



Twyford Kids Triathlon – Saturday 17 June 2017

WHERE IS THE EVENT TAKING PLACE?

The Triathlon is now taking place in the swimming pool of [Polehampton Junior School, Loddon Hall Road, Twyford, RG10 9JA](#) and the cycle and run are on King George V Playing Field adjacent.

The **Course & site map** can be found [here](#). As you will see – distances vary depending on your age group.

	Pool Swim	Bike	Run
TriStar Start	50m	800m (1 lap)	600m (1 lap)
TriStar 1	150m	1.6km (2 laps)	1.2km (2 laps)
TriStar 2	200m	3.2km (4 laps)	1.8km (3 laps)
TriStar 3	300m	4.8km (6 laps)	2.4km (4 laps)

Registration for this event is on King George V Playing Field, please go here first before the swimming pool or transition.

WHERE & HOW MUCH IS PARKING?

Free parking is available in the following places:

- [Saint Thomas More’s Catholic Church, 105 London Rd, Twyford, Reading RG10 9EL](#)
- [Twyford Surgery, 6 Loddon Hall Rd, Twyford, Reading, RG10 9JA](#)
- and on nearby neighbouring streets, BUT please do not obstruct any residential access
- **PLEASE DO NOT PARK IN THE JUNIOR SCHOOL**

EVENT TIMETABLE:

	TriStar 3 (2003/4)	TriStar 2 (2005/6)	TriStar 1 (2007/2008)	TriStar Start (2009)
Registration Opens	8.30am			
Registration Closes	9:30am	10:30am	11:00am	11:30am
Race Briefing by Transition	9:45am	10:40am	11:10am	11:40am
Race starts	10am	11:00am	11:30am	12pm
Prize-Giving	11:10am	11:40am	12:15pm	12:30pm

CAN PARENTS HELP....?

A parent will be allowed to assist the children with the racking of their bikes in the main transition area PRIOR TO THE RACE but will not be allowed access during the event.

Please ensure either the child or a parent has the matching race number to remove the bike from transition.

IF YOU ARE WILLING TO HELP ASSIST AS A MARSHAL DURING THE EVENT, PLEASE DO LET US KNOW [HERE](#).

WILL I RECEIVE ANYTHING BEFORE THE DAY?

No, **all participants are required to register and collect the following on race day:**

- Race numbers
 - one large one to be worn on the front of your body when cycling and running – this has to be put on after the swim with safety pins or alternatively a [race-belt](#) can be worn. Race belts available to purchase for £5 on the day.
 - one to be placed on the front of your bike with cable ties (provided)
 - one to be stuck to the front of your helmet

Bikes are to be placed into transition AFTER registration at which point they will be checked for basic road worthiness. Your race number **MUST** be attached to the front of your bike and also to the front of your cycle helmet before entering transition.



WHAT DO I NEED TO BRING/WEAR?

- Goggles
- Swim hat
- Swimsuit/shorts or a [tri-suit](#) (see note below about discount available)
- Towel
- Talcum powder to put in trainers to reduce risk of blisters when putting wet feet into trainers.
- **A correctly fitting cycle helmet must be worn by ALL children taking part**
- T-shirt and shorts to put over swim-suit/shorts if not wearing a tri-suit
- Bike in roadworthy condition SUITABLE FOR CYCLING ON GRASS
- Trainers suitable for cycling and running ideally with elastic laces as easier to get on after the swim. Elastic laces available to purchase for £2 on the day.

Please bring only the essential items into transition and leave the rest with your spectators.

ARE THERE ANY SPECIFIC RULES I NEED TO ABIDE BY?

Yes:

- All competitors **MUST** wear a fastened helmet when in contact with their bike.
- **No earphones/mobile phones or MP3 players are to be used AT ALL during the event.**
- **Only marshals in high-viz vests are to assist competitors during the event.**

WHAT HAPPENS IF GET A MECHANICAL ISSUE ON THE BIKE?

Speak to the nearest marshal who will assist you.

WILL THERE BE FIRST AID AVAILABLE?

Yes, supplied by [Beyond First Aid](#). They will be stationed at the swimming pool and the Transition area.

WILL THERE BE A PHOTOGRAPHER AT THE EVENT?

Yes, and photos will be free to download after the event.

ARE THERE TOILETS/CHANGING FACILITIES ONSITE?

Yes, in the Youth Centre.

HOW WILL I GET MY RESULTS?

These will be available when you cross the line courtesy of [RogueRacer](#). The results are provisional until the end of the event.

WHO IS TO THANK FOR THE EVENT?

- Polehampton Junior School & Twyford Parish Council for hosting us
- [Interserve](#) & [Ballards](#) for sponsoring the event
- [Zone 3](#) for donating prizes for the first three boys and girls in each age group
- [Twyford Together](#) for donating prizes for the first boy and girl who live in the RG10 postcode