

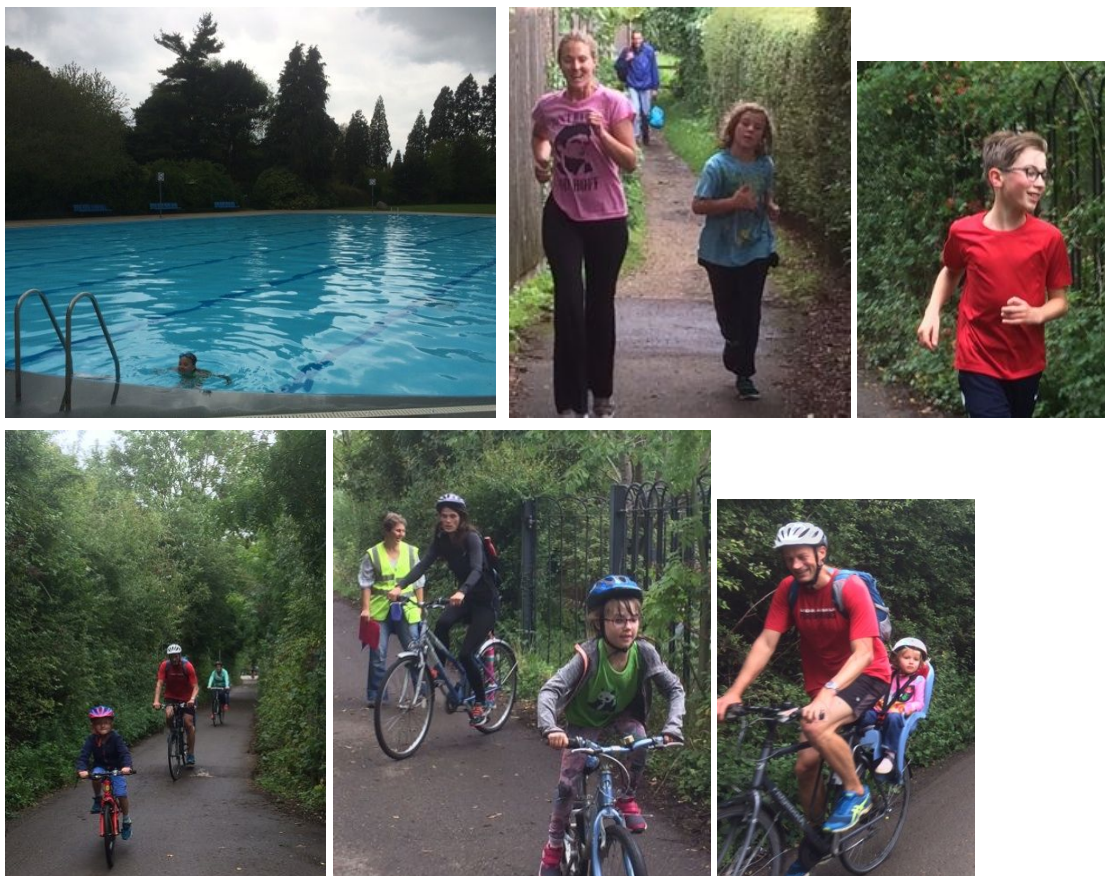
South Oxford Family Triathlon: general information



The cause: The South Oxford Family Room at Grandpont is a community-led project set up in order to continue providing universal services to families as a result of the closure of our local Children's Centre. One of the principle services we provide is professional support and help with infant feeding for new parents: a session that runs all Tuesday morning. This provides vital post natal support in the community for a large number of families from all over Oxford, and is attended by over 250 families per year from a range of different backgrounds. The service is provided in conjunction with experts from Oxfordshire Breastfeeding Support (previously Oxford Baby Cafés Group), and to run this service together costs over 200 pounds per session, or over 10,000 pounds per year. As part of the transition to community-run children's services, Oxfordshire County Council provided some of this funding for the first year of operation only: now we are faced with raising enough money to continue providing this important service.

The event: To continue funding Tuesdays at Grandpont, on the morning of Sunday 1st July 2018 we are holding the first of what we hope will be an annual sponsored "Family Triathlon", and in keeping with our family ethos, we are encouraging families of all ages to participate. The event is intended to be inclusive rather than very competitive - in our pilot event last year we had families and children from toddlers upwards. Children can take part in as much or as little of the course as they wish, as part of a family team. It is a great way to spend a Sunday morning together getting some exercise and having some fun, with a real sense of achievement at the end.





More details: The event covers 8 km in total, starting with a 200 metre swim in the lovely Hinksey Pool (thanks for their support!), followed by 1.7km run through the park and fields, finishing with 6.1km cycling on a traffic-free course around Grandpont Nature Park. We will finish with a celebration in the late morning at Hinksey Pool, and if they wish, families can carry on with a picnic at a local community day run by the South Oxford Adventure Playground. Some photos of the pool and our pilot event are below.



Timetable: Participants are expected to drop off their bikes any time up to 8.30am at Grandpont Nursery School car park, and make their way to the Hinksey outdoor swimming pool by 8.45. Each participant will be given two wrist bands to allow entry to the swimming pool - one for themselves and one for a supporter (any additional poolside supporters can be catered for by prior arrangement). The 200m (6 length) swim component will start at 9.00am. Swimmers will be staggered at 20 second time intervals over several lanes (if members of a team wish to swim together they can set off at the same time in different lanes). Swimming will be followed by a 1.7km run. Since this comprises 3 laps around a meadow, younger children / families can run this as a relay. The run will finish at Grandpont Nursery School where bikes can be collected. The bike component is 6.1km, consisting of 4 laps around Grandpont Nature Park, and finishing next to the Nursery School at South Oxford Adventure playground. Once finished, participants are encouraged to return to the pool where there will be refreshments and participation packs awarded.

South Oxford Family Triathlon: Sun 1st July 2018

8km total course

-  Swim
-  Run
-  Bike
-  Finish

The 8km event is participatory rather than competitive. The marshalled course can be shared, relay-style between family members if young children or other participants will struggle to complete the entire course distance.

Timetable:

Hinksey Outdoor Pool (OX1 4RP). 9.00am staggered start (swimmers separated by 20 seconds), 200m swim followed by 1.7km run to:

Grandpont Nursery School (OX1 4QH). Bikes collected for 6.1km traffic-free loop, finishing at:

South Oxford Adventure Playground (OX1 4PA).

Expected finish times between 10 and 11am. Bikes can be left here, and participants are encouraged to return by foot to the swimming pool where there will be announcements and refreshments available. Participants can then stay at the pool or return to picnic at the SOAP community day.

