



UP & RUNNING



 **THIRDTRANSITION**



**Crystal Palace Physiotherapy
& Sports Injury Centre**

CRYSTAL PALACE TRIATHLON 2007: Competitors Information

LOCATION:

Crystal Palace National Sports Centre, Ledrington Road, Upper Norwood, London, SE19 2BB. There will be free car parking on the top terrace. Crystal Palace station and bus terminal have excellent links

CATERING/REFRESHMENTS

Fast foods, snacks and soft drinks are available from the café by the Sports Centre reception. They also have vending machines on the lower floor.

CHANGING FACILITIES

After leaving your bike in transition, the swim changing rooms can be found on the lower floor of the Sports Centre. The lockers take a refundable 50p coin.

REGISTRATION & CHECK-IN PROCEDURE

Registration is in the 5 a side hall which will be clearly signposted. There you will collect your goody bag. It will include essentials for the race:

- ❖ 2 race numbers - One for your chest and one for your back
- ❖ Timing chip - No chip, no time! Secure it with the band provided around your ankle
- ❖ Bike number to be attached to your bike. If this doesn't correspond to your race numbers your bike won't get in or out of transition.
- ❖ Helmet number – To help our official photographer identify you.

Registration will commence at 8.00am.

PLEASE ENSURE THAT YOU ARRIVE IN PLENTY OF TIME.

Most of the inevitable last minute 'emergencies' can be dealt with this way

So don't panic!

By their nature, triathlons are physically demanding. By participating in this race you are declaring yourself medically fit to complete the course. In the case of known allergies, etc, we would recommend that details be written on the back of your 'run' race number.

RACE BRIEFING

A 15 minute race briefing film will be continuously showing from 8.15 am in the registration area. A member of Crystal Palace Triathletes will also be available to answer any of your questions.

TRANSITION AREA

Only competitors are allowed in the transition area and must show their race number to gain entry in and out. Once you have collected your race numbers, etc. please place your bike in transition **TIDILY** in the space allocated with the corresponding race number.



UP & RUNNING



THIRDTRANSITION



Crystal Palace Physiotherapy
& Sports Injury Centre

GENERAL RULES & RACE CONDUCT

The race is governed by British Triathlon Federation rules. These can be viewed in full at <http://www.britishtriathlon.org/events/rules/competitionrules>.

These are basic, but necessary for the safety and enjoyment of competitors, spectators and the general public. Here are some of the main points:

- ❖ It is the competitor's responsibility to know and correctly complete the full course of the event.
- ❖ Triathlons are individual endurance events. Any teamwork or outside assistance that provides an advantage over the other competitors is expressly forbidden.
- ❖ Foul or abusive language is not permitted - nor tolerated!
- ❖ Two race numbers will be issued which must be worn unaltered. One for the back (so clearly visible for the cycle section) and one for the front (so clearly visible for the running section). They must be attached at all four corners. The use of number belts will be permitted.
- ❖ You must supply your own bike and cycle helmet. Bikes must be in a safe and roadworthy condition with brakes in good working order. Spot checks will be made to verify this.
- ❖ All competitors must ensure that they are adequately clothed at all times. The minimum being a one or two piece, non-transparent swim suit.
- ❖ Your cycle helmet must be on your head and done up **before you touch your bike** to take it from the rack. You must not undo it until the bike is re-racked at the end of the bike section.

Before you start the race, take the opportunity to warm up in the diving pool and once in the line for the start, please get into race number sequence.

If you have any questions please feel free to ask at registration, at the race briefing or any of the marshals.



UP & RUNNING

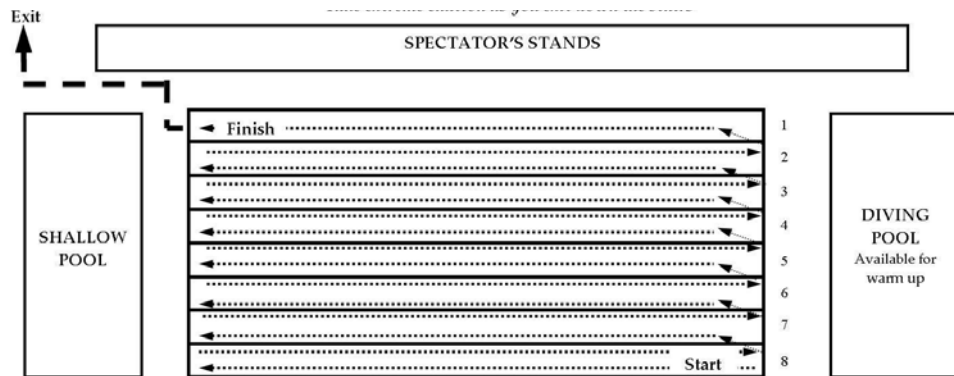


THIRDTRANSITION



Crystal Palace Physiotherapy & Sports Injury Centre

The Swim



SWIM SECTION

The swim is a 'zig-zag' route going up and down each lane and then moving to the next. On finishing, please show the race number on your arm to the marshal as you pass them.

Competitors will be directed out of the exit doors at the end of the building, down a short flight of stairs through the old tennis courts, into the indoor track and then IMMEDIATELY into the transition area. Please proceed with caution during this section..... It really is immediately after you leave the indoor track!

There will be a two minute penalty issued to those running on the steps. Please walk down, carefully.

BIKE SECTION

Once in the transition area ensure your event number is clearly visible on your back and remember to **fasten your helmet up before you un-rack your bike.**

You must not mount your bike until the designated line after transition. You must not cycle within the transition area. Marshals will tell competitors when they can mount and dismount their bikes.

Please note that Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.



UP & RUNNING



THIRDTRANSITION



Crystal Palace Physiotherapy
& Sports Injury Centre

Marshals may prevent competitors from leaving the transition area if helmets are not fastened and race numbers are not correctly displayed on your bike and vest.

You must give way to runners from the right as you mount your bike. A marshal will stop you if required.

There are 9 laps of the cycle course. Stay on the right hand side of the cones around the course. Competitors are responsible for ensuring the correct number of laps have been completed. We suggest that competitors obtain the assistance of friends, etc., to count on their behalf or you might consider moving pieces of tape on your handlebars. Please do not throw any such tape onto the course. Our timing system allows us to verify the number of laps done but it is not possible to feed that information back to you during the race.

At the end of your 9th lap cyclists must again give way to runners passing the far end of the Jubilee Stand. A marshal will tell you to stop if required. **Remember not to undo your helmet until the bike is racked** against your corresponding number.

RUN SECTION

Ensure that your race number is now clearly visible on your front. Exit the transition area at the allocated exit (see map). You will be on the same course as the cycle route with the exception of the hill by the fishing lake. Runners must keep to the inside of the course. At the beginning of the Jubilee Stand on your second lap you enter into the stadium. From here you will complete 1 full lap and 1/2 of a second. The finish line is at the end of the home straight at the transition end.

PLEASE NOTE: THE RUN DIRECTION IN THE STADIUM IS NOW CLOCKWISE

PRESENTATION, PRIZE DRAW & RESULTS

The presentation of awards will take place in Registration 30 minutes after the completion of the last competitor. Prizes will be awarded in the following categories for 1st, 2nd & 3rd places:

Female Senior, Female Vet (40+), Male Senior, Male Vet (40+)

There will also be a prize draw for all competitors at the awards ceremony. Use your race number to win prizes, sports massage, tri-clothing, coaching etc.

GOOD LUCK AND ENJOY YOUR RACE!