



# ***Henley Kids Duathlon Race Day Information***

**Saturday 10th July 2021**

**Registration open from 11:30am**

**First start time from 13:00pm**

Distance	Run	Cycle	Run
Tin	100m - 1 Lap <small>(Short Course)</small>	1k - 1 Lap	500m - 1 Lap
Zinc	200m - 1 Lap	1k - 1 Lap	500m - 1 Lap
Steel	200m - 1 Lap	2k - 2 Laps	1000m - 2 Laps
Bronze	400m - 2 Laps	3k - 3 Laps	1500m - 3 Laps
Silver	400m - 2 Laps	4k - 4 Laps	2000m - 4 Laps
Gold	600m - 3 Laps	4k - 4 Laps	2500m - 5 Laps
Relay	600m - 3 Laps	4k - 4 Laps	2500m - 5 Laps

**Gillotts School, Gillotts Lane, Henley on Thames**  
***For Duathlon Parking RG9 4PR***  
***£2 Charity Parking***

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# Covid-19 Guidelines

## Your Health before the Event

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

## Face Masks

It is advised by British Triathlon that a mask should be worn at events whilst not competing.

## Social Distancing

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event. Please make sure your spectators are aware of and abide by the 2 metre distance rule.

## Hand Sanitising

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

Please sanitise before and after toilet use.

## Registration

Please allow more time than normal to register. Only one adult to register each child or multiple children.

Please queue at a 2 metre separation. Hand sanitise before entering.

## Transition

Only one adult can enter the cycle transition area to support a competitor.

## Race Brief

There will be a short rolling race brief at the start of the duathlon that you must attend. It takes approximately five minutes so allow plenty of time to listen to the race brief.

## Run Course

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

## HiGH5 Recycling

HIGH5 Recycling bins have been purchased for the event. Please recycle HIGH5 plastic cups (these are an old stock but can now be recycled so are sensible to use), gel & bar wrappers, crisp packets and similar packaging (see bins for exact packaging).

## Feed Stations Run & Finish line

Water will be dispensed for your child/children at the drink station. Move away as quickly as possible allowing for other competitors. Bin your litter.

## Your Covid Officer is Vic Bickerton

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

# 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

Go to registration where you will receive your race envelope.

Registration will be open on Saturday from 11:30am.

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 one wristband that supporting parents must wear, if helping a competitor. This will permit access into the Cycle Transition Area. 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 duathlon (please see page 5).

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-shirt (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 duathlon, 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 duathlon 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

Once registered, take your child's cycle and rack it in the cycle transition area along with anything else they need for the cycle and second run.

Supporters must wear the supplied wristband 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 start line 10 minutes before your start time for your compulsory race safety brief.

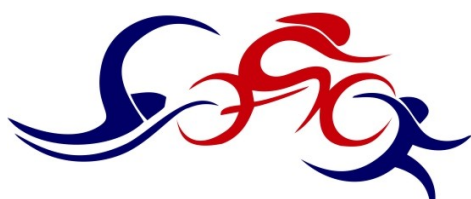


# Where to place your Race Number and Stickers



# 2021 Event Calendar

<b>Henley Kids Duathlon</b>	<b>10th July</b>
<b>Henley Triathlon</b>	<b>11th July</b>
<b>Cheshire Kids Duathlon</b>	<b>24th July</b>
<b>Cheshire Triathlon</b>	<b>25th July</b>
<b>York Kids Triathlon</b>	<b>31st July</b>
<b>York Triathlon</b>	<b>1st August</b>
<b>South Coast Triathlon</b>	<b>21st August</b>
<b>South Coast Run</b>	<b>22nd August</b>
<b>Shropshire Triathlon</b>	<b>5th September</b>
<b>North West Kids Duathlon</b>	<b>18th September</b>
<b>North West Triathlon</b>	<b>19th September</b>
<b>Ultimate Weekend</b>	<b>24-26th September</b>
<b>Warwickshire Triathlon</b>	<b>3rd October</b>
<b>Birmingham Autumn Half Marathon, 10k &amp; 5K</b>	<b>17th October</b>
<b>Ultimate, Ultimate 1/2 &amp; Ultimate 1/4</b>	<b>12th June 2022</b>
<b>Ultimate Aquathlon</b>	<b>12th June 2022</b>
<b>Triathlon @ Alderford</b>	<b>TBA</b>
<b>Birmingham Triathlon</b>	<b>TBA</b>



**For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)**



# OFFICIAL UK TRIATHLON KIDS TRI WEAR



**KIDS TECH SHIRTS £13**



**KIDS HOODIES £20**

**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**

# Car Park Map



## Car Park Information

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

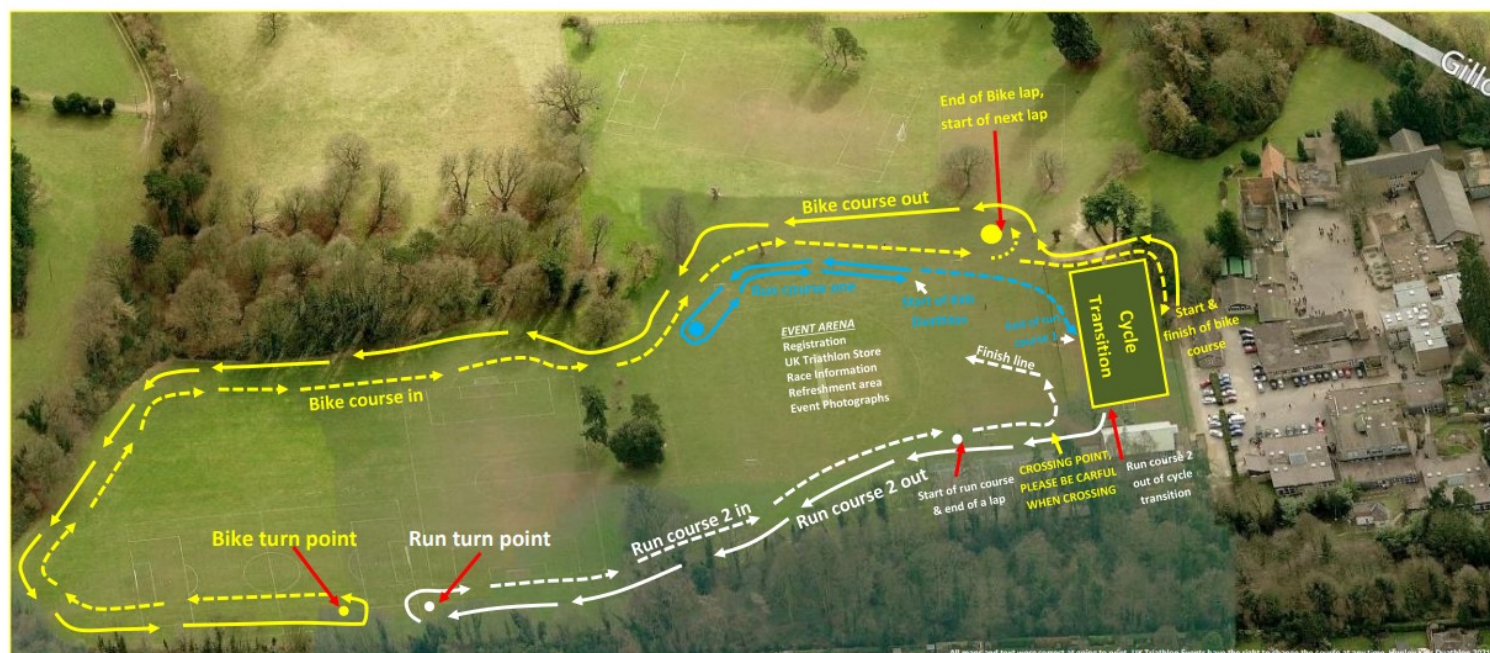
You will need to cross the road as you approach the corner of Greys Road & Gillotts Lane, please make sure you look both ways

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**



# Course Map





# Run 1

## The Start of the Duathlon

Asics sails will mark the start line.

## The Course

The run is entirely on grass. The course is completely post & taped, making it really safe for competitors to negotiate the course. There will be safety marshals around the course making sure the children go the correct way.

## Counting Laps

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

## Completion of Run 1

Once Run 1 has been completed the child/children will go to the Cycle Transition Area to collect their bike ready for the cycle section of the duathlon.

# Bike

## Bike Maintenance

Make sure your child/childrens bike is working properly with our pre race service/check. Please see **page 15** 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 duathlon (no cycling in the Cycle Transition Area).

## The Course

The cycle course is flat and on grass. 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 2

## 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 run. 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.

# Relay

## The Team

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

## During the Duathlon

After completing run 1, the runner goes into **Cycle Transition Area** where the cyclist can then begin.

Once the cyclist has racked their cycle the runner may start the second run

The runner completes the run and all team members can receive their medal.

# Further Information

## Timing

This event is intended for all abilities to complete the challenge of the duathlon 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 Duathlon. We will take an overall time for each competitor. Results will be published in alphabetical order later the same day on the website [uktriathlon.co.uk](http://uktriathlon.co.uk).

## Hydration

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

## Finishers Medal

There is a commemorative 2021 medal for all finishers.

## Health & Well Being

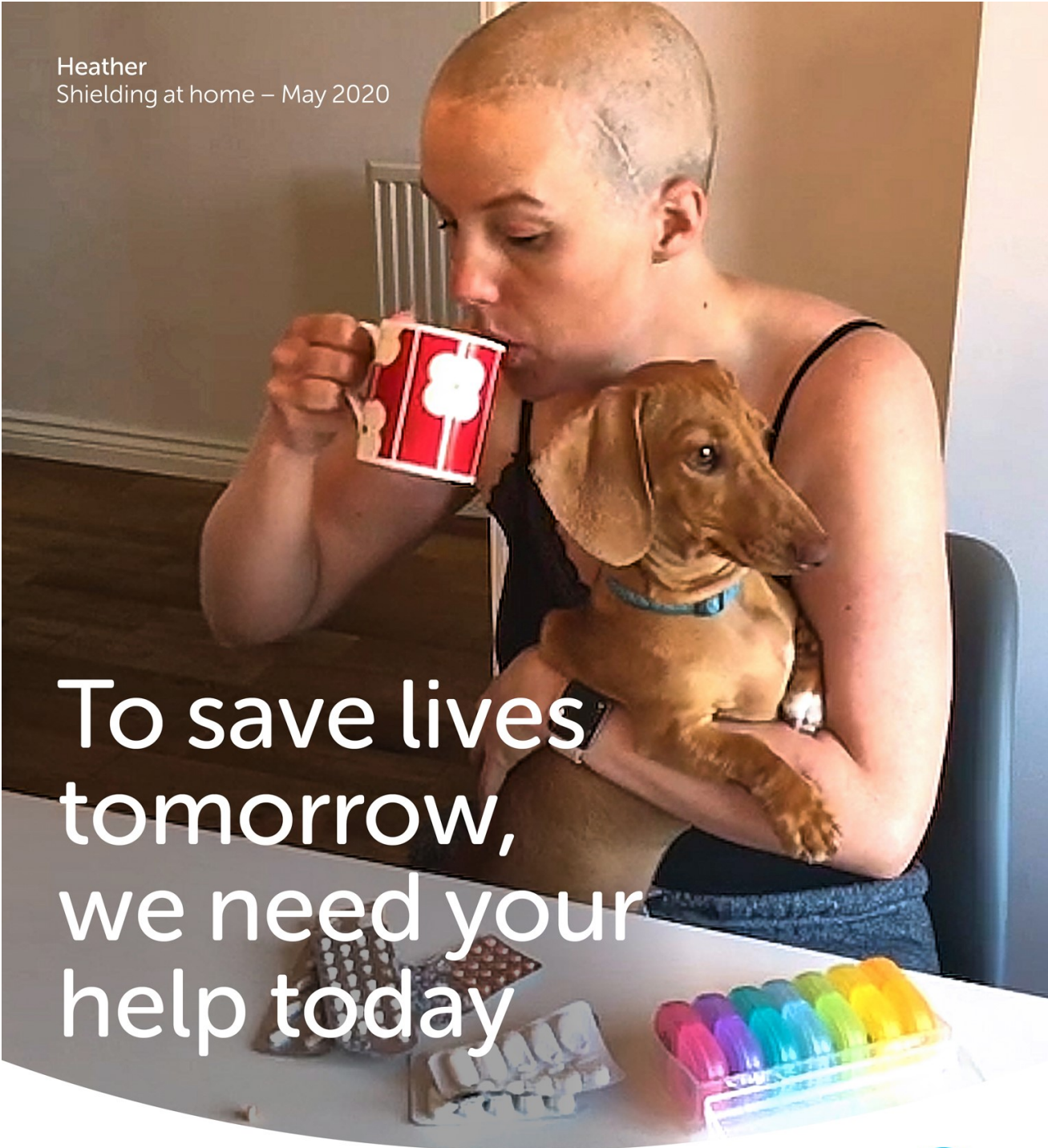
If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.

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

## Photography

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event [My Sport Photos](#).

Heather  
Shielding at home – May 2020



# To save lives tomorrow, we need your help today

COVID-19 has slowed us down,  
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cancer research is at risk. We need  
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to help continue our life-saving work.

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Together we will **still** beat cancer



CANCER  
RESEARCH  
UK



## 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

Badger Cycles will again be attending all UK Triathlon Events in 2020 offering Athletes the opportunity to save money on Bike servicing and repairs during the race weekend. GET YOUR BIKE READY FOR RACE DAY !

To make your booking just text your Race Number, Name and Start time prior to Race day and Carl will allocate a slot for your selected work.

Alternatively, for Athletes living in Cheshire or Shropshire bookings can be made at Badger Cycles Workshop based in Whitchurch in the weeks prior to the event. Discounted service rates will apply.

New for this year are the following Service packages -

BRONZE SERVICE - Safety Check, Brakes, Gears, Drivetrain, Headset

Tyres/Valves. £15.00

SILVER SERVICE - As Bronze plus - Chain Lubrication and Wear Check

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. £35.00

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. £75.00

BIKE HIRE - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for Athletes travelling from abroad. POA

RACE WHEELS HIRE - As UK Distributor for Progress Wheels, Badger Cycles are able to offer UK Triathlon Athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

Progress have recently won the cutting edge award from 220 Triathlon in the current edition.

Athletes entering a UK Triathlon race are also entitled to a 20% discount off any Wheelset purchase from Badger Cycles. Badger also GUARANTEE that these wheels offer performance gains.... or your money back!

Progress Phantom 30mm Lightweight - £30.00 per race

Progress Aprime 50mm Carbon - £50.00 per race

Progress A7D Disk Wheel - £80.00 per Race







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*With thanks to New Pixels for providing images for the competitor race information*