

swim
bike
run
eat

Children's Open Water Triathlon

4 July (Saturday)
from 9.30am

8-10: 100m Swim, 3km Bike, 1km Run.

11-12: 200m Swim, 5km Bike, 2km Run.

13-16: 400m Swim, 10km Bike, 2.5km Run.

The age of the child is at 31 Dec 2009

Welcome to the second Human Race Children's Open Water Triathlon at Dorney Lake. This superb venue, which Human Race has used for over 9 years, is the perfect setting for the children's triathlon.

This is a FUN event, please be aware that many children will not have done a triathlon before, so please act accordingly.

Please see the enclosed route map to find the venue.

Please remember to bring your triathlon race licence (if you have one). This will speed up registration. If you are not a member of the federation then you have to pay the £2 day membership fee.

Accommodation and special rates: We recommend the 4 star Copthorne email: leanne.bennett@millenniumhotels.co.uk

RACE INSTRUCTIONS

The venue is private property - the Dorney Lake Rowing Centre, Boveney, near Eton Wick. Please leave plenty of time to get here. Parking: at the side of the bike course. The only access will be via the MAIN access road. (See Map over) Just follow the signs as you come into the venue. You will have an 800m walk to the transition area. Arrival and departure is allowed any time.

Registration will take place in the marquee between 8:00am and 9:45am. (Please do not arrive before 8am). On arrival you will need to find your race number from the lists on display, then pick up your race number, timing chip and event T-shirt from the registration tables. At registration you will be given one race number to be worn on your front for the bike and on your front for the run. Please use at least 4 safety pins.

The number must be easily visible.

You will be issued with a security wristband at registration, with your race number on it. This wristband will give you access to the transition area. You will also need to pick up a timing chip. If you lose your chip then there will be a charge of £30 to replace it, therefore don't lose it. Please make sure your band is firmly fastened. The timing chip is to be worn around your ankle.

There will also be two sticky numbers in your registration envelope, one for the front of your helmet and one for your bike; this you attach to your top tube as a security measure. An approved, well fitting cycle helmet must be worn for the cycle.

Can you also write your Child's name on a label which is to be attached on your child's bike, same for the helmet.

Please show your race number and security wristband to gain access to the transition area. Your race number and your bike number (sticky number) must be the SAME for your bike removal. Only competitors will be allowed in the transition (bike racking) area. You must rack your bike in the racking area. Human Race event

crew will be on hand to help you. **Parents and coaches are not allowed on the course or into the transition area unless invited.**

Lots of toilets and showering facilities are available inside the building. Cafe for food/drink and other catering services, will be available from 8am upstairs in the clubhouse.

SWIM

Parents should walk their children (8-10) over to the sandy beach where they will be issued with a coloured swim cap and their number noted. 8 to 10 year old will be set off from the beach area in groups of 15 at a time with approx 5 min intervals between each start.

Please make sure your child can swim 100m in open water. They will swim in a straight line across the lake to the normal swim exit point and then exit into the transition area. see map.

Water will be warm and wetsuits are allowed but not essential. Lifeguards, canoes and crew will be in the water.

Children should never be more than 10 metres away from a solid object or a crew member.

BIKE

8-10 year olds will need to find their own bike and then the transition crew will help them organise their bike. Then they will cycle out over the bridge to a turn point on the "Island" and then return on the same road back to transition, please cycle on the left. Again they will be helped to get their bike onto the racks by our crew or officials and then they will go out on the run. Please cycle on the left at all times, overtake on the right.

RUN

All children will run down the side of the lake, to a turn round cone at a pre determined turn point, then they will return and finish under the finish gantry.

There will be different turn points for the different age groups. **triandrunk** is the official retailer and will be with us for the entire day. If you need them to bring any specific products then please ring 020 8500 4841.

Start time	Start	Category
9:30 am	15, every 5 mins	8-10 year olds
10:20 am	all boys	11-12 year olds
10:40 am	all girls	11-12 year olds

Note: Your age is at 31 Dec 2009 – NOT age on race day!

In the results you will be given your timing splits for each discipline if we can see your race numbers, which must be clearly visible. Results will also be on the website as soon as possible after the race.

www.humanrace.co.uk

Prizes will be awarded near the finish gantry.

Boys & Girls 1st Three: 8, 9, 10, 11, 12, 13, 14, 15, 16.

Remember we are here as guests, so please act accordingly and please don't leave any rubbish.

Withdrawals: If, for any reason, you need to withdraw from the event after you have entered, you should read our Withdrawals policy on the website and follow the instructions there.

You should be receiving important email updates from us on the race. If you are NOT then email: nerys@humanrace.co.uk





8-10 year olds

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