

RADLEY



Race Day Information

Radley College, Abingdon





Thank you for choosing Radley Triathlon and entering the Good Fri Tri!

This booklet provides you with everything you need to know about the day, so please take the time to read carefully through it.

TryTri Events is the home of the triathlon and started in 2009 with a small event in Winchester. We are a family friendly company, designed to ensure competitors and spectators alike have a great day out. No matter what your ability, TryTri has something for you!

We hope your training has gone well so far and we look forward to seeing you on the day!

Good luck,

The TryTri Team.

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How to get here

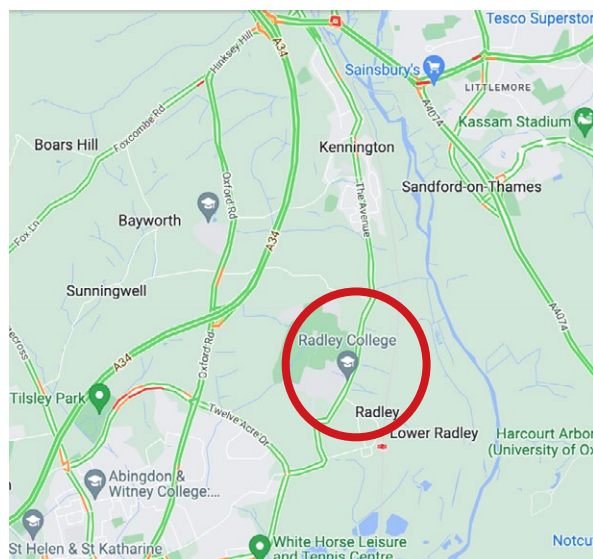
Location: Radley College

Address: Radley College, Kennington Road,
Radley, Abingdon, Oxfordshire, OX14 2HR



By Train

The nearest station is Radley (unmanned) which is approximately 10 minutes' walk from the college. There is a regular Great Western train service to and from both London Paddington and Oxford. Faster services are available from Oxford and Didcot Parkway.



By Car

From The M4

- Leave at Junction 13 and head north on the A34 towards Oxford
- Leave at the Abingdon turn (about 15 miles) and head towards Abingdon (under the A34)
- At the second roundabout turn left into the Abingdon perimeter road
- Continue on the perimeter road going straight on at four roundabouts. This brings you into Twelve Acre Drive (a part for the perimeter road)
- At the next roundabout turn left (signposted Radley)
- After 0.3 miles, on the outskirts of Radley Village, turn left (signposted Radley College)
- The College is on the left after the double bend
- Take the second entrance (the first is the Sports Centre only)

From The M40 Southbound

- Leave the M40 at Junction 9 and take the A34 towards Newbury
- Leave at the Abingdon North exit and head towards Abingdon (turn left at the top of the slip road)
- At the first roundabout turn left into Twelve Acre Drive and then continue as from the M4

From The M40 Northbound

- Leave at Junction 8 and join the A40 towards Oxford. Turn left onto the Oxford Ring Road following the signs to Newbury until the A34 turn
- Head South on the A34 towards Newbury but leave at the first exit - Abingdon North (about 2 miles)
- Head towards Abingdon (turn left at the top of the slip road)
- At the first roundabout turn left into Twelve Acre Drive and then continue as from the M4

Arrival Step by Step Guide

PARKING

1. On approach to Radley College please follow the signs to the designated 'Triathlon Car Park'. Please note that parking is limited on site, please limit parking to **one car per competitor** (including spectators). Further parking can be found at Radley Train Station which is a 3 minute cycle and a 10 minute walk to the college.

REGISTRATION

2. Once you have arrived, follow the signs to registration in our Race HQ (located in the Barker Gym). Visit the desk and have your photo ID ready to collect your race pack.

RACE PACK

3. Once you have collected your race pack, affix your race numbers (our team will be on hand to assist). The stickers are for your Bike, Helmet and Transition Bag/Box. Your race pack will also include your swim hat and timing chip – this goes on your LEFT ankle.

TRANSITION

4. Follow signs to transition to rack your bike. Make sure you have attached your bike stickers and wear your helmet when you enter transition.

RACE BRIEFINGS

5. Please meet at the Sports Hall at any one of the briefing times. You **MUST** attend at least one briefing before your wave time.

SWIM

6. The swim is 200m (8 lengths) for Novice and 400m (16 lengths) for Sprint. Make sure you count your own lengths!

CYCLE

7. The bike route is 11km for Novice (one lap) and 22km for Sprint (two laps).

RUN

8. The run is 2.5km laps (1 lap for Novice and 2 laps for Sprint). You will finish by Radley College Lake with spectators cheering you across the line!

FINISH

9. You will be met by our fantastic volunteers who will hand you your well-deserved finishers medal and water! Relax & enjoy the rest of the day and celebrate completing the Radley Triathlon. Don't forget to collect your bike from transition before you leave! You will need your race number on to identify you as the owner of your bike.



Baggage Facilities

We recommend that you arrive ready to race. There will not be any baggage storage facilities. You will be able to leave a small number of items in transition, but all personal belongings are left at the owner's risk.



Toilet Facilities

There will be toilets located on site, within the main sports building and the pavilion.



Water Stations

There will be no water stations on the run or cycle course. We recommend you bring your own bottle of water to have in transition and in a bottle cage on your bike for the cycle leg. There will be water supplied at the finish line.



First Aid

Medical and first aid facilities will be located at various stages throughout the course. If you need medical assistance at any point, please notify a marshal immediately and they will be able to call for assistance. If you do feel unwell on the day or have been ill in the lead up to the event, please consider carefully if you are fit to compete.



Littering

Please be aware that the event is taking place on a private site, and it is essential we respect the environment. Please use the bins provided or take your litter home.



Lost Property

Please visit the Race HQ located in the main hall for any lost/found property.



Merchandise

Our range of Try Tri merchandise will be available to buy on event day from Race HQ or visit the Rees Leisure Online Shop. Pop over and get yourself kitted out!

Timings on the Day

Pre Registration - (optional) - 16:00 - 17:30 in the Barker Gym

Race pack pick up will be available the day before the event from the registration desk located in Race HQ (Main Hall).

Our team will also be around and happy to help with any final questions you may have.

Radley Triathlon Event Day Timings:

06:45 - Car Park and Registration Opens

07:30 - Race Briefing 1

08:00 - Sprint Waves Start

08:30 - Race Briefing 2

09:30 - Race Briefing 3

10:30 - Race Briefing 4 (Novice)

11:00 - Novice Waves Start

11:30 - Race Briefing 5



You should aim to rack your bike straight after you have been to registration and at least 1 hour prior to the start of your race.

You will have a kit check from our race officials when you enter transition. Please have your helmet on and strapped up and your race stickers showing on your bike and helmet.

Bike racking won't be numbered, so it is entirely up to you where you rack your bike. Please remember to re-rack it in the same place when you enter transition during the race!

Rack your bike using your saddle (our marshals are happy to help), lay all that you need underneath it. You can leave a bag/box in transition with your bike to put everything in but make sure you attach your sticker to it.

Whilst in the transition area you should familiarise yourself with where the Swim In/Bike Out/ Bike In/ Run Out entrances and exits are and plan the routes you will take.

Please note: There will be a one way flow in transition



REMEMBER:

Transition is for competitors only.

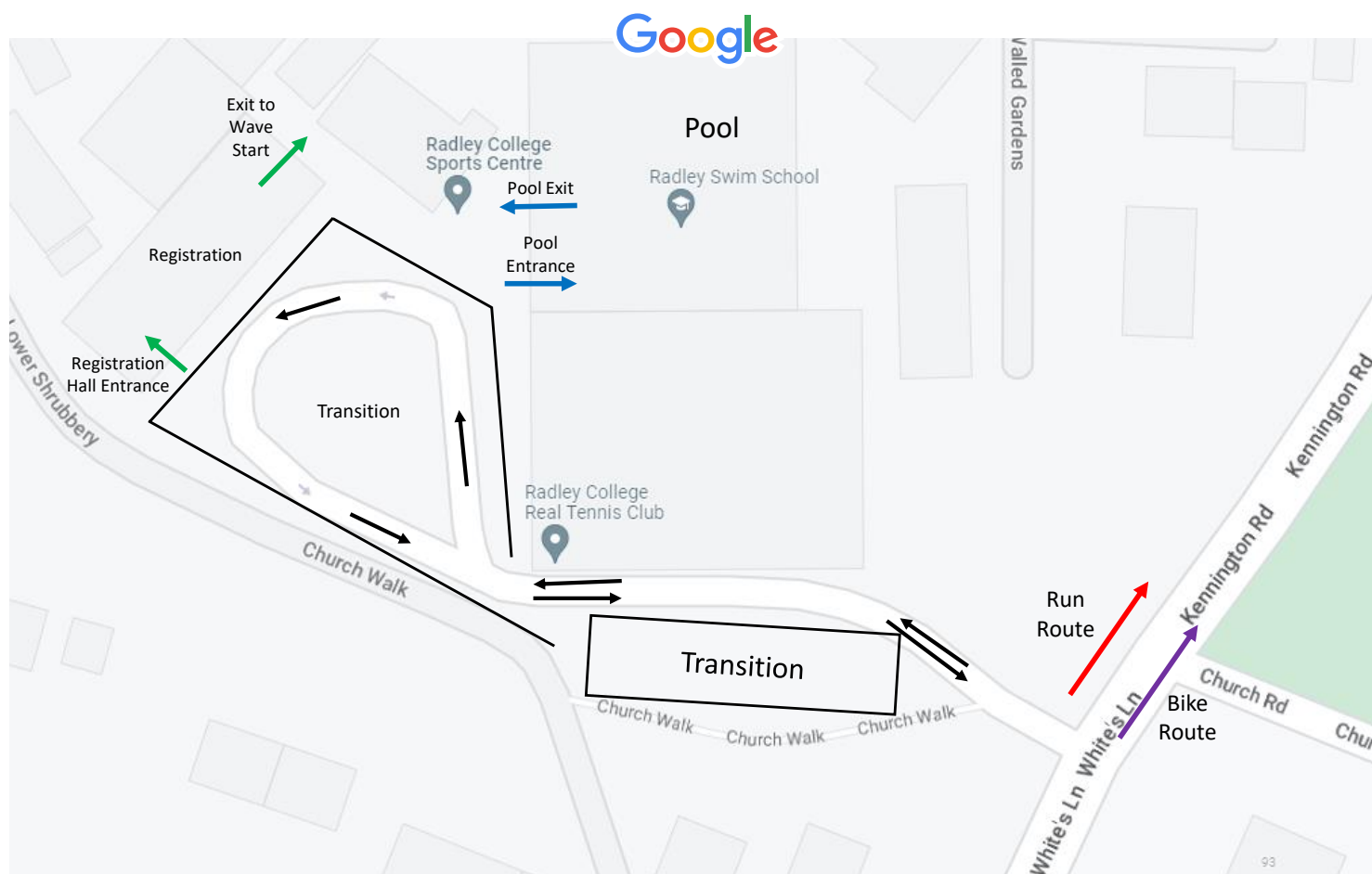
You are not allowed to mark your position in transition in any way that gives you an advantage over another competitor and please have consideration for other participants who are racing.



Top Tips

- Helmet straps open across your handlebars
- Shoelaces undone and shoes pulled open
- Make sure any water bottles are full and placed into your bottle cage
- Pin your race number to your belt or shirt
- Double check that your bike is in the right gear to begin the cycle





You Should aim to rack your bike straight after you have been to the Registration area.

You will have a kit check from our race officials when you enter Transition, so please have your helmet on and strapped up, and your race stickers showing on your bike and helmet.

Rack your bike using your saddle (our friendly team can help if you're not sure how); lay all that you need underneath it. You can leave a bag or box in transition with your bike to put everything in but make sure you attach your sticker to it.

Make sure you are wearing your event swimming cap and goggles, so you are ready to go. Make sure you have warmed up prior to your race!

Course

The Swim is 200m (8 lengths) for the Novice and 400m (16 lengths) for the Sprint.

You will be assigned a swim hat colour and a lane. Make sure you line up in the correct lane in pool side. There will be 4-5 people per lane, and you will be sat off in 8-10 second intervals (the pool marshals will help you with this). It is your own responsibility to count your lengths.

Overtaking

If you feel you are significantly faster than the person in front, tap on their feet gently to indicate you would like to overtake. The swimmer will stop for you at the end and let you pass. Please be patient, if it doesn't work first time, they may not have felt your tap.

Swim Stroke

You can swim either front crawl or breaststroke. Please do not use backstroke as you may be mistaken for someone who is in trouble.

Swim Exit

Once you have completed the correct number of lengths, please exit the pool carefully and walk towards the exit.



Course

Novice – Complete 1 lap

Sprint – Complete 2 laps

Bike

It is your responsibility to bring a bike which is road worthy for your own safety and the safety of fellow competitors. A mountain or road bike would be suitable.

Helmets

Helmets are mandatory. You must put your helmet on, and have it strapped up before you touch your bike. Do not remove your helmet until your bike is back in its racking position.

Race number

Your race number should be visible on your back during the cycle.

Mounting/ Dismounting

No cycling is permitted in transition itself. You must get on your bike after the 'Mount' line and must get off your bike before the 'Dismount' line. Marshals will help remind you of this.

Transition

When you return to transition after the cycle, make sure you rack your bike in its original position.



The Cycle Route

You will leave transition through the Bike Out and mount between the bollards on the road. There will be a marshal to direct you. The course is anti clockwise.



REMEMBER:

You must follow the highway code while out on the route.

Novice

Complete a ~11km single lap.

[View route on Strava](#)

Sprint

Complete 2 laps of the ~11km Loop.

[View route on Strava](#)

This is where it all ends! Run out of transition through 'Run Out'. When you have completed your correct number of laps then you can head for the well-deserved finish line!

Race number

Make sure your race number is visible. Preferably on your front – we recommend using a race belt for ease!

Take Care

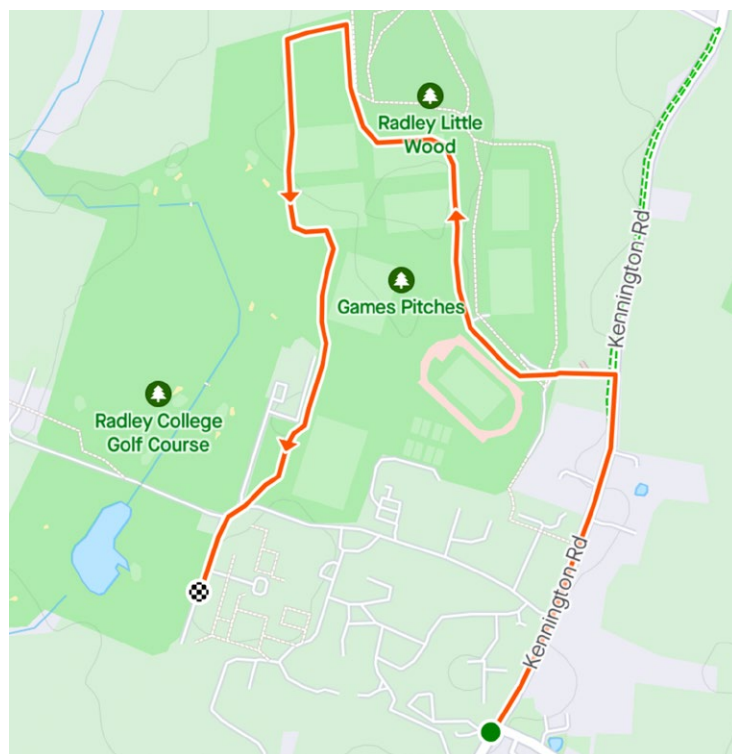
As with any trail run there are some uneven surfaces so take care while running.

Laps

Novice 1 lap | Sprint 2 laps

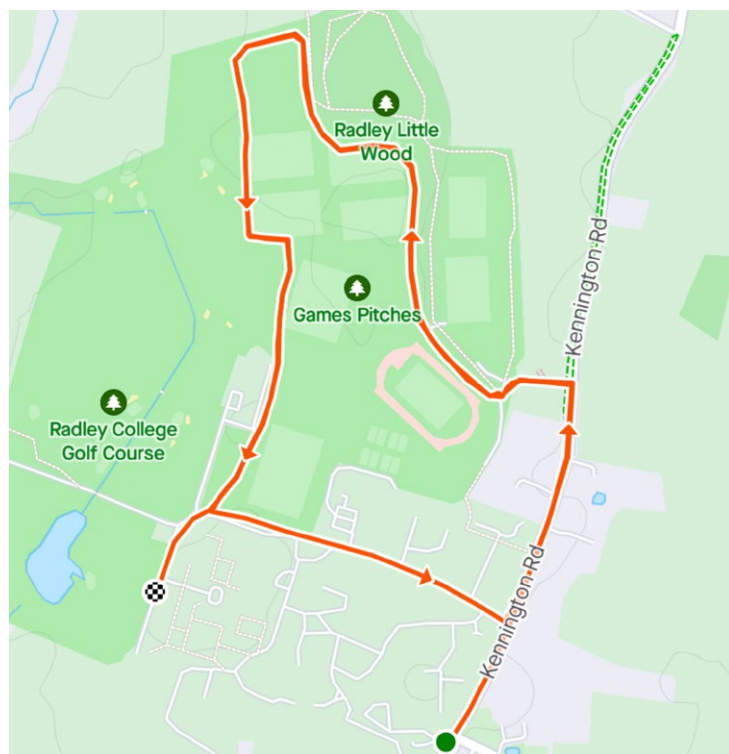
Course

Novice – Complete 1 Lap



[View route on Strava](#)

Sprint – Complete 2 Laps



[View route on Strava](#)



Transition Check-out

You will need to show your race number in order to collect your bike from the transition area. Once you have collected your things you won't then be permitted back into the transition area.

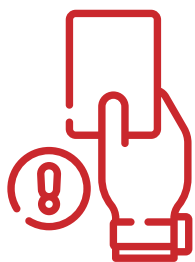
Please collect your bike as soon as transition has been reopened after the last competitor has finished.



Results and Photos

Full results will be available on the website www.trytri.co.uk.

Our race photographer will be around the course to capture you in action! You will be emailed post event with a link to view your images.



Additional Rules

- Personal stereos, MP3s, iPods or equivalent are not permitted at any point during the race
- It is advisable not to wear jewellery
- You are not allowed to mark your position in transition in any way
- Your cycle helmet must be fastened on your head before you touch your bike and remain fastened on your head until your bike is back on the rack.
- No nudity in transition



Photo ID: To collect your race pack

Swimsuit or Tri Suit

Swim Hat: This is given to you at registration in your Race pack (specific colours depending on your race number)

Towel: Only needs to be small to wipe the dirt off your feet before the bike

Bike: Mountain or road bike

Helmet: You won't be able to race without one so make sure it fits securely

Race Belt: For wearing your race number, no need for safety pins! (optional)

Water: There are no water stations provided around the route so please bring your own water bottle.

Appropriate Shoes: For the bike and the run

Extras that may help:

Lubricant: To stop chafing

Elastic Laces: No need to tie your shoes, save time in transition

Bag: For all your kit in transition



Good Luck

If you have any further questions not answered in this booklet, please get in touch with our team via email – events@reesleisure.co.uk.

We hope you enjoy yourself and Good Luck!

From the TryTri Events Team

Looking for your next challenge?

Check out reesleisure.co.uk for details of our upcoming events and virtual events!


www.reesleisure.co.uk



www.ReesLeisure.co.uk

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