

Stradbroke Junior Aquathlon

Sunday 17th May 2026

Final Event Information



Making Multi-Sport Fun!

Email: info@canbuttri.co.uk

Web: www.canbuttri.co.uk

INTRODUCTION

Thank you for entering the Junior Aquathlon. Please take time to read through this briefing as it contains important details you need to know.

KEY TIMINGS

Time	Activity	Location
11:45am-12:30pm	Registration	Community Centre
12:00pm-12:45pm	Transition open	Transition area
12:45pm	Race briefing	Transition area
13:00pm	Races start	Pool
14:30pm	Prize-giving	Sports field

LOCATION

Stradbroke Swim & Fitness Centre, Wilby Road, Stradbroke, IP21 5JN.

PARKING

There is no parking available at Stradbroke Swim & Fitness Centre. Event parking is just over the road at: -

Stradbroke High School, Wilby Road, Stradbroke IP21 5JN

Please note the following: -

- The car park will be clearly signed.
- The car park will not be supervised (please park sensibly).
- You will be parking at your own risk.
- There is no access to school itself.
- Please be careful crossing the road as the Tri may still be in progress.

REGISTRATION

Please get registered in plenty of time for you to get set up in transition.

If you entered as a British Triathlon member, you must show a valid/in-date race license – if you can't you will need to buy a race pass (£2.00) so you have insurance cover for the event.

For those who purchased a Triathlon England day license when entering, we will have a record of this.

You will be given a packet including: -

- Bib number
- Pins
- Timing chip

You will be told your start time, and your number will also be written on your hand for identification purposes.

All personal/medical details should be completed on the back of the bib number.

The bib number needs to be worn on your front for the run (either using a number belt or pinned to a T-shirt put on in transition after the swim).

The timing chip must be secured around one ankle. **Take special care not to lose this before starting and it must be returned at the finish otherwise the timing company will charge you for this!**

TRANSITION AREA

After registering make your way to the transition area to set out your equipment (shoes, race belt, clothing). Our team will direct you.

Only competitors and marshals are allowed in the transition area.

Only leave in transition what you need for the race – no bags.

We will allow you to use a small towel in transition as in previous years.

Competitors should familiarise themselves with the layout of transition, run exit, directions etc. prior to the start, although our friendly team will be there to help during the event.

EVENT FORMAT

The aquathlon involves a swim and a run with distance varying by age group: -

Cat	Swim	Run
Tristar Start	40m (2 lengths)	500m (1 lap)
Tristar 1	120 (6 lengths)	1.5km (3 laps)
Tristar 2/3/Youth	160m (8 lengths)	2km (4 laps)

Please be at poolside 10 minutes before you allotted start time.

Only competitors, event team and Centre staff are allowed on poolside due to limited space- no spectators please.

The event will start at 13:00pm - Tristar Start entrants will compete first then Tristar 1, 2, 3 and Youth, with a short gap between each group.

The start order in each group is based on estimated swim times given when entering, with the fastest swimmers going off first.

Swim: Entrants will start at 30-second intervals. They will swim anticlockwise completing 2 lengths in each lane (dipping under lane ropes to work their way across the pool except Tristar Start).

Transition: Please be careful when getting out of the pool as the floor is likely to be wet and you might feel unsteady. Make your way outside and down the ramp into transition. Before leaving transition, you must: -

- Have shoes on for the run.
- Make sure your top half is covered (if not using a trisuit).
- Front zips on trisuits are done up fully.
- Have your number showing on your front.

Run: This uses a narrow twisty running track around the outside of the playing field and a section of grass. This could be slippery/muddy if we have a lot of rain beforehand but is usually fine.

RULES

The race will be held in accordance with [British Triathlon Federation rules](#) and is fully permitted by the Governing Body for the sport.

A British Triathlon Technical Official will be on hand to help ensure everything runs smoothly.

SPECTATORS

Feel free to cheer and encourage all the competitors, but please: -

- Do not use abusive or discriminatory language towards anyone
- Do not enter the 'field of play'
- Do not try to run with your child (including down the finish chute)

If you have an issue, then please speak to a marshal or the Race Director and we will do our best to resolve things.

CHANGING FACILITIES

Changing rooms will be available in the Leisure Centre.

Access to the wet side changing rooms will be restricted to children competing in the event and leisure centre staff only from 12:00pm onwards.

If your child requires assistance the accessible changing room and the dryside changing will be available, but this will be open to the public. All changing rooms have toilets and showers.

BAGS

We are not operating a bag drop. Plan carefully where you will store items not required during the event. Lockers are available within the changing areas and require a £1 coin.

REFRESHMENTS

There will be water available at the finish.

Other refreshments can be purchased on site from various stalls or in the Swim & Fitness Centre.

COLLECTING YOUR KIT

Transition will be open for you to collect your kit after all the competitors have completed the swim section. The race referee will decide when transition opens again.

RACE RESULTS

Results will be available as soon as possible once the last competitor has finished. This will be in the form of over-all time and finishing position before the prize presentations.

Full results with split times will be available via our website www.canbuttri.co.uk and a link posted on our Facebook page shortly after the event.

PRIZES

All finishers will receive a medal as they cross the line.

The top 3 male and female in each age group will receive a trophy.

Presentations will take place as soon as possible after the results are completed. If you think you may have won a prize for your category, please stick around or nominate a friend to collect it for you. Prizes must be collected on the day and cannot be posted.

PHOTOGRAPHY/VIDEO

We are hoping BD Photography will be on hand to take some official event photographs, which we will share afterwards.

Anyone wishing to take personal photographs/video at the event will be required to obtain a Photography Permit from the registration desk.

You are not allowed to take photographs in the pool – this includes from the viewing area. We will ask you to leave the area if you do not follow this request and if you persist your child will likely be disqualified from the event.

Please do not post photographs/ video to social media of any children (other than your own) unless you have the permission of the family involved.

SAFEGUARDING

If you have any safeguarding or welfare concerns, please let one of event team or staff from the Swim & Fitness Centre know and will deal with this accordingly.

SOCIAL MEDIA

For up-to-date posts about our events please follow us on Facebook at:

<https://www.facebook.com/Can-But-Tri1935212143454463>

OTHER EVENTS

We offer a range of other events suitable for both adults and juniors in Stradbroke and in Thetford Forest. See our calendar here:

www.canbuttri.co.uk/events/

WE HOPE EVERYONE HAS A GREAT RACE!