



UP & RUNNING



THIRDTRANSITION



Crystal Palace Physiotherapy
& Sports Injury Centre

2007 CRYSTAL PALACE TRIATHLON: Spectators' Advice

Doing triathlons is a lot more fun with the support of family and friends so Crystal Palace Triathletes hope to make the event as much fun and exciting for spectators as it is for the competitors. We are proud of the social aspects of our sport so spectators giving loud and vigorous encouragement are more than welcome. Fortunately the Crystal Palace National Sports Centre and park lends itself to safe, close to the action spectating for all ages.

To support someone from the start please follow the signs to the pool side seats by entering the building at the main reception (which is now upstairs off the promenade).

At the end of the swim please leave up the stairs and past the cafeteria, exiting the building to the promenade. This allows you quick access to an excellent view of the transition area.

If you then make your way to the end of the promenade you will be able to overlook the competitors as they start and finish each lap of the bike course.

As the competitor you are following heads off on their second and final run lap you may wish to make your way to the other end of the promenade and take the stairs into the stadium past the Sports Bar. There you can await their arrival and see them finish close up. Marshals will be present to ensure your way is clear should you wish to cross to the inside of the track.

You may wish to watch from other viewpoints around the park. Whilst you are free to do so, please ensure that you do so safely and do not get in the path of the competitors.

Toilets and refreshments are located within the sports centre and the park.

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

DON'T FORGET YOUR CAMERAS!

Please take a look at the separate spectators map for further advice