



Henley Kids Triathlon Main Arena, Bike Course & Run Course information

One lap of the bike course = 1km

One lap of the run course = 500m

- The whole of the bike & run course will be post and taped, making it very easy to navigate for the children.
- The children **do not** have to enter cycle transition 2 with their bikes; we will have a crew of marshals taking their bikes off them so the children can go straight onto the run course. The bikes will then be racked in cycle transition 2 ready to be picked up once your child has finished their triathlon.
- The whole of the bike & run course is on hard compact grass, as well as being inside the school grounds, making it safe for the children.
- Girls & Boys aged between 7 & 8 complete 1 lap of the bike course (1km) 1 lap of the run course (500m)
- Girls & Boys aged between 9 & 12 complete 2 laps of the bike course (2km) 2 laps of the run course (1km)
- Girls & Boys aged between 13 & 16 complete 3 laps of the bike course (3km) 3 laps of the run course (1.5km)