



CRYSTAL PALACE TRIATHLON 2009: Competitor 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.

Please check with [Network Rail](#) for any planned engineering works over the weekend. The Network Rail link above also contains links to journey planners, phone numbers for helplines etc.

It's not too late to register with [Jambusters](#) who are offering a car share scheme.

CATERING/REFRESHMENTS

There are cafés within the Sports Centre and the grounds of the park. There are vending machines available next to the Sports Bar (near to transition) and in the Sports Centre. We are hoping to have a cake stall at or near the Finish so please bring some cash to buy some well earned recovery cake!

REGISTRATION & CHECK-IN PROCEDURE

Registration is in the indoor track 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 front and one for your back (race belts allowed)
- 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 **10.00. 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! We recommend arriving 45 minutes to an hour before your start time. This will give you time to collect your numbers, rack your bike, familiarise yourself with transition, get changed and be on poolside in plenty of time for your start time.

Please be aware that the Junior triathlon will be underway at this time, so please take care when arriving at the venue as their race will be in progress.

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 race number.

RACE INFORMATION

The junior triathlon with TriStart, TriStar 1, 2, 3 and Youth categories gets underway at 08:00. The senior event is scheduled to start at 10:50 but this will depend on completion of junior waves. Please arrive in time for your scheduled start time and any delays will be advised at Registration.

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.

A short powerpoint presentation will be shown continuously in the Registration area from 10:00. A member of Crystal Palace Triathletes will also be available in Registration to answer your questions. Please don't hesitate to ask, especially if this is your first triathlon!

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 and kit TIDILY in transition. If you are taking up too much room marshals may have to move your bike and kit to allow room for other competitors. As bike racking will not be numbered, please remember where you have placed your bike!

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 in the changing rooms take a non-returnable 20p.

GENERAL RULES & RACE CONDUCT

The race is governed by British Triathlon Federation rules. These can be viewed in full on the [British Triathlon website](#).

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). If using safety pins, 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.
- Cycle helmets must be approved by BSI, ANSI, Snell or equivalent standards authorities. 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 reracked at the end of the bike section.

If you have any questions please feel free to ask at Registration or any of the marshals.

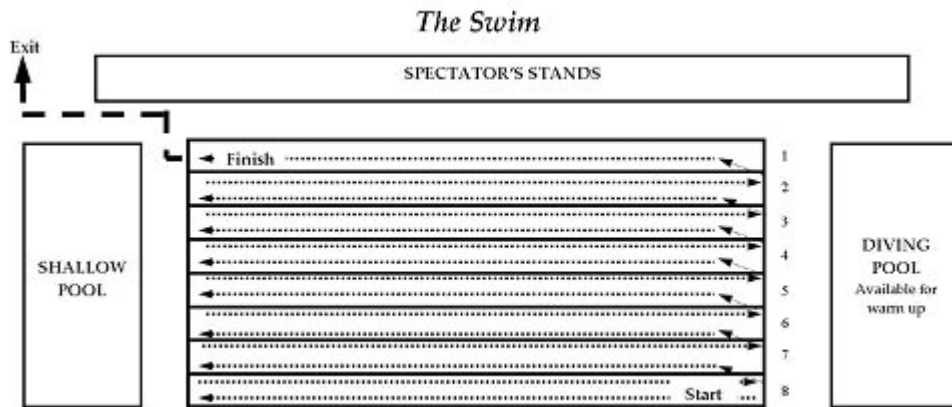
SWIM SECTION

You will collect your timing chip on poolside, so please arrive at least 10 minutes before your start time. Queue in race number order as you will be started in strict race order number at your allocated start time. You cannot change your start time either before the race or on poolside.

Remember: No chip, no time! Secure it with the band provided around your ankle and wear throughout the swim, bike and run.

Swimming hats will not be provided so if you wish to swim in a hat please bring your own. Wetsuits not allowed!

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Swimmers will be started at 20 second intervals for a 750m 'zig-zag' route, 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 then you run alongside the old tennis courts, along a marked route through 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 race 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.

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 front.

NB: Give way to runners from the right as you mount your bike. A marshal will stop you if required.

You must complete 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** again in your predesignated area.

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

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the exception of the hill by the fishing lake. Runners must keep to the left of the course. After completing **two laps of the park**, at the beginning of the Jubilee Stand, you enter the stadium. From here you will complete **two laps** of the track. The finish line is at the end of the home straight at the transition end. Please hand your timing chip to the marshal at the finish.

PLEASE NOTE: THE RUN DIRECTION IN THE STADIUM IS CLOCKWISE

PRESENTATION, PRIZE DRAW & RESULTS

The presentation of awards will take place at the Finish (or in Registration depending on weather) approximately 30 minutes after the last competitor has finished. Stay around if you can as there will be spot prizes as well as prizes awarded in the following categories for 1st, 2nd & 3rd places:

Female Senior, Female Vet (40+), Female SuperVet (50+), Male Senior, Male Vet (40+), Male SuperVet (50+)

SPORTS MASSAGE

Sports massage will be available pre- and post-race. This will be provided by the Crystal Palace Sports Injury Clinic at a charge. Please visit CPSIC in the Registration area to book your massage.

GOOD LUCK AND ENJOY YOUR RACE!

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