



EVENT GUIDE

Uppingham Children's Aquathlon - Sunday 5th May 2024

Welcome to the 1st Uppingham Children's Aquathlon and thank you for joining us. We are proud to be the first organisers of the first ever Triathlon/Aquathlon in Uppingham and we hope it's as long standing on the calendar as our award winning East Leake Triathlon - 21 years! The atmosphere will be electric due to the amazing support of the volunteers and spectators as you finish in the stadium!

Please be mindful the venue is a sports center and be courteous to everyone , respect the brilliant staff, residents , private areas and enjoy this atmospheric venue.

Thank you for your support , in particular those who entered the event early – it really is massively appreciated.

Thank you to all the brilliant people (our helpers) who give up their valuable time to make it possible for us all enjoy the event.

Enjoy the event

Rebecca & Dean Hughes



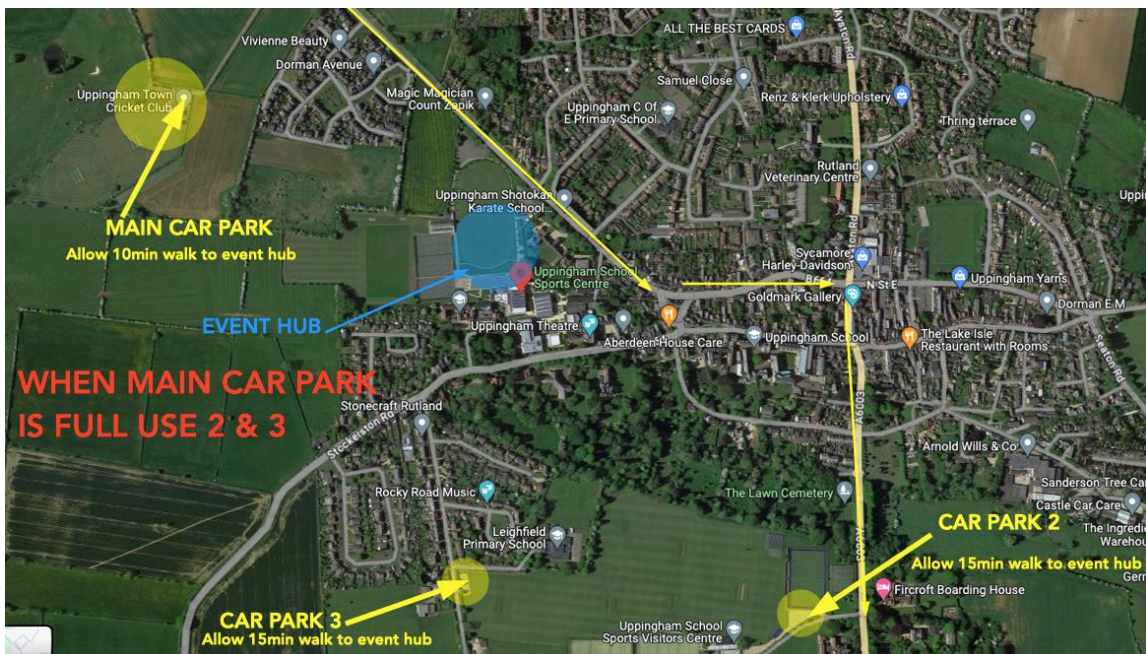
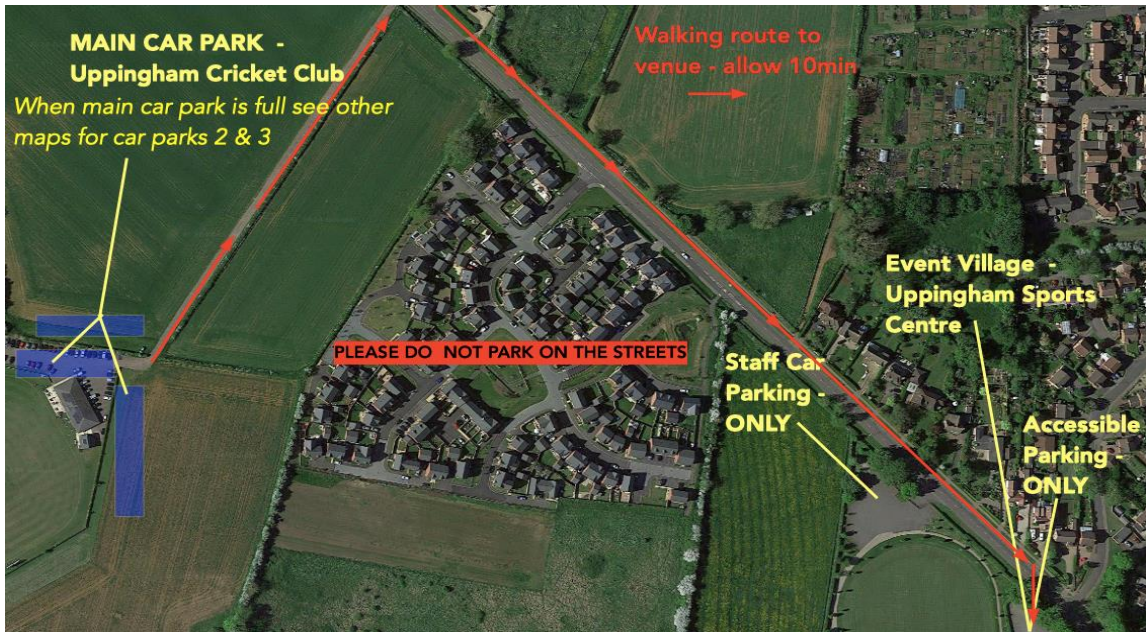
Please read all of this information thoroughly – thank you

Venue & Directions - [Uppingham School Sports Centre, Leicester Road, LE5 9SE](#)

- Uppingham Sports Centre Central England location, strong transport links and the convenience of the picturesque historical market town Uppingham within walking distance. The town is just off the A47 between Leicester and Peterborough, 6 miles south of Oakham.
- Uppingham was named the best place to live in the Midlands in 2022 by The Times newspaper.
- Please allow plenty of time to park, register if you haven't already on the Saturday, rack your cycle and get to the swim start - we recommend arriving at least 90min before your start time, ensuring you will have enough time to familiarise yourselves with the in/out and attend a compulsory event briefing.

Car Parking - [Uppingham Cricket Club, Castle Hill, Leicester Road, LE15 9SP](#)

- **Please arrive NO earlier than 12.15pm.** This will allow a change over from the adults morning event and hopefully free car parking spaces up at the cricket club - the closets designated car park
- Please respect the residents and park in the cricket club car park , **DO NOT park on the streets** – see map.
- If you have spectators arriving later they may need to park in car park 2 & 3 (see map) when the cricket club car park is full.
- Please do not park on the streets you will be turned away & probably obstruct competitors (YOURSELF) and increase the risk of accidents. Please do not jeopardies the future of this event AND OTHER EVENTS.... Thank you
- Should you need accessible parking, a limited number of spaces can be found close the Sports Centre main entrance - please drive up slowly and speak to a marshal.
- Please be mindful the event is live and we will be busy – thank you
- Please try & car share where possible!
- Please drive carefully on your approach to the center and be mindful there maybe triathlon competitors just leaving the car parks. The Children's Aquathlon is the second event BUT obviously the highlight of the day ☐
- Please allow plenty of time to park, register , attend the briefing and get to the swim start ready to collect your timing chip - we recommend arriving at least 90min before your start time.



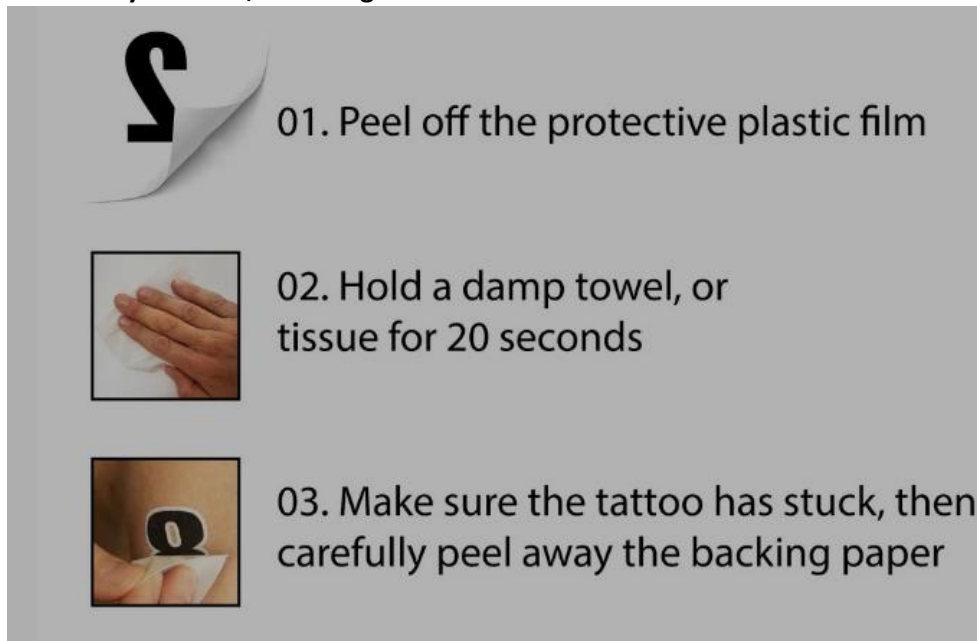
Before you leave home -

- Ensure all athletes have an understanding on what event they are doing , the swim/run distances for your age category and have looked through the course maps.
- Leave any bad moods or negative energy at home or in the 'negativity' bin on arrival 😊
- SMILE and be Patient , CONSIDERATE and KIND to everyone you meet – thank you
- There is enough doom & gloom and nonsense in the world right now , so switch off from all that and enjoy this unique venue and enjoy the event 😊

*****There will be changing facilities and toilets inside the Sports Centre*****

Registration – Event day or day before if you are local

- The Registration will be near the Finish area, open from 12:30pm.
- If you are local you can register the day before from 3-4pm.
- Please do not ask too many questions at registration this causes lots of queuing and could delay the start. If you have read the event guide and are present for the event briefing then all your questions will be answered. There will also be volunteers and technical officials in and around the transition area to help with questions and ease any nerves ☐
- **All competitors will receive a timing chip & number tattoo PARENTS – Please put the tattoo on your child, following the instructions below.**



01. Peel off the protective plastic film
02. Hold a damp towel, or tissue for 20 seconds
03. Make sure the tattoo has stuck, then carefully peel away the backing paper

- Please don't forget to secure your timing chip on your left ankle before going to the POOL. If you lose your chip, you will be charged - £60!
- There will be a short safety briefings 10min before you enter the water on Raceday.
- **HELPERS PLEASE** – we are always in need of an extra pairs of hands , even if it's just for 20-30min! Please let any of the event team know if you can help out on the day or email info@endorphinsport.com before the event. Any helpers can receive free entry (for themselves or friends/family) to future events - depending on how long they help for.

Event Timings –

- The first wave of competitors will start at 2.00pm.
- **Please note:** It is your responsibility to be in swim holding area 15mins before your allocated start time. You will receive a **compulsory briefing** before entering the pool. If you miss your start time, you will be asked to wait for the next wave.
- **Only competitors will be permitted in the swim holding area. Parents** - please respect this, there are plenty of viewing areas to see your child throughout the race, **there is viewing allowed in the Spectators area at pool side.**
- Please respect the helpers/marshals and one-way systems and barriers in place to ensure everyone's safety.

- As always, we will aim to keep to schedule, however things happen, and our focus is ensuring everyone is safe in each race. Please, do not put pressure on the event team who are doing their best to ensure everyone enjoys the event, keep your ears open to the commentator who will keep you in the loop with timings and any delays.

Please be patient and courteous - We are only human after all – Thank you.

Race name - age as 31 Dec	Swim	Run	Registration From	Transition opens	Waves Start from
Youth A – 15-16yrs	400m	3km - 3 x laps course link	12:30pm	1:00pm	2:00pm
Tri Star 3 – 13-14yrs	400m	3km - 3 x laps course link	12:30pm	1:00pm	2:30pm
Tri Star 2 – 11-12yrs	250m	2km - 2 x lap course link	12:30pm	1:00pm	3:00pm
Tri Star 1 – 9-10yrs	150m	1500m - course link	12:30pm	1:00pm	3:30pm
Tri Star Start – 8yrs	50m	600m - 1lap course link	12:30pm	1:00pm	4:00pm
CLUB/TEAM RELAY EVENT (Teams of 3) Each team member swims 50m/runs 600m then change over to team member 2 & 3...	50m	600m	TBC	TBC	After the individual racing

GENERAL RACE BRIEFING – 1.30pm for all competitors. YA/B ensure you are ready to race prior to this briefing.

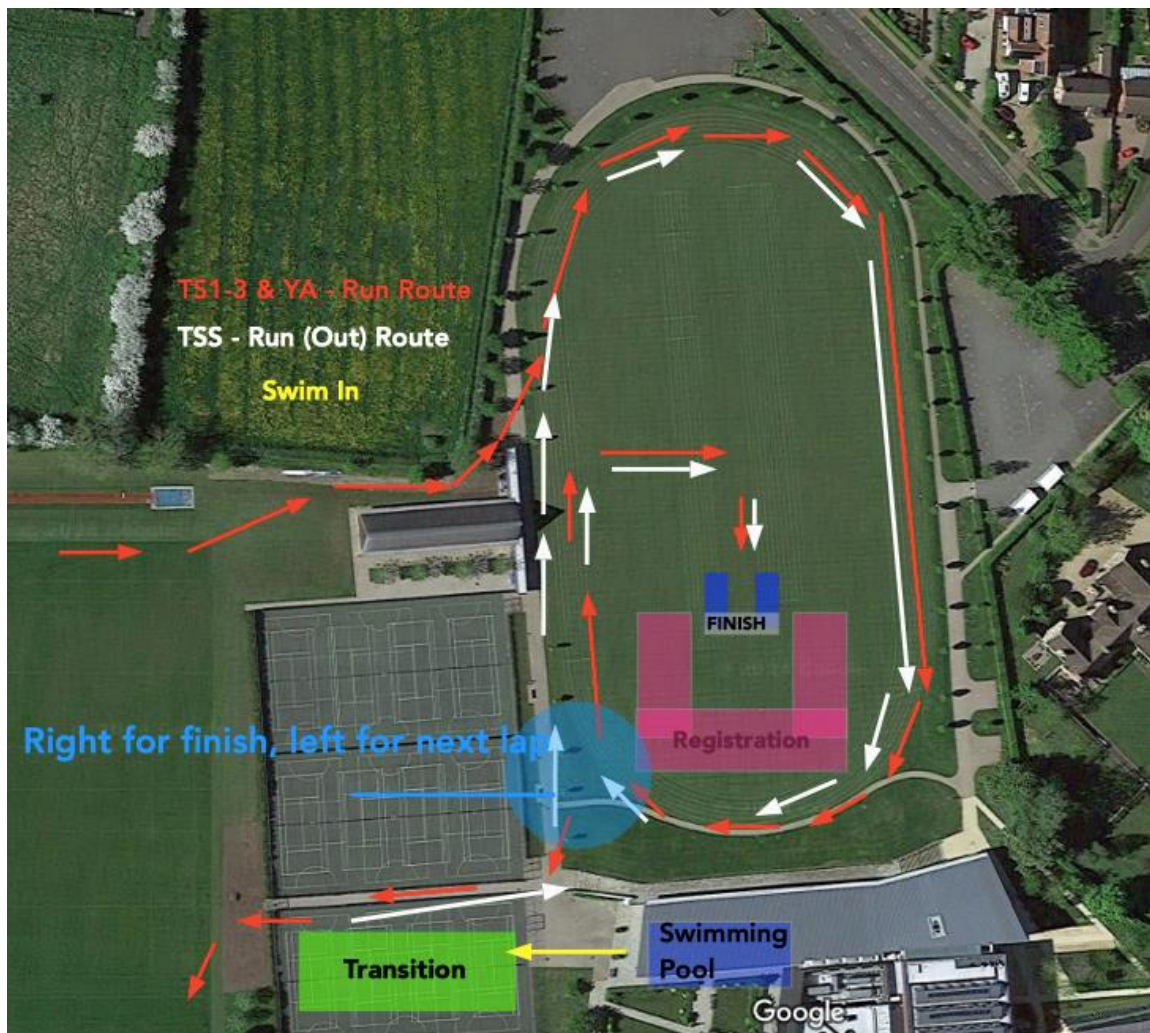
Each age group will receive a specific briefing 10min before their start time in the swim holding area. Please don't attempt to put your kit in transition at if your race is not until

Please adhere to the timings above - thank you

PRESENTATION - aiming to start asap after the Team Relay

Transition Area –

- This will be in the tennis courts. See site map below.
- Entry to the transition area will require you to show your race number. There will be one main entrance to the transition area.
- The transition area will only be open to competitors and will remain open throughout the duration of the event so if you are preparing to race or have finished racing, please be aware of competitors who are still racing, they will have right of way!
- There will be no marking permitted in transition, this includes the use of talc on the floor.
- It is important that you understand where all the entrances and exits are.
- Also make sure you set out your equipment, so that when you come into transition from the swim, your running gear is ready to go.
- Only competitors will be allowed in the Transition area.
- **Parents** – you will have access right near to the transition area where you will be able to communicate with your child if needed and we will have Marshalls on hand within this area to assist your children should they need it. **Please do not attempt to walk through these areas.**



The Pool Swim – 6 lane 25m

- Competitors need to be in the swim holding area 15mins before your start time, changed, ready to race with your timing chip on your left ankle.
- Swimmers will have a designated lane and you will be told what direction to swim in by the fabulous swim starter - see start times
- The swim direction will be clockwise or anti clockwise with 2-3 swimmers per lane.
- The aim is to create a 'race' feel to the aquathlon with all age categories starting together – Not a Time Trial. For example: All Tri Star 2 (TS 2) Female athletes will start , with the TS2 Open athletes starting the wave after.
- ***Our aim is also for every athlete to have a positive experience, so please see the note below. Athletes will be briefed on conduct before they start!**
- On completion of your swim distance, exit the pool and head out to the transition area in the tennis courts.
- **Swim hats not supplied and are optional.**
- No backstroke, no wetsuits or neoprene shorts/costumes.
- Tumble turns allowed.
- Should you get into difficulty please hold onto a lane rope and wait for assistance.

***Please Note:** where there are 3 athletes per lane, should any athlete feel uncomfortable with 3 swimmers starting together, then they can start 15-30 sec after the first 2. This will be communicated on the event briefing and before you start. Naturally the faster swimmers will get ahead after the first length and spread out by ability....

The Run

- Exit transition through the RUN OUT gate and join the run course.
- Please recon the run course and familiarise yourself with the swim exit and run into transition area and in/out etc before you start.
- Follow this interactive link for the [RUN ROUTES](#)
- Please note: TSS (8yrs) is the only age category to turn right straight out of transition.
- NO Spectators are allowed on the back playing field. You can view the whole run course from the viewing point at the top of the steps in front of the centre.

The Run route will be fully signed and marshalled in key points, HOWEVER it is your responsibility to be familiar with the Run course and count your laps, do not just follow the person in front of you. No bands to collect/drop.

Club Team Relay Event – FOC!

- This is an additional opportunity and part of your individual entry fee – **yes its FREE!** 😊
- Teams of 3 from your club or just grab some other athletes (who raced in the individual event) and make a team of 3!
- Each team member will swim 50m and then run 600m before handing over to team member 2 and so on...
- Team member 3 (the last runner) will head to (individual race lap corner) and can collect the other 2 team members, so all 3 can cross the line together 😊
- Prize & podium pic for the fastest Club Team.
- There will be a **changeover zone** for relay teams near the swim holding area.
- Listen to the PA announcement when to register your team - this will be announced when ALL the individual racing has finished.
- The team relay event always creates a great atmosphere and the race director will brief everyone together before we start so please be patient – save your energy for the racing 😊

Litter

Anyone found littering will be disqualified immediately and not invited back to any future event. Please place in bins provided and take your litter home with you. The dropping of any litter will not be tolerated at endorphinsport events.

British Triathlon Code of Ethics

The Code of Ethics sets out the expected behavior and conduct for everyone involved in swim, bike, run and has been revised to align with British Triathlon's values – be people-centered, be ambitious, be inclusive and do what's right. **Find out more**

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rules misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- **Threatening or abusive language**
- **Failure to obey marshals/Official's instruction**
- **Tampering with equipment of others**
- **Unsporting impedance**

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behavior is unacceptable, and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

IMPORTANT - Parental Consent

- Please follow this link to complete this form by **Friday 3rd May 11.59pm** – thank you
[CONSENT FORM](#)

Event Rules –

- This event will be held in accordance with the BTF rules.
- All competitors will require third party insurance either via a BTF Day License or as part of the BTF Membership.
- If you need any more information on these please visit:
 - [British Triathlon Code of Conduct for Competitors](#) [Competition Rules](#)

Results –

- Timing chips will be used on this event making it possible for you to view your time soon after crossing the finish line.
 - **Please hand your timing chip back at the finish.** If you lose your chip, you will be charged - £60!
 - Results will be provided from [Titanium Race Timing](#)
 - A full set of FINAL results will be available on www.endorphinsport.com the evening following the event.
 - Any disputes or amendments must be made immediately via the Race Directors & Technical Official **ON THE DAY.**

Presentation – *asap after the team Relay event*

- 1st, 2nd & 3rd Female & Open in each age group and Fastest Team (team of 3)
- **Please stay for the Presentation and please check your time and age group position before the Presentation time.**

Helpers needed!

- **HELPERS PLEASE** – we are always in need of an extra pairs of hands , even if it's just for 20-30min! Please let any of the event team know if you can help out on the day or email info@endorphinsport.com before the event. Any helpers can receive free entry (for themselves or friends/family) to future events - depending on how long they help for.
- Helpers can volunteer to: Set up the day before, During the event or after the event for a free entry for any endorphinsport event.
- The Volunteer's form is on our website to register your interest and lets us know which event you'd like to help, your preferred role etc.
- Our [volunteers](#) and their help, whether competing or not, are always VERY much appreciated and these events do not happen without you - Thank you!

Refreshments –

The **Event Hub** will be located very close to the transition area

- [Café Allez](#) The best tasting coffee/teas around!
- [Mr Moustache](#) - Gourmet burgers, crepes, breakfast and more!
- [Jaffa Sports](#) – Triathlon retailer - all of your favourite brands!

Photography –

- Free downloads for entrants finish photos and swim exit – supplied by [Mick Hall Photography](#)

Further Information -

- Please check www.endorphinsport.com for all event information and [Facebook page](#) & [Instagram](#) for updates.
- Please note that will not be checking emails the week before the event so visit www.endorphinsport.com and you can you find the information you need by reading the event guide thoroughly.
- Emails will be replied to on a priority basis. If you cannot attend the event please read our [Withdrawal Policy](#) carefully. If you must withdraw, we will issue a race credit not a refund.
- **Please understand that we will be busy in the days before the event – we are a busy family, love the great outdoors and are not glued to our phones/lap tops all the time!** ☺

Spectators –

- We have always been conscious of trying to make our events as spectator friendly as possible. Please encourage your friends and family to attend and enjoy your day together. This venue is brilliant for spectators allowing you to be up close to cheer you on!
- Please respect the barriers in place and the volunteers/helpers who are doing their utmost to keep everyone safe – thank you.

- Our partners listed above will be provide delicious coffee, great food down at the Event Hub right near Transition.
- Great Spectator Viewing Points – Cheer your family & friends on, but please do not restrict competitor view and the course – thank you

Club Gazebos – *Please ask prior to the event!*

- Please be mindful this is not a public park, respect the event venue and the event organisers, **it is courtesy to ask the event organiser before you rock up with a club gazebo or two!**
- **We are more than happy for you to promote your club and have a designated area for you club, friends, and family to enjoy the event, but please ask first – thank you**
- You need to ensure you speak with the event organiser before event day. You will be allocated a pitch and instructions on how you need to erect it safely - **guy ropes and weights on each leg**. **Failure to comply will result in the gazebo being taken down.** This is for the health & safety of everyone at the event - including YOU.

Medical Support – *Located close to the finish*

- Medical cover will be provided by the fantastic team at [Belvoir Care](#) and will be positioned close to the transition area.

Thank you

We would like to thank you for your support, especially over the last couple of years and all the fantastic marshals/volunteers, whom without these events would never happen, to all the staff at the Sport Centre and all those that made it possible to run this event.

Please respect the fact that all Volunteers/Marshall's have given up their day/weekend so that you can enjoy the event and would not be possible without them, so please abide by their decision - they are there for everyone's safety and enjoyment.

Please, Only positive energy!

SMILE and be **Patient** , be **CONSIDERATE** and **KIND** to everyone you meet – thank you

Be Patient, Be Kind and **Think of Others** – **Thank you** 😊

COMPETITORS – you are never too tired to say THANK YOU to our amazing helpers – lets here you on course please – THANK YOU 😊

Thank you everyone for your work and support ensuring we all enjoy the event and hopefully see you again at our remaining 2024 events:

[endorphinsport Belvoir Castle Multi Sport Weekend 31 Aug-1 Sept](#) - events for all the family including your dog! 😊

Rebecca & Dean Hughes - Event Directors

Find out more about a great local club - many are volunteering to help this weekend - thank you [Ketton Panthers](#) you are amazing!