



HENLEY **TRIATHLON**

1st June 2025
Start from 08:30am

**Henley Leisure Centre & Gillotts
School**

Oxfordshire

RG9 1PS

what3words:

bounty.workflow.calibrate



Welcome	
Page 2	
Essential Information	
Page 3	
Cycle Transition Area	
Page 4	
Swim	
Page 5	
Cycle	
Page 7, 8, 9	
Run	
Page 9, 10	
Relay & Results	
Page 11	
Photography	
Page 12	
Event Calendar	
Page 13	
UK Triathlon League	
Page 14	
Event Merchandise	
Page 15	
Our Partners	
Page 16	



Race Day Information 2025

Welcome

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

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 race number belt (optional but available to purchase next to registration for £10)
- 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 - 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 7:00am
- Parking on the school field will close at exactly 08:45am. You cannot exit the car park until 12:00pm when the vast majority of competitors have completed the cycle course.
- If you cannot make the 08:45am 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 12:00pm please do not park on the school field.**

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 and shower facilities before and after your race.



From the car park follow the signs 'To the Triathlon'

Essential Information

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 Sunday from 07:30am.

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.
- 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. Use an elastic race 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.
2. Pin each race number in all four corners, front and back onto your shirt.

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 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 12:30pm and Sunday 7am to 8:30am.

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.

Pre-Race Masterclass by Craven Complete

If this is your first triathlon, or if you would just like more information specific to this event, then why not attend the free triathlon masterclass at 08:30am on Sunday. Full details on page 18.

From Registration follow the signs to CYCLE TRANSITION

Cycle Transition Area

Before entering Cycle Transition Area

Only competitors are allowed in the Cycle Transition Areas. You cannot enter the Cycle Transition Areas until your cycle and helmet stickers are attached (see page 3).

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.
- Please put on your helmet and fasten the strap to show the marshal on entry. You are responsible for checking your own cycle brakes, your bike must be in road worthy condition.
- 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 Areas, please note that we cannot be responsible for any items lost or stolen.

Cycle Transition Area 1 & Surrounding Area Map



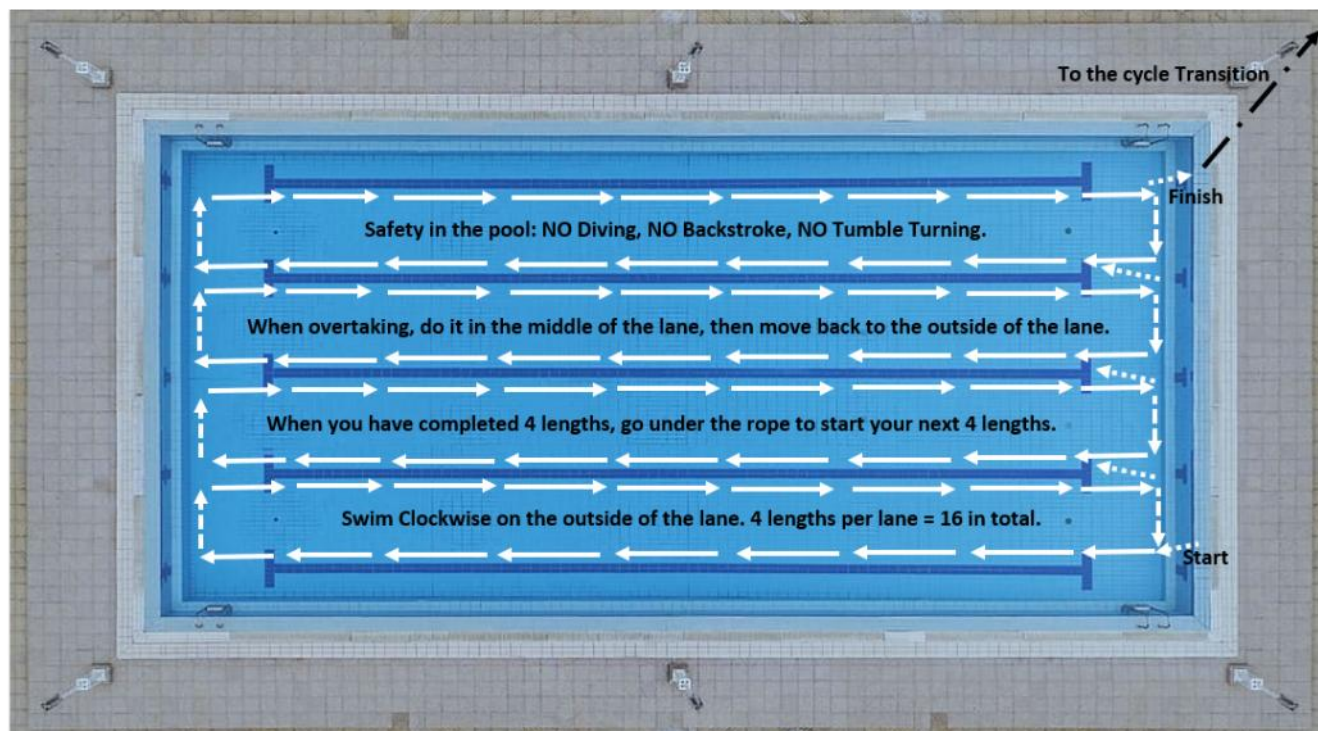
From Cycle Transition Area 2 follow signs 'To the Pool'.

Swim

- 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.

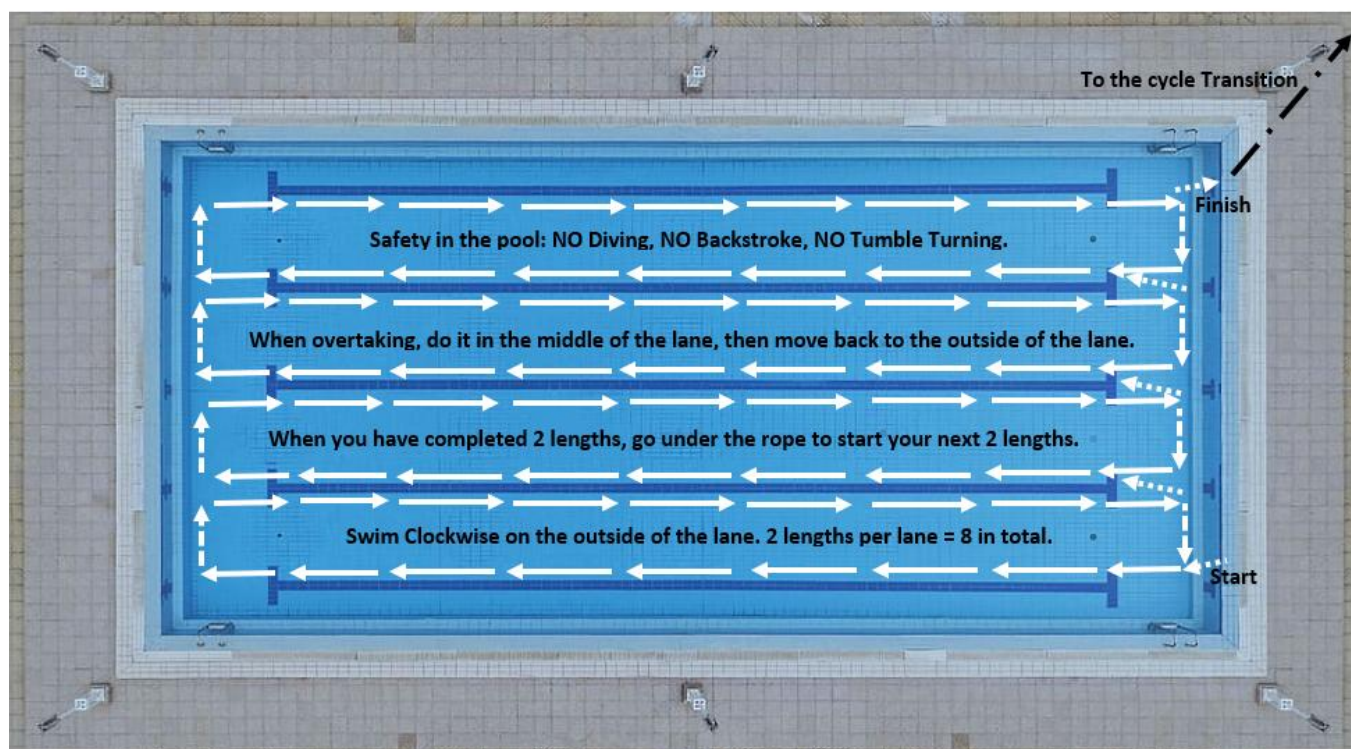
Sprint & Relay Swim Map

400m - 16 Lengths



Super Sprint, Fun, CRUK Wave Swim Map

200m - 8 Lengths



Exit the pool, go through the fire exit door and straight into Cycle Transition Area 1

Cycle

Sprint & Relay - 25k - 2 laps
Super Sprint, Fun, CRUK Wave - 12.5k - 1 lap

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 disengaged.
- 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.

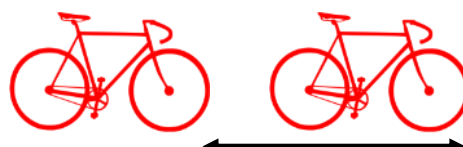
The Course

- 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 on-coming 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 either Cycle Transition Areas. Do not unbuckle your helmet until you have racked your cycle.

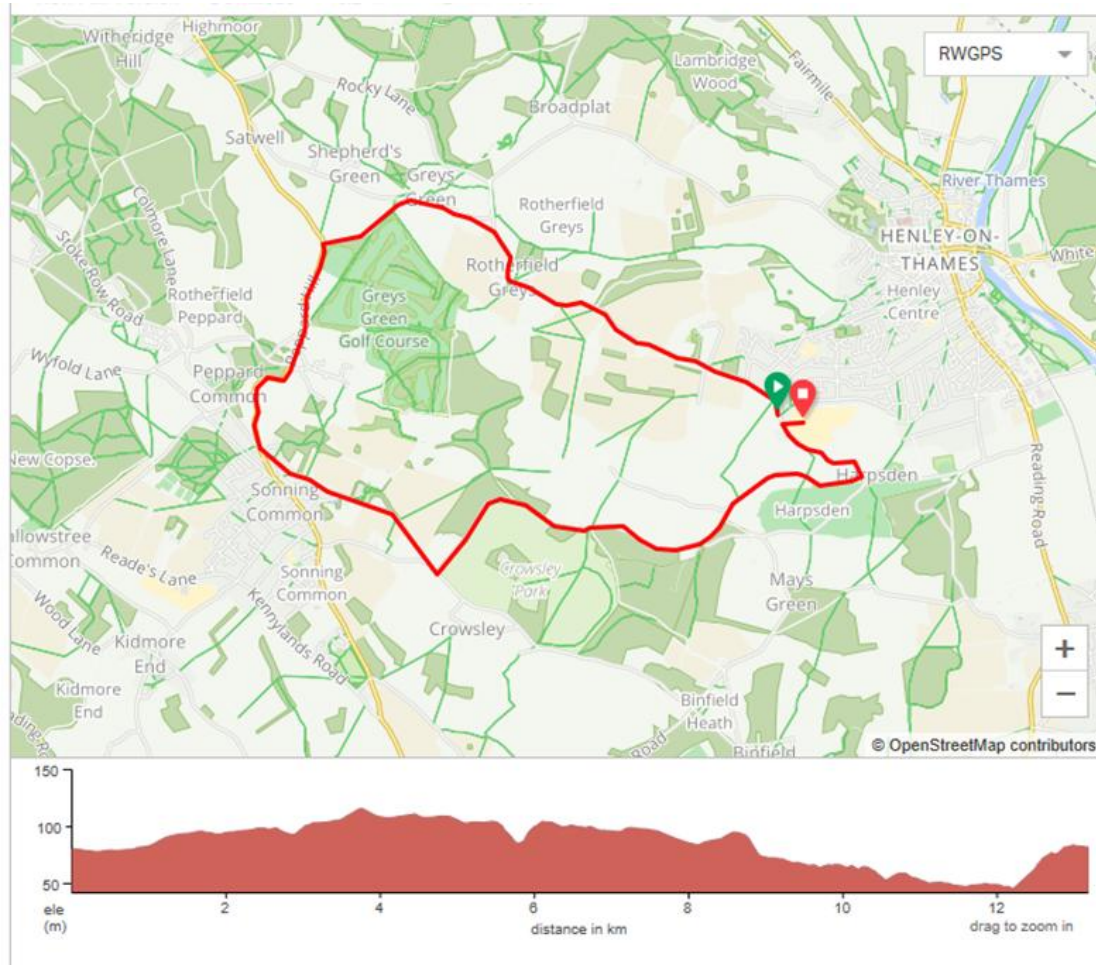


Drafting

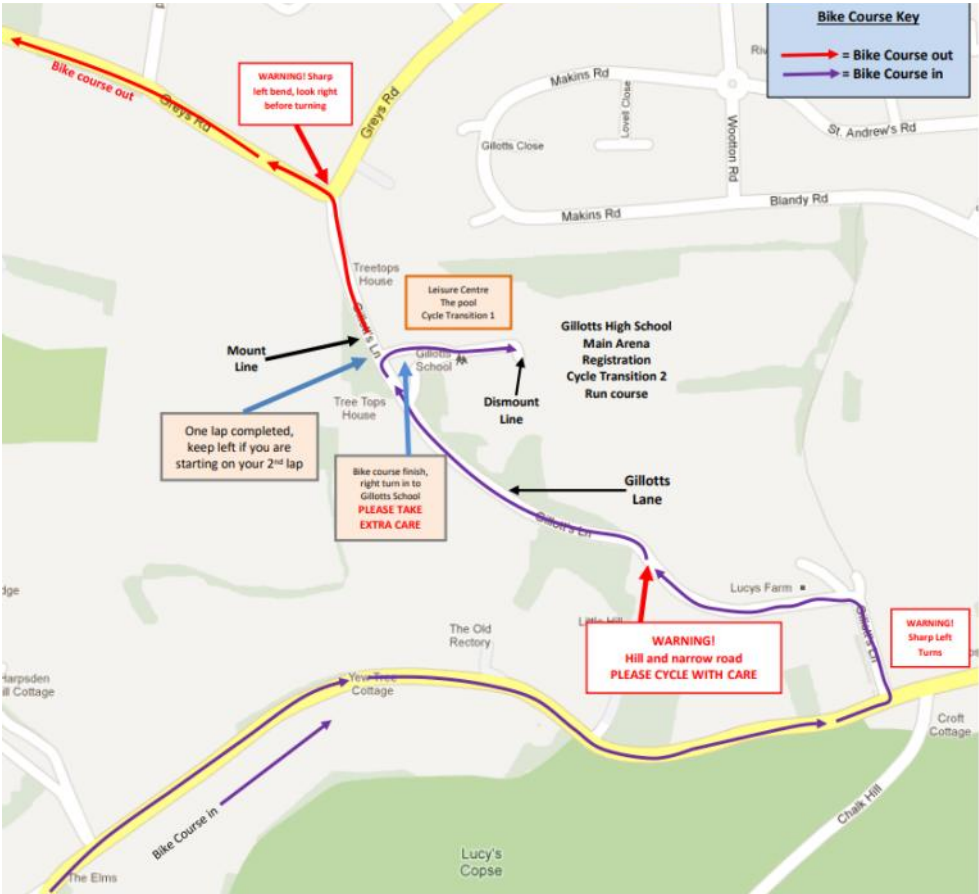
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In standard distance and shorter events, the gap between the front wheel of the leading cycle, to the front wheel of the following cycle should be 10 metres - if overtaking a competitor, you have 20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



Cycle Map



Cycle Course Start & Finish



Mount Line, Cycle Transition Area 1 & Start of Lap 2*



WARNING! There are 2 right turns on this cycle 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.

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 Area 1 towards the mount line

*Lap 2 only applicable to Sprint and Relay distances

Upon completion of the cycle, rack your bike and follow the 'Run Out' signs

Run

Sprint & Relay - 5k - 4 laps
Super Sprint, Fun, CRUK Wave - 2.5k - 2 laps

- 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!



Run Map



After the Triathlon

You cannot take your cycle out of Cycle Transition Area 2 without your race number and corresponding cycle sticker. You must collect your cycle within 20 minutes of finishing your triathlon.

Relay

If you are an all female relay team & you change to a mixed team, please inform us at customer@uktriathlon.co.uk or on the day at registration.

- 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 Cycle Transition Area 1 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 Cycle Transition Area 2, 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 finishers medal!

Results and Prizes

- Provisional results and times will be online on Monday 2nd June 2025.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- Commemorative 2025 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 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.
- Prize presentations will take place shortly after the last competitor has finished in each respective race. The race commentator will announce the time on the day.

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+



Photography & Filming

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 or www.mysportphotos.co.uk.

Other Important Information

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 Cycle Transition Area 2.

Are there lockers available?

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

Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in Cycle Transition Area 1 & 2. 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 2025/26 Event Calendar

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

For more information please visit uktriathlon.co.uk

2025 RACE LEAGUE

Take part in 3 or more qualifying UK Triathlon Events in 2025. 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



2025 RACE LEAGUE



Take part in 3 or more individual Sprint or Olympic UK Triathlon Events in 2025 to qualify.

Your 3 highest scoring events will automatically count as your total score.

Prizes are awarded to the top 3 competitors & 1st place in every 5 year age group in both Open & Female categories.

2025 TEAM TROPHY



Awarded to the highest scoring teams or clubs taking part in Sprint or Olympic UK Triathlon events this year.

To qualify for the 2025 Team Trophy, teams or clubs must score in a minimum of 2 different events.

First, second and third place in the Open and Female categories will each receive trophies.

ENDURANCE AWARD 2025



Take on the challenge of completing five or more UK Triathlon events this year and earn the prestigious Endurance Award 2025 for your mantelpiece!

All events count! Fun, Tri Together, Super Sprint, Sprint, Olympic, Middle Distance or Any Ultimate event.

SCAN THE QR CODES FOR MORE INFORMATION OR VISIT

UKTriathlon.co.uk

OFFICIAL RACE UKTriathlon MERCHANDISE



**TECH TEE
SHIRTS
£20**



**OFFICAL
HOODIES
£35**

VINTAGE STYLE CAPS £12



AVAILABLE TO BUY AT THE EVENT



We are your experts in
providing pre & post
race massage services



CRAVEN COMPLETE PROFESSIONAL MASSAGE SERVICE

WE OFFER

PRE RACE MASSAGE

£20

To ease those aches, loosen joints and prepare you for the big day.

You will leave us feeling refreshed and ready to go! with Muscle Mend recovery Oil.

POST RACE MASSAGE

£20

Improve your recovery, remove the lactic acid, get back to training faster.

Ease those aches so you don't walk like a duck, with Muscle Mend Recovery Oil

ASK THE PHYSIO & COACH

£20

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.

CONTACT

US NOW



07539660422
Text or call to book



coaching@
cravencomplete.co.uk



walk in welcomes

www.cravencomplete.co.uk

IMPROVE YOUR RACE WITH US!



RACE DAY MASTERCLASS

**A FREE RACE SPECIFIC
GUIDE TO MAXIMISE YOUR
TRIATHLON EXPERIENCE**

AIMS

- Course Specific Tips
- Cycle Transition Advice
- Q&A Opportunity
- Novice Friendly
- Relaxed Session
- Everyone Welcome



**Sunday 8.30am
at the massage Tent**

**for more info
email**

WWW.CRAVENCOMPLETE.CO.UK

info@cravencomplete.co.uk

SINCE 1678
MORNFLAKE
350 YEARS



MIGHTY OATS

**PROUD SPONSORS OF
UK TRIATHLON**



mightyoats.com



*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



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!



SCAN ME



ONLINE

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



www.mysportphotos.co.uk



[mysportphotos](https://www.instagram.com/mysportphotos)

HIGH 5

**FUEL THAT
HIGH 5
FEELING**





ZONE3

Use Code

UKTRIATHLON

For **20% OFF**

all full price items



ア
シ
ッ
ク
ス

from better **to best**

Propulsive speed for race-day performance.
Move your body, move your mind.

METASPEED™ PARIS SERIES



Use discount code: **TRIROBE**
@ uktriathlon.co.uk



MADE FOR ATHLETES



MACHINE WASHABLE



WATERPROOF



ECO-FRIENDLY



CUSTOMISABLE

@**brrHeato**
brrHeato.com
#brrHeato

