

# **Henley KIDS** **FUN TRIATHLON**

**31st May 2025**  
**Start from 13:00pm**

*Please check your race email for your individual start time*

**Henley Leisure Centre & Gillotts School**  
**Oxfordshire**

**RG9 1PS / what3words:**  
**bounty.workflow.calibrate**



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***Race Day Information 2025***

## Welcome

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)
- Appropriate clothing - 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 at the event.
- Additional clothing for wet/cold weather
- Cycle (any type of bike can be used as long as it is road worthy)
- Cycle/Running Shoes (bare foot running is not permitted)
- Cycle helmet
- Drinks bottle
- Elastic race number belt (optional but available to purchase next to registration for £10)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running cap (optional)

## Distances

Race	Swim	Cycle	Run
Tin	10m - 1 Width	1k - 1 Lap	500m - 1 Lap
Zinc & Zinc Relay	25m - 1 Length	1k - 1 Lap	500m - 1 Lap
Steel	50m - 2 Lengths	2k - 2 Laps	1000m - 2 Laps
Bronze & Bronze Relay	50m - 2 Lengths	3k - 3 Laps	1500m - 3 Laps
Silver	100m - 4 Lengths	4k - 4 Laps	2000m - 4 Laps
Gold & Gold Relay	150m - 6 Lengths	4k - 4 Laps	2500m - 5 Laps

## Travel & Parking 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 £2 for parking by the Henley Lions. **Cash and Card payments are accepted.**

## Where are the toilets & 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 before and after your race.



***From the car park follow the signs 'To Registration'***

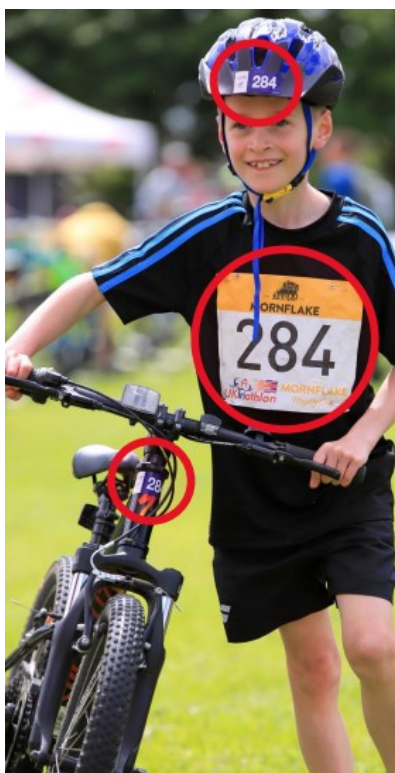
## ***Registration***

- Registration is located in the orange Mornflake marquee
- Please arrive at least 60 minutes before your child's start time to familiarise yourselves with the layout of the event.
- At registration you will be asked for your child's race number (which can be found on your email), once your details have been checked you will be handed a race envelope and an instruction sheet, please read this carefully.
- Registration will be open from 11:30am.

## ***Race Envelope***

At registration you will receive a race envelope containing:

- Race Number x1, Bike Sticker x1, Helmet sticker x1, Numbered Wristband x2 (one for competitor & one for parent).



## ***What to do with your Race Envelope contents***

- **Wristbands**, one for the competitor and one wristband that the supporting parent/guardian must wear (if required), 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 them.
- **Bike number sticker**, attach to the front handlebar stem.
- **Helmet sticker**, attach to the front of the helmet.
- **Race Number**, the race number must be worn on the front for the cycle and run. It is good practice to write your name, blood group (if known) and any allergies they may have on the back of the 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.

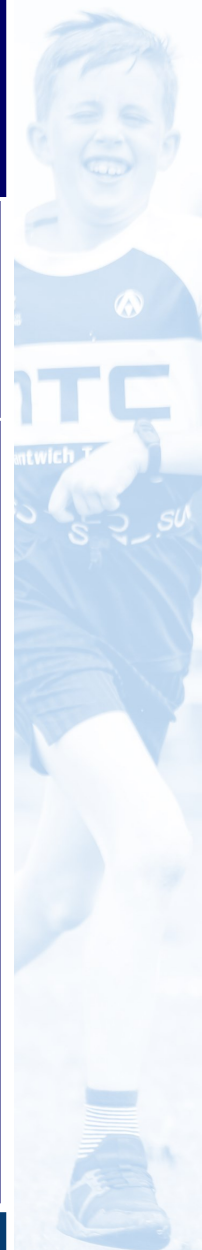
## ***Important Cycle Care Information***

Make sure your bike brakes and gears are all in perfect working order for race day. Available is a pre race check for only £10, payable on the day by cash or card and takes approximately 15 minutes. Booking a time slot is essential as there is no guarantee on the day. Contact Cycle Mechanic Craig on Whatsapp 07748 053009 with your name, race, preferred day and time for availability. Mechanic availability Saturday 11am to 4pm.

There will be a self-service cycle station at the event. It has track pumps, specific cycle tools, tyre levers and a bike stand.

Inner tubes will be for sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

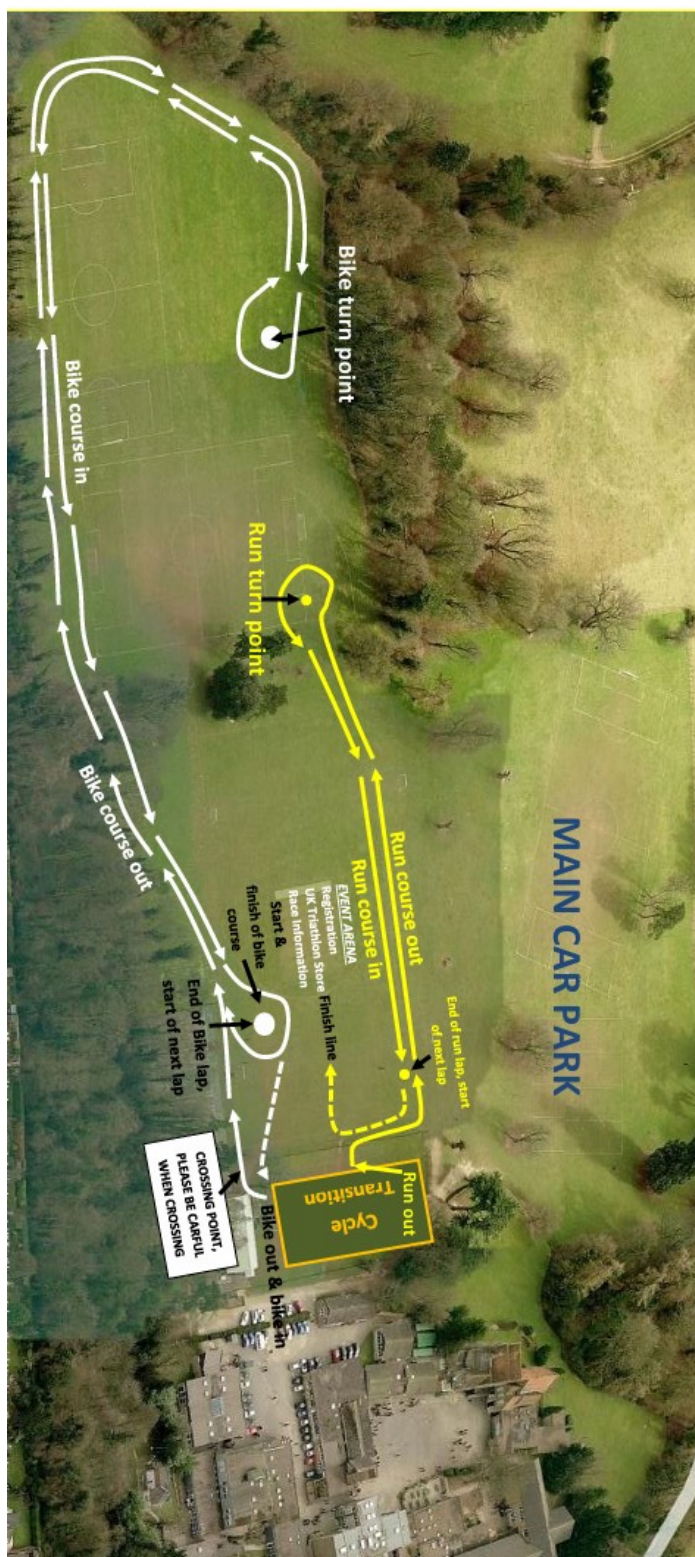
***From Registration follow the signs 'Transition Entrance this way'***





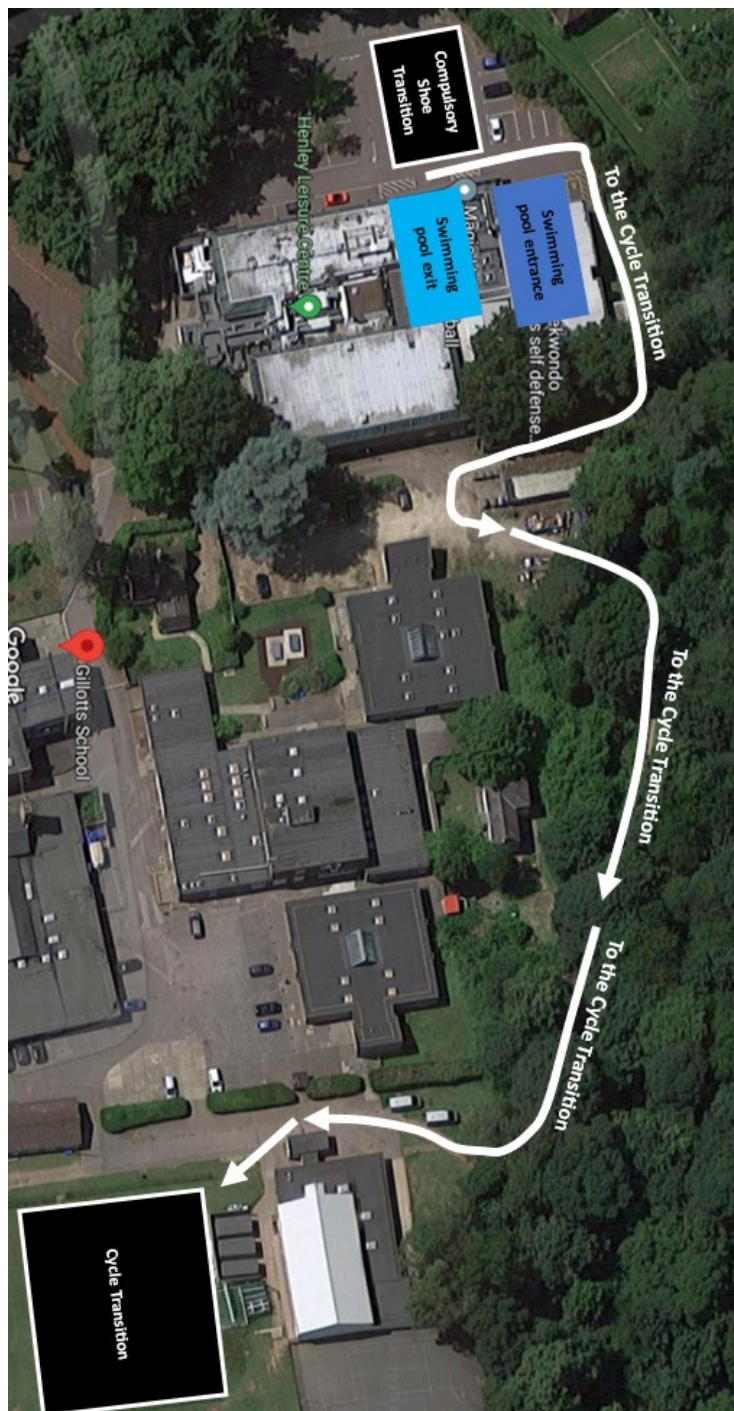
## ***Cycle Transition Area***

- Supporters must wear the supplied wristband to gain entry into the Cycle Transition Area.
- Once registered, rack the cycle in an empty space, along with anything else required for the run.
- The white tape denotes a racking position.
- Please do not rack cycle until 30 minutes before your individual start time.
- Please note, although we allocate security staff to the Cycle Transition Area, we cannot be responsible for any items lost or stolen.



## *Shoe Transition*

There is a compulsory shoe transition directly outside the pool. Before going to the poolside to start the swim, please leave your shoes on the floor inside the shoe transition. When you finish the swim head into the shoe transition to put on your shoes. Follow the signs for 'Cycle Transition'. It is approximately 200 meters to the cycle transition, you can walk or run.



***Please be at the swimming pool start 10 minutes before your start time for the compulsory race brief.***



## ***Swim***

- The swim course is very straightforward. Lifeguards and official event crew will be on hand at all times.
- Children can wear any swimming safety device.
- The pool is 25 metres long.
- Participants in the Tin category will swim the width of the pool, this is in the shallow water.
- Swim caps are not compulsory so it's not a requirement to wear one. If a swim cap is desired, either use your own or ask for one from registration.
- When the swim course is completed you can escort your child/children to the cycle transition area and assist them putting on their helmet, shoes, race number etc. Please note the distance from the swimming pool to the cycle transition area is 200 metres. It will be clearly sign posted. Competitors may walk or run from the swimming pool to the cycle transition area. Please take your child/children's swimming goggles, towels etc with you at that point so you don't have to go back for them later.

## ***Cycle***

- Please walk or run to the cycle mount line and commence the cycle section (no cycling in the transition area).
- The cycle course is entirely on grass around Gillotts School. The course is completely post and taped making it clear to follow. Parents and guardians can follow their child for the cycle if they wish but are not allowed on the actual course.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- Cycles must be dismounted at the end of the course and be placed on the rack in the Cycle Transition Area.

## ***Run***

- The run is entirely on grass. The course is completely post & taped and within the grounds of Gillotts School. Parents and guardians can follow their child for the run if they wish but are not allowed on the actual course.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.
- There is a drinks station during the run course and at the finish line that will be serving water.
- Once the correct amount of laps are completed, head down the finish straight and through the Mornflake inflatable finish gantry.

## ***Relay***

- Each member of the relay team completes one or two of the three disciplines of the Triathlon.
- At registration a wristband is supplied that is relayed to the finish line.
- After completing the swim, the swimmer passes the wristband to the cyclist inside Cycle Transition Area next to where the cycle is racked.
- The cyclist completes the cycle course and once the bike has been racked, the wristband is passed to the runner.
- The runner completes the run; the other team members can join the final runner at the gap of the pedestrian crossing so they can all cross the finish line together and receive their medals. Please hand in the wristband at the finish line.



## ***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 in alphabetical order by surname. We believe this is important to encourage all children to take part without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the Henley Kids Triathlon. We will take an overall time for each competitor. Results will be published later the same day on our website [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk).

### ***Finisher's Medal***

There is a commemorative 2025 medal for all finishers.

### ***Photography & Filming***

UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your child's 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).

### ***Health & Wellbeing***

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

### ***Hydration***

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

### ***Can my friends and family spectate***

Yes! Friends and family are welcome to spectate. Dogs are not permitted on the school 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.

### ***Littering***

Littering is prohibited during the event. Please use the bins at the feed stations or at the venue.

### ***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.



<b>Henley Kids Triathlon</b>	<b>31st May 2025</b>
<b>Henley Triathlon</b>	<b>1st June 2025</b>
<b>Alderford Kids Triathlon</b>	<b>14th June 2025</b>
<b>Alderford Triathlon</b>	<b>15th June 2025</b>
<b>Ultimate Triathlon</b>	<b>29th June 2025</b>
<b>Ultimate ½ Triathlon</b>	<b>29th June 2025</b>
<b>Ultimate Quarter Triathlon</b>	<b>29th June 2025</b>
<b>Birmingham Triathlon</b>	<b>19th July 2025</b>
<b>York Kids Triathlon</b>	<b>16th August 2025</b>
<b>York Triathlon</b>	<b>17th August 2025</b>
<b>Shropshire Triathlon</b>	<b>31st August 2025</b>
<b>North West Kids Duathlon</b>	<b>13th September 2025</b>
<b>North West Triathlon</b>	<b>14th September 2025</b>
<b>Warwickshire Triathlon</b>	<b>28th September 2025</b>
<b>Stratford Triathlon</b>	<b>19th April 2026</b>
<b>Cheshire Kids Duathlon</b>	<b>9th May 2026</b>
<b>Cheshire Triathlon</b>	<b>10th May 2026</b>



# **OFFICIAL RACE UKTriathlon MERCHANDISE**

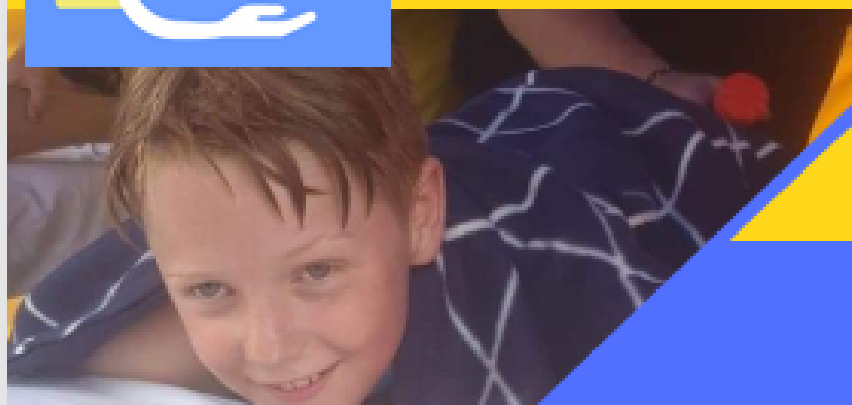
## **KIDS OFFICAL HOODIES £20**



## **KIDS TEES £13**

## **KIDS CAPS £8**





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providing pre & post  
race massage services



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Walk in welcomes

**£11**

#### **JUNIOR MASSAGE AKA LITTLE LEGS**

This treatment will give your child the best way to enjoy more sport aid recovery and build good habits  
Optional Muscle mend Recovery Oil

**£1**

#### **ADD MUSCLE MEND**

To your treatment. This 100% natural oil that improve recovery and sport related aches and pains

**£20**

#### **ASK THE PHYSIO & COACH**

If your child is having slight niggling injuries or training issues, come along and speak with physio/Coach Barry who will give you some expert advice.

[www.cravencomplete.co.uk](http://www.cravencomplete.co.uk)

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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.





**Thank  
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 (SC041666), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024

**Together we are  
beating cancer**



# SEARCH MY SPORT PHOTOS



## SEARCH

Making it easy to search  
for your photos by  
Bib Number & Selfie!



## PROFESSIONAL

You can concentrate on  
your race and we'll take  
care of your photos!



## ONLINE

Your Photos will be online  
within 24 - 48 hours after  
each race



SCAN ME



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