



Henley Kids Triathlon

Important note: this year there is a different parking arrangement and some parts of the event are different to all previous years. Please make sure you read all the information for the event to familiarize yourself with the new parking and slight change of format for the event.

Race Day Information

Saturday 22nd July 2023

Gillotts School, Gillotts Lane

Henley on Thames, RG9 1PS

Start from 12:30pm



Welcome, Parking Information,
Race Day Checklist & Distances

[Page 2](#)

Essential Information

[Page 3 & 4](#)

FAQ

[Page 5](#)

Course Map

[Page 6](#)

Pool to Cycle Transition Map

[Page 7](#)

Swim & Bike

[Page 8](#)

Run & Relay

[Page 9](#)

Further Information

[Page 10](#)

UK Triathlon Events 2023/24

[Page 11](#)

UK Triathlon Merchandise

[Page 12](#)

Our Partners

[Page 13](#)

Welcome

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

Parking Information

Follow the signs for Triathlon parking. Parking is situated on the school field.

There is a voluntary charity donation of £2 for all day parking by the Lions Club of Henley on Thames. Please be patient when you arrive and depart as there will be a one way system in operation through the school.

Postcode RG9 1PS

What3Words basics.hedge.shut

Race Day Checklist

- Race number (can be found on your race day email)
- Trisuit or appropriate cycling/running kit
- Additional clothing for wet/cold weather
- Cycle
- Cycle/Running Shoes
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)

Distances

Race	Run	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

Essential Information

Registration

Registration will be open on Saturday from 11:00am.

Registration is situated in the orange Mornflake marquee, please follow signs from the car park.

Please know your race number for registration and 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 Sticker x1, Helmet sticker x1, Numbered Wristband x2 (one for competitor & one for parent)

Safety pins will not be enclosed however they will be available if required.

Wristband

You will be issued with one wristband that the supporting parent/guardian 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 for the duration of the bike and run.

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. You can purchase an elastic number belt next to registration for £10.

Bike

Any type of bike can be used as long as it is road worthy. The bike sticker must go on the front of the handlebars.

Helmet

Your 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.



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 at the event.

Trainers must be worn for the run, bare foot running is not permitted.

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.

Essential Information

Race Safety Brief

Once the cycle transition area preparation is complete, make your way to the swim start at the pool 10 minutes before your start time for your compulsory race safety brief.

Cycle Transition

Parents and supporters are permitted to enter and assist if required in the Cycle Transition Area and to come through to the pool from the changing area as there is a dedicated spectator area.

Once registered, take your child's cycle and rack it in Cycle Transition Area along with anything else they require for the cycle & run section of the triathlon.

Please do not rack cycles until 30 minutes before your individual start time.

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.

Compulsory Shoe Transition

There is a compulsory shoe transition immediately after the swim. Before going 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 and put on your shoes. Follow the signs for 'Cycle Transition'. It is approximately 200 meters to the cycle transition, you can walk or run.

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.

Littering

All litter must be placed in bins or keep hold of it until you can dispose of properly.

Frequently Asked Questions

What should I do when I arrive?

- Once you've parked your car, follow the signs to Registration (inside the orange marquee).
- 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 (see page 3).
- After your bike and helmet stickers are attached (see page 4) you can enter the Cycle Transition Area and rack your bike.
- Rack your bike in an empty space – the racking is not numbered but there is marker tape to indicate where to position your bike. Prepare your kit ready for the cycle.
- When ready, follow the signs to the swim start.
- Please be at the start 10 minutes prior to your start time to ensure you are positioned in number order and have time to listen to the race brief.
- The starter will then tell you when to start your swim.

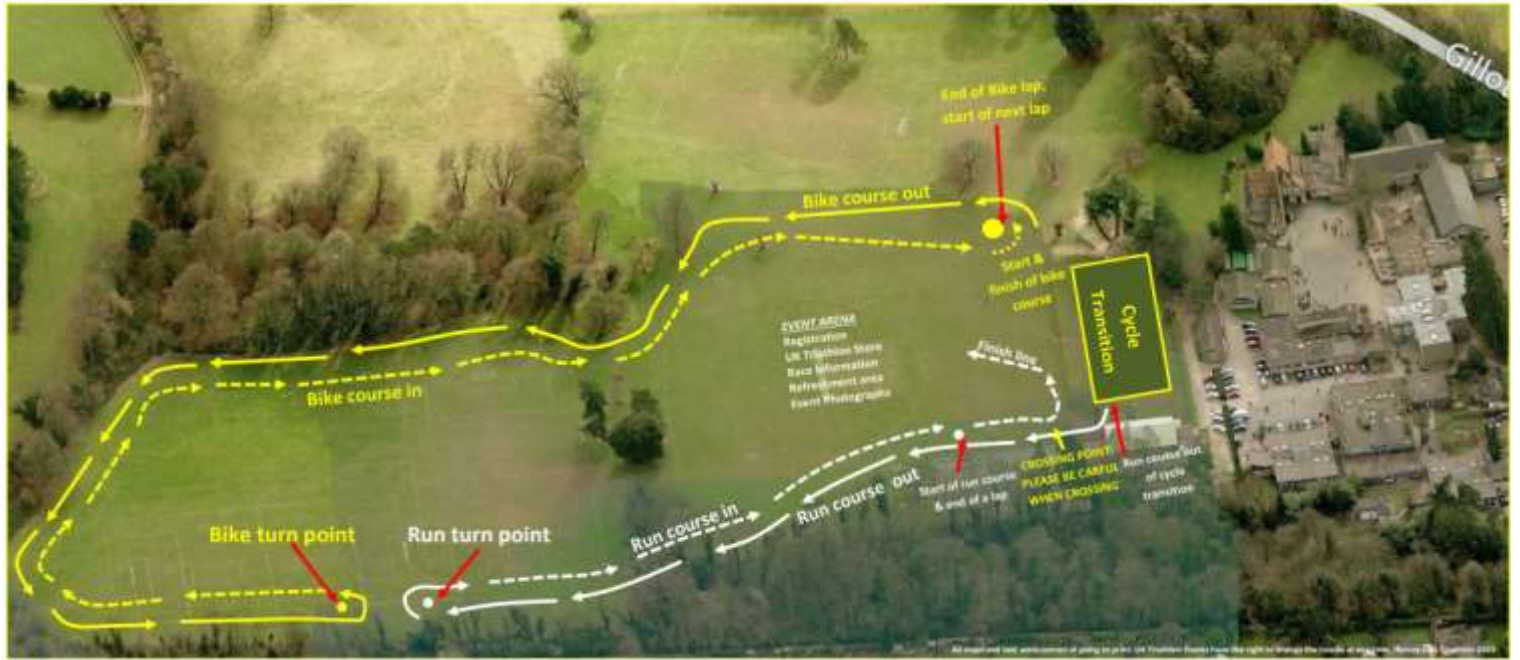
Where are the toilets and changing facilities?

Toilets and changing facilities are available in the leisure centre.

Can my friends and family spectate?

Yes! Friends and family are welcome to spectate however **dogs are not allowed on the school site.**

Course Map



Main Arena, Bike Course & Run Course information

The whole of the bike & run course will be post and taped, making it very easy to navigate for the children.

Parents/guardians, if you have a wristband, you are allowed into the cycle transition area with your children to help them.

The whole of the bike & run course are on grass, as well as being inside the school grounds, making it safe for the children.

For all run, bike and run distances, visit our website: uktriathlon.co.uk

Pool to Cycle Transition

IMPORTANT: This is the new way from the pool to the cycle transition



COMPULSORY SHOE TRANSITION AREA:

There is a compulsory shoe transition immediately after the swim. 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.

Swim

Swim Course

The swim course is very straightforward.
The pool is 25 metres long

Swim Cap

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.

Compulsory Shoe Transition

There is a compulsory shoe transition immediately after the swim. Before going 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 and put on your shoes. Follow the signs for 'Cycle Transition'. It is approximately 200 meters to the cycle transition, you can walk or run.

Completion of the Swim Course

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 barred & 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.

Bike

Bike Maintenance

Make sure your child/childrens bike is working properly with our pre race service/check. Please see page 11 for more information. The mechanic may not have availability on the day, so if your bike isn't in good shape be sure to book in for a service.

Cycle Mount Line

Your child/children can walk or run to the cycle mount line where they will commence the cycle section of the triathlon (there is no cycling in the Cycle Transition Area).

The Course

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.

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 be placed on the rack in the Cycle Transition Area.

Run

The Course

The run is entirely on grass. The course is completely post & taped and within the grounds of the Gillotts Schhol. Parents and guardians can follow their child for the run if they wish but are not allowed on the actual course.

Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help 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 line inflatable. Don't forget to collect your finishers medal!

Bike and helmet can be collected from the Cycle Transition Area after the race by providing a matching race number to the cycle sticker.

Relay

The Team

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.

During the Triathlon

- After completing the swim, the swimmer 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 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 an overall time will be taken for each child, they will be published on our website uktriahtlon.co.uk in alphabetical order. 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.

Finishers Medal

There is a commemorative 2023 medal for all finishers.

My Sport Photos

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. We will email you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or 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.

UK Triathlon 2023/24

Event Calendar

Henley Kids Triathlon	22nd July 2023
Henley Triathlon	23rd July 2023
Birmingham Triathlon	5th August 2023
Birmingham Run	6th August 2023
York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championships	2nd September 2023
Shropshire Triathlon	3rd September 2023
North West Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023
Stratford Triathlon	28th April 2024
Cheshire Kids Duathlon	18th May 2024
Cheshire Triathlon	19th May 2024
Ultimate Triathlon	30th June 2024
Ultimate ½ Triathlon	30th June 2024
Ultimate Olympic & Sprint Triathlon	30th June 2024

For more information please visit 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



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 2023 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. Bookings are also taken on Saturdays prior to Sunday Race Day.

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. **£20.00**

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. **£45.00**

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 - Badger Cycles can 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.

POST RACE SERVICING – **£55.00**

Treat your bike to a Service and Spruce up after your race!!

This service includes Bike Wash, Silver Level Service and New Bar Tape with a choice of 10 Colours to give your bike that new feel when you hit the next training ride!

GOT MECHANICAL ISSUES?



GOLD
£75

SILVER
£45

BRONZE
£20



BOOK YOUR PRE OR POST RACE SERVICE



Badger Cycles will be displaying selected Models from Moda Bikes at ALL events this Season with Special Offers to tempt you to update your Bike this season !!

An addition to any special offer being offered, any customers placing orders during Race Weekend will also receive a FREE UK TRIATHLON RACE ENTRY VOUCHER (to the value of £100)!



FREE RACE ENTRY WITH EVERY BIKE ORDER DURING RACE WEEKEND

DABBERS DINER

Classic Diner

Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast Baps, Hot & Cold Beverages





You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



CANCER
RESEARCH
UK

Together we will beat cancer



LITTLE LEGS MASSAGE SERVICE



HELLO,

we are your experts in providing athletes Pre & Post race massage service

pulseroll

WE OFFER



CONTACT US NOW



07539660422
Text or call to book



coaching@cravencomplete.co.uk



Buy a voucher here

£10

LITTLE LEGS

Improve your recovery, remove the lactic acid, get back to training faster
Ease those aches so you don't walk like a duck

£2

Add Muscle mend to your treatment
100% natural oil that improve recovery and sport related aches and pains

£20

ASK THE PHYSIO & COACH

Is there a physio or training issues that is affecting the development of the junior triathlete. Come and speak to Physio / Coach Barry to see if we can help!

www.cravencomplete.co.uk

IMPROVE YOUR RACE WITH US!



POWERED BY



**MIGHTY
OATS**



SINCE 1675

mightyoats.com

ラ N T
ン O R
ニ O I
ン S I
ゲ A 1
 3

Colors
to move
body and
mind.

asics
sound mind, sound body





Search My Sport Photos

Focusing on You



 www.mysportphotos.co.uk

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