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# Race Day Information

Sunday 2nd June 2024

Henley Leisure Centre & Gillotts School

Oxfordshire

RG9 1PS / what3words: bounty.workflow.calibrate

Start from 08:00am

Welcome to the Henley Triathlon. Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

## Race Day Checklist

- Race number (can be found on your race day email)
- Trisuit or swimwear
- Swimming goggles
- Towel
- Appropriate cycling/running kit if you're not wearing a trisuit
- Additional clothing for wet/cold weather
- Cycle
- Cycle Shoes (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses (optional)
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

## Distances

Race	Swim	Cycle	Run
Sprint & Sprint Relay	400m 16 Lengths	25k 2 laps	5k 4 Laps
Super Sprint, Fun & CRUK Wave	200m 8 Lengths	12.5k 1 Lap	2.5k 2 Laps

## Travel & Parking Information - RG9 1PS/what3words: bounty.workflow.calibrate

- Follow the signs for Triathlon parking. Parking is situated on the school field.
- There is a voluntary charity donation of £3 for parking by the Henley Lions. **Cash and Card payments are accepted.**
- Parking is open from 7:30am
- Parking on the school field will close at exactly 8:30am. You cannot exit the car park until 11:30am when the vast majority of competitors have completed the cycle course.
- If you cannot make the 8:30am closing time you will be directed to park off-site. If you do have to park offsite please allow 15 minutes to walk to registration.
- **If you need to leave before 11.30am please do not park on the school field.**
- **Please do not block residential driveways.**

## Where are the toilets and changing facilities?

Toilets are located close to registration on the school field as well as the leisure centre. You may also use the leisure centre's changing and shower facilities before and after your race.

### Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 45 minutes before your start time.
- At registration you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed your race envelope and an instruction sheet, please read this carefully.
- Registration will be open on 07:45am on Sunday.

### Race Envelope

- At registration you will receive a race envelope containing:
- Race Number x2, Bike Sticker x1, Helmet sticker x1, Electronic timing chip and strap x1, Wristband x1, Numbered Band for transition bag x1.
- Safety pins will not be enclosed however they will be available if required.

### What to do with your Race Envelope contents

- Wristband, wear this on your right wrist.
- Attach the bike number sticker to the front handlebar stem.
- Attach your helmet sticker to the front of the helmet.
- Attach your numbered band to your transition bag.



### Race Numbers

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. You have two options:

1. Pin each race number in all four corners, front and back onto your shirt.
2. Use an elastic number belt (available to buy next to registration for £10) with one or both numbers pinned to it in the top left and right hand corners (as shown in picture). Don't forget your number must be visible on your back for the cycle and on your front for the run.



Please print your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number. You must not re-size your race number in any way.

### Chip Timing

Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your LEFT ANKLE with the soft side of the strap against your skin. Please follow these simple steps to wear your chip correctly.

1. Thread the loose strap through the timing chip and securely fasten the Velcro.
2. The chip should be secure on the strap and the number visible.
3. Place the strap around your LEFT ankle with the chip on the outside of your ankle.
4. Give the chip a firm pull, it should remain securely fastened.



Please hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.

### Important Bike Care Information

Make sure your bike is ready for the event. If you are unsure get it serviced by a professional prior to the event.

There WILL NOT be a cycle mechanic at the event.

There will be a SELF SERVICE CYCLE STATION located next to the massage tent. It has track pumps, specific cycle tools, tyre levers and a bike stand.

## Split Cycle Transition

There are two Cycle Transition Areas at this triathlon.

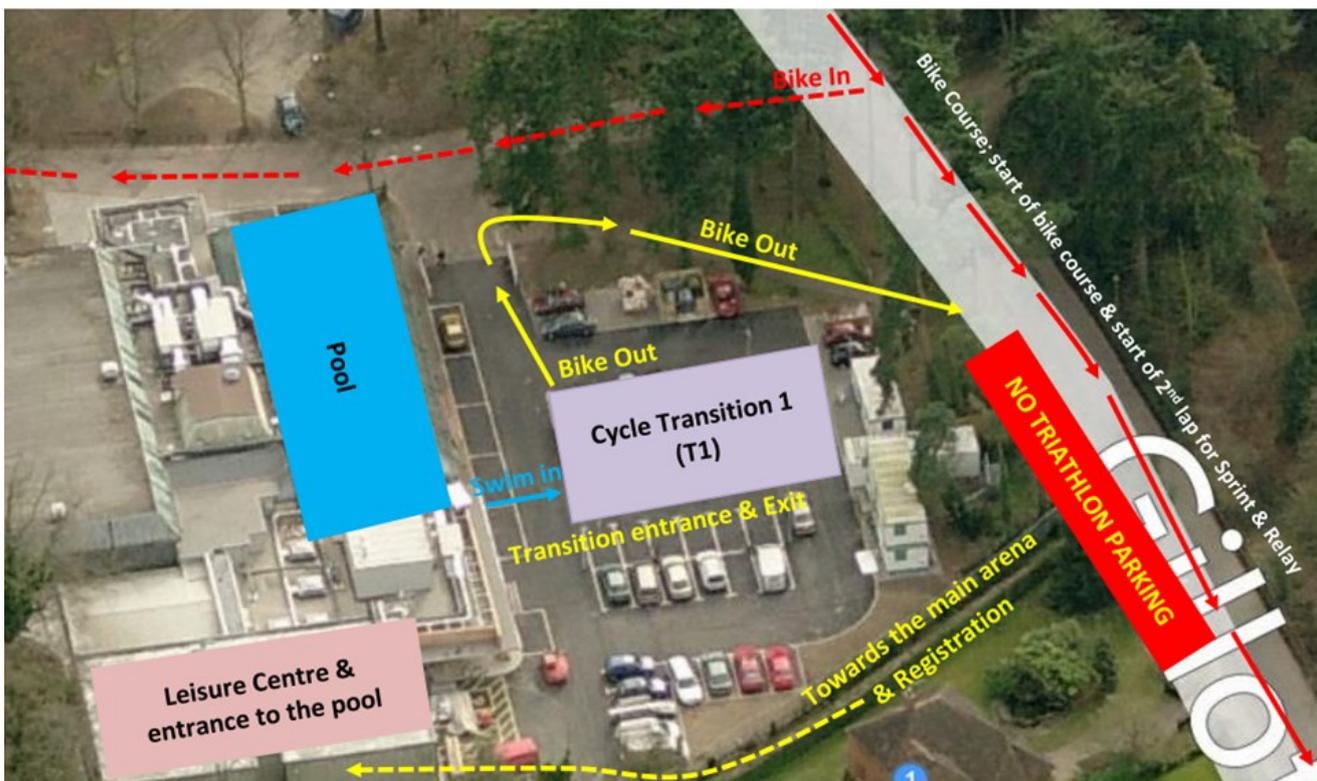
- Cycle Transition 1 is at the Swimming Pool at the front of the leisure centre
- Cycle Transition 2 is on the event field
- Both Cycle Transition Areas open from 07:45am.
- Once registered, leave anything you may require for the final run only (such as running shoes), in Cycle Transition Area 2. If you are cycling in your running shoes, you may not need to leave anything in transition Area 2.
- Only competitors are allowed in the Cycle Transition Areas. You cannot enter the Cycle Transition Areas until your bike and helmet stickers are attached (see page 3).
- Competitors should only bring into transition what is needed - a small bag can remain by your bike. Within transition there is an area for larger bags.
- Rack your bike in an empty space in cycle transition area 1, the white tape denotes a racking position.

## Transition Bag

Please take a small bag or small rucksack, no larger than 40x30x15cm, to cycle transition area 1 to use to put items into after your swim e.g. a towel, swimming goggles, swim cap, clothing. Please attach the numbered band you will be given at registration clearly on the bag and leave it next to your cycle transition position. We will transport your bag to the bag collection point at the rear of the finish line for you to collect after you have completed the triathlon. Please do not leave valuable items in your bag.

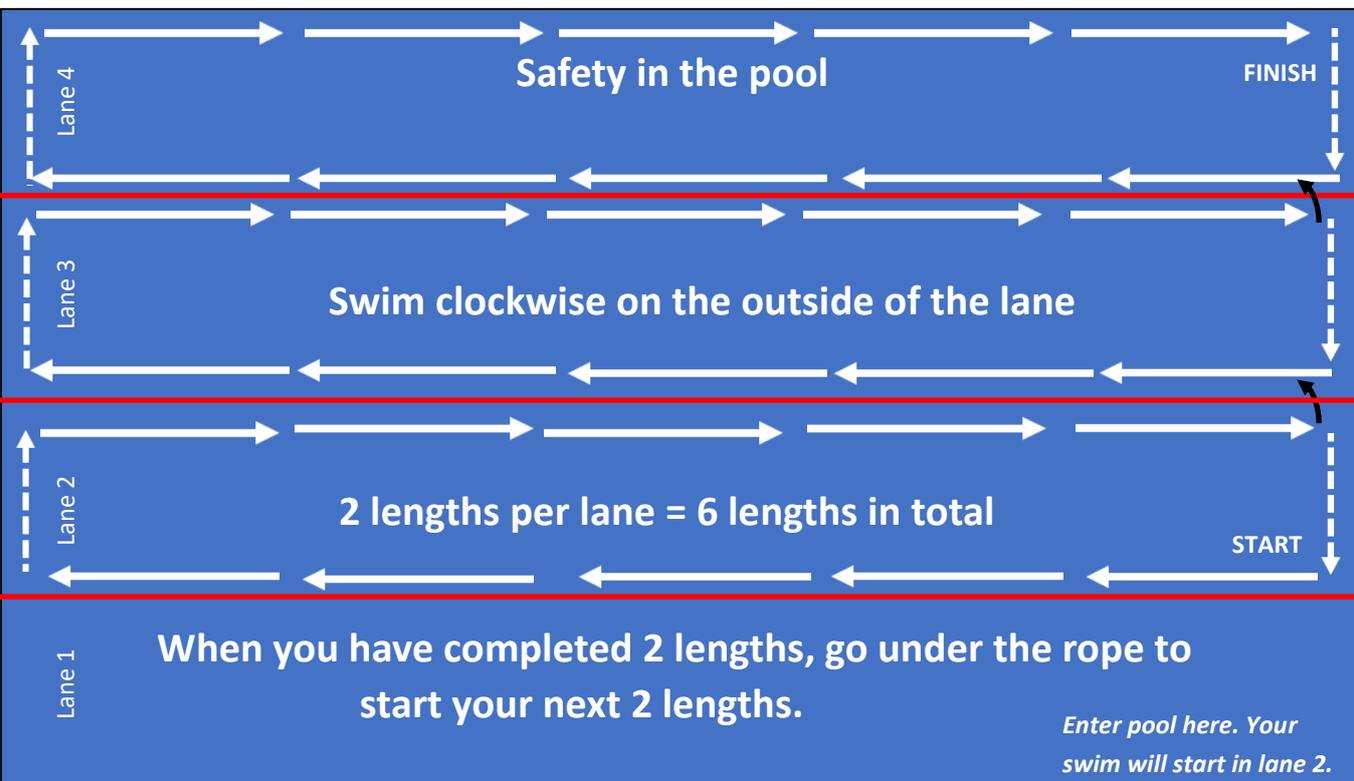
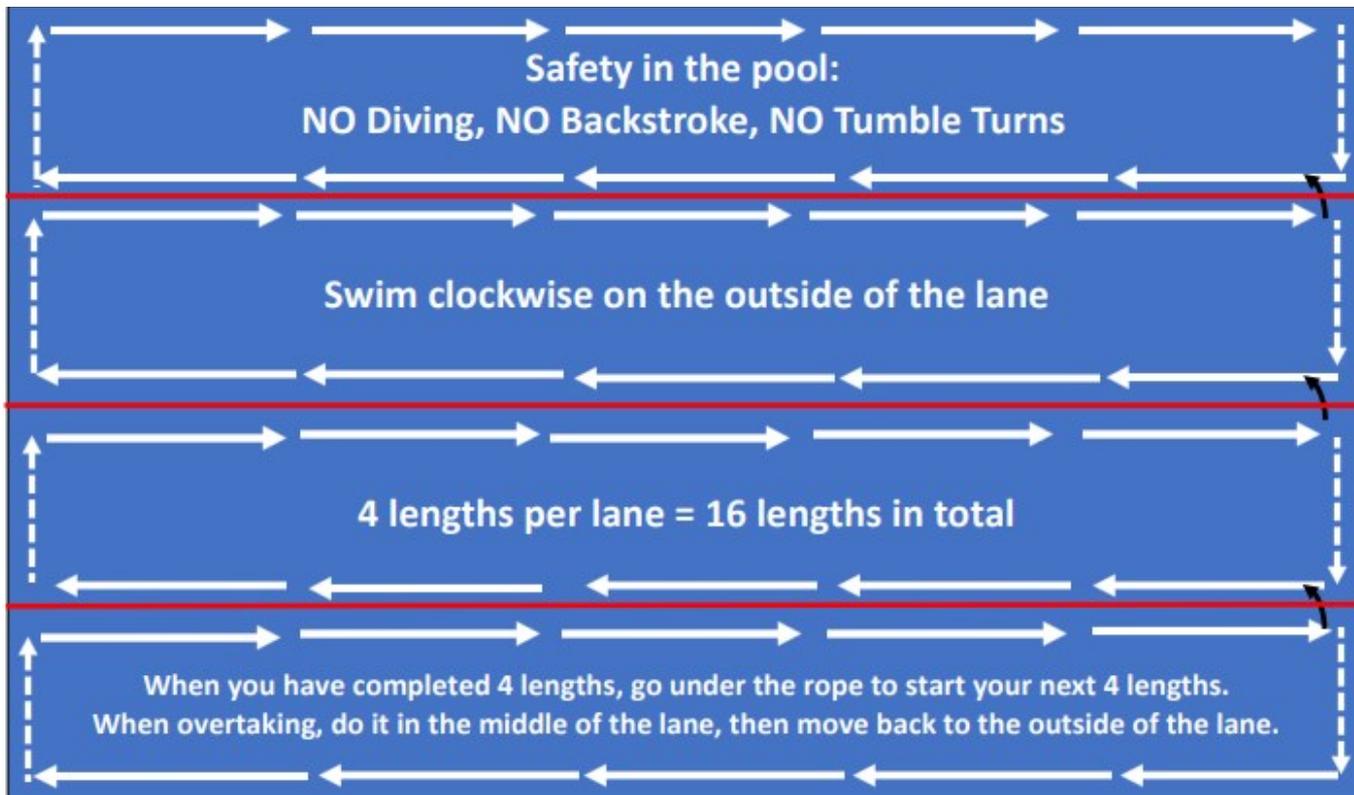
## Security

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.



## From Transition area 2 follow signs 'To the Pool'.

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at pool side 15 minutes prior to your start time to ensure you are positioned in number order and have time to listen to the compulsory race brief.
- All relay team members must attend the Race Brief.
- Please have the wristband that is given to you at registration on your right wrist and visible as you queue for the swim start.
- It is your responsibility to count the correct number of lengths.
- The swim course is very straightforward and will be explained to you during the Race Brief. There are signs and stewards to help if you get confused, don't worry, it's easy!
- The pool is 25 meters long.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!
- Swimmers will be started at 30 second intervals for the Sprint/ Sprint Relay and 20 second intervals for the Super Sprint, Fun and CRUK Wave.
- It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own or you can purchase one at the UK Triathlon shop for just £5.00.
- You can enter the water once the previous competitor has started their swim. The starter will tell you when to start your swim.
- For your safety and the safety of other competitors back stroke, tumble turns and diving are not permitted.



## Getting ready for the cycle

- When you finish your swim, head into cycle transition area 1.
- Your race number must be clearly displayed on your back for the cycle section of the event. You must fasten your helmet before taking your cycle off the rack.
- Any type of bike can be used as long as it is road worthy. Electric bikes can be used but the battery **must** be taken out during the triathlon.
- After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race, you cannot mount your cycle until you have crossed the mount line.

## The Course

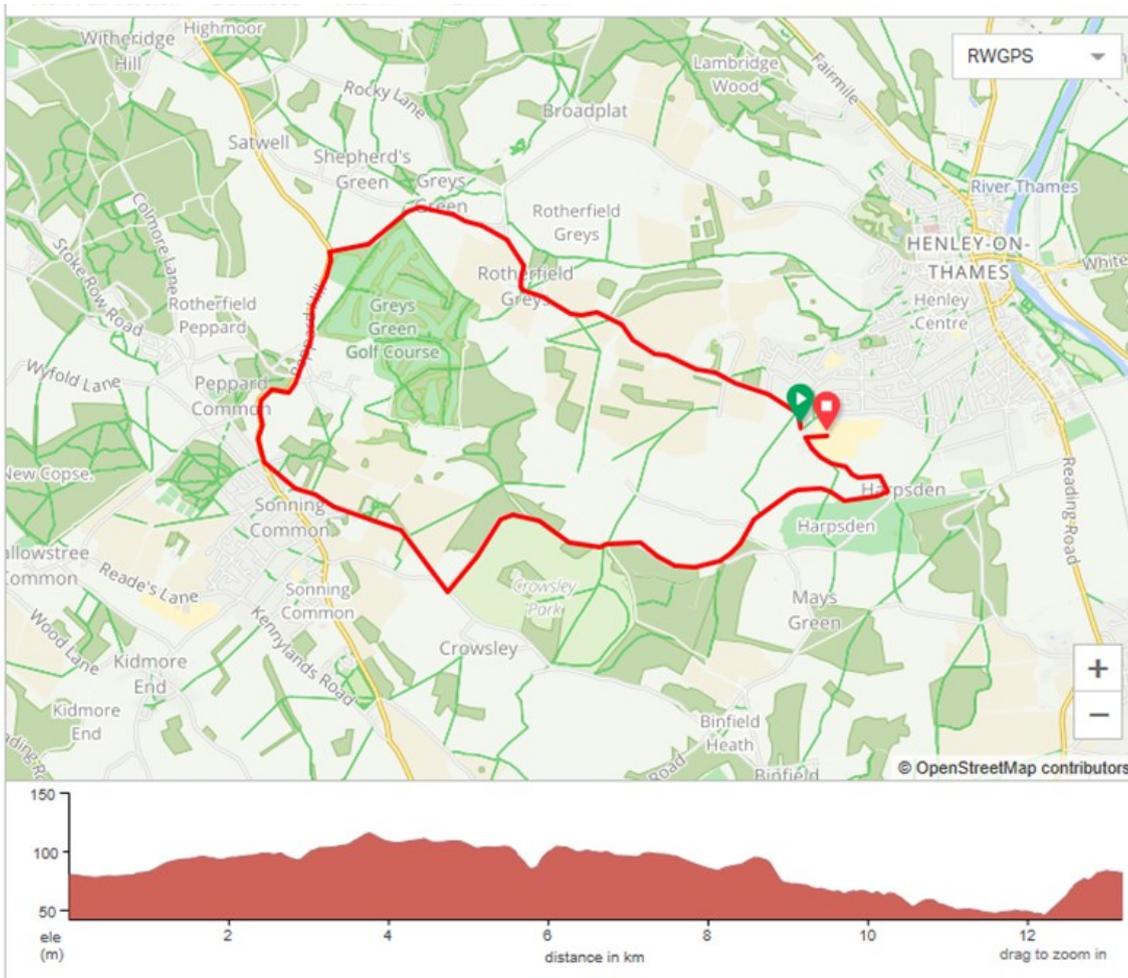
- You must abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.
- **Take extra special care when exiting the car park.** The course is mainly flat with some undulations. Follow the cycle route signs around the course and do not turn until you see a sign.
- **Please take extra care at all junctions although there are safety marshals present, they are not there to give direction.**
- There is a very narrow section of the course at the end of the lap. Please take extra special care along this section and keep well in to the left to avoid any potential oncoming traffic.
- The final 200m of the course is inside the school grounds. Please also take extra special care on this section as there will be general public walking alongside with only cones to separate you from them.
- Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so, cycling is not permitted in the Cycle Transition Area. Do not unbuckle your helmet until you have racked your cycle.



## Drafting

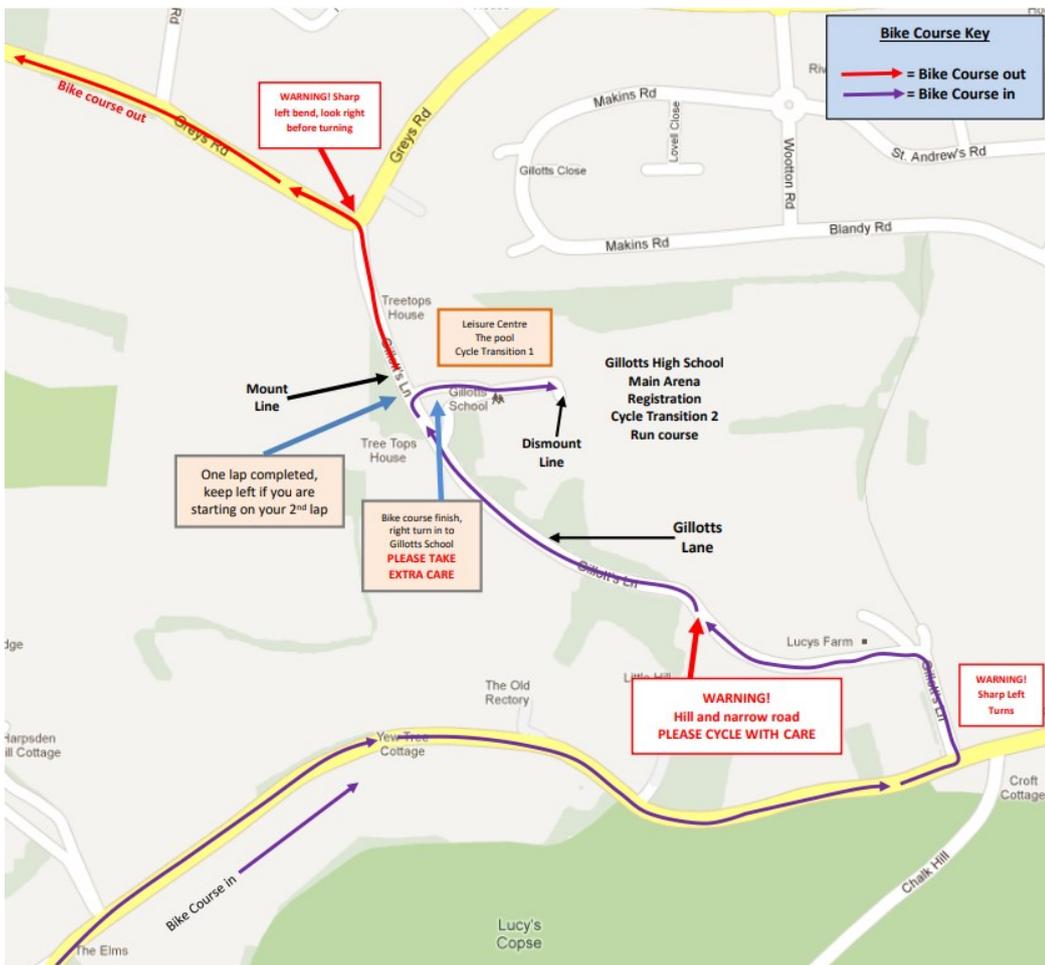
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In this event the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres - if overtaking a competitor, you have 20 seconds to pass through their draft zone.





Sprint & Relay - 25k - 2 laps

Super Sprint, Fun, CRUK Wave - 12.5k - 1 lap





WARNING! There are 2 right turns on this bike course, the first is the mount line, PLEASE LOOK BOTH WAYS WHEN MOUNTING YOUR CYCLE, the second is when you have completed your lap/s, you have to turn right to go back into the school and towards the dismount line, PLEASE BE CAREFUL TURNING RIGHT, MAKE SURE YOU LOOK BOTH WAYS

The yellow arrows indicate the start of your second lap (Sprint & Relay only), KEEP TO THE LEFT AT ALL TIMES AND PLEASE WATCH OUT FOR OTHER COMPETITORS JOINING THE CYCLE COURSE

The white arrows indicate coming out of cycle transition 1 towards the mount line

\*Lap 2 only applicable to Sprint and Relay distances

- Your race number must be clearly visible on your front before leaving the transition area.
- Follow the run route signs around the course. It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.
- There is one feed station on the run course which you will pass on every lap, and one at the finish line which will be serving High5 energy drink and water.
- Please use the bins provided, there must be no littering on the course.
- When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.
- Don't forget to collect your finishers medal and hand in your timing chip!



If you are an all female relay team and you change to a mixed team, please inform us at [customercare@uktriathlon.co.uk](mailto:customercare@uktriathlon.co.uk) or on the day at registration.

## How to Relay

- Each member of the relay team completes one or two of the three disciplines in the triathlon.
- At registration you will be given one electronic timing chip.
- After completing the swim, the swimmer passes the electronic chip to the cyclist inside the Cycle Transition Area next to where the cycle is racked.
- The cyclist must not put their helmet on or take their cycle off the rack until receiving the electronic chip.
- The cyclist completes the cycle course and passes the electronic chip over to the runner in the transition area only when the cycle has been placed back on the rack and their helmet has been fully removed.
- The runner completes the run and hands in the timing chip at the finish line.
- The other team member/s may join the runner before the finishing straight and cross the finish line as a team.
- You all receive a 2024 finisher medal!
- Relay awards are based on all female or all male/open category /mixed teams. Open category/mixed teams can consist of three men, two men and one woman or one man and two women.

## Results & Prizes

- Provisional results and times will be online on Monday 3rd June 2024.
- Should you have any problems with your results please email [results@uktriathlon.co.uk](mailto:results@uktriathlon.co.uk) once the results have been finalised.
- Commemorative 2024 finisher medal.
- Prizes are awarded to the top 3 competitors in the Sprint and Super Sprint competitions. 1st place is awarded to all female and all open category/mixed teams in the Relay.
- Prizes for the first place in all five year age groups (see table below) in the Sprint triathlon only.

Code	Category	Age
A/B	Youth	16-18
C	Junior 19	19
D	Senior 1	20-24
E	Senior 2	25-29
F	Senior 3	30-34
G	Senior 4	35-39
H	Veteran 1	40-44
I	Veteran 2	45-49

Code	Category	Age
J	Veteran 3	50-54
K	Veteran 4	55-59
L	Veteran 5	60-64
M	Veteran 6	65-69
N	Veteran 7	70-74
P	Veteran 8	75-79
Q	Veterans 9	80+

UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to you once the photos are available. For any photography inquiries please contact [info@mysportphotos.co.uk](mailto:info@mysportphotos.co.uk) or [www.mysportphotos.co.uk](http://www.mysportphotos.co.uk).

## Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all technical officials, event organisers, race crew, volunteers, and spectators with courtesy. Any abuse towards these people will not be tolerated and as a result you may be disqualified.

## What do I wear?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. For both the cycle & run leg you can wear cycling or running gear that you're able to both cycle and run in, or a mixture of both. You can also wear a T shirt and shorts. The UK Triathlon technical series shirt is also a good option and can be purchased at the event (subject to availability). You can also wear a triathlon specific trisuit. If it is cooler, you can wear long sleeves or long pants or add layers like a windproof jacket.

## Is there a bag drop area?

There is no bag drop area, but you can leave a bag in the Cycle Transition Area.

## Are there lockers available?

There are lockers inside the leisure centre however they are on a first come first serve basis.

## Can my friends and family spectate?

Spectators can watch the run on the event field. Friends and family can also marshal for us to earn a free race place! Please contact [keith@uktriathlon.co.uk](mailto:keith@uktriathlon.co.uk) Unfortunately dogs are not allowed on the event field.

## Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in the cycle transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin.

## Littering

Do not discard water bottles, gel or bar wrappers. Littering is prohibited during the event. Please use the bins at the feed stations or at the venue. If you can carry a gel full, you can carry the wrapper empty.

## Race Format

UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.

# UK Triathlon 2024 Event Calendar

<b>Henley Kids Triathlon</b>	<b>1st June 2024</b>
<b>Henley Triathlon</b>	<b>2nd June 2024</b>
<b>Alderford Kids Duathlon &amp; Triathlon</b>	<b>15th June 2024</b>
<b>Alderford Triathlon</b>	<b>16th June 2024</b>
<b>Ultimate Triathlon</b>	<b>30th June 2024</b>
<b>Ultimate ½ Triathlon</b>	<b>30th June 2024</b>
<b>Ultimate Olympic &amp; Sprint Triathlon</b>	<b>30th June 2024</b>
<b>Chesham Kids Triathlon</b>	<b>13th July 2024</b>
<b>Buckinghamshire Triathlon</b>	<b>14th July 2024</b>
<b>Birmingham Triathlon</b>	<b>27th July 2024</b>
<b>York Kids Triathlon</b>	<b>17th August 2024</b>
<b>York Triathlon</b>	<b>18th August 2024</b>
<b>Shropshire Triathlon</b>	<b>8th September 2024</b>
<b>North West Kids Duathlon</b>	<b>21st September 2024</b>
<b>North West Triathlon</b>	<b>22nd September 2024</b>
<b>Warwickshire Triathlon</b>	<b>6th October 2024</b>
<b>Stratford Triathlon</b>	<b>27th April 2025</b>
<b>Cheshire Kids Duathlon</b>	<b>10th May 2025</b>
<b>Cheshire Triathlon</b>	<b>11th May 2025</b>

# UK Triathlon LEAGUE 2024

Take part in 3 or more qualifying UK Triathlon Events in 2024. Compete against your rivals, see if you can win your age group or even the entire league!

Complete a minimum of 3 Sprint or Standard Olympic distance (includes Ultimate 1/4) events to automatically enter the league.

Track your progress against your friends, team mates or rivals.

Take part in the league as a challenge or incentive to improve your swimming, cycling and running.

Every event earns you points as a percentage of the winners time, so your points earned are always comparable to other events, whichever one you do.

If you do more than 3 events, your best 3 results will count for your overall standing.

Overall winners and 1st in every age group awarded at the end of the season.

[UKTriathlon.co.uk](http://UKTriathlon.co.uk)



# OFFICIAL UK TRIATHLON TRI WEAR



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\*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 60% of 3g the suggested daily amount. ^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



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you

# You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at [cruk.org/team](https://cruk.org/team)



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041656), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024

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### ASK THE PHYSIO & COACH

Do you have any niggling injuries or training issues which may be slowing you down. Book in and our triathlon expert will give you some professional advice.

£20

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