



2008 CRYSTAL PALACE TRIATHLON: Spectator Information

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 as 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.

Unfortunately you will be unable to watch the swim this year. Although if you stand on the bridge you can watch swimmers exiting the pool building and crossing the old tennis courts.

If you then make your way to the end of the bridge (above the indoor track) you will be able to see competitors in transition and as they start and finish each lap of the bike course. You will also see them pass twice on the run.

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 bridge and take the stairs into the stadium past the Sports Bar. There you can await their arrival and see them finish close up on the track. 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 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 see spectators map on reverse.

