



# Junior Triathlon Race Pack

## Sunday 5th July 2026

Welcome to our Junior Triathlon event.

**Please ensure you read the information below.**

**This triathlon has an unusual two transition setup and it is important that you have understood the arrangements.**

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## Directions

The event takes place using two adjacent venues: The Bicester School playing fields and Bicester Leisure Centre, Queens Avenue, Bicester **OX26 2NR**. The Leisure Centre is well signposted on all routes into Bicester. Access to the sports centre is with kind permission of Cherwell District Council and their contractor Legacy Leisure.

## Parking

All race traffic will be directed to The Bicester School and once that is full overflow car parking will be available within Bicester Leisure Centre car park. Please follow directions given by the marshals. Event traffic will only be allowed to leave the school car park upon instruction from the marshals.

## What3Words – pints.shots.encounter

## Key Timings

|                                                     |                             |
|-----------------------------------------------------|-----------------------------|
| <b>Registration open</b>                            | 07:30hrs to 09:00hrs        |
| <b>Bike &amp; Shoe Transition open</b>              | 07:30hrs to 09:10hrs        |
| <b>Course Familiarisation<br/>(Walk the course)</b> | 08:00hrs to 09:20hrs        |
| <b>Race Briefings (B on map)</b>                    | TS2 / TS3 / Youth 08:45hrs  |
|                                                     | TS1 / TSS 10:00hrs          |
| <b>Swim Briefing (Poolside)</b>                     | 15 minutes before each wave |
| <b>Swim Wave Start Times</b>                        |                             |
| <b>Youth</b>                                        | 09:30hrs                    |
| <b>TS3</b>                                          | 09:45hrs                    |
| <b>TS2</b>                                          | 10:10hrs                    |
| <b>TS1</b>                                          | 10:45hrs                    |
| <b>TSS</b>                                          | 11:10hrs                    |
| <b>Prizegiving Times</b>                            |                             |
| <b>TS2, TS3 &amp; Youth</b>                         | 10:45hrs (approx.)          |
| <b>TSS &amp; TS1</b>                                | 11:45hrs (approx.)          |

Timings are subject to change on the day.

## Registration

Registration will be near The Bicester School parking area, next to the bike sheds, please follow the signs and refer to the map point 'R' for guidance. Registration will be open from **07:30 – 09:00hrs**.

At registration you will receive your race number. Your race number must be attached to a race belt or the front of your race top (for bike and run). If using a race belt, please ensure your number is visible from behind on the bike and turned to the front for the run.

You will receive two numbered sticky labels - one to be placed on the front of your helmet and one to be placed on your bike, where it can be seen.

You will also receive 2 temporary tattoos of your Race Number. One tattoo to be applied to your right upper arm, the other to your left lower leg. There will be sponges and water available to apply your tattoos near registration... and help on hand if you need it!

The Registration Team will have checked if your British Triathlon Membership is valid or if you have a Race Pass for the event, prior to reaching registration. If your Membership is not valid or you do not have a Race Pass, you will be contacted, as you will not be able to race without one of these.

## Transition Info

The transition areas are a secure area where your bike and run equipment is stored. For this race, there are **2 transition areas** - one for your shoes and (very) small towel (**Shoe Transition**), one for your bike and helmet (**Bike Transition**).

Shoe Transition will be open from 07:30 until 09:10 hrs. The bike transition area is approximately 200m from the pool and shoe transition area, across gravel and concrete without floor matting along the route. The route is not suitable for running with bare feet, so you **MUST** leave your trainers in the dedicated Shoe Transition by the pool exit door. You may also leave a small **30cm x 30cm** towel in Shoe Transition (in accordance with [new BTF rules](#)), which must be rolled and placed in your shoe - use of a towel is optional. Your Race Belt / T-shirt with Race Number must be left in Bike Transition.

*Due to transition arrangements, we do not recommend the use of cleats. If you do want to use cleats, you will still need to leave your trainers at the Shoe Transition to get from the pool to Bike Transition.*

Cycle Helmets must not be left in Shoe Transition and should remain with your bike in Bike Transition. We would suggest bringing flip-flops/crocs or similar footwear for after you leave your trainers in Shoe Transition.

Bike transition will be open from 07:30 until 09:10 hrs during which time you should rack your bike and position your kit (e.g. helmet (mandatory), race belt, sunglasses), at your Transition Number for the cycle section of your race.

Both Transition areas will be marshalled. Place your items there at least 30 mins before the start of your race, before 09:10hrs. Your items should be collected following the end of your race. If this is during other competitors' race times, please follow the marshal's guidance for collection.

Please familiarise yourself when entering the transition areas with;

- Swim Out and Shoe Transition
- The route from Swim Out to Swim In at Bike Transition
- Bike In and Out and how many laps you are required to do.
- Run Out and how many laps you are required to do.
- DO NOT duck/go under the racking, walk round.
- It is the responsibility of the athlete to count their own laps and there will be a lap counting point, so it is visible when you have finished each lap.
- Bikes and helmets will be checked prior to entering transition.
  - Helmets will be checked for condition and fastening on entering transition - remember **No Helmet - No Race**.
  - Please ensure your helmet is fastened securely with enough room to get your thumb between the strap and your chin.
  - All handlebars must have both bar ends in place; wheels fitted securely, and brakes in GOOD working order.
  - Bikes and helmets that are deemed UNSAFE will **NOT** be allowed to be used for the race. Please check before entering transition.
- Bike racking positions will be numbered and each rack clearly marked with each age group on the end.
- Bikes are to be racked alternating front wheel facing the Leisure Centre, and front wheel facing the field.
- You will **only** be able to collect your bike and helmet from the transition area after your race when matched with your race number.
- Only competitors and officials are allowed in the transition area. Official helpers will be on hand to assist younger children in racking their bikes.
- The TSS athletes will be given the choice to either rack or lay their bikes on the ground, so it is easier for the children to manage.

## Course Access

Access to walk the bike and run course for familiarisation purposes will be from **08:00–09:20hrs.**

## Race Briefing

There will be two race briefings on the day, in the car park adjacent to the transition area (see map), as follows;

**08:45 hrs TS2, TS3 and Youth**  
**10:00 hrs TSS & TS1 only**

Visit our website : <https://www.bicestertri.co.uk/>



Please note that attendance at the relevant race briefing is compulsory. We will tell you about any last minute changes to the course and inform you of any safety/relevant issues which may affect your race. This is an opportunity for you/athletes to ask any last-minute questions on the race and speak to the race official.

## Swim Info

Please ensure you are poolside at least 15 minutes before the start of your category wave time, where the pool team will check your arm/leg has your temporary tattoo applied, and you will collect your timing chip and put it on. Swim hats are optional and will not be provided, so if you would like to wear one, please bring your own.

You will enter the pool area with the Pool Team via a Staff Only Door (refer to pool map - Swim Entry) and follow the directions of the team.

The pool team will put you in the correct start order and it is important to remain in that order. You will be told when to start.

- The swim will start and finish at the shallow end. The exit is through the door at the bottom left of the shallow end, event staff will be in place to direct you to the exit, along the corridor and outside to Shoe Transition, where your trainers will be.
- Everyone will start at intervals which will be managed by the poolside team to ensure as little crowding as possible.
- Each competitor will be required to swim 2 lengths in each lane “snaking”. If you are TS1, TS2, TS3 you will move across lanes and duck under the lane rope after 2 lengths. Refer to Swim Maps on pages 11 - 15.

**(Youth competitors will be required to swim 4 lengths per lane - refer to Swim Map).**

- Competitors are required to count their own lengths.
- Diving is NOT permitted.
- Tumble turns are permitted if safe to do so in **Youth, TS3 and TS2** races only. Tumble turns **are not** permitted in **TS1 or TSS** races.
- If you get into difficulty, roll onto your back and raise your hand up to attract the lifeguard, alternatively grab the lane rope or the wall.
- Overtaking, if you do catch someone, touch their feet and at the end of the length, they will stop and allow you to pass. Likewise, if someone touches your feet, you must let them pass. If they **DO NOT** stop, you may pass when it is safe to do so.

| CATEGORY/AGE | DISTANCE | LENGTHS |
|--------------|----------|---------|
| YOUTH        | 400 m    | 16      |
| TS3 – 13-14  | 300 m    | 12      |
| TS2 - 11-12  | 200 m    | 8       |
| TS1 – 9-10   | 150 m    | 6       |
| TSS – 8      | 50 m     | 2       |

## Swim Wave Times\*

\*timings are approximate, we have factored in a time buffer for each race in case of any unexpected delays, so not to fall behind too much.

A full competitor Start Time List will be published before the event. Wave times are as follows;

|     |               |          |
|-----|---------------|----------|
|     | Youth         | 09:30hrs |
| TS3 | TriStar 3     | 09:45hrs |
| TS2 | TriStar 2     | 10:10hrs |
| TS1 | TriStar 1     | 10:45hrs |
| TSS | TriStar Start | 11:10hrs |

**NOTE:** Any last-minute questions from competitors, guidance and reassurance can be answered at the poolside. This area is strictly competitors and POOL TEAM only.

## Bike Info

- Due to transition arrangements, we do not recommend the use of cleats. If you do want to use cleats, you will still need to leave your trainers at the Shoe Transition to get from the pool to Bike Transition.
- Helmets **MUST** be worn and fastened at all times when handling/moving the bike on the course and in and out of transition.
- You can use whatever bike type you choose. Best results for racing on grass - cyclocross/mountain tyres.
- Walking the course beforehand is an excellent way to better understand the course layout and identify possible good overtaking places.
- To exit transition, you will follow the Bike Out signs.
- You can only mount your bike, when your back wheel has cleared the mount line.
- Your number should be visible on your back during the bike leg.
- The bike course twists and turns back on itself and is all on grass, it will be marked out with tape, marshalled and will be sign posted.
- You are responsible for counting your own laps.
- Please be mindful of other competitors and different abilities on the course, allow space to over-take and if busy/congested please shout 'overtaking on the left or right' to warn riders you are passing.
- Follow the Bike In signs and ensure you have dismounted your bike before the dismount line prior to entering transition. Failure to do this will result in the athlete having **5 seconds** added to your finishing time.

- You return your bike to your original numbered position before unfastening and removing your bike helmet.

**NOTE:** Unfortunately, we have no control over the grass cutting at the venue as it is council land, but we hope it should remain relatively short.

| CATEGORY/AGE | DISTANCE | LAPS |
|--------------|----------|------|
| YOUTH        | 4800 m   | 6    |
| TS3 – 13-14  | 4000 m   | 5    |
| TS2 - 11-12  | 3200 m   | 4    |
| TS1 – 9-10   | 1600 m   | 2    |
| TSS – 8      | 800 m    | 1    |

## Run Info

- To exit the transition area onto the run course, you will exit via the sign “Run Out” to start your run.
- Your Race Number should now be visible from the front.
- The run course leads out of transition opposite the finish line is a 600M lap which loops back on itself and offers a good opportunity for spectator viewing. There is NO viewing on the course itself.
- Drinking water will be available each lap.
- Competitors are required to count their own laps.
- Once you have completed the correct amount of run laps, head for the Finish Line with the biggest smile! 😊

**NOTE:** It is very important that the competitor’s number is visible on the run.

| CATEGORY/AGE | DISTANCE | LAPS |
|--------------|----------|------|
| YOUTH        | 3000 m   | 5    |
| TS3 – 13-14  | 2400 m   | 4    |
| TS2 - 11-12  | 1800 m   | 3    |
| TS1 – 9-10   | 1200 m   | 2    |
| TSS – 8      | 600 m    | 1    |

A finish medal and bottled water and fruit will be available for all at the Finish Line.

## Safeguarding

All event staff, competitors and parents and guardians will abide by the BTF Safeguarding policy, details can be found at this link and a copy will be available at Registration; [Safeguarding Children Policies, Procedures and Guidance](#); any safeguarding concerns should be raised to a marshal or directly to the safeguarding officer on 07944 667213.

Visit our website : <https://www.bicestertri.co.uk/>



## Results

- Results can be accessed via Titanium (<https://www.titaniumracetiming.com/results>) and will be posted up as soon as each athlete/each age group finishes.
- Prize-giving will proceed at the Podium at approximately 10:45hrs for TS2, TS3 & Youth and 11:45hrs for TSS & TS1. The Podium will be located just beyond the Finish Line, marked with a Trophy 🏆 on the map.
- Please stay and support your fellow competitors if you can spare 30 minutes after your race concludes.
- If you are not able to stay, where possible please ask for someone else to collect on your behalf as it will save the club postage costs.
- Trophies will be awarded to all 1st, 2nd & 3rd athletes for both Open and Female Category in all the age categories.

## General

Please feel free to bring your supporters, there is a spectator area near the run finish so viewing of the bike and run course will be accessible from this point only. There will be **NO** spectators on the course, marshals and competitors only.

The swim can be viewed either from the 1<sup>st</sup> Floor seated area or the balcony over the pool within Bicester Leisure Centre.

### Additional Notes:

We **DO NOT** have exclusive use of Bicester Leisure Centre, so please be courteous to others who may be on their way to a class or the gym and may not understand your urgency to get from the pool to the field or vice versa.

It is also important to point out the marshalled route from the pool to transition also crosses a public foot and cycle path. This route will be suitably marshalled.

The school field is open and has zero shade. Please bear this in mind particularly if it is a hot day. Please feel free to bring your own tents, gazebos to pitch along the wired fence at the rear of the Run Spectator area. If unsure where it is best to pitch it, please ask a marshal. It is important that competitors remain cool and hydrated prior to their races.

## Toilets & Lockers

Toilets will be available in the Leisure Centre in the Dry Changing Rooms; this will be signposted to the right of the turnstiles in the reception area on the ground floor.

Please enter from the front of the building and ask at reception to be let through.

Lockers are also available in the swim changing area, please be sure to bring a £1.00 coin or trolley token to operate them.

## Refreshments

We are pleased to be joined by The Ginger Coffee Company at our event and are also supported by the wonderful Langford Village WI (Women's Institute) who will be providing a Cake Sale throughout the day.

Please note that the WI Cake Stall will be **cash preferred** so make sure you bring some cash for their treats!

|                                                                                                                                                                                                                   |                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                  |   |
| <p>Mobile Coffee from Tracey and Karen and their highly skilled barista's, having been trained at the London School of coffee. Providing coffee and other hot drinks, breakfast croissants and sausage rolls!</p> | <p>The Women's Institute is the largest women's organisation in the UK, with a mission to connect, support and empower women across all generations.</p>               |
| <p><a href="http://www.instagram.com/the_ginger_coffee_co">www.instagram.com/the_ginger_coffee_co</a></p>                                                                                                         | <p><a href="https://www.oxfordshirewi.co.uk/">https://www.oxfordshirewi.co.uk/</a></p>                                                                                 |

## Thanks!

Thank you to all the competitors and their supporters. We love holding our event for you all, and can't wait for next year!

**Huge thanks to all our volunteers! Without you, this event would not be possible.**



Thank you to Capri Marquees in Bucknell who have kindly donated our strange but necessary 'Shoe Transition' area! <https://caprimarquees.com/>

Thank you to Tom at Bicester Tyres & Exhausts for the kind donation of fruit for our competitors!



Thank you to ParkRun for their support and loan of some equipment! You can take part in ParkRun on Saturdays at 9am at Langford Fields, or Junior ParkRun on Sundays at 9am at Whitelands Farm Sports Ground.

Thank you to Co-op for their generous donation and support!



Thank you to Jewson (Aylesbury) for donating the kilometres of barrier tape to mark out the course!

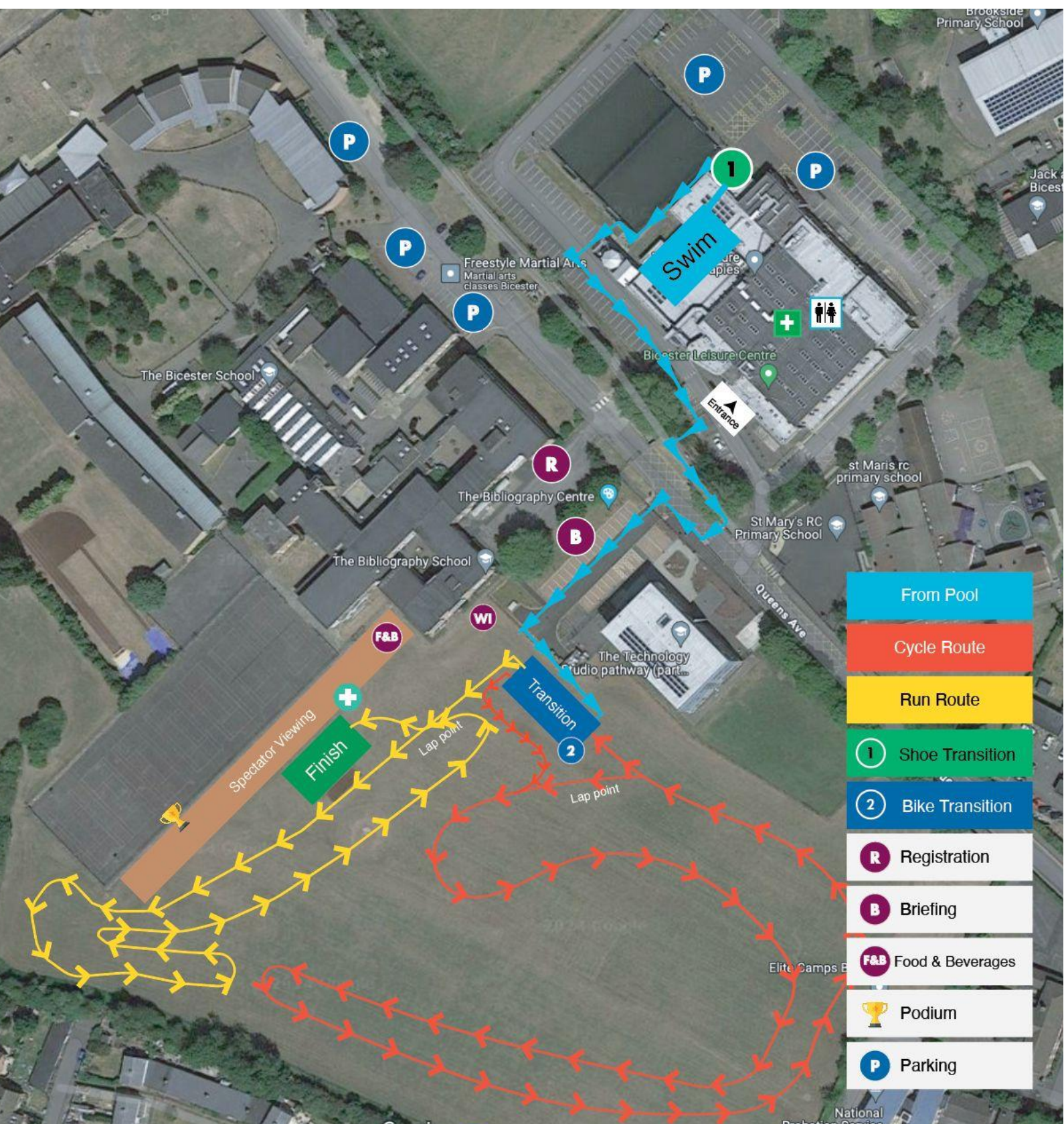
Supported by;



Working in Partnership with your Local Authority

Visit our website : <https://www.bicestertri.co.uk/>

# Course Maps



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