



# ***Henley Kids Triathlon***

***Race Day Information***

***9th June 2018***

*Event start time from 12:15pm*

*(please see your individual start time on your competitor race email)*

*Gillotts School, Gillotts Lane*

*Henley on Thames,*

*Oxfordshire,*

*For Triathlon Parking RG9 4PR*

*£3 Race Day Parking*

# 2018 Event Calendar

|                                       |                     |
|---------------------------------------|---------------------|
| Henley Kids Triathlon                 | 9th June 2018       |
| Henley Triathlon                      | 10th June 2018      |
| Birmingham Kids Triathlon & Duathlon  | 23rd June 2018      |
| Birmingham Triathlon                  | 24th June 2018      |
| York Triathlon                        | 15th July 2018      |
| South Coast Triathlon                 | 28th July 2018      |
| South Coast Run                       | 29th July 2018      |
| Shropshire Triathlon                  | 16th September 2018 |
| North West Kids Duathlon              | 29th September 2018 |
| North West Triathlon                  | 30th September 2018 |
| Warwickshire Triathlon                | 7th October 2018    |
| Birmingham Half Marathon, 10k & 5K    | TBA                 |
| Stratford Triathlon                   | TBA                 |
| Cheshire Kids Duathlon                | TBA                 |
| Cheshire Triathlon                    | TBA                 |
| Ultimate Kids Triathlon               | TBA                 |
| Ultimate, Ultimate 1/2 & Ultimate 1/4 | TBA                 |



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



★  
**OFFICIAL**  
**EVENT**

**CLOTHING**

★  
**KIDS**  
**T-SHIRTS**  
**£10**

★  
**KIDS**  
**HOODIES**  
**£20**

★  
**KIDS**  
**CAPS**  
**£8**  
★

**All available**  
**to buy at**  
**the event**

# Registration

- For your child/childrens own and other competitors safety, mobile phones or any type of personal music system that restricts their hearing are not permitted whilst competing in the event.
- Your child/children must attend the compulsory race safety brief at the start line 10 minutes prior to their start time.

## Registration and Set Up

- Registration will be open on Saturday from **11:00am**.
- Go to registration where you collect the competitor race envelope.
- Please make sure you know your child/childrens race number and start time **before** you go to registration.
- Registration is situated in the orange Mornflake marquee, please follow signs from the car park.
- Please do not attempt to change the start time.
- Please arrive at least 60 minutes before start time or as early as possible to become familiar with the layout of the event.

## Race Envelope

The race envelope, contains the following items:

- Race number x1
- Bike sticker x2 - Before entering the Cycle Transition Area attach one bike number on the front of the handlebar stem and the other on the rear of the seat post. You must show your race number corresponds with the bike number when retrieving a bike after the event.
- Helmet sticker x1 - Attach bike helmet sticker to the front of the helmet.
- Wrist bands x2 - There are two wristbands, one worn by the competitor, the other worn by the parent/guardian, if supporting before, during and after the triathlon.

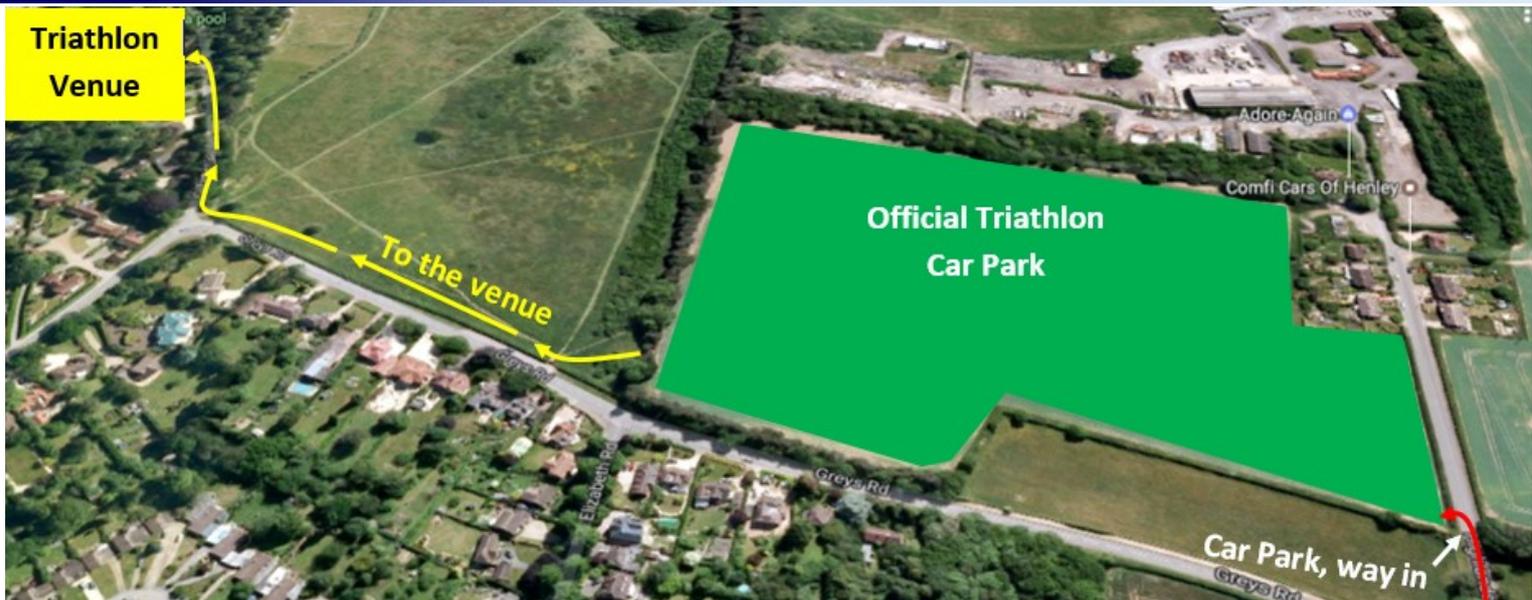
## Race Number

- Race number must be worn on the front for the cycle and run.
- It is good practice to write your child/childrens 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.

# Cycle Transition

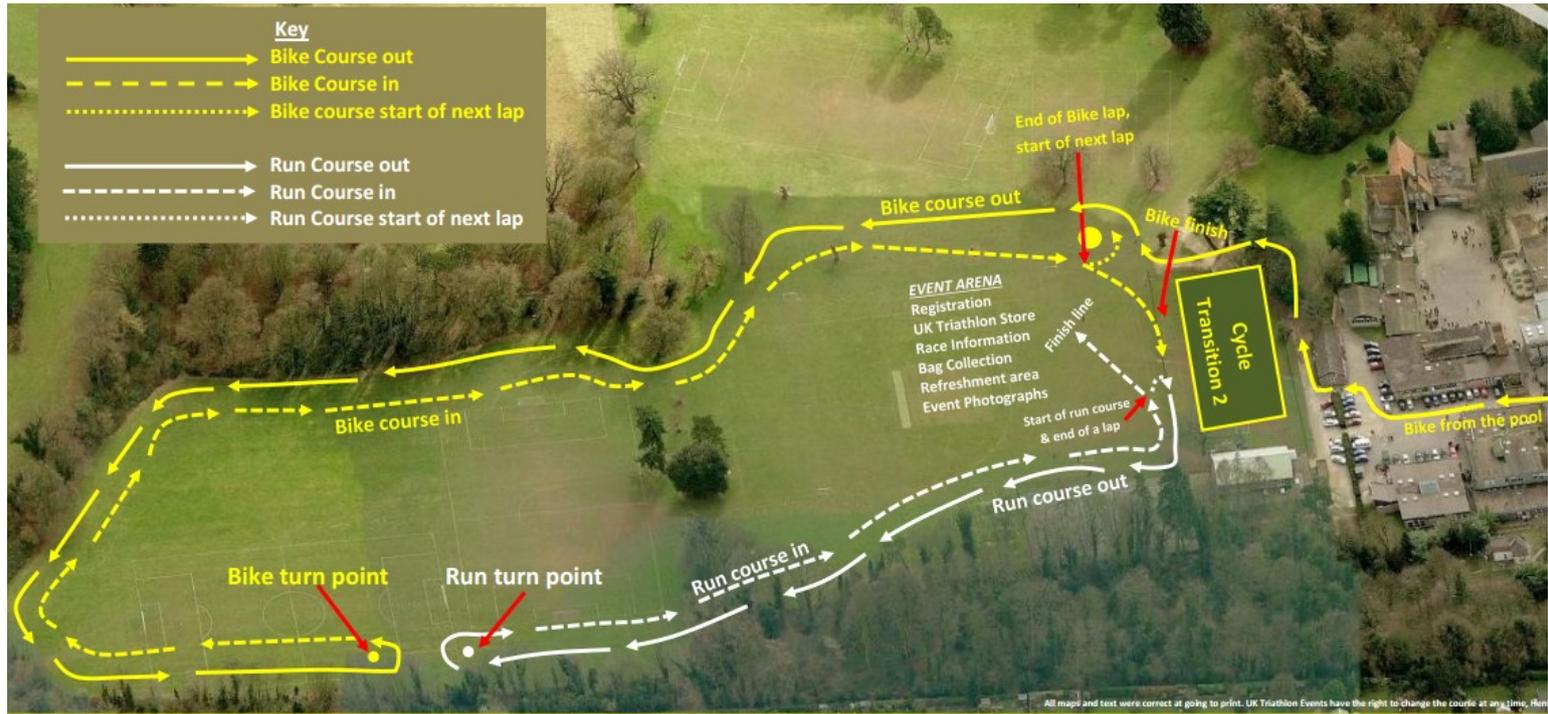
- Once registered, take your child/childrens cycle to the pool and rack it in Cycle Transition Area 1.
- Please make sure wristbands are worn to gain access to both transitions.
- The swimming pool is located within the leisure centre at the front of the school and is sign posted. Cycle Transition 1 is situated just outside of the leisure centre.
- When your child/children have finished their Cycle Transition Area 1 preparation, then make your way to the changing rooms back via the leisure centre reception and from there through to poolside at least 10 minutes before start time
- 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
- When leaving equipment in the Cycle Transition Areas, please note we cannot be responsible for any items lost or stolen, although we are allocating security staff to specifically watch the transition area.

# Car Park Map

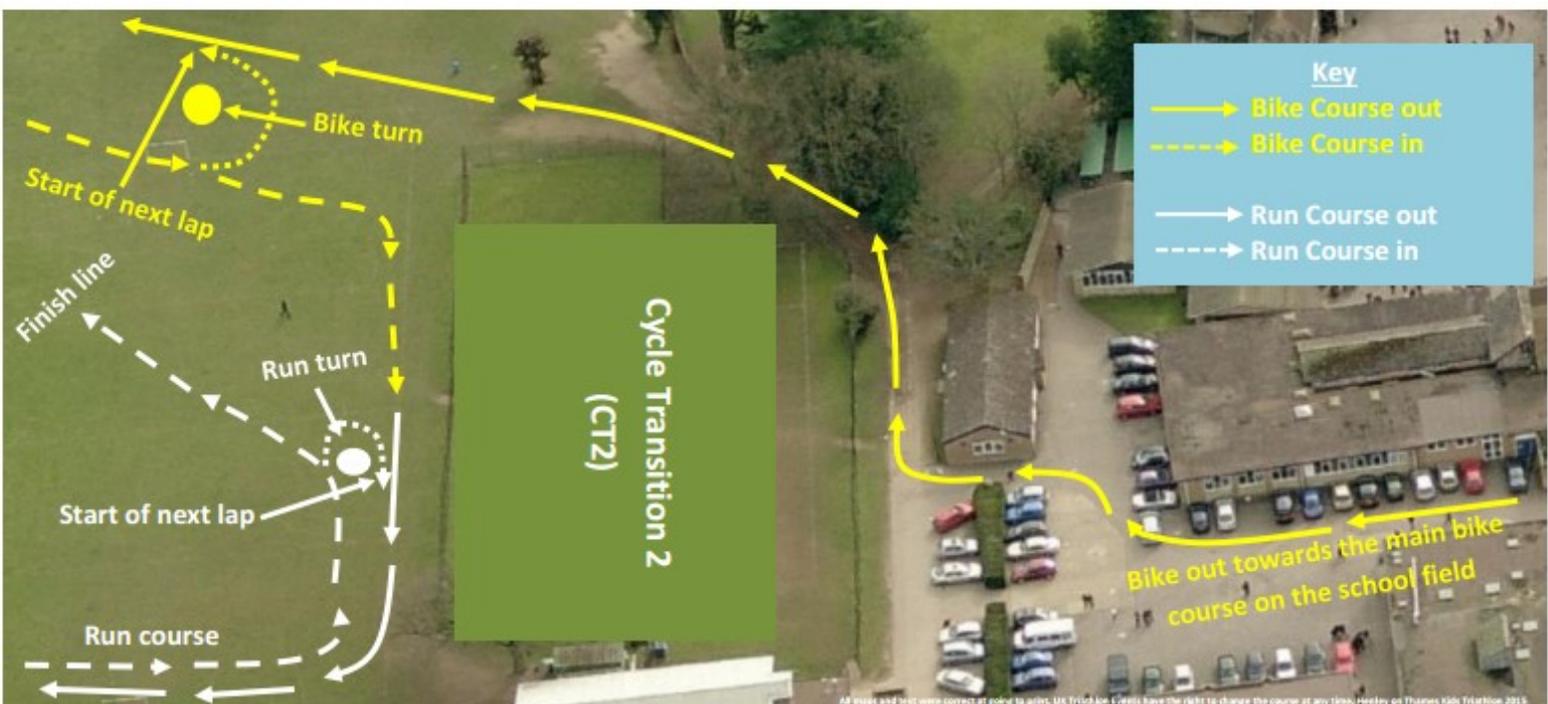


- There is a £3.00 all day parking donation and is ran by Henley Lions Charity
- You will need to cross the road as you approach the corner of Greys Road & Gillotts Lane, please make sure you look both ways
- It is a short (approximately 400m) walk from the car park to the main arena, so please make sure you arrive in good time
- **DO NOT PARK ON GILLOTT'S LANE, AT THE LEISURE CENTRE OR AT THE SCHOOL**
- Disabled drivers may park on the coach park at the front of the school

# Course Map



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



| Tin            | Zinc            | Steel            | Bronze           | Silver            | Gold              | Relay             |
|----------------|-----------------|------------------|------------------|-------------------|-------------------|-------------------|
| 10m<br>1 width | 25m<br>1 Length | 50m<br>2 lengths | 75m<br>3 lengths | 100m<br>4 lengths | 150m<br>6 lengths | 150m<br>6 lengths |

- The pool is 25 metres long.
- Diving and tumble turns are not allowed.
- The swim course is very straightforward.
- **A swim cap will be allocated poolside which must be worn.**
- Children may use their own swim cap instead if preferred.
- **Please take extra care on the poolside floor with wet feet, as it will be slippery!**
- 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.
- **Please be on the poolside 10 minutes before your child/childrens start time for their compulsory race safety brief.**

| Tin                | Zinc         | Steel         | Bronze        | Silver        | Gold          | Relay         |
|--------------------|--------------|---------------|---------------|---------------|---------------|---------------|
| 750m<br>1 lap (SC) | 1km<br>1 lap | 2km<br>2 laps | 3km<br>3 laps | 4km<br>4 laps | 4km<br>4 laps | 4km<br>4 laps |

\*SC—Short Course

- Your child/children must fasten their helmet before taking their cycle off the rack.
- Your child/children can walk or run to the cycle mount line where they will commence the cycle section, there is strictly no cycling in either Cycle Transition Areas.
- 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.
- 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.
- The bike must be dismounted at the end of the course
- **Your child CANNOT compete without a cycle helmet!**
- Make sure your bike is working properly with our pre race service/check. Please see page 12 for more information.

# Run

|                    |               |                 |                 |               |                 |                 |
|--------------------|---------------|-----------------|-----------------|---------------|-----------------|-----------------|
| Tin                | Zinc          | Steel           | Bronze          | Silver        | Gold            | Relay           |
| 300m<br>1 lap (SC) | 500m<br>1 lap | 1000m<br>2 laps | 1500m<br>3 laps | 2km<br>4 laps | 2500m<br>5 laps | 2500m<br>5 laps |

- When your child/children finish the cycle course, they must dismount their bike at the dismount line.
- The run is flat and completely post and taped on the school field.
- 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.
- There is a drinks station on each lap of the run that will be serving High5 sports drink and water.
- When the required number of laps has been achieved, your child/children must turn down the finish alley and continue through the inflatable finish line into the enclosure, finishers will then be awarded their medal.
- 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

|      |                   |
|------|-------------------|
|      | Relay             |
| Swim | 150m<br>6 lengths |
| Bike | 4km<br>4 laps     |
| Run  | 2500m<br>5 laps   |

- Each member of the relay team completes one 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 then 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 2018 finishers medal.

# Additional 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 alphabetically. 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 other children. Every child will be a winner of the Ultimate 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 in alphabetical order.

Results will also be available online at [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk) on Monday 11th June.

## Tips

- You may assist your child/children in the **Cycle Transition Areas**. Please follow any instructions that an official may give you.
- Make sure your child/children are well hydrated before the event (drink plenty of water).
- If it is a sunny day apply sunscreen to protect against sunburn.
- 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 you have any health concerns about your child/childrens fitness or ability to take part in this triathlon you must seek advice from your local GP.

## Medals

- There is a commemorative 2018 medal for all finishers.

# 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 your 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.



If you do not want your image (moving or still) to be used in the making of any film or promotional material please advise in writing to [zoe@uktriathlon.co.uk](mailto:zoe@uktriathlon.co.uk)

## 1. Will I receive my child's race numbers by post?

No, when you register your child at the event you will receive a race envelope with them in.

## 2. How do we get to the venue?

(for satnav RG9 4PR)

From the M40 north or south use Junction 6, (if you take Junction 4 through Henley town centre, you may encounter delays) follow signs for Watlington on the A4009, at Watlington follow the B480 that changes to the B481 to Nettlebed. Stay on the A481 heading toward Highmoor Cross, Rotherfield Peppard and Sonning Common. At Rotherfield Peppard turn left heading toward Henley. Look for the "Triathlon Parking" signs.

From the M4 head into Reading centre and take the B481 heading to Sonning Common. Immediately after Sonning Common you will come to Rotherfield Peppard where you turn right heading for Henley. Following the "Triathlon Parking" signs when you see them.

## 3. Where can we park?

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 donation of £3 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.

## 4. What time should we arrive on race day?

We suggest at least an hour before your child's start time.

## 5. I don't understand what my child/children need to put in the different Cycle Transition Areas, please can you give me an example of what they will need and what they might need?

Cycle Transition Area 1 Bike, helmet, shoes to cycle in, race number on a number belt or race number pinned on a shirt, towel or sunglasses.

Cycle Transition Area 2 Anything you require for the run section i.e a cap, running shoes (if you plan to cycle in specific cycling shoes).

## 6. Does my child need to wear a helmet for the cycle?

Yes, it is compulsory to wear a helmet.

## 7. Can my child use any type of bike?

Any bike is permitted as long as it is road worthy.

## 8. Can my child listen to music during the triathlon?

Unfortunately no, for their own safety and others around them they are not permitted to use any music system during the triathlon.

## 9. I know someone who would like to volunteer are they able to help out?

Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email [keith@uktriathlon.co.uk](mailto:keith@uktriathlon.co.uk).

## 10. Where can I look for accommodation for the triathlon?

For hotel, guesthouses, B&B & camping contact Henley Tourist Information on 01491 578034 or visit <http://www.southernoxfordshire.com/>. There is free camping and caravanning on the school field for Saturday night only. Just turn up and pitch behind the registration marquee from 5:30pm. Please note you cannot drive your vehicle off the field until the last cyclist has completed the course. Estimated time for this is **1:30pm** and there will be no exceptions. Alternatively move your car to the official car park prior to race start at **9am**.



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PROGRESS

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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.CO.UK**

**Pre race bike service/check just £10**

**Gear and Brake Service £20.00**

**Brake Block Replacement - Free Fitting**

**Tyre Replacement - Free Fitting**

Make sure your bike is in tip top condition for your event. Missing gears, rubbing brake blocks on the wheel rim, even worse less effective brakes can spoil your event, even retire you from the race miles away from the venue (don't worry our bike course manager Chris will pick you up and bring you back!). Make sure everything is working properly and well oiled with our pre race service/check. Located inside the registration tent during registration hours. Simply text Carl on 07950735737 with your name and start time and he will text back with an available time slot booking. There may be slots available on each day of the weekend subject to availability.

If you change your mind for any reason simply text Carl to cancel.

If additional work is recommended for your bike, there is a charge scale for any repair work over and above the service price. You will be notified of any additional work if recommended.



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