

# CHILTERN TRIATHLON

Junior

Sunday July 6th  
at Chesham Leisure Centre and Chesham High School, White Hill, HP5 1BB  
For late updates [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk)

## Race Pack

### General Information

If this is the first time you have tried the Olympic Sport of Triathlon or even if you have done one before here are a few hints and tips for the day.

- Triathlon is a race like any other race but is made up of a swim, bike and a run.
- The clock starts as soon as you start the swim and doesn't stop until you finish your run.
- Even if you are last to start your swim the clock starts when you start
- It is not just how fast you can swim, cycle and run but how quickly you can change from swimming to cycling and then from cycling to running – these bits are called "transition"
- You need to have everything ready for the race before you start and this all needs to be in the transition area (see check list on last page)
- Once you start your swim no one is allowed to help you except for the race marshals.

## The Event

### Distances

Group A	Age 8	Swim	50m	2 lengths	Cycle	1000m	1 lap	Run	800m	2 laps
Group B	Age 9/10	Swim	50m	2 lengths	Cycle	1000m	1 lap	Run	800m	2 laps
Group C	Age 11/12	Swim	100m	4 lengths	Cycle	2000m	2 laps	Run	1200m	3 laps
Group D	Age 13/14	Swim	150m	6 lengths	Cycle	3000m	3 laps	Run	1600m	4 laps
Group E	Age 15/16	Swim	200m	8 lengths	Cycle	3000m	3 laps	Run	1600m	4 laps

### Registration times and approximate start times

Group A	Age 8	Registration times	7.00am till 8.00am	Approximate start times	8.15am
Group B	Age 9/10	Registration times	7.00am till 8.45am	Approximate start times	9.00am
Group C	Age 11/12	Registration times	8.45am till 10.00am	Approximate start times	10.15am
Group D	Age 13/14	Registration times	8.45am till 11.00am	Approximate start times	11.00am
Group E	Age 15/16	Registration times	8.45am till 11.00am	Approximate start times	11.00am

### Course

A diagram of the course, copies of this Race Pack and any late updates for the event can be downloaded from [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk)

# Race Day

## Registration

- When you arrive go straight to registration.
- Registration will open at 7.00am. Be at registration 45 mins before start time.
- Get there early. There is always a queue.
- You will register and receive two event racing numbers, which will need to be attached to your T-shirt (4 safety pins on each number). Your event number will also be written on your forearms and calf.
- Make sure you are **ON** poolside when your race is to start.

## Transition

- Don't rack your bike in transition till your age group is called. And don't remove your bike till it's announced to.
- Take all the kit you need to transition.
- At the entrance to transition an official will check your bike and fix another number to it before you are allowed to position your bike and kit.
- Lay out the things you need.
- You **must** put your bike back in the same spot you took it from when you complete the bike section.

## Race briefing

- A race briefing will take place at poolside 10 mins before age group start time
- An announcement will be made calling swimmers for their age group start

## Swim

- Access for swim will be via changing rooms
- Make sure you are lined up poolside with goggles and swim cap ready to be called for your individual start time.
- Swim in the direction you are told - **up one side and back on the other.**
- You will finish in the shallow end jump out and **walk** to the exit to transition. You can run to the bike once outside the pool.

## Bike

- Have the clothes needed for cycling laid out in transition beside your bike
- Put your helmet on and make sure it is fastened before moving your bike.
- Walk/run to the mount line - do not cycle in transition
- **Tip** - make sure your bike is in an easy gear to pedal before you go to the swim
- **Tip** - Spin, keeping your bike in an easy gear to pedal is easier and faster on grass.
- **Tip** - put talcum powder in your shoes to make it easier to put on shoes
- Dismount at marked dismount line. Run/walk back to your kit
- After the cycle park your bike where you picked it up from
- Undo your helmet last before heading out on the run.

## Run

- Have your running gear laid out in transition ready.
- Head to the running track to complete your laps

## What to wear

The race starts when you start your swim and finishes when you finish the run so you need to wear enough to keep warm but need to minimise the number of changes.

Most will wear a swim suit for the swim and simply put a T shirt with the numbers pinned to it. Make sure laces will not cause problems on bike and the run.

Make sure you have something warmer if the weather is poor and to change into after the event.

## Parents and Spectators

There are toilet facilities at the Chiltern Leisure Centre accessed off the changing rooms.

You will **not be able to view** the swimming through the **windows** outside of the pool area. If you wish to view the swimming, there is a small indoor spectator gallery overlooking the pool at first floor level accessed via the reception area of the Leisure Centre.

If parents or family members wish to take photographs at the event, you are asked to register that you will be taking photographs at the registration desk.

Representatives of the local press are anticipated at the event. If you do not want photographs taken of your son or daughter, you must make this known at the time of registration.

### **Parents will not be allowed in the transition area.**

Parents are asked to stay behind the fenced/taped off areas and are not allowed on any part of the course. Marshalls will be out on all parts of the course and in the transition area to provide any necessary help.

Provisional race results for each age group will be posted outside on the swimming pool windows as soon as possible after the last person has finished in that age group. Final results will be available on the Chiltern Harriers website at [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk)

Presentations: Trophies will be awarded to 1st, 2nd and 3rd in each age group (male and female.) Team prizes will be awarded to the winning team only. These will be presented as soon as possible after the completion of the last age group category event.

## Help

**WE NEED YOUR HELP to marshal. If you can help in anyway give your name in at the registration desk.**

## Medical Condition

Any child with an existing medical condition such as asthma should make us aware of this at registration.

## Before the Day

- Check bike is in good working order brakes, gears and tyre pressure.
- Get some training in.
- Try swimming in your race kit.
- Practise your turns.
- Practise your biking.
- Bike the course if possible.
- Do some bike/run/bike sets.
- Practise getting your bike clothes on and helmet done up.
- Practise your running.

### Check List

- Run through this list before the day to make sure you have all you need.
- Do a top to toe of all you need for each event.
- Do not just use this list. There maybe other things you need.

<b>Swim</b>	<b>Bike</b>	<b>Run</b>
Swim Suit	Bicycle	Running Kit
Goggles	Helmet – no helmet no race	Running Shoes
Cap	Bike Clothes (see what to wear)	Hat if it is hot
	Talcum powder	
	Shoes or Running Shoes	
	Towel	

## Thanks to our sponsors

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Chiltern County Council  
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**You are not alone.**

**There will be many competitors for whom this is also their first triathlon.  
Have a great day. Hope to see you again next year.**

**CHILTERN TRIATHLON**  
*Junior*

Event Organised and Managed by your local  
UK Athletics Club, ASA Swimming Club and BTA Triathlon Club

**Chiltern Harriers • Chesham Swimming Club • Amersham Tristars**