



## Henley-on-Thames Triathlon 23rd June 2013



**Henley-on-Thames Triathlon**  
**Gillotts School, Gillotts Lane, Henley-on-Thames, Oxfordshire.**  
**Sunday 23<sup>rd</sup> June 2013**

Please take some time to read all the event information, it will make it far more enjoyable for you and reduce the need to ask questions on the day. Good luck and have a great day!

*Vic Bickerton*  
 Event Director

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## Important Points to Remember

- ✓ **IMPORTANT!** Ensure you know your race number and start time when you go to registration
- ✓ **IMPORTANT!** Competitors must wear a race number front and back
- ✓ **IMPORTANT!** You must have your race number when entering or leaving the transition area
- ✓ **IMPORTANT!** If you have pre-ordered an official race T-shirt please pick it up from registration
- ✓ **IMPORTANT!** For your own and other competitors safety, mobile phones, MP3 or any type of personal music system that restricts your hearing is not permitted whilst competing in the event
- ✓ **IMPORTANT!** Know how many laps you have to complete ...

	Swim	Bike	Run
<b>Sprint and Relay</b>	400m (16 lengths)	25k (2 laps)	5k (4 laps)
<b>Super Sprint and Fun</b>	200m (8 lengths)	12.5k (1 lap)	2.5k (2 laps)

## Race Day Information

### DIRECTIONS TO THE TRIATHLON CAR PARK (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 following the "Triathlon Parking" signs on to Dog Lane heading toward Henley. From this point follow signs for "Triathlon Parking".

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.

### PARKING

- There is **strictly no parking at the school itself!** Follow the signs for "Triathlon Parking". There is a voluntary donation of £3 for all day parking that will be donated to local charities. 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 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.

### DO YOU NEED ANYTHING BEFORE THE EVENT?

- If you require anything before the event perhaps a trisuit or new running shoes, elastic laces for a faster transition, race belt, High5 nutrition products to give you more energy or even a new bike then visit the UK Triathlon Store either online at [www.uktriathlonstore.co.uk](http://www.uktriathlonstore.co.uk) or at the shop in South Cheshire.

### RACE DAY PHOTOGRAPHY

- The official race photographers will be at the finish line.
- Please make sure you have your race number clearly visible so you can check out your photographs on the screens at the finish line and purchase if you wish.
- Photos can be obtained after the event at [www.theeventphotographer.co.uk](http://www.theeventphotographer.co.uk)

## Race Day Information ... continued

### REFRESHMENTS

- There is quality on site catering at the event serving hot & cold food & drinks.

### FACILITIES

- Toilets and showers are at both situated at the leisure centre.
- Open from 7:30am.

### HOTEL, B&B & CAMPING

For hotel, guesthouses, B&B & camping contact Henley Tourist Information on 01491 578034 or click [here](#). There is free camping and caravanning on the school field for Saturday night only. Just turn up and pitch behind the registration marquee. Please note you cannot drive your vehicle off the field until the last cyclist has completed the course. Estimated time for this is 2:00pm and there will be no exceptions. Alternatively move your car to the official car park prior to race start at 9am.

### RESULTS

- Your times will be available shortly after you have crossed the finish line and will be displayed on the TV screen which is located at the finish line.
- Overall results and times will be online at [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk) on Monday 24th June.

## BTF Members

- We support membership of the BTF and therefore we recognise BTF members.
- In order to verify your BTF Membership please show your 2013 BTF licence at registration or you will have to pay the £5.00 difference.
- The £5.00 extra that non BTF members have already paid is the cost of a PRO TRI day license that allows you to compete.

## Event Registration

- **Arrive at least 60 minutes before your start time.**
- **Please do not attempt to change your start time.**
- It is recommended that all competitors arrive as early as possible to familiarise themselves with the layout of the event.
- **First you must go to registration; registration is situated on the school field, when you register you will collect your race numbers, pins etc**

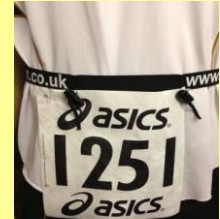
## Event Registration... continued

### Registration opening times:

- Saturday **2:00pm - 5:00pm**
- Sunday from 7:45am
- **Please have your start time or race number ready for the registration staff** (your race number and start time can be found at the top of this sheet).
- At registration you will collect your race envelope which contains your race numbers, safety pins, bike and helmet stickers.

### RACE NUMBERS

- Your race numbers must be worn, one on your front and one on your back and are not to be mutilated or re-sized in any way.
- Elastic number belts are permitted but you must still wear both numbers front and back, pinned on the top left and right hand corners.
- It is good practice to write your name, blood group and any allergies you may have on the back of your race number in the unfortunate case of an accident.



## Important information before the race...

- If you need anything before the triathlon please visit the UK Triathlon Store either online, at the shop in South Cheshire or at the event.
- Once registered, if required lay out anything you need for the final run section of the triathlon in the **Cycle Transition Area 2** opposite the registration marquee (any position is fine) such as running shoes or maybe a cap. Then take your cycle to the pool (please note that the swimming pool is located within the leisure centre at the front of the school and is sign posted) and rack your cycle in **Cycle Transition Area 1** along with items you require for the cycle section of the triathlon such as helmet, sunglasses, shoes, vest or T-shirt. Then make your way to the pool ready for the swim.
- **Please do not rack your cycle in the Cycle Transition Area 1 outside of the swimming pool earlier than 15 minutes prior to your start time.**
- When leaving equipment in the transition area, please note that we cannot be responsible for any items lost or stolen, although we are allocating security staff to specifically watch the transition area.

**You must have your race number with you to enter either of the transition areas, as security will require it.**

## Swim

**Please be on the poolside 10 minutes before your start time for your compulsory race safety brief** (late comers will miss important safety information about the course, if you miss your safety race brief and you go wrong on the course, please do not complain to any officials or voluntary marshals).

- The pool is 25 metres long
- **Tumble turns, diving or back stroke are not permitted at any time during your swim.**
- The swim course is very straightforward and there are signs and official race crew to help if you get confused, don't worry its easy!
- You swim the required number of lengths in each lane & then switch into the next lane and so on.
- It is up to you to count your own lengths, there will be spot checks throughout your swim.
- A swim cap will be allocated to you at the poolside which you must wear, please take it off when you exit the pool (please don't make us chase you for it!).
- If you have your own swim cap you may use it but it must be a bright colour so you are easily visible in the water.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

### **Sprint & Relay Triathlon:**

- 4 lengths in a clockwise direction in each 4 lanes to total 16 lengths

### **Super Sprint & Fun Triathlon:**

- 2 lengths in a clockwise direction in each 4 lanes to total 8 lengths

## Bike

When you finish your swim, change into your cycling gear in the cycle transition area 1 (you must wear a shirt, vest or all in one trisuit for the cycle section of the race with your race number clearly displayed on your front and back).

**Use the ASICS carrier bag with your corresponding race number on that you received at registration to put any items in from the swim (such as goggles or a towel), leave it next to where your cycle was in the transition area & a marshal will return it to the registration marquee (signed BAG COLLECTION) for you to collect after completing the race (you must show your race number to retrieve your bag!).**

- You must fasten your helmet before taking your cycle off the rack.
- Walk or run to the cycle mount line where you commence the cycle section of the race.
- **2 laps of the course for Sprint and Relay Triathlon**
- **1 lap of the course for Super Sprint & Fun Triathlon**

The course is fairly flat with undulations. Follow the signs around the course and do not turn until you see the specific UK Triathlon Cycle Route signs.



## Bike continued ....

- Please take extra care at all junctions. Although there are safety marshals present, they are not there to stop the traffic.
- 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 oncoming traffic.
- The final 200 metres 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 and rack your cycle in **Cycle Transition Area 2**, a marshal will tell you to dismount, do not unfasten your helmet until you have racked your cycle and do not ride your cycle in the transition area.
- **You will not be allowed to take part without a cycle helmet (NO HELMET NO RACE).**
- Ride your bike in a responsible manner and obey the Highway Code, please consider other road users and above all RIDE SAFELY.
- Irresponsible cycling will constitute an immediate disqualification & possible prosecution from the Police.

## Drafting

- Cyclists must maintain a forward distance of 5 metres between each other at all times except when overtaking.
- It is the responsibility of the overtaken rider to drop back to maintain this gap.
- Drafting marshals will strictly enforce this rule and offending cyclists will receive a time penalty for the first offence and disqualification on the second.

## Run

When you finish your cycle, re-rack your cycle and change into your running kit in the transition area 2 (if you are running in different clothing).

- Your torso must be covered for the run section of the event with, for example a tri-suit, swim suit, running shirt or t-shirt complete with race numbers clearly visible front and back.
- Follow the taped area onto the grass run course:  
**4 laps for Sprint & Relay**  
**2 laps for Super Sprint & Fun**
- Follow the posts and tape 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 a feed station on each lap that will be serving High5 sports drink and water. When you have finished the run filter into the sign posted finish lane and continue to the finish line.

## Relay Teams

- Each member of the relay team completes one of the three disciplines in the triathlon.
- At registration you will be given a wristband that you have to relay to the finish line. After completing the swim, the swimmer then passes the wristband to the cyclist inside the cycle transition area next to where the cycle is racked, the cyclist must not take their cycle off the rack until receiving the wristband. The cyclist completes the cycle course and passes the band over to the runner in the transition area only when the cycle has been placed back on the rack.
- The runner completes the run and hands in the band at the finish line.
- Relay awards are based on all male and all female teams.

## Additional Information

### MESSAGE

- Pre and post race massage will be available on race day.

### PRIZES & MEDALS

- There is a commemorative 2013 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1<sup>st</sup> place all male and female Relay teams.
- In addition there will be prizes for all five year age group winners in the Sprint triathlon so stay around for the prize giving which will take place shortly after the last competitor has finished.

Important note to all competitors as your safety is paramount to us:

The Henley Triathlon is registered, sanctioned and governed by PRO TRI UK, a non bias association dedicated to delivering professional health and safety, risk assessment, rules and refereeing guidance to the UK Triathlon Race Series.

### ACKNOWLEDGEMENTS

Many thanks to all that have made this event possible, especially all volunteer marshals and helpers, Gillotts School and Leisure Centre, Henley-on-Thames Police, Henley-On-Thames Police, Sundog, Asics, TYR, High5 and Mornflake, PRO TRI and anyone else that has helped in anyway.