



Henley KIDS FUN TRIATHLON

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Race Day Information

Saturday 1st June 2024

Henley Leisure Centre & Gillotts School

Oxfordshire

RG9 1PS / what3words: bounty.workflow.calibrate

Start from 12:30pm



Welcome to the Henley Kids 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)
- 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 number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running cap (optional)

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

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

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.

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

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 the children.
- **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 throughout the duration of the triathlon. 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.



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.

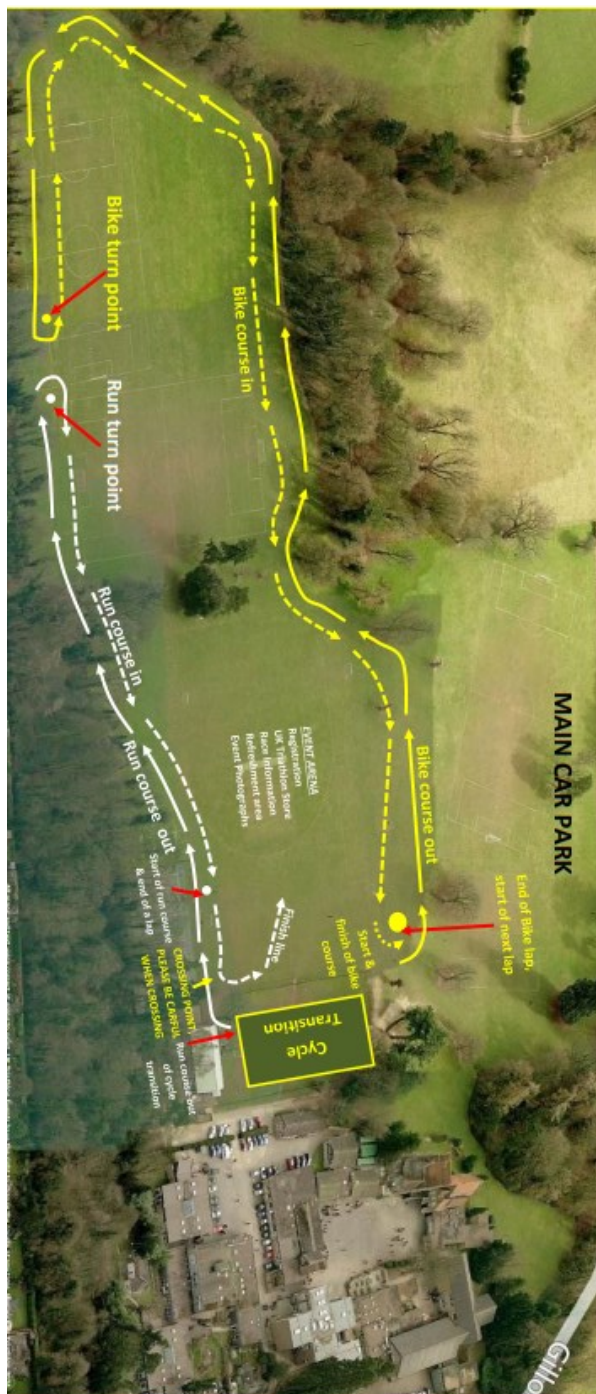
There will be a SELF SERVICE CYCLE STATION located next to the massage tent. It has track pumps, specific cycle tools, tyre levers and a bike stand.

From Registration follow the signs 'Transition Entrance this way'

Cycle Transition

- Once registered, take the cycle along with anything else needed for the cycle and run.
- Supporters must wear the supplied wristband to gain entry into the cycle transition area.
- Rack the cycle in an empty space in cycle transition area, the white tape denotes a racking position.
- Please do not rack cycles until 30 minutes before your individual start time.
- 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.

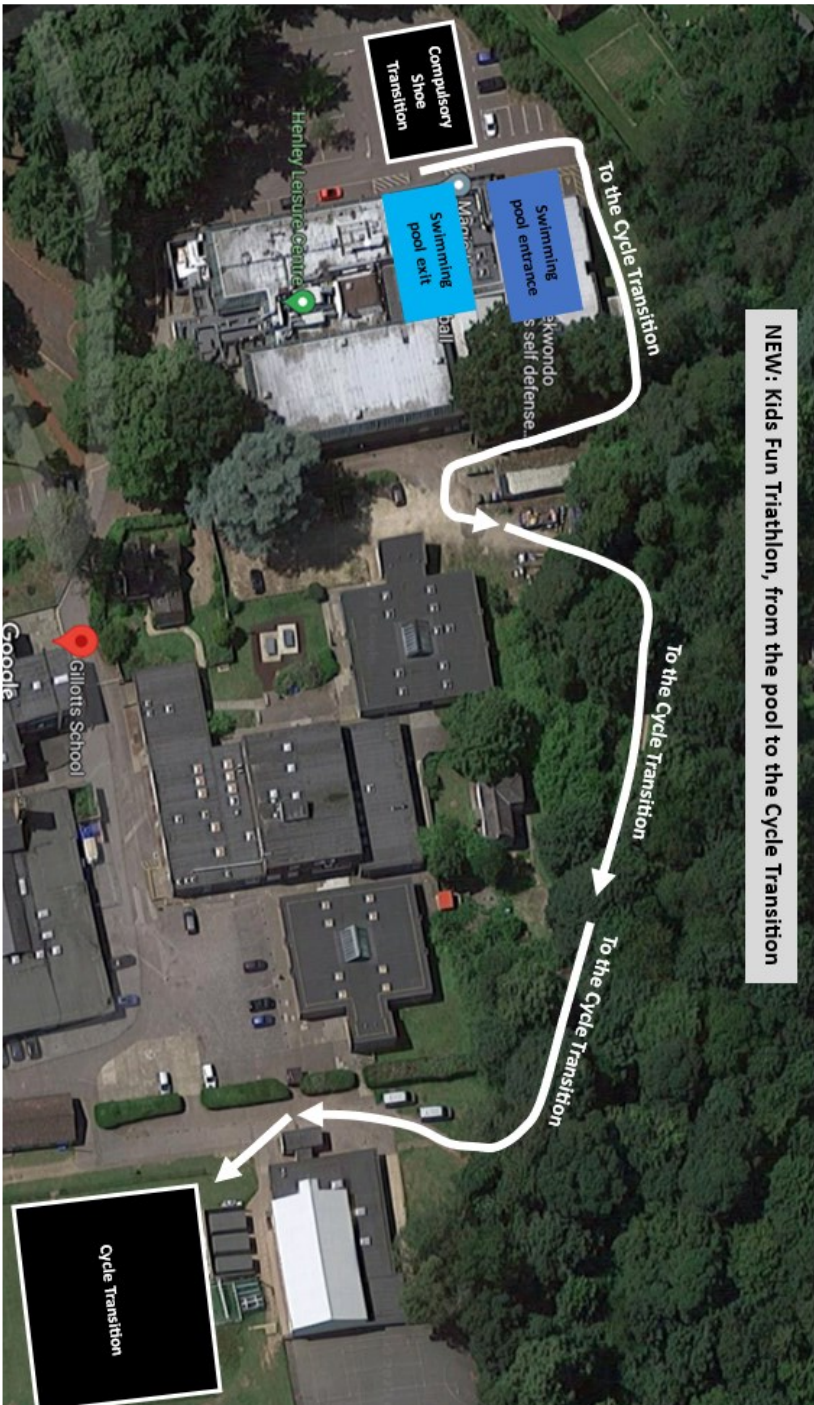
10 minutes before the start time, head to the swim start for the compulsory race brief.



Pool to Cycle Transition — Shoe Transition

Once finished in the Cycle Transition Area, follow the 'Swim Start' signs to the pool.

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.



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.

Bike

- 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 2

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 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.

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 by race number. 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 in alphabetical order later the same day on our website www.uktriathlon.co.uk.

Finisher's Medal

- There is a commemorative 2024 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 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.

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.

UK Triathlon 2024/25 Event Calendar

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

OFFICIAL UK TRIATHLON KIDS TRI WEAR



KIDS TECH SHIRTS £13



KIDS HOODIES £20

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^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



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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.

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IMPROVE YOUR RACE WITH US !