



# ***Henley Triathlon***

## ***Race Day Information***

**Sunday 10th June 2018**

**Event Start Time From 09:00am**

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

**Gillotts School, Gillotts Lane,  
Henley-on-Thames, Oxfordshire.  
For Triathlon Parking use RG9 4PR**

***£3 Race Day Parking***



★  
**OFFICIAL  
EVENT  
CLOTHING**

★  
**TECH TEES  
£20**

**HOODIES  
£30**

**CAPS  
£10**

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

# 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)***

# Registration

- Registration will be open on Sunday from 8:00am
- Registration is located inside the orange Mornflake marquee
- Please know your race number ready for registration staff
- Arrive at least 60 minutes before your start time
- Please do not attempt to change your start time

## **Race Envelope**

- At registration you will receive your race envelope which will contain the following items:
- Race numbers x2
- 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 your bike number when retrieving your bike after the event.*
- Helmet sticker x1 - *Attach your bike helmet sticker to the front of your helmet.*
- Electronic timing chip and strap x1 (which must be handed in at the finish line)
- Race number tattoo - *Must be applied to your upper left arm and lower right leg* (instructions will be included on how to apply your tattoo. Water and sponges will be available outside of the registration tent).

## **Race Numbers**

- Your race number must be clearly displayed on your back for the bike and clearly visible on your front for the run
- Elastic number belts are permitted with only one number attached. It must be visible on your back for the cycle and on your front for the run pinned on the top left and right hand corners.
- Pinning the number in the middle will allow the number to fold over making it impossible to see. We must be able to see your number at all times
- You must not re-size your race number in anyway
- Please write your name, blood group (if known) and any allergies you may have on the back of your race number



## **Chip Timing:**

- This event will be electronically chip timed, you will collect your numbered chip at registration
- Please ensure you 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

**Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your ANKLE with the soft side of the strap toward your skin.**

***If you require an extendable strap please ask at registration***



## **British Triathlon Federation (BTF)**

We support membership of the BTF and therefore we recognise BTF members. In order to verify your BTF membership please show your current BTF licence at registration or you will be required to pay the £5.00 difference.

# Car Park Map



- When entering or exiting the car park, please be careful because competitors maybe cycling past the car park entrance
- All day parking charges are £2.00 for the Saturday (Kids event) and £3.00 for the Sunday (Adult race)
- All car parking charges will be donated to local charities
- 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 500m to the pool) walk from the car park to the main arena, so please make sure you arrive in good time
- DO NOT ATTEMPT TO PARK ON GILLOTT'S LANE, AT THE LEISURE CENTRE OR AT THE SCHOOL, IT WILL BE DANGEROUS FOR YOU AND OTHER COMPETITORS
- PLEASE DO NOT DROP ANYONE OFF AT GILLOTT'S LANE, AT THE LEISURE CENTRE OR AT THE SCHOOL, IT WILL BE DANGEROUS FOR YOU AND OTHER COMPETITORS

★  
**ARE YOU  
RACE  
READY?**

★  
**HELMET STICKER**

★  
**BIKE STICKERS  
FRONT CROSSBAR  
& UNDER SEAT**

★  
**RACE NUMBERS  
PINNED FRONT  
& BACK  
PINNED IN  
ALL 4 CORNERS**

★  
**RACE TATTOOS  
APPLIED  
LEFT ARM  
& RIGHT LEG**

★  
**TIMING CHIP  
ON ANKLE  
NUMBER FACING  
OUTWARD  
SOFT SIDE OF  
VELCRO AGAINST  
SKIN**

Timing chip



Number facing outwards

Helmet sticker



Front centre

Race numbers



PINNED BACK

Race numbers



PINNED FRONT

Bike sticker



Under seat

Bike sticker



Front crossbar

# Cycle Transition Area

## Cycle Transition Area - Open from 08:15

Only competitors are allowed in both Cycle Transition Areas. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 6)

- There is a split cycle transition at this triathlon. Once registered, leave anything you require for the final run of the triathlon in Cycle Transition Area 2, such as running shoes.
- Take your bike and everything required for the swim and cycle section of the event and make your way over to Cycle Transition Area 1 at the front of the leisure centre.
- Rack your bike in any position each racking position is marked by white tape.
- Please do not rack your cycle in Cycle Transition Area 1 earlier than 20 minutes before your start time.
- 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.

## Swim

**Sprint & Relay - 400m - 16 lengths**

**Super Sprint & Fun - 200m - 8 lengths**

- The pool is 25 metres long.
- **Tumble turns, diving or back stroke are not permitted at any time during your swim.**
- The swim starts at the shallow end of the pool.
- You will swim the required number of lengths in each lane & then switch into the next lane and so on.
- The swim course is very straightforward and there are signs and official race crew to help if you get confused, don't worry it's easy!
- 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.
- 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 with wet feet, as it will be slippery!
- **Please be on the poolside 10 minutes before your start time for your compulsory race safety brief**

**Sprint & Relay = 25k - 2 laps**

**Super Sprint & Fun = 12.5k - 1 lap**

- Make sure your bike is working properly with our pre race service/check. Please see page 17 for more information.
- When you finish your swim, change into your cycling gear in Cycle Transition Area 1 unless you are wearing a trisuit.
- Your race number must be clearly displayed on your back for the cycle section of the event.
- Use the bag with your corresponding number 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. It will be returned to bag collection near the finish line for you to collect after finishing the triathlon (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, (**do not mount your bike until you have passed the mount line**) where you commence the cycle section of the race.
- The course is fairly flat with undulations.
- Follow the cycle route signs around the course
- 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**
- Ride your bike in a responsible manner and obey the Highway Code, please consider other competitors and above all RIDE SAFELY. Irresponsible cycling will constitute an immediate disqualification.

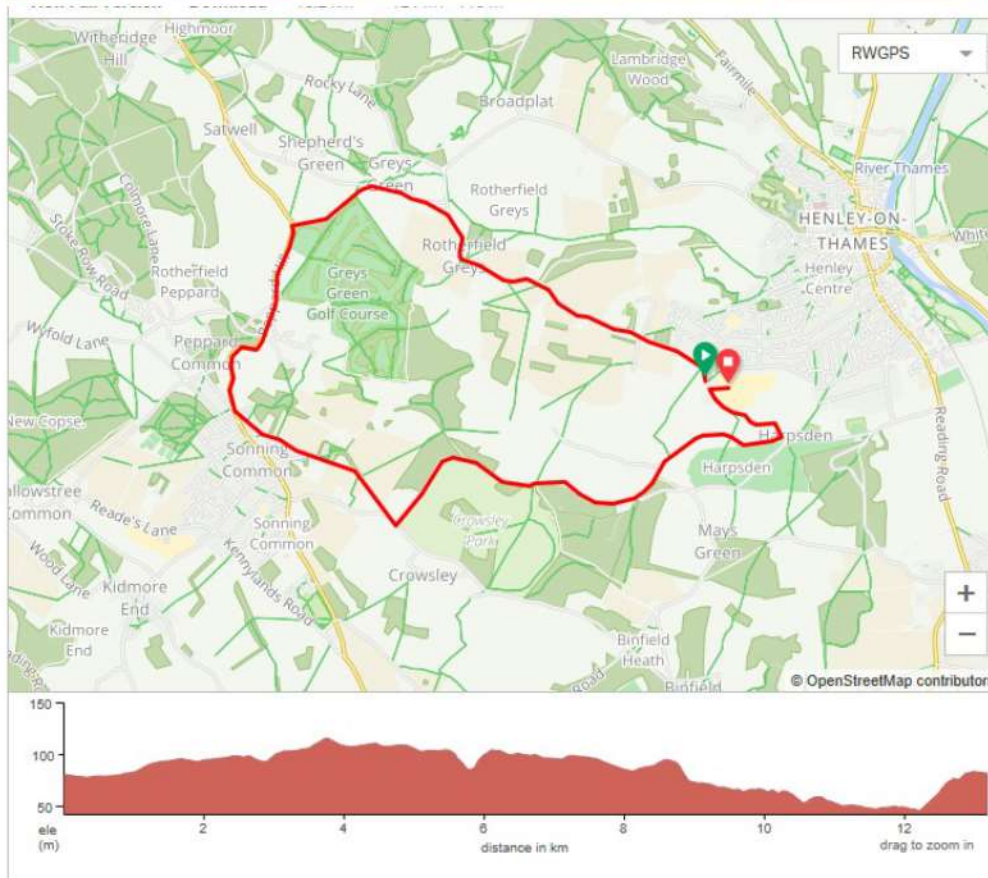


### **Drafting Rule**

- 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.

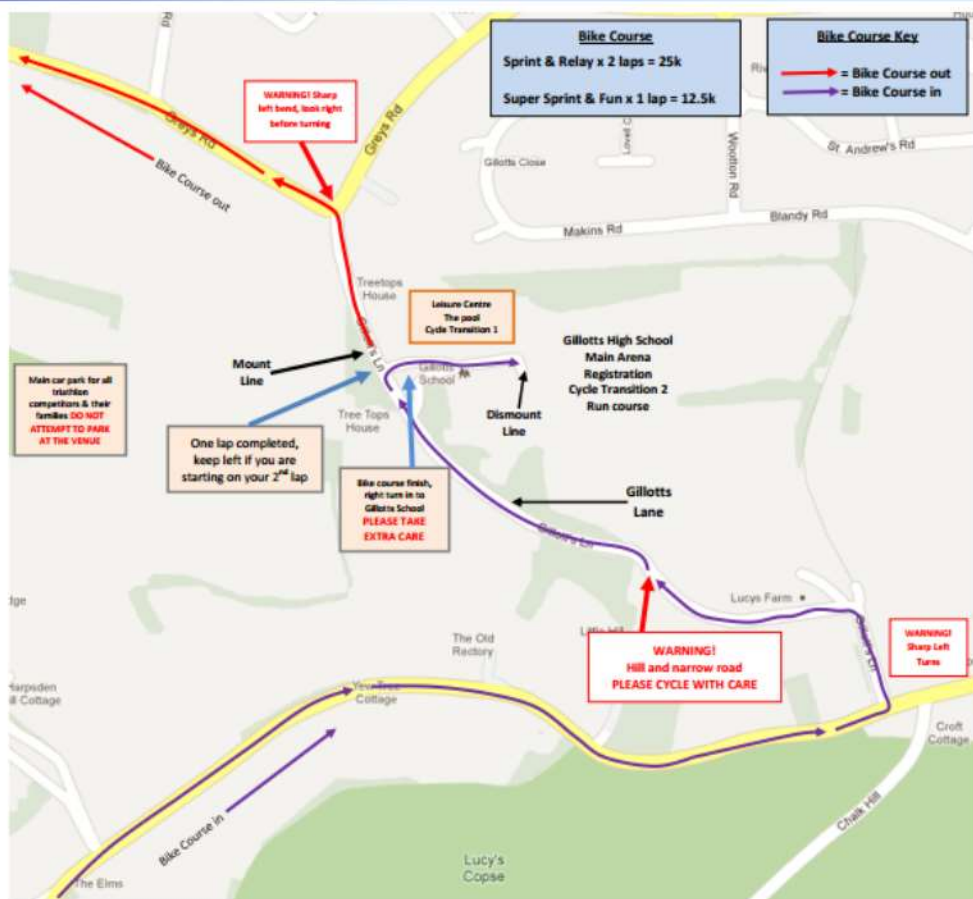


# Bike Map



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/11300082>

## Bike Course Start and Finish



# Cycle Transition 1 & Surrounding Area



## Mount Line, Cycle Transition 1 and Start of Lap 2\*



\*Lap 2 only applicable to Sprint and Relay distances

**Sprint & Relay - 5K - 4 laps**

**Super Sprint & Fun - 2.5K - 2 laps**

- When you finish the bike course enter Cycle Transition Area 2 and rack your cycle.
- Your race number must be clearly visible on your front before leaving the Cycle 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 completed laps.
- 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 through the finish line.

## Run Map



If your relay changes from a mixed, all male or all female team you must email [customercare@uktriathlon.co.uk](mailto:customercare@uktriathlon.co.uk)

- Each member of the relay team completes one of the three disciplines in the triathlon.
- At registration you will be given an electronic timing chip that must be worn on the ankle and is relayed to the finish line. After completing the swim, the swimmer passes the electronic chip 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 electronic chip. The cyclist completes the cycle course and passes the electronic chip 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 electronic chip at the finish line.
- Relay awards are based on all female and all male teams. All male teams can consist of three men, two men and one women or one man and two women.
- All team members must attend the race brief.

## Results

### **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 on Monday 11th June 2018. Should you have a query with your results please email [jenny@uktriathlon.co.uk](mailto:jenny@uktriathlon.co.uk).

# Massage and Prizes

Race event massage available at the Triathlon from B.E. Sports Massage located next to registration. Indulge in a much deserved professional Sports Massage to help rid the build up of lactic acid and reduce the chance of injury.

Prices are:

- £15 for the full body
- £10 for 10 minutes
- £7.50 for just legs

**Want to save time?** Contact our Massage Therapist Ben to book your pre and post event massage.

This events Advance Booking offer includes:

£20 for a massage both before and after the event - book a slot early and guarantee your place. Please contact Ben on his Facebook page [www.facebook.com/BElliottmassage/](http://www.facebook.com/BElliottmassage/)

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)



## Prizes

- Commemorative 2018 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 for all male and female relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the Sprint triathlon only.
- Prize giving will take place toward the end of the event.

Code	Category	Age
B	Youth	14-16
C	Junior	17-19
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
J	Veteran 3	50-54
K	Veteran 4	55-59
L	Veteran 5	60-64
M	Veteran 6	65-69
N	Veteran 7	70+

## **1. Will I receive my race numbers and chip by post?**

*No, you will pick them up when you register at the event.*

## **2. How do I 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. 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 when you see them.*

## **3. What time should I arrive on race day?**

*We suggest at least an hour before your start time.*

## **4. Do I need to wear a helmet?**

*Yes, it is compulsory to wear a helmet.*

## **5. Can I use any bike?**

*Yes, you can use of any type of bike as long as it is road worthy.*

## **6. I have competed in lots of triathlons do I have attend the race brief?**

*Yes, the race brief is compulsory, it will contain important safety information for the event.*

## **7. Can I listen to music during the triathlons?**

*Unfortunately no, for your own and other competitor safety you are not permitted to use any music system during the triathlon.*

## **8. Is there massage available during the triathlon?**

*Yes, pre and post massages are available on race day.*

## **9. 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 3:00pm and there will be no exceptions. Alternatively move your car to the official car park prior to the race start.*

## **10. 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).*



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**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.

## Nutrition Tips



The ultimate test of endurance calls for optimum levels of energy. Whether you're an elite athlete or an enthusiastic amateur, this multiple-stage competition is gruelling – but nothing matches the sense of achievement as you cross the line. Check out these top five tips:

### 01. **Have a plan**

Have a race nutrition plan and stick with it. If you want some inspiration for your race day plan then check out the HIGH5 triathlon nutrition guide – see bubble on the right. It's always a good idea to practise your race day nutrition plan in training at least twice. Prepare your nutrition before race day so there is less to go wrong in the morning.

### 02. **Carb's your #1 Fuel**

Carbohydrate is our main source of energy during a triathlon. The more you have available for fuel, the faster and further you can go. If you're racing for more than 90 minutes, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars. For shorter distances, take something when you can.

### 03. **Caffeine Boost**

Would you like to benefit from more focus, increased concentration and improved endurance performance? It's well established that caffeine can supercharge your race day performance. You should aim for 3mg per kg bodyweight (that's 180mg if you weigh 60kg) but as little as 75mg caffeine has been shown to give you an edge. Alternatively simply follow the HIGH5 triathlon nutrition guide for a dose of caffeine based on your bodyweight.

#### Triathlon Nutrition Guides

HIGH5 Advanced Nutrition Guides have been designed to help you race faster and to finish a challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. HIGH5 nutrition undergoes rigorous testing in both the lab and with athletes in the real world. It won't let you down when it matters most. [CLICK ON YOUR RACE DISTANCE HERE](#) for a step-by-step nutrition guide:



#### Sprint Triathlon



#### Olympic Triathlon

### 04. **Don't leave it too late**

Start fuelling as soon as you get out of the water. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

### 05. **Don't forget hydration**

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for drinking but try to aim for around 500ml per hour – more when it's hot! Sport drinks like HIGH5 EnergySource contain sufficient electrolytes for UK weather conditions.

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



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