetsuits

The use of wetsuits is governed by BTF regulations and water temperature. We strongly advise the use of wetsuits for the Children's Triathlon. Unfortunately, we do not offer children's wetsuit hire but if you do require a wetsuit, you can purchase a Kid's Adventure Wetsuit from Zone3 [here](#).

For safety reasons BBQs, garden candles and fires are prohibited.



Other Information

Litter

We'd like to think we'll leave our stunning surroundings as we found them, so do your bit to help: please do not drop any litter on the courses - keep litter on you or use the bins in the event village and on the course. If you use energy bars or gels, please either drop the wrappers at the marshalling points or take them to the end with you.

Local Area

There's lots to see and do in the local area; treat yourself to a pub lunch at the Green Man in Eversholt, visit the Safari Park, or for the more energetic, try Go Ape!

Volunteers

We still need people to help make this event a greater success. Can you help? To find out more information, [click here](#).

Please support the local area as they support us with our event!



Good luck!

If you have any questions
at all leading up to the day,
please call us on the
tri for life hotline: 07761 631934

