



Hello!

Congratulations on securing your place on the Big Challenge! The event is fast approaching and we hope that your training and fundraising are going well.

This document covers details about the Sprint & Olympic Triathlon, 60km Cycle and the 10km & 5km walk/run. Please find your section using the table of contents below to ensure you are reading the correct information.

The following information has been put together to help you make arrangements prior to the event and give you an idea of what to expect on the day. The information on these pages will give you details about the start point, what to expect from the challenge you signed up for, as well as some recommendations on what kit to bring with you.

Please make sure you read everything thoroughly and contact us if you have any further questions or queries.

Once again, thank you for reserving your space on the Big Challenge and supporting the British Toy and Hobby Association.

Matt Jones Matt@btha.co.uk or call **020 7701 7271**



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KEY TIMES:

09:00 Wet n Wild Opens

09:30 Event Registration opens

Tea & Coffee Available from 'Horsebox Coffee'

10:15 Warm up/Briefings

10:30 – 14:15 Races (Individual Timings Below)

As this is a team effort we'd like to encourage all teams to get behind those doing the swim element of the triathlons before setting off on the other cycling and running challenges.

12:30 Post-Race BBQ & drinks, enjoy you deserve it!

Race Start Time	Sprint Triathlon (ave. 2hrs 30)	Olympic Triathlon (ave. 3hrs 45)	60KM Cycle (ave. 3 hrs)	5KM Run/ Walk (ave. 50 mins)	10KM Run/ Walk (ave. 1hr 20)
10:30		START 1500m Swim	START		
11:00	START 750m Swim				
11:15		40KM Cycle			
11:30					
12:00	20KM Cycle				START (Run will start first)
12:30				START (Run will start first)	
13:00	5KM Run				
13:15		10KM Run			
13:30	FINISH		FINISH	FINISH	FINISH
14:15		FINISH			

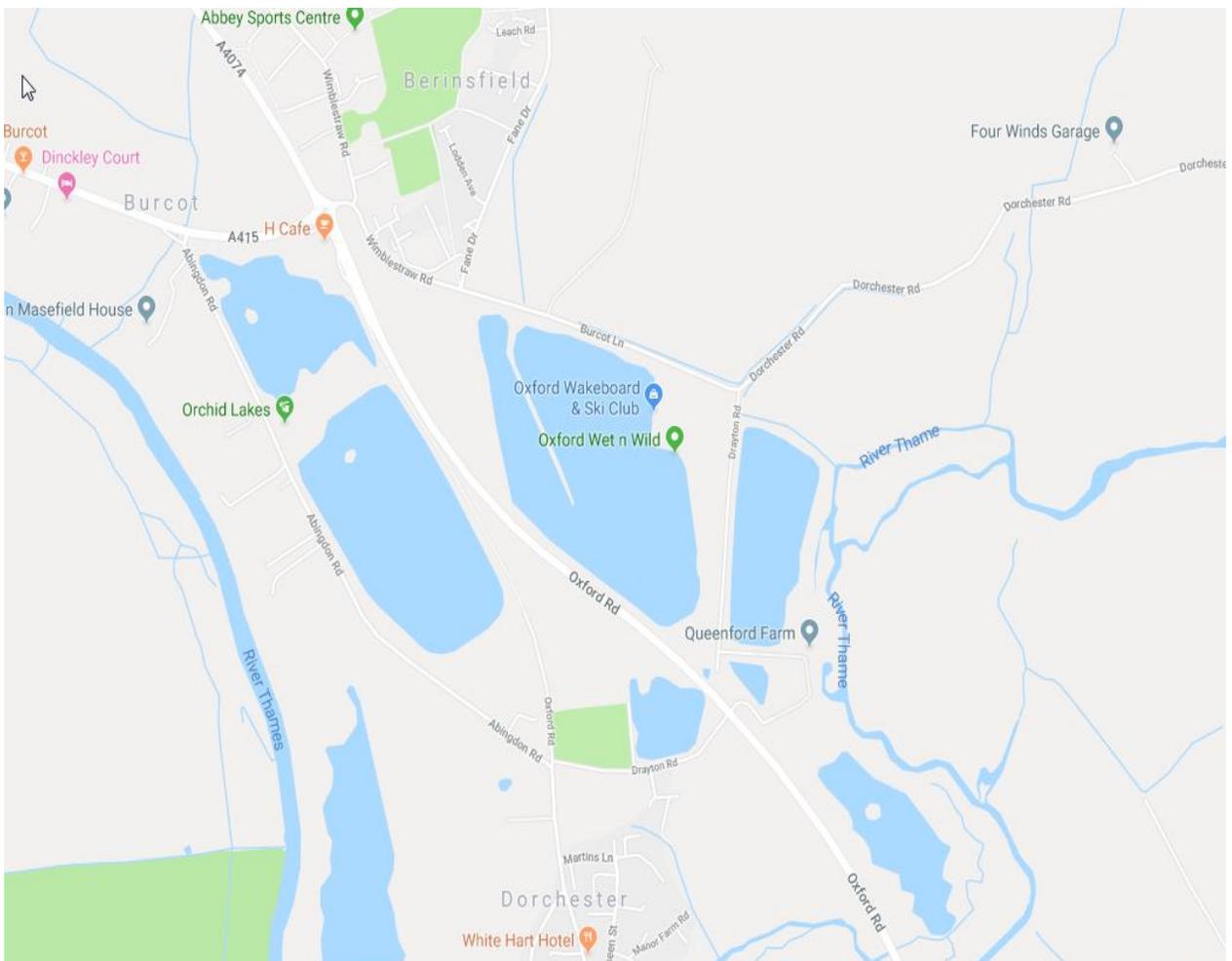


MEETING ARRANGEMENTS

Your start and finish points of the event will be from the Wet n Wild Centre. The address is:

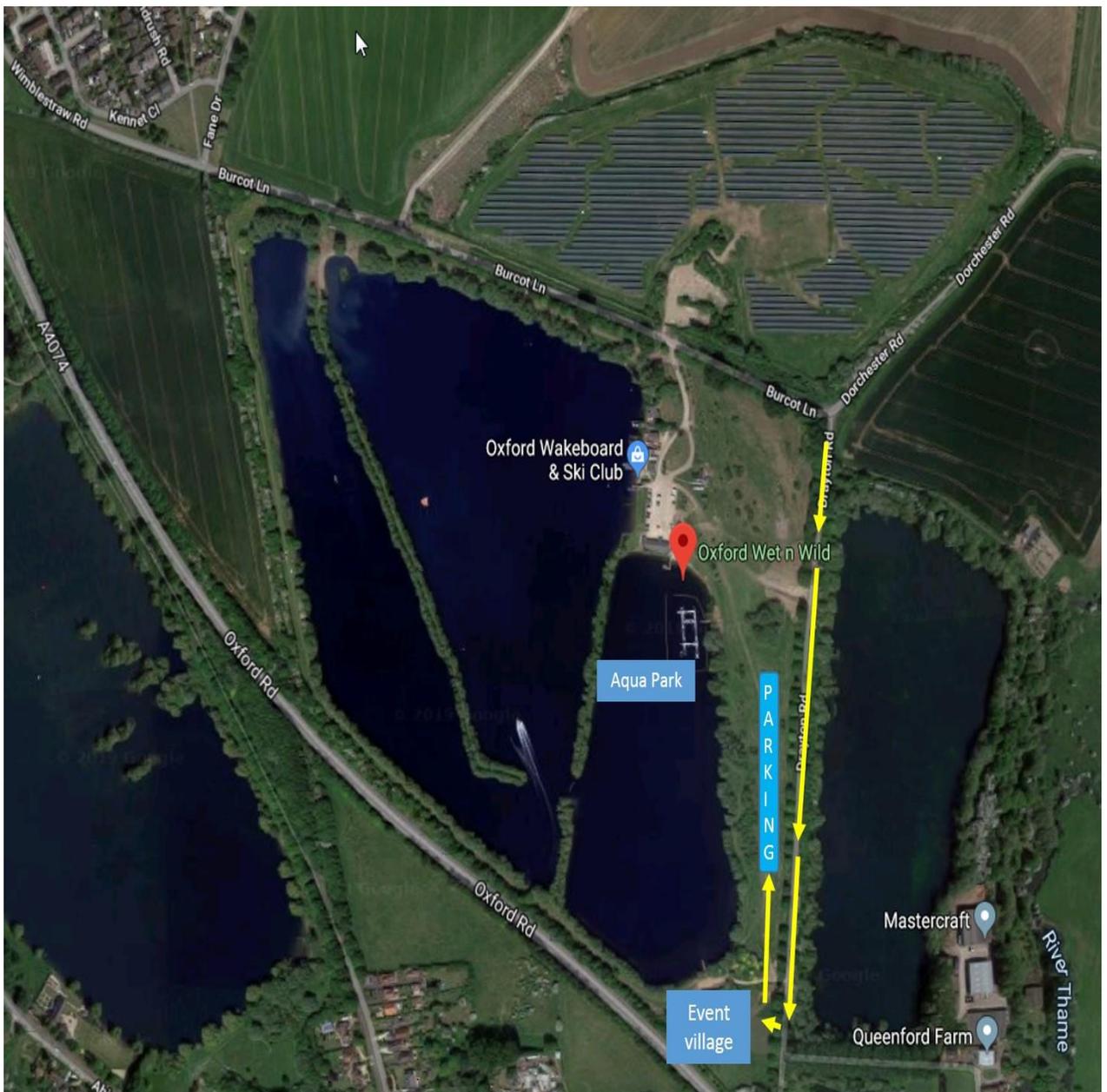
Drayton Rd, Berinsfield, Wallingford OX10 7PQ

The meeting point for registration and start line will be via the end of Drayton Lane. Please do not arrive in the main Wet n Wild entrance as we have our own race village which is separate from this.





Directions to the car park and event site:



Please do not arrive before 09:00 as the car park will be closed and there is no surrounding parking or waiting area. Parking marshals will direct you onto the grass verge inside the site.



SPRINT & OLYMPIC TRIATHLON

Once you have registered you will be able to get changed into your wetsuit. You will then be directed to the start point, where there will be a short health and safety briefing. The cycle routes are detailed on the following pages. The cycle route will direct you back to the Wet n Wild Centre where you will be able to complete the run element of the triathlon.

TRIATHLON ADVICE

- Wake up early and eat 2-3 hours before your swim start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).
- Stop drinking fluids about an hour before your start time. Continue sipping as needed.
- Get to the race early to secure a good spot in transition. Ideally, this is a spot on the end of the rack close to the bike in/out. **Please note that the race is timed.**
 - Make a mental note of landmarks to help you easily find your rack.
 - Use a bright-coloured towel so your area stands out...and be courteous.
 - PLEASE MAKE SURE YOUR OWN BIKE IS IN GOOD ORDER BEFORE STARTING THE RIDE.
- Organise your gear in the order you will use it – run through transitions in your mind.
- Complete a good 10-15 minute running warm-up about 45 minutes before start time.
- Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Be on the line 5-10 minutes before the horn.
- Remember that this is why you put in all those training hours. Believe in your training, do your best – and have fun!



SPRINT TRIATHLON CYCLE – 20KM

<https://www.strava.com/routes/18469833>

Route Information

This route exits the Wet n Wild centre towards Berinsfield, south to Dorchester-on-Thames and then out east towards the scenic hills and countryside. It travels in an anti-clockwise direction passing through the villages of Shillingford, Benson and Berrick Salome. It's a relatively fast course with a challenging climb thrown in for good measure at just over the halfway point. Once you reach the hills, settle in and get yourself into a good rhythm, it will be much easier than trying to power through it! Remember what goes up must come down 😊 Be careful on those descents and remember we're on open roads.





OLYMPIC TRIATHLON CYCLE – 40KM

<https://www.strava.com/routes/18469829>

Route Information

This route exits the Wet n Wild centre towards Berinsfield, south to Dorchester-on-Thames and then out west towards the scenic hills and countryside. The 40km route takes in some stunning local scenery of the Chilterns. After passing through Dorchester, the route continues in an anti-clockwise loop east towards Ewelme and it's just past this point where the climb begins. There's a water stop conveniently placed here!

Top tip! : settle in and get yourself into a good rhythm, it will be much easier than trying to power through it! Remember what goes up must come down 😊 Be careful on the descent and remember we're on open roads.

After you exit the Chilterns it's a relatively fast flat route through Cuxham and on past Chalgrove Airfield before the route bends left back towards the site.





KIT LIST TRIATHLON:

Please use this list as a guide for what you might need on the day. If you are used to training in/with other gear, please use what you would usually to be most comfortable.

- Swimming gear including goggles/wetsuit – wetsuit hire will be available on site (use of wetsuit highly recommended)
- Cycling shoes/trainers
- Cycle helmet – COMPULSORY
- Bike
- Drinks/water bottle and gels
- Spare inner tube/basic tools
- Cycling gloves – recommended
- Padded cycling shorts / leggings
- Windproof and waterproof jacket – high visibility in case of bad weather
- Sun block / cream & lip salve
- Wraparound sunglasses
- Camelbak or large bum-bag for waterproofs/fleece/camera/first aid kit etc.



60KM CYCLE

It is a good idea to get your bike ready in the days leading up to the event. This includes having adequate water supplies, inflating your tyres to the required pressure, checking brakes and gears, and making sure that your bike is comfortable before registration. Our friendly mechanic will be available at the start point, as well as roaming the routes to fix any emergencies on the day.

ROUTES

The routes have been devised by keen cyclists with experience in creating and marking longer cycle rides for endurance. The routes are made to be challenging but achievable.

The routes have been fully assessed and will be marked the day before your ride with bright coloured directional arrows. These arrows should be followed at all times, even if they are different to your Garmin as the routes may need to be changed right up until the day of the ride.



60KM BIKE COURSE

<https://www.strava.com/routes/18469822>

Route Information

This route exits the Wet n Wild centre towards Berinsfield, south to Dorchester-on-Thames and then out west towards the scenic hills and countryside. The 40km route takes in some stunning local scenery of the Chilterns. After passing through Dorchester, the route continues in an anti-clockwise loop east towards Ewelme and it's just past this point where the climb begins. There's a water stop conveniently placed here!

Top tip! : settle in and get yourself into a good rhythm when climbing, it will be much easier than trying to power through it! Remember what goes up must come down ☺ Be careful on the descent and remember we're on open roads.

After you exit the Chilterns there's a couple more smaller hills before you head back towards the site passing through Pyrton and on past Chalgrove Airfield before the route bends left back towards the site.





KIT LIST 60KM CYCLE

Please use this list as a guide for what you might need on the day. If you are used to cycling in/with other gear, please use what you would usually to be most comfortable.

CLOTHING & GENERAL CYCLING EQUIPMENT

- Cycling shoes/trainers
- Cycle helmet – COMPULSORY
- Bike
- Cycling gloves – recommended
- Padded cycling shorts / leggings
- Windproof and waterproof jacket – high visibility in case of bad weather
- Sun block / cream & lip salve
- Wraparound sunglasses
- Camelbak or large bum-bag for waterproofs/fleece/camera/first aid kit etc.

PLEASE MAKE SURE YOUR OWN BIKE IS IN GOOD ORDER BEFORE STARTING THE RIDE. IT MUST ALSO HAVE REFLECTORS AT FRONT AND REAR.

OTHER EQUIPMENT

- Water bottles x 2
- Bike lock – in case you would like to stop anywhere en route
- Snacks/energy bars
- Pump, puncture repair kits x 2 and any other spares you think you may need – a full tool kit with spares i.e. inner tubes, extra puncture repair kits etc will be carried in the support vehicle.



REFRESHMENT STOPS

Please do ensure that you have a water bottle on your bike. We do also have water provided on the route.

Along the 40km (Olympic Tri) and 60km route there will be a combined water stop as you pass through the Chilterns at the Fox & Hound Pub car park

Water stop

The water stop will have public toilets which you will be able to use. The water stop will be staffed by our support crew, providing water, fruit, snack bars, and energy gels should you need them.

SUPPORT

There will be fully staffed support vehicles roaming both of the routes and a small minibus at the back of the group to offer help to anyone that needs it. Each vehicle carries tools and spares for any unforeseen mechanical problems, but it's absolutely vital that you ensure your bike is in good working order before you set out. We recommend that everyone carries spares with them to fix punctures etc – that way you can avoid the wait for a support vehicle. The map given to you at registration will contain a number for Event Control, as well as a Mechanic number should you need it.

FIRST AID

There will be a medic roaming the route, as well as first aiders within our crew. In the event of an emergency you should always call 999. If you need to speak to a member of our support team you can call Event Control, the number will be issued in the map given to you at registration. If you decide you would rather not carry the map, please save the numbers in your mobile phone.



5KM & 10KM WALK/RUN

Once you have registered, you will be directed to the start point where there will be a short warm up. There will be plenty of directional signage so that you don't get lost! The route is along a trail, so please make sure you have the correct shoes and take care whilst running! 5KM will be one lap of the course, 10KM will be 2 laps.

*Please note that the runners will be set off 5 minutes before the walkers.





KIT LIST FOR WALK/RUN

Please use this list as a guide for what you might need on the day. If you are used to running/walking in/with other gear, please use what you would usually to be most comfortable.

CLOTHING & GENERAL WALKING EQUIPMENT

- Walking boots/trainers
- Windproof and waterproof jacket
- Sun block / cream & lip salve
- Small rucksack to carry extra layers and any lunch you want to take

CLOTHING & GENERAL RUNNING EQUIPMENT

- Running shoes/trainers
- Windproof and waterproof jacket
- Sun block/cream & lip salve
- Small rucksack to carry extra layers and any lunch you want to take



ADDITIONAL INFORMATION:

AQUA PARK

The Aqua Park is available for all participants to use. You can make bookings online in advance at www.oxfordwetnwild.com at a cost of £15pp. Alternatively you can book on the day subject to availability at a cost of £20pp. Sessions run on the hour every hour from 10am to 6pm. A session is 50minutes long. Participants under 10 must be accompanied by a responsible adult.

CHILDREN/FAMILIES/SUPPORTERS AT THE EVENT

Children at the event – children over the age of 8 are permitted to take part in the walking and running events, provided they are accompanied by an adult

TOILETS

Will be available on site. An accessible toilet will also be provided.

CHANGING FACILITIES

Will be available on site and open from 9.30am

SHOWERS

Will be available on site for Aqua Park users only (very limited availability). These are outside showers to rinse off lake water.

CATERING

A token system will be in place for catering at the event. All (paying, via entry fee) participants will receive 1 token which will include BBQ food/salad/condiments and one free soft drink. All tokens will be sent to team captains by post in the next few weeks. Please bring cash for tea & coffee which will be available from the Water Sports Centre.

For any friends/family attending the event and wishing to obtain catering will be able to purchase additional tokens - **£10 for adults / £5 for under 16s** – these can be purchased before the event, please contact Matt Jones Matt@btha.co.uk or call 020 7701 7271. Alternatively, tokens will be available at the event – cash or card payment will be available (please ensure you have correct cash available if you wish to pay this way).

PARKING

Will be available on site and will be open from 9am. Car park marshalling will be in operation on the day of the event.

NO DOGS ALLOWED