

Wallingford Triathlon Club

☒ Triathlon Race Report

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Henley Triathlon Sprint (400m pool swim, 25km cycle, 5km run)

1 June 2025

Henley on Thames

☔ Race Conditions

- Weather: Sunny
- Water Temperature: Pool swim
- Course Type: Beginner friendly with pool swim, fairly flat cycle & grass run. Staggered pool starts make for very easy, uncongested transition areas.

⌚ Your Race Summary

- Overall Time (optional): 1:43:14
- Swim Time: 9:41 (400m pool)
- Transition 1 Time: 2:57
- Bike Time: 59:56 (26km road)
- Transition 2 Time: 1:08
- Run Time: 29:32 (5km grass)
- Result: 3/10 age category (50-55 female). 16/59 Female overall

🏊‍♂️ Swim

- How did the swim go? 16 laps of a 25 m pool. As a 1st ever any kind of race swimming, I was quite nervous, but all the competitors were super encouraging and friendly, we had all kinds of swimmers, some were doing breaststroke. It went better than expected
- Any challenges with sighting, temperature, wetsuit, etc.? Pool swim was nice and easy, just remember to count your lengths. Make sure to do a test swim before the event to give an

accurate time as your start time is based on your swim time. I was in a slightly slower group, but swimmers were very friendly and allowed me to pass.

- Would you do anything differently? Make sure to have an idea on how fast you can swim the distance, I only did it really close to the race & the organisers were super kind and adjusted my start time after the deadline, I initially left my time at the default 16 minutes.

Bike

- How was the bike leg? 2 Laps that according to my watch was just over 26km. Mostly flat roads but ended with a hill to get back up to Gillotts school (venue for the race), 1st lap was good to prepare you to have the right gear selected for the hill for the 2nd time round. Last hill is just after a sharpish left turn and I was unprepared for it the 1st time round.

- Anything notable about the course (elevation, technical sections)? As a 1st race can't comment, but thought it was well marked, fairly easy, very scenic and enjoyable ride apart from the sting in the tail for the last little bit.

- How was nutrition/hydration? It had plenty of flat sections to drink water. I took one gel during transition between the swim & cycle. Organisers had a drink station with water and High5 energy drink available for the run (took me 2 laps to realise they were offering different drinks, they were holding signs up with what they had on offer).

Run

- How did the run feel? 4 laps of a grass course on premises. Had jelly legs which I have sort of heard of but never truly experienced, was staggering around a bit for at least the 1 km which made for a disappointingly slow 5km, but overall was a great experience. Something to train in the future, go for a short run after every cycle if you can.

- Course support and atmosphere? The fellow athletes were absolutely amazing supporting each other, marshals were great, can't fault anything. Was not very busy but still had a lovely vibe.

- Any pacing or fueling insights? Try to spin the last bit on the bicycles to prepare the legs for the run, which was hard here as finished on an uphill. Did not feel the need for lots of fueling as Sprint triathlon is not that long.

Mental Game

- How did you stay motivated or manage tough moments? People around me motivated me, lucky to not have had any really tough moments.

- Any mantras or strategies that helped? Relax and enjoy, nobody cares how you do apart from yourself, just do it for yourself.

⌚ Tips for Future Participants

- Anything you wish you'd known beforehand? Spin the legs on the bike to prepare for the run.
- Advice for first-timers or those returning to the race? Relax don't try to rush the transitions for the 1st time, I could have been a bit faster on transitions, but it was great for the stress levels and enjoyment to not have put pressure on myself to go as fast as possible, made sure everything was sorted before getting on the bike. Pack your bag the night before.

⌚ What Would You Do Differently?

- From training to race day — anything you'd change? Did not follow a structured training program for this 1st triathlon as not that far but did a fair amount of the sessions offered by Wallingford Tri club, which was invaluable. Bridget was amazing with her swimming coaching and everyone is super friendly and helpful when you ask for advice.

📷 (Optional) Photos

