



**SOUTH CENTRAL  
JUNIOR SERIES  
2019**

**Twyford Kids Triathlon  
Saturday 22 June 2019**



**EVENT  
PERMIT  
2019**

## WHERE & COURSE MAPS

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. The start order for the swim will be alphabetical order by surname with 15 seconds between swimmers. Tumble turns are allowed.

	<b>Pool Swim</b>	<b>Bike</b>	<b>Run</b>
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.**

## PARKING

Free parking is available in the following places:

- [Loddon Hall, Loddon Hall Rd, Twyford, Reading RG10 9JA](#)
- [Twyford Surgery, 6 Loddon Hall Rd, Twyford, Reading, RG10 9JA](#)
- and on nearby neighbouring streets, BUT please do not obstruct any residential access or park in the church.

## EVENT TIMETABLE:

	<b>TriStar 3 (2006/5)</b>	<b>TriStar 2 (2008/7)</b>	<b>TriStar 1 (2009/10)</b>	<b>TriStar Start (2011)</b>
Registration Opens	8.30am			
Registration Closes	9:30	10:30	11:15	11:30
Race Briefing by Transition	9:45	10:40	11:30	12:15
<b>Race starts</b>	<b>10:00</b>	<b>11:00</b>	<b>11:50</b>	<b>12.40</b>
Prize-Giving	11:10	11:40	12:40	13:00

## PARENTAL INVOLVEMENT

No parents are allowed into transition at all before, during or after the morning of the event. There will be marshals at athlete check-in to check bikes/helmets and marshals within the transition area to assist athletes appropriately.

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 number for the front of your clothing when cycling and running if you are not using a race belt. Race belts available to purchase for £6 on the day.
- Bike sticker to be put on seat post
- Helmet sticker to be put on front of helmet
- Chip Timing responder to be worn on left ankle
- Day Race Licence if not a British Triathlon member

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

## **CLOTHING/EQUIPMENT NEEDED**

- Goggles
- Swim hat
- Swimsuit/shorts or a tri-suit
- Towel
- Talcum powder to put in trainers to reduce risk of blisters when putting wet feet into trainers.
- T-shirt and shorts to put over swim-suit/shorts if not wearing a tri-suit
- **A correctly fitting cycle helmet must be worn by ALL children taking part**
- 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 spectators.

## **RULES**

- 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.**
- FULL LIST OF RULES AVAILABLE AT BRITISH TRIATHLON [here](#)

## **MECHANICAL ISSUE**

Speak to the nearest marshal who may be able to assist you.

## **FIRST AID**

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

## **REFRESHMENTS, TOILETS & CHANGING FACILITIES**

There are toilets with space for changing within Twyford Youth Centre as well as at the swimming pool. There will also be refreshments available to purchase with funds going to the Brain Tumour Charity.

## **RESULTS**

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

## **PHOTOS**

We do have an official event photographer – photos will be available to download from a password protected site after the event. **If you do not want photos of your child to be shared on this secure platform – please let us know.**

If you wish to take your own photos on the day, you will be required to complete the photographic waiver at Race HQ and will be given a stamp on your hand to indicate that you have done so.