



Henley Triathlon Race Day Information

Sunday 11th July 2021

Start Time From 08:30am

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

Distance	Swim	Cycle	Run
Sprint	400m - 16 Lengths	25k - 2 Laps	5k - 4 Laps
Sprint Relay	400m - 16 Lengths	25k - 2 Laps	5k - 4 Laps
Super Sprint	200m - 8 Lengths	12.5k - 1 Lap	2.5k - 2 Laps
Fun	200m - 8 Lengths	12.5k - 1 Lap	2.5k - 2 Laps
Pink Wave	200m - 8 Lengths	12.5k - 1 Lap	2.5k - 2 Laps

Gillotts School, Gillots Lane,

Sat Nav: RG9 4PR

£3 Charity Race Day Parking

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Covid-19 Guidelines

Your Health before the Event

To help stop the spread of the virus please it is recommended a lateral flow test is completed, available free from the chemists or online via NHS, prior to attending the event.

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

Only competitors are allowed in the leisure centre

Face Masks

It is advised by British Triathlon that a mask should be worn at events whilst not competing.

Social Distancing

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event.

Please make sure your spectators are aware of and abide by the 2 metre distance rule.

Hand Sanitising

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

Please sanitise before and after toilet use.

Registration

Please allow more time than normal to register. You must register yourself. You cannot have anyone register for you. Only one competitor will be allowed to register at a time (except relay teams who must register together). Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before registering.

Race Brief

There will be a rolling race brief at the swimming pool. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start.

Start Format

Competitors will each have their own individual start time at either 20 or 30 second intervals.

Maintain a 2 metre gap where possible.

Bike Course

Normal drafting rules apply (see page 4).

Run Course

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

HiGH5 Recycling

HIGH5 Recycling bins have been purchased for the event. Please recycle HIGH5 plastic cups (these are an old stock but can now be recycled so are sensible to use), gel & bar wrappers, crisp packets and similar packaging (see bins for exact packaging).

Feed Stations Bike, Run & Finish line

Drinks will be dispensed for you at feed stations, High5 Energy Source & Water will be identified clearly with signs. Move away as quickly as possible allowing for other competitors. Bin your litter.

Your Covid Officer is Vic Bickerton

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

Essential Information

Race Brief

There will be a short rolling race brief at the swimming pool. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start. Please have your wristband that is given to you at registration on your left wrist and visible as you queue for the swim start.

Registration

Open on Sunday from 07:30am.

Please know your race number ready for registration staff and arrive at least 60 minutes before your start time. Registration is located in the orange Mornflake marquee.

British Triathlon Members

To verify your membership please have your current British Triathlon licence confirmation ready to show registration staff or you will be required to pay the £5 difference.

Race Envelope

At registration you will receive a Mornflake bag and a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1.

Swim Caps

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

Chip Timing

Check your electronic timing chip number corresponds with your race number.

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.

If you require an extendable strap please ask at registration

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.
3. Place the strap around your LEFT ankle
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and secure



Cycle Brakes and Helmets

There will be no cycle or helmet check on entry to the transition area. You are responsible for checking your own cycle brakes and helmet before taking part in the event.

Know your Official British Triathlon Rules

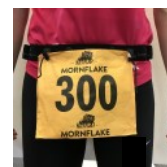
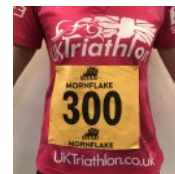
Race Number x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. Pin the race number in all four corners.

If using an elastic number belt pin the number in the top left and right hand corners.

You must not re-size your race number in any way.

Please write your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number.



What do I wear?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. For both the cycle and 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 2021 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.

Helmets

Your bike sticker must be attached to the front of the helmet.

Helmets are compulsory for the cycle and must be clipped before the bike is touched, and remain fastened until the bike is racked after the cycle stage.



Bike

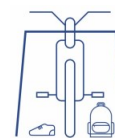
Any type of bike can be used as long as it is road worthy.

One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



Transition

Competitors should only bring into transition what is needed - a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



Illegal Equipment



Certain items are banned during the event and in transition.

This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. Leave these outside transition.

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.

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 bike, to the front wheel of the following bike should be 10 metres—if overtaking a competitor, you have 20 seconds to pass through their draft zone.

Littering

Do not discard empty water bottles, gel or bar wrappers anywhere on the course. Use the feed stations or rubbish bins provided. If you can carry a gel full you can carry it empty!



2021 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	6th June
Ultimate Aquathlon	6th June
Triathlon @ Alderford	19th June
Birmingham Triathlon @ Alderford	27th June
Henley Kids Triathlon	10th July
Henley Triathlon	11th July
Cheshire Kids Duathlon	24th July
Cheshire Triathlon	25th July
York Kids Triathlon	31st July
York Triathlon	1st August
South Coast Triathlon	21st August
South Coast Run	22nd August
Shropshire Triathlon	5th September
North West Kids Duathlon	18th September
North West Triathlon	19th September
Ultimate Weekend	24-26th September
Warwickshire Triathlon	3rd October
Birmingham Autumn Half Marathon, 10k & 5K	17th October



For more information or for online entry visit uktriathlon.co.uk

OFFICIAL UK TRIATHLON TRI WEAR



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**LADIES FIT
TECH SHIRTS
£20**

**HEAVY WEIGHT
HOODIES
£30**



**EMBROIDERED
TECH CAPS
£10**



AVAILABLE TO BUY AT THE EVENT

Car Parking

When entering or exiting the car park, please be careful because competitors maybe cycling past the car park entrance.



Please do not drop anyone off at Gillotts Lane, at the Leisure Centre or at the School, it will be dangerous for you and other competitors

Directions to the Triathlon

Please allow 15 minutes to walk from the car park to the venue. Follow the “To the Triathlon” and “UK Triathlon Registration” signs.

Please take extra care crossing Gillotts Lane as there will be cyclists and cars.

Cycle Transition

Before the Triathlon

Both Transition Areas open from 07:45am.

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

Split Cycle Transition

There are two cycle transition area's at this triathlon. Once registered, leave anything you may require for the final run only in Cycle Transition Area 2 (such as running shoes).

Cycle Transition Area 1

Take your bike and everything you require for the swim and cycle section of the event and make your way over to Cycle Transition Area 1 at the swimming pool 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 bike in Cycle Transition Area 1 earlier than 20 minutes before your start time.

Security

Although we allocate security staff to specifically watch both Cycle Transition Areas, please note that we cannot be responsible for any items lost or stolen.

After the Triathlon

You cannot take your cycle out of Cycle Transition Area 2 without your race number and corresponding cycle sticker.

Pool Swim

The pool is 25 metres long.

Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

The swim starts at the shallow end of the pool.

Swim Intervals

Swimmers will be started at 20-30 second intervals.

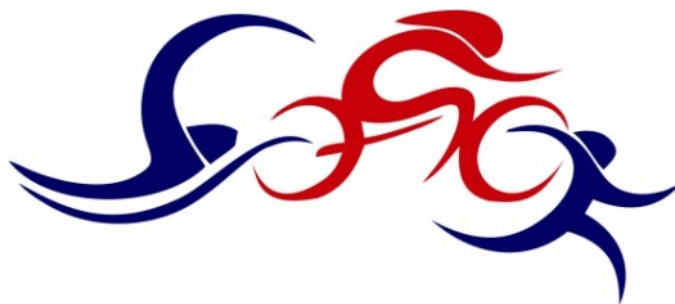
Swim Cap

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

Swim Course

The swim course is very straightforward and there are signs and stewards to help if you get confused, don't worry, it's easy!

It is your responsibility to count the correct amount of lengths. You will swim the required number of lengths in each lane & then switch into the next lane and so on.



Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 14 for more information.

Getting ready for the Bike Section

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.

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.

Transition Bag

Use the bag you received at registration to put any items in from the swim, pull the chord to close the bag and leave the bag next to where your cycle was in the transition. It will be returned to bag collection next to the registration marquee for you to collect after finishing the triathlon (show your race number to retrieve your bag).

Course Safety

Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.

The Course

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 oncoming traffic.

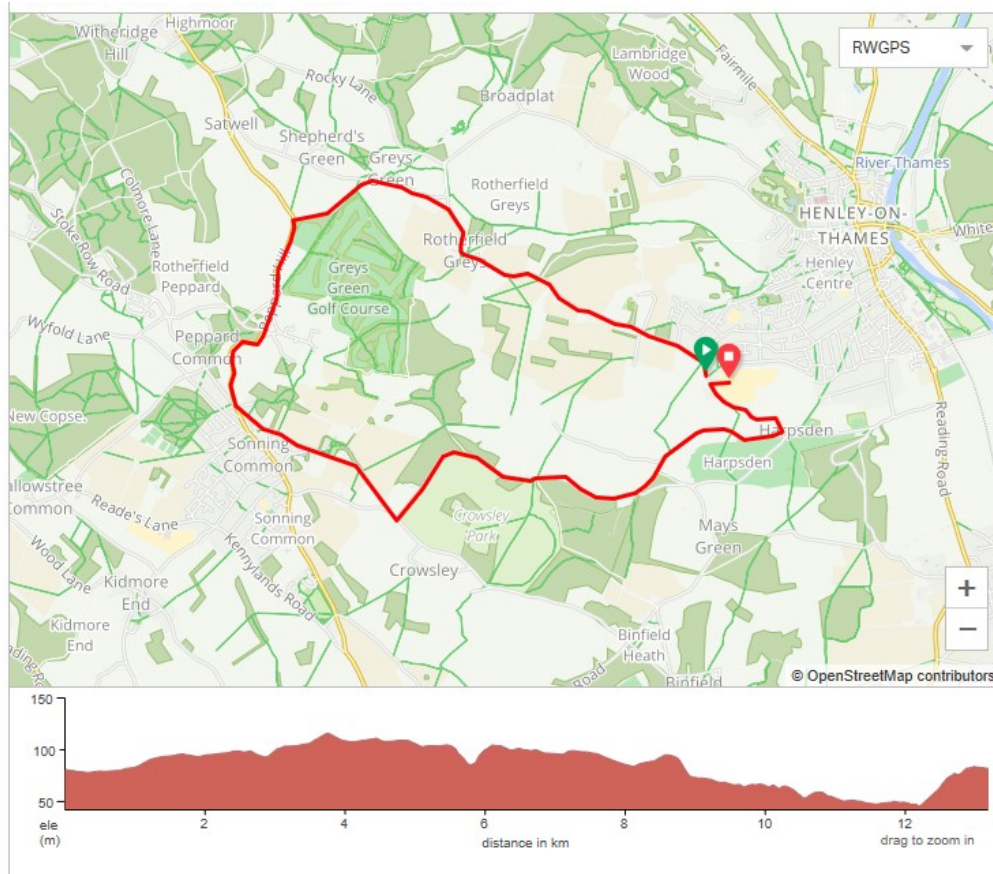
The final 200 metres of the course is inside the school grounds. Please also take extra special care on this section as there will be general public walking alongside with only cones to separate you from them.



Dismount

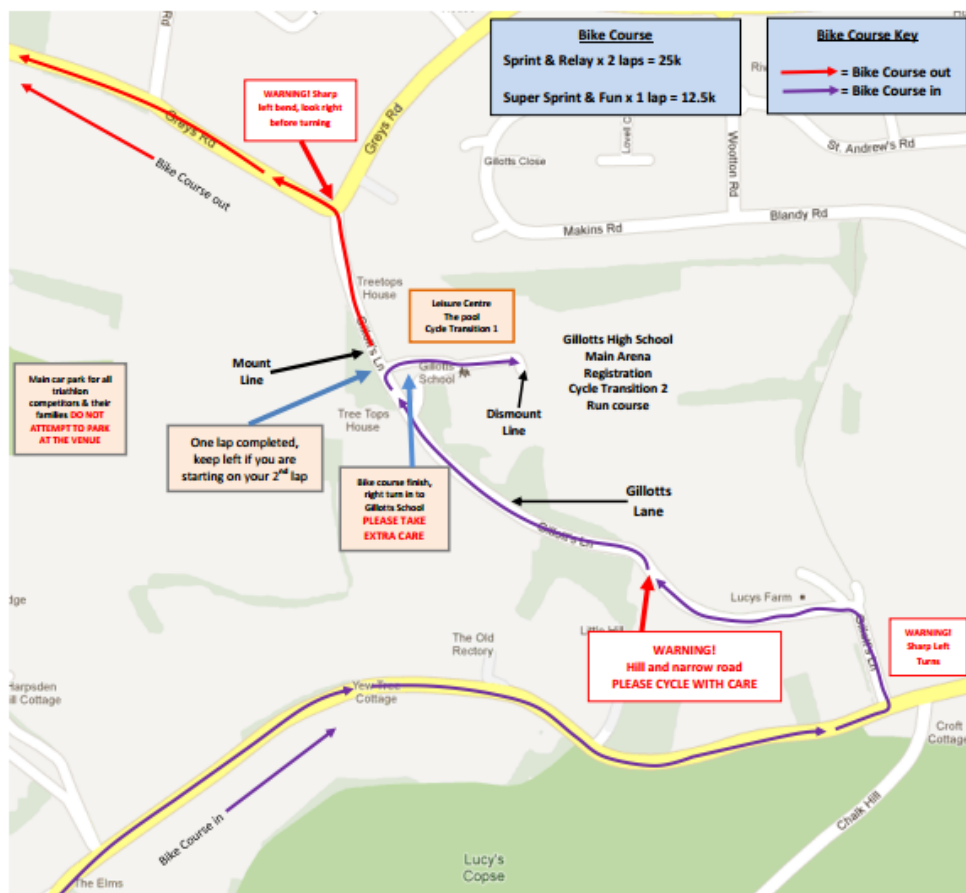
Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so (Cycling is not permitted inside the Cycle Transition Area).

Bike Map

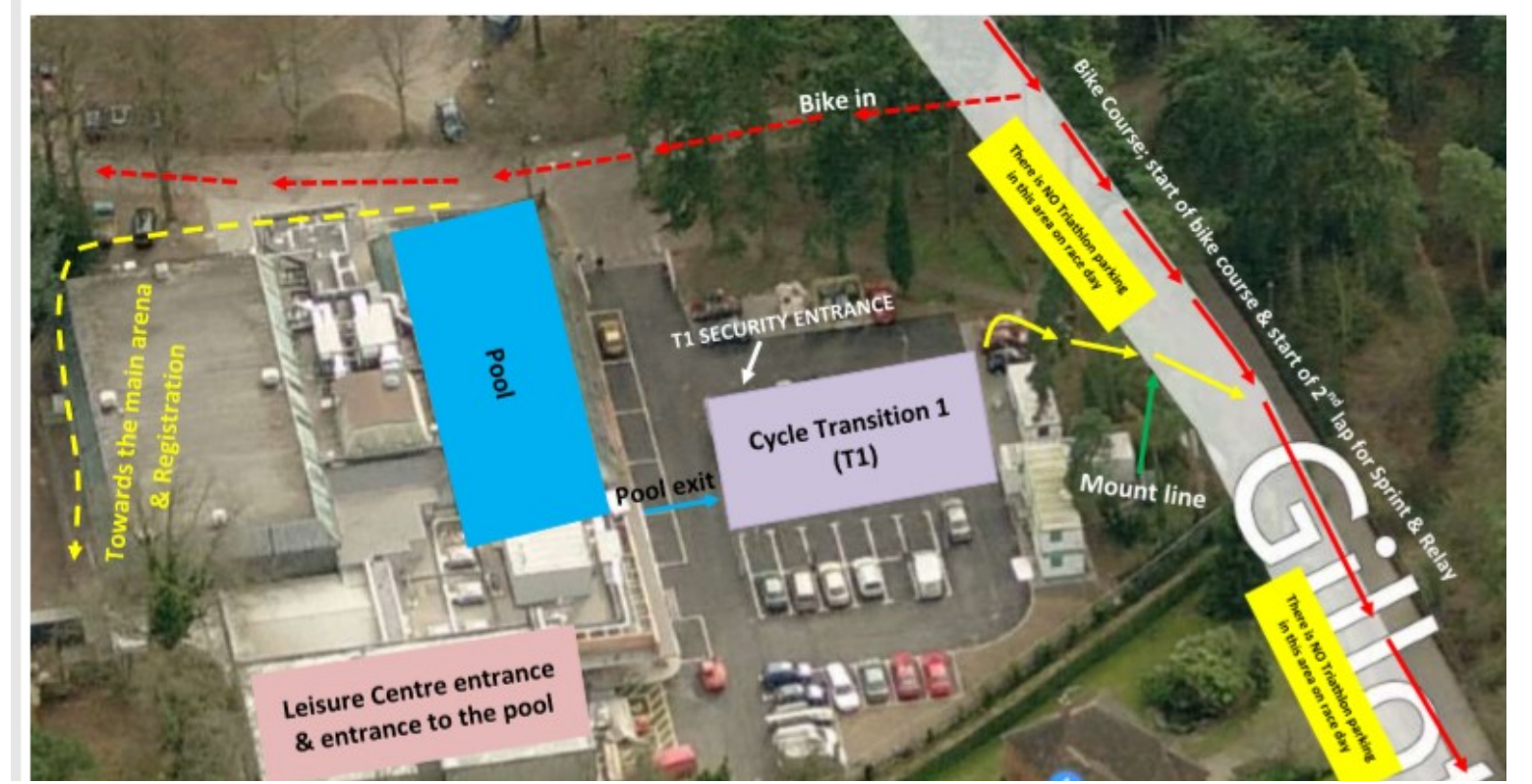


[Please click here for a fully interactive map](#)

Bike Course Start and Finish



Cycle Transition 1 & Surrounding Area



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



*Lap 2 only applicable to Sprint and Relay distances

Run

Sprint & Relay 5K - 4 laps
Super Sprint & Fun 2.5k - 2 laps

Getting ready for the Run Section

When you finish the bike course, enter Cycle Transition Area 2 and rack your bike.

Your race number must be clearly visible on your front before leaving the Cycle Transition Area.

Feed Station

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.

The Course

Follow the run route signs around the course. Maintain a distance of at least two meters where possible when overtaking. If running behind another competitor at the same pace, maintain a gap of at least 10 meters, unless overtaking. 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.



When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.

There must be no littering on the run course.

Relay

If your relay changes from an all female team you must email customercare@uktriathlon.co.uk

Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon.

At registration each member of the relay team will be given an electronic timing chip.

Awards

Relay awards are based on all female and all male/mixed teams. All male teams can consist of three men, two men and one woman or one man and two women.

How to Relay

After completing the swim, the swimmer must be within 4 meters but no closer than 2 meters to the cyclist, who should be stood next to their cycle which should still be racked. Only then can the cyclist take the cycle off the rack and continue on to the cycle mount line to commence the cycle section of the event. Once the cyclist has finished, they must re-rack their cycle and at that point the runner, who should be within 4 meters but no closer than 2 meters to the racking position, may start the run section of the event. Please make sure all electronic timing chips are handed in at the finish line.

Results and Prizes

Results

Overall results and times will be online on Monday 12th July. Should you have any problems with your results please email sam@uktriathlon.co.uk.

Photography

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 events

[My Sport Photos](#)

Prizes

Commemorative 2021 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1st place for all female and overall 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
A/B	Youth	14-18
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
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+



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 2020 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. **All work will be carried out using anti bacterial spray to all components being worked on as well as fresh disposable gloves for each bike serviced.**

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. £15.00

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. £35.00

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

Badger Cycles will be on site on both the Saturday and Sunday during race weekends giving you the flexibility of booking your bike in on either day, whichever is more convenient with you!

BIKE HIRE - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for Athletes travelling from abroad. POA

New for 2021 – As UK Distributor for Relber Cycling Products, Badger Cycles will be providing an Athlete self service Bike Prep station including use of Track Pumps and Chain lubrication facilities.

Athletes can also purchase Relber Products with a 20% Discount when purchasing products during race weekend.



Race Day Massage

Book your massage with our team of qualified physios & masseurs
and we can help improve your race experience



Pre & Post Race Stretch

£10

Pre & Post Race Massage (1 Area)

£15

Taping of One Area

£10



Craven Complete are pleased to be attending all of the 2021
UK Triathlon Series Events and will be available the day before and on race day

TO BOOK YOUR SLOT

Visit - cravencomplete.co.uk

Text - 07539 440622 with your name, event & race number

Email - coaching@cravencomplete.co.uk





FREE Race-day Masterclass with Craven Complete

New to triathlon?

Wanting to improve your race day experience?

Keen to unlock the mysteries of the sport?

Looking to gain some speed and get that PB?

This friendly & relaxed workshop can help reduce race day nerves, & provide some tricks of the trade & best of all, it's FREE!

So come along and let us help you have your best race day.

No need to book, just turn up, or for more information visit cravencomplete.co.uk

All Masterclasses will start at 4pm on the Saturday before each event, or Friday if the event is on a Saturday. Meet at the "Finish Line" next to the event stage.

Starting with the basics, on where & how to attach your race numbers, stickers, wristband & timing chip, before heading to the transition area.





ENERGY | HYDRATION | RECOVERY

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NOT TONGUES**

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Click the links below for further tips and advice-

[10K](#)

[Half Marathon](#)



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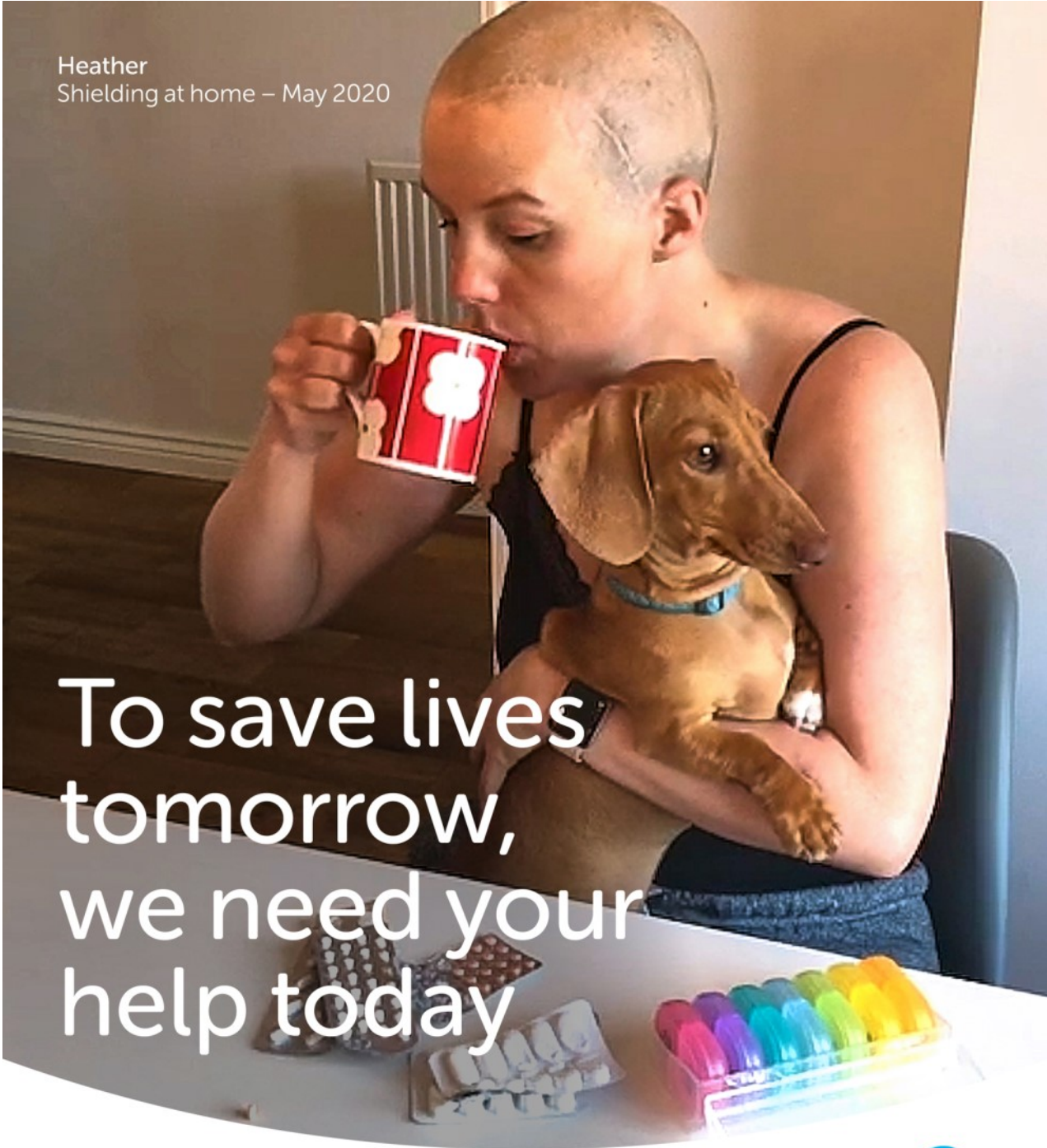
ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

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UNRIVALLED PERFORMANCE



**20% OFF USE CODE
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Heather
Shielding at home – May 2020



To save lives
tomorrow,
we need your
help today

COVID-19 has slowed us down,
but we will never stop.

Fundraising has fallen and future
cancer research is at risk. We need
your donations now more than ever,
to help continue our life-saving work.

Please donate at cruk.org/give

Together we will **still** beat cancer



CANCER
RESEARCH
UK



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 2020.