



Henley Triathlon

Important note: this year there is a different parking arrangement to all previous years. Please make sure you read all the information to familiarise yourself with the new parking.

Race Day Information

Sunday 23rd July 2023

Henley Leisure Centre & Gillotts School

Oxfordshire

RG9 1PS



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Welcome

Welcome to the Henley 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 £3 for parking by the Lions Club of Henley on Thames.

Postcode RG9 1PS

What3Words basics.hedge.shut

Parking is open from 7:30am

Parking on the school field will close at exactly 8:30am. You cannot exit the car park until 11:30am when the vast majority of competitors have completed the cycle course.

If you cannot make the 8:30am closing time you will be directed to park off-site. If you do have to park offsite please allow 15 minutes to walk to registration.

If you need to leave before 11.30am please do not park on the school field.

Please do not block residential driveways.

Welcome

Race Day Checklist

- Race number (can be found on your race day email)
- A valid British Triathlon Membership Card (if you are a British Triathlon member)
- Trisuit or swimwear
- Swimming goggles
- Towel
- Appropriate cycling/running kit if you're not wearing a trisuit
- Additional clothing for wet/cold weather
- Cycle
- Cycle Shoes (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

Race	Swim	Cycle	Run
Sprint & Sprint Relay	400m 16 Lengths	25k 2 laps	5k 4 laps
Super Sprint, Fun & CRUK Wave	200m 8 Lengths	12.5k 1 lap	2.5k 2 laps

Essential Information

Registration

Registration will be open from 07:30am on Sunday.

Please know your race number for registration and arrive at least 45 minutes before your start time.

Registration is in the orange Mornflake marquee.

British Triathlon Members

To verify your membership please have with you a valid British Triathlon licence ready to show the registration staff or you will be required to pay the £5 difference. Your current membership card or a screen shot of your licence from your British Triathlon membership page will be accepted (this must include your name and expiry date). It is recommended that you access your membership page prior to the event as there may be a poor phone signal.

Race Envelope

At registration you will receive a race envelope containing:

Race Number x2, Bike Sticker x1, Helmet sticker x1, Electronic timing chip and strap x1, Numbered Wristband x1, Numbered Band for transition bag x 1. Safety pins will not be enclosed however they will be available if required.

Chip Timing

Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your LEFT ANKLE with the soft side of the strap against your skin. 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 and the number visible.
3. Place the strap around your LEFT ankle with the chip on the outside of your ankle.
4. Give the chip a firm pull, it should remain securely fastened.
5. Double check that the strap is fastened correctly and securely.

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.



Race Brief

There will be a rolling race brief at the swimming pool. Please be poolside 15 minutes prior to your start time to allow plenty of time to listen to the race brief and to get in number order ready for your swim start. Please have the wristband, that is given to you at registration, on your right wrist and visible as you queue for the swim start. All relay team members must attend the Race Brief.

Transition Check - Cycle Brakes and Helmet

Before entering the transition area to rack your cycle, please put on your helmet and fasten the strap to show the marshal on entry. You are responsible for checking your own cycle brakes, your bike must be in road worthy condition. This is a British Triathlon requirement. Please do not rack your bike more than 20 minutes before your start time.

Official British Triathlon Rules

Race Numbers

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. You have two options:

1. Pin each race number in all four corners, front and back on your shirt.
2. Use an elastic number belt (available to buy next to registration for £10) with one or both numbers pinned to it in the top left and right hand corners (as shown in picture). Don't forget your number must be visible on your back for the cycle and on your front for the run. Please print your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number. You must not re-size your race number in any way.



What do I wear?

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

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 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. The bike sticker must go on the front of the handlebars.



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. You may however use your device for tracking your race i.e Strava/Garmin.

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. For more information regarding drafting [please click here](#). For all British Triathlon rules [please click here](#)



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!

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.

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).
- 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), located opposite the registration marquee.
- Take everything you require for the swim & cycle sections of the event and follow the swim start signs to the swimming pool.
- After your bike and helmet stickers are attached (see page 4) you can enter Cycle Transition Area 1 and rack your bike no earlier than 20 minutes before your start time.
- For more information on the split cycle transition please see page 6.
- 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, taking with you everything you need for the swim, don't forget your timing chip and strap!

Where are the toilets and changing facilities?

Toilets are available inside the leisure centre. You may also use the leisure centre's changing and shower facilities before and after your race.

Are there lockers available?

There are lockers inside the leisure centre however they are on a first come first serve basis.

Is there a bag drop area?

There is no bag drop area, but you can leave a small bag in the Cycle Transition Area.

Can I use any stroke for the swim?

For your safety and the safety of other competitors back stroke, tumble turns and diving are not permitted.

Can my friends and family spectate?

Spectators can watch the run on the event field. Friends and family can also marshal for us to earn a free race place! Please contact keith@uktriathlon.co.uk

Unfortunately dogs are not allowed on the event field.

Cycle Transition Areas

Split Cycle Transition

There are two Cycle Transition Areas at this triathlon.

- Cycle Transition 1 is at the swimming pool at the front of the leisure centre
- Cycle Transition 2 is on the event field

Cycle Transition

Both Cycle Transition Areas open from 07:45am.

Once registered, leave anything you may require for the final run only (such as running shoes), in Cycle Transition Area 2. Each position is marked by white tape. Take your bike and everything you require for the swim and cycle sections of the event and follow the signs to the swim start at the rear of the swimming pool.

Only competitors are allowed in the Cycle Transition Areas. You cannot enter the Cycle Transition Areas until your bike sticker and helmet are attached (see page 4).

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.

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.

Swim

Sprint & Relay - 400m - 16 Lengths

Super Sprint, Fun, CRUK Wave - 200m - 6 Lengths

Race Brief

There will be a rolling race brief at the swimming pool. Please be poolside 15 minutes prior to your start time to allow plenty of time to listen to the race brief and to get in number order ready for your swim start. Please have the wrist band that is given to you at registration on your right wrist and visible as you queue for the swim start.

Swimming Pool

The pool is 25 metres long. The swim starts at the shallow end of the pool.

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

Swim Intervals

Swimmers will be started at 20-30 second intervals.

Swim Caps

It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own personal swim cap. If you don't have one and wish to wear one, please ask at the pool and we will provide you with one.

Swim Course

It is your responsibility to count the correct number of lengths.

The swim course is very straightforward and will be explained to you during the Race Brief. There are signs and stewards to help if you get confused, don't worry, it's easy!

Swim clockwise in the pool.

Once you have completed your allocated lengths per lane, you go underneath the lane rope, moving into the next lane, then make your way across the pool to complete your full amount of lengths.

Swim on the outside of the lane, if you need to overtake, move into the middle of the lane, once you have overtaken, move back to the outside of the lane.

Safety in the pool: **NO** diving in, **NO** tumble turning, **NO** backstroke.

Pre-Race Service Check

Make sure your bike is working properly with our pre-race service/check. Please see page 17 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.

Getting ready for the cycle

When you finish your swim, head into the 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.

Transition Bag

Please take a small bag or small rucksack, no larger than 40x30x15cm, down to cycle transition area 1 to use to put items into after your swim e.g. a towel, swimming goggles, swim cap or clothing. Please attach the numbered band you will be given at registration clearly on the bag and leave it next to your cycle transition position. We will transport your bag to the bag collection point at the rear of the finish line for you to collect after you have completed the triathlon. Please do not leave valuable items in your bag.

Course Safety

You must abide by the highway code, follow the British Triathlon rules regarding drafting 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 200m 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.



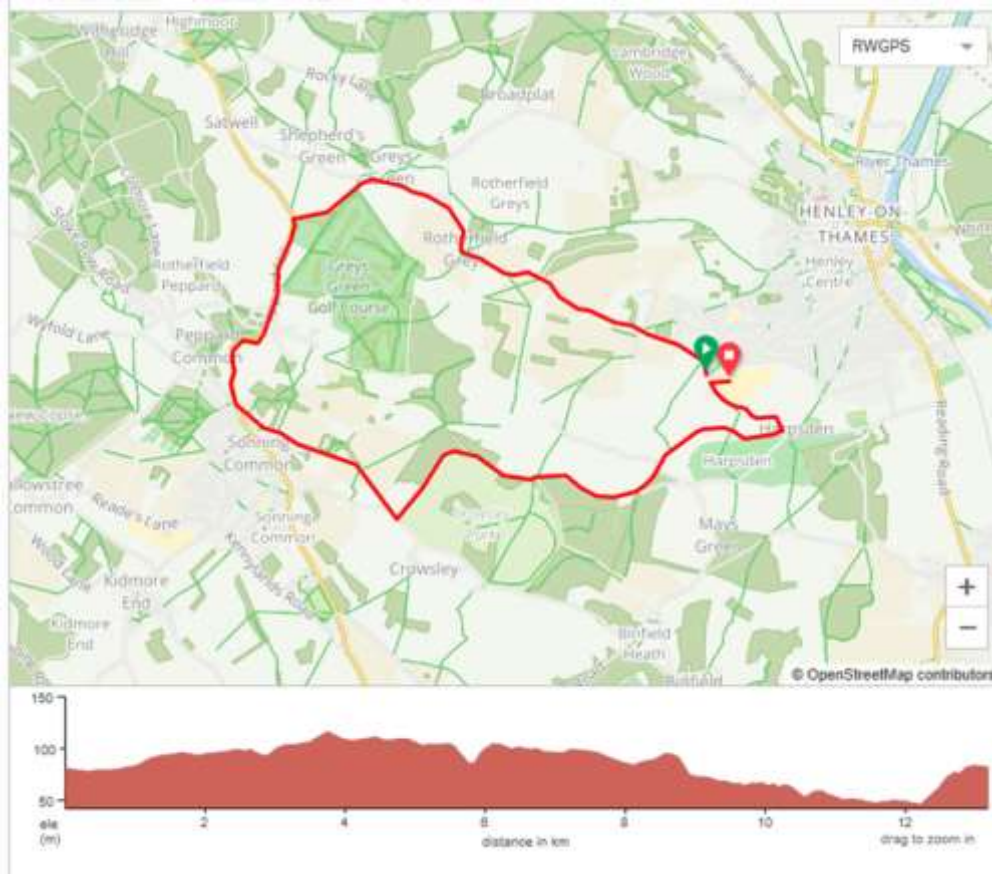
Dismount

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. Do not unbuckle your helmet until you have racked your cycle.

Cycle

Sprint & Relay - 25k - 2 laps

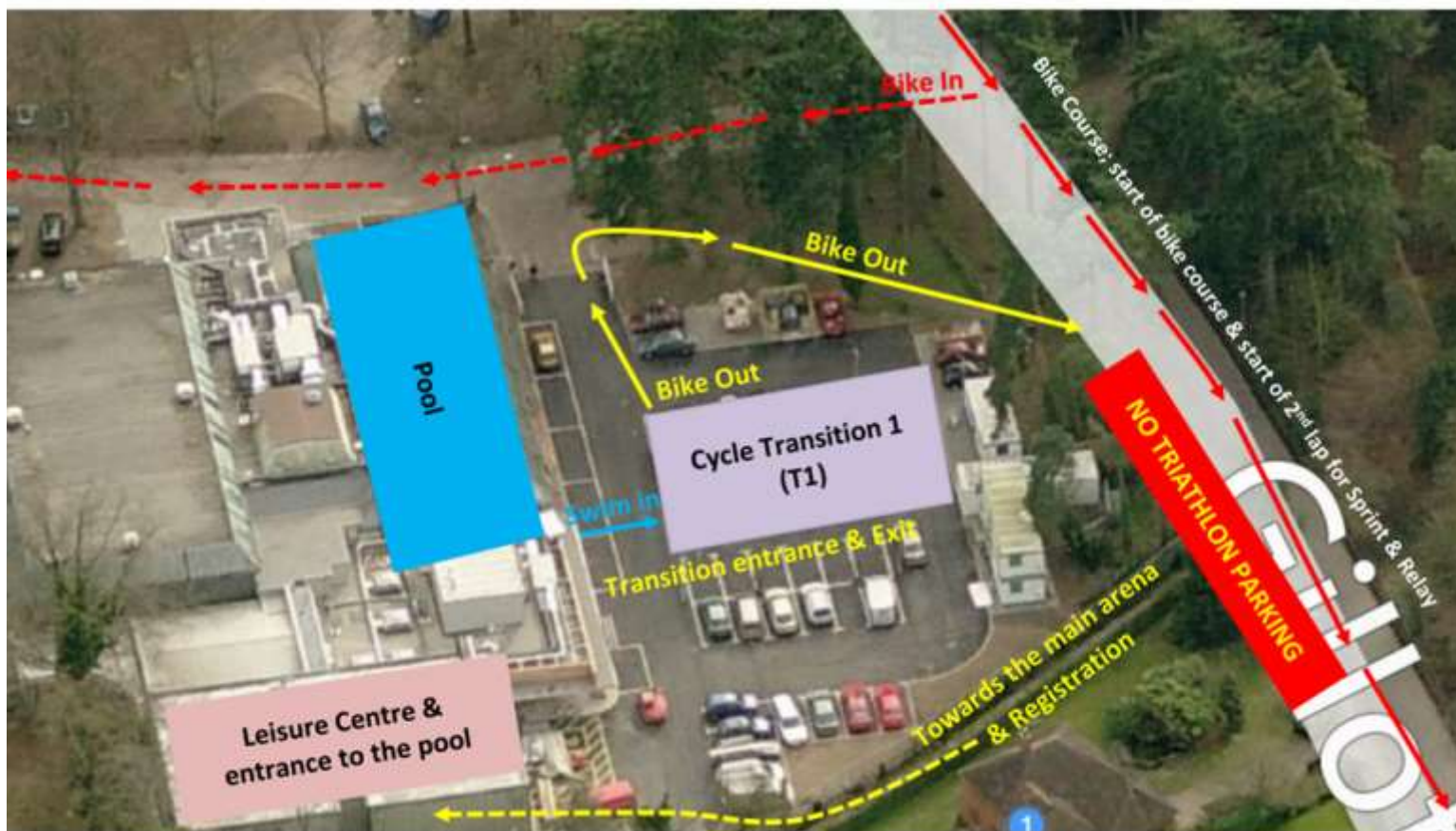
Super Sprint, Fun, CRUK Wave - 12.5k - 1 lap



Cycle Course Start and Finish



Cycle Transition 1 & Surrounding Area



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



WARNING! There are 2 right turns on this bike course, the first is the mount line, PLEASE LOOK BOTH WAYS WHEN MOUNTING YOUR BIKE, the second is when you have completed your lap/s, you have to turn right to go back into the school and towards the dismount line, PLEASE BE CAREFUL TURNING RIGHT, MAKE SURE YOU LOOK BOTH WAYS

The yellow arrows indicate the start of your second lap (Sprint & Relay only), KEEP TO THE LEFT AT ALL TIMES AND PLEASE WATCH OUT FOR OTHER COMPETITORS STARTING ON THEIR BIKE COURSE

The white arrows indicate coming out of bike transition 1 towards the mount line

*Lap 2 only applicable to Sprint and Relay distances

Run

Sprint & Relay Run - 5k - 4 laps

Super Sprint, Fun, CRUK Wave - 2.5k - 2 laps



Getting ready for the Run

When you finish the bike course, enter the Cycle Transition Area 2 and rack your bike. Your race number must be clearly visible on your front before leaving the Cycle Transition Area.

The Course

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 laps completed. When you have finished the run, turn onto the finish alley, and continue through the Mornflake finish inflatable. Don't forget to collect your finishers medal and hand in your timing chip!



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. Please use the bins provided, there must be no littering on the course.

Relay

If you are an all female relay team and you change to a mixed team, please inform us at customercare@uktriathlon.co.uk or on the day at registration.

Preparation

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

How to Relay

- At registration the relay team will be given one electronic timing chip.
- 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 put their helmet on or 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 and their helmet has been fully removed.
- The runner completes the run and hands in the timing chip at the finish line.
- The other team members may join the runner before the finishing straight and cross the finish line as a team.
- Don't forget, you all receive a finishers medal!

Awards

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

Results

Results

Provisional results and times will be online on Monday 24th July 2023.

Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.

Prizes

Prizes

Commemorative 2023 medal for all finishers.

Prizes are awarded to the top 3 competitors in the Sprint and Super Sprint competitions. 1st place is awarded to all female and all open category/mixed teams in the Relay.

Prizes for the first place in all five year age groups (see table below) in the Sprint triathlon only.

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

Code	Category	Age
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+

Photography

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.

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

LEAGUE 2023

Take part in 3 or more qualifying UK Triathlon Events in 2023. Compete against your rivals, see if you can win your age group or even the entire league!

Complete a minimum of 3 Sprint or Standard Olympic distance (includes Ultimate 1/4) events to automatically enter the league.

Track your progress against your friends, team mates or rivals.

Take part in the league as a challenge or incentive to improve your swimming, cycling and running.

Every event earns you points as a percentage of the winners time, so your points earned are always comparable to other events, whichever one you do.

If you do more than 3 events, your best 3 results will count for your overall standing.

Overall winners and 1st in every age group awarded at the end of the series.

UKTriathlon.co.uk



OFFICIAL UK TRIATHLON TRI WEAR



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TECH SHIRTS
£20**

**HEAVY WEIGHT
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£30**



**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



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



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UK

Together we will beat cancer



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*You will leave us feeling refreshed and
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Improve your recovery, remove the lactic
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duck

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sport related aches and pains

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ASK THE PHYSIO & COACH

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to talk it through and give you some answers.

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