



Henley Kids Triathlon Race Day Information

Saturday 27th July 2019

Registration open from 11:00am

First start time from 12:15 noon

Distance	Swim	Cycle	Run
Tin	10m - 1 Width	750m - 1 Lap <small>(Short Course)</small>	300m - 1 Lap <small>(Short Course)</small>
Zinc	25m - 1 Length	1k - 1 Lap	500m - 1 Lap
Steel	50m - 2 Lengths	2k - 2 Laps	1000m - 2 Laps
Bronze	75m - 3 Lengths	3k - 3 Laps	1500m - 3 Laps
Silver	100m - 4 Lengths	4k - 4 Laps	2000m - 4 Laps
Gold	150m - 6 Lengths	4k - 4 Laps	2500m - 5 Laps
Relay	150m - 6 Lengths	4k - 4 Laps	2500m - 5 Laps

Gillotts School, Gillotts Lane, Henley on Thames
For Triathlon Parking RG9 4PR
£2 Race Day Parking

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Essential Information

Car Parking

There is strictly no parking at the school itself! (Disabled parking please park on the coach park at the front of the school). Follow the signs for "Triathlon Parking". There is a voluntary charity donation of £2 for all day parking. It is a 15 minute walk from the car park to registration and will be signposted. You must not park on the main road or on any residential streets. If you wish to park elsewhere, please continue Straight on into Henley and park at one of the town's pay and display car parks.

Registration

Firstly go to registration where you will receive your race envelope.

Registration will be open on Saturday from 11:00am.

Registration is situated in the orange Mornflake marquee, please follow signs from the car park.

It is recommended you arrive at least 60 minutes before your start time or as early as possible to familiarise yourselves with the layout of the event.

Race Envelope

At registration you will receive a race envelope containing:

- Race Number x1

- Bike Stickers x2

- Helmet Sticker x1

- Wristband x2

Wristband

You will be issued with two wristbands that supporting parents or guardians must wear, this will permit access into the Cycle Transition Areas if helping a competitor. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to the children.

Race Number

The race number must be worn on the front throughout the duration of the triathlon (please see page 4).

It is good practice to write your child/children's name, blood group (if known) and any allergies they may have on the back of their race number.

You may use an elastic number belt to attach the race number to, opposed to pinning the number directly to a T-shirt or tri-suit.

Bike

Any type of bike can be used as long as it is road worthy.

One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



Helmets

The helmet sticker must be attached to the front of the helmet.

Helmets are compulsory for the cycle and must be fastened before the bike is touched.



Essential Information

What to wear?

Shorts and T-shirts (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted. You can also purchase an official UK Triathlon event T-shirt.

Footwear

Trainers must be worn for the triathlon, bare foot running is not permitted.

Music

For personal and other competitors safety, mobile phones or any type of personal music system that restricts hearing are not permitted whilst competing in the event.

Racing Conduct

Everyone involved in the triathlon are there to ensure a safe and enjoyable experience, so respect fellow competitors and treat all Officials, Event Organisers, Race Crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

Littering

All litter must be placed in bins or keep hold of it until you can dispose of properly.

Cycle Transition

The swimming pool is located within the leisure centre at the front of the school and is sign posted. Cycle Transition 1 (swim to bike) is situated just outside of the leisure centre.

Parents and supporters are permitted to enter and assist if required in both Cycle Transition Area 1 and 2 and to come through to the pool from the changing area as there is a dedicated spectator area.

Once registered, take your child/childrens cycle and rack it in Cycle Transition Area 1 along with anything else they need.

The Wristband must be worn to gain entry into the Cycle Transition Area.

When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we allocate security staff to specifically watch the transition area.

Race Safety Brief

Once the cycle transition area preparation is complete, make your way to the swim start 10 minutes before your start time for your compulsory race safety brief.

Where to place your Race Number and Stickers



Helmet Sticker

Race Number

Seat stem Sticker

Handlebar Sticker

2019 Event Calendar

Henley Kids Triathlon	27th July 2019
Henley Triathlon	28th July 2019
South Coast Triathlon	10th August 2019
South Coast Run	11th August 2019
Shropshire Triathlon	8th September 2019
North West Kids Duathlon	21st September 2019
North West Triathlon	22nd September 2019
Warwickshire Triathlon	6th October 2019
Birmingham Half Marathon, 10k & 5K	19th April 2020
Stratford Triathlon	3rd May 2020
Cheshire Kids Duathlon	16th May 2020
Cheshire Triathlon	17th May 2020
Ultimate, Ultimate 1/2 & Ultimate 1/4	14th June 2020
Birmingham Kids Duathlon	27th June 2020
Birmingham Triathlon	28th June 2020
York Triathlon	TBA



For more information or for online entry visit uktriathlon.co.uk



2019 KIDS MERCHANDISE

AVAILABLE TO BUY AT THE EVENT

OFFICIAL HOODIES £20 - OFFICIAL TEES £10 - OFFICIAL CAPS £8



Car Park Map



Car Park Information

There is a £2.00 all day parking donation and is run by Henley Lions Charity

You will need to cross the road as you approach the corner of Greys Road & Gillotts Lane, please make sure you look both ways

It is a short (approximately 400m) walk from the car park to the main arena, so please make sure you arrive in good time

DO NOT PARK ON GILLOTT'S LANE, AT THE LEISURE CENTRE OR AT THE SCHOOL

Cycle Transition

Before the Triathlon

Once registered, take your child/childrens cycle to the pool and rack it in Cycle Transition Area 1.

Parents/Guardians

Parents/guardians are permitted to enter and assist if required in the Cycle Transition Areas. Wristbands must be worn to gain entry into the Cycle Transition Areas.

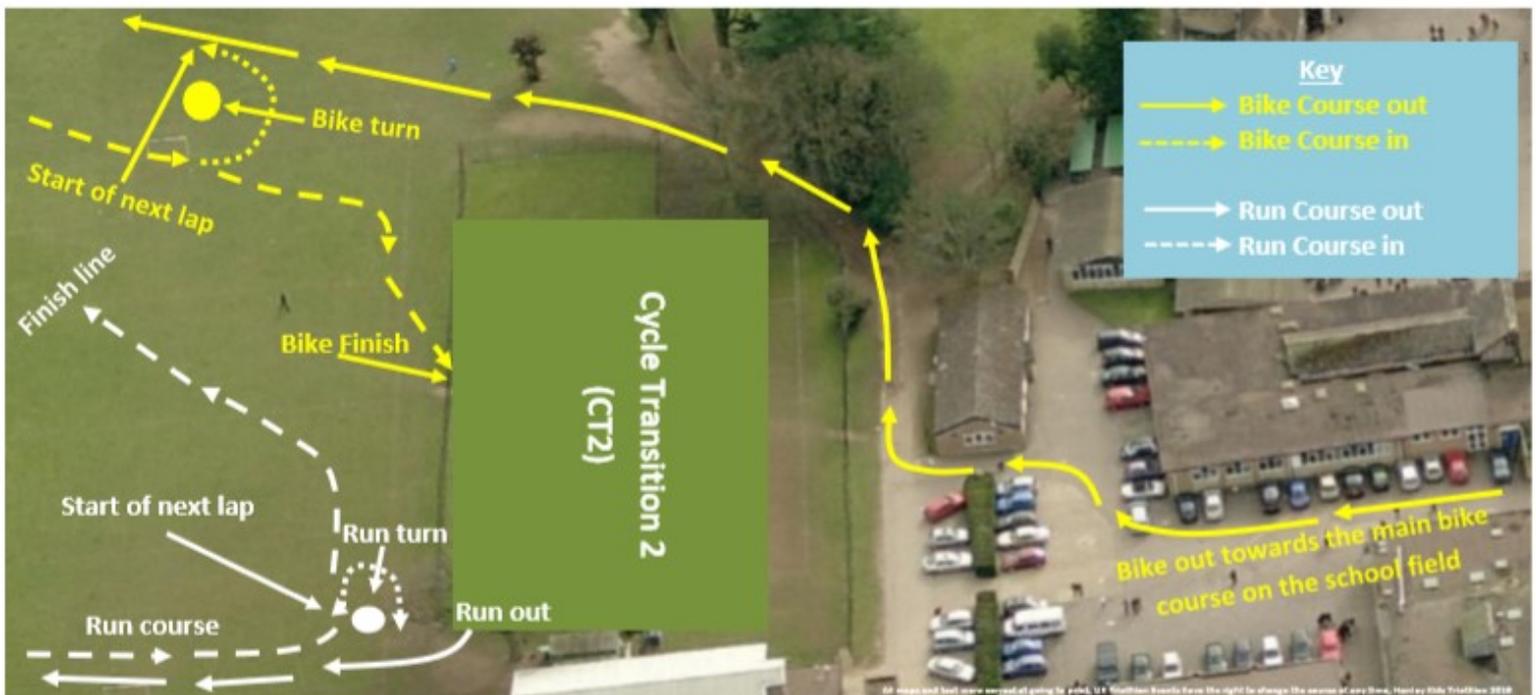
Security

Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

Course Map



Cycling from Cycle Transition 1 to the main arena and bike course



Swim

Swim Course

The swim course is very straightforward.
The pool is 25 metres long

Swim Cap

Competitors must wear their allocated swim cap, which will be given to them at poolside.

Children may use their own swim cap instead if preferred.

Completion of the Swim Course

When the swim course is completed, you can escort your child/children if required into **Cycle Transition Area 1** and assist them in putting on their helmet, shoes, race number, etc.

Please take your child/children swimming goggles, towels etc with you at that point so you don't have to go back for them later.

Bike

Bike Maintenance

Make sure your child/childrens bike is working properly with our pre race service/check. Please see **page 11** for more information.

Cycle Mount Line

Your child/children can walk or run to the cycle mount line where they will commence the cycle section of the triathlon (no cycling in the Cycle Transition Area).

The Course

The cycle course is flat and on grass with the exception of the first 200m, which is tarmac.

The entire cycle course is within the grounds of the leisure centre and school which is post and taped.

Extra care must be taken at all turnaround points.

Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.

Cycle Dismount

Cycles must be dismounted at the end of the course and placed on the rack in the Cycle Transition Area.

Run

The Course

The run course is flat, on grass and completely post and taped on the school field.

Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help them do this.

Drinks Station

There is a drinks station during the run course and at the finish line that will be serving water.

Finish

Once your child/children have completed the required number of laps they turn onto the finish alley and continue through the Mornflake finish gantry.

Bike and helmet can be collected from Cycle Transition Area 2 after the race by providing a matching race number to the cycle sticker.

Relay

The Team

Each member of the relay team completes one or two of the three disciplines of the triathlon.

Registration

At registration a wristband is supplied that is relayed to the finish line.

During the Triathlon

After completing the swim, the swimmer passes the wristband to the cyclist inside **Cycle Transition Area 1** next to where the cycle is racked.

The cyclist completes the cycle course and passes the band over to the runner at the cycle dismount area. The runner completes the run and hands in the band at the finish line.

On completion, each member of the relay team will receive a 2019 finishers medal.

Further Information

Timing

This event is intended for all abilities to complete the challenge of the triathlon and therefore we don't publish results in fastest to slowest order, instead they are published by race number. We believe this is important to encourage all children to have a go without the pressure of coming last, or not doing as well as others. Every child will be a winner of the Henley Kids Fun Triathlon. We will take an overall time for each competitor. You may go to the timing trailer at the finish line and see their results by race number order.

Hydration

Make sure your child/children are well hydrated before the event.

Finishers Medal

There is a commemorative 2019 medal for all finishers.

Health & Well Being

If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.

If it is a sunny day apply sunscreen to protect against sunburn.

Photography

Our official event photographers, New Pixels Photography, will be in attendance on the day to capture your best sporting moments, with the option to purchase photographs online post event.

In addition to this there will be filmmakers recording for a promotional video of the event with the use of ground cameras and a drone. A remotely operated aircraft will be in operation throughout the day. The aircraft may be overhead at a safe distance at any stage or area of the triathlon.

For your safety, please locate and observe. Please be aware that landing/take off areas will be restricted areas. Please do not approach or communicate with staff members within these areas, as they may be in control of the aircraft.





Women, swimming, cycling & running to beat cancer



Take part individually or as part of a team!
Distances from just 200m swim - 9k bike - 2.5k run

Pool based triathlons for women-only, working in partnership with Cancer Research UK to raise money for research into all 200 types of cancer.



UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

6 fun pool based events to choose from Yorkshire, Oxfordshire, Cheshire, Warwickshire

Fight the fight, whilst trying the TRI!
Sign up today, join The Pink Wave

UKTriathlon.co.uk/pinkwave



JOIN US
ON THE
ROAD TO
PROGRESS

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call 0300 123 5461



CANCER RESEARCH UK



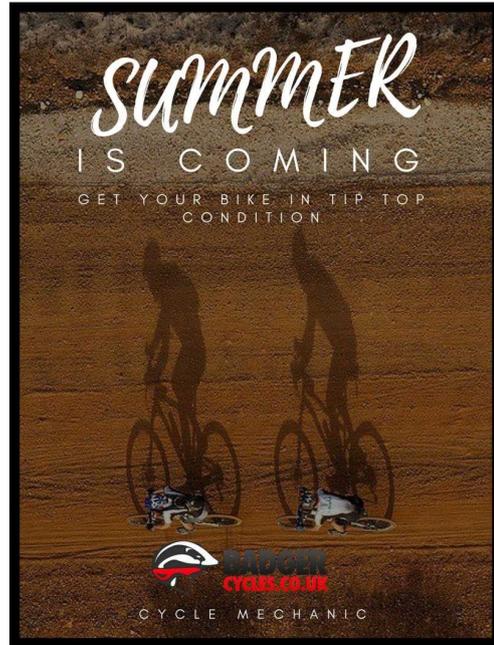
Registered with FUNDRAISING REGULATOR

Cancer Research UK is a registered charity in England and Wales 1089464, Scotland (SC041666) and the Isle of Man (1103).

BADGER CYCLES- QUALITY BIKE SERVICING

Get YOUR bike in Race shape!

Pre book your Pre race check or Service with Carl by texting him your race number and start time. 07950 735737



PRE RACE BIKE CHECK £12.00

GEAR AND BRAKE SERVICE £20.00

INTERMEDIATE SERVICE £40.00

Badger Cycles can also offer a full service and individual repair options including -

Tyre Supply and free fitting

Chain replacement

Head set replacement

Cassette upgrade and fitting

Brake pads supply and free fitting.

SAVE MONEY ON YOUR BIKE SERVICE OR REPAIR

Make sure your bike is in race shape for your event. Missing gears, inefficient brakes and various other cycle maintenance issues can spoil your event, or worse could retire you from the race!

Badger Cycles offer a full comprehensive Service and Repair Menu and have been working in association with UK Triathlon for 5 years servicing over 800 bikes during that time! There will be slots available each day of the weekend, so why not save the hassle of booking repairs or service with a bike shop and save up to 30%. Simply text or call Carl to book on 07950735737 or discuss with him on the day! If additional work or replacement parts are required cost will be agreed with you prior to work taking place.

RACE DAY SHOP – RACE ESSENTIALS – RACE ACCESSORIES.....

A Triathlon Race store will be on site at all events offering those essential race day products as well as accessories for you to treat yourselves too after your race! So check out the latest products for sale from the top brands.

BADGER CYCLES.CO.UK

PROGRESS
WHEELS

Available from
BADGER
CYCLES.CO.UK

On site Mechanical
services at all events

UK Triathlon

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FIND YOUR PERFECT SHOE



MORNFLAKE

Mighty Oats.

CHAMPIONS OF BREAKFAST

UK's leading oat brand for health and enjoyment
in the Breakfast Cereals category.*

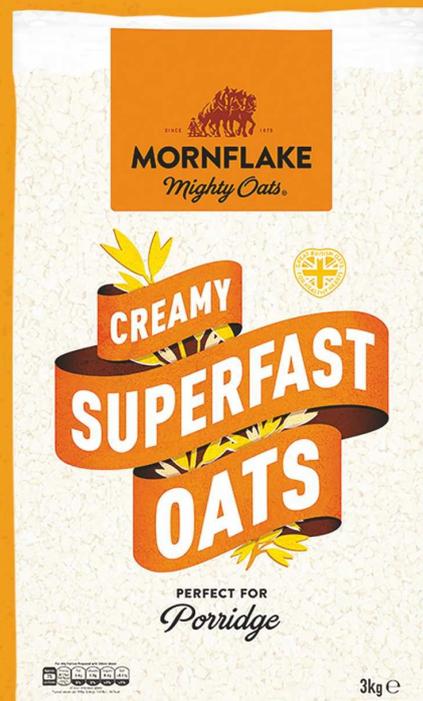
UK's leading and fastest growing porridge
brand in the UK (volume) total market.*

**MILLERS OF
MIGHTY OATS**

SINCE

1675

*Kantar Worldpanel 2018





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