

CRYSTAL PALACE TRIATHLON

23 May 2010

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 is a café within the grounds of the park and vending machines are available next to the Sports Bar (near to transition) and in the Sports Centre. We will have a cake stall near the Finish so please bring 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 the essentials for the race:

- **2 race numbers - One for your front and one for your back (race belts allowed) – Please provide your own safety pins or race belt.**
- **Bike number to be attached to your bike. If this doesn't correspond to your race numbers on your bike you won't get in or out of transition. Your number must be on your bike before you enter transition.**
- **Helmet number – Your number must be on your helmet before you enter transition. This number also helps our official photographer identify you**
- **You will also have your number marked on your right arm**
- **You will also collect your souvenir race t-shirt**

Registration will open at **08.00. 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 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.

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

A member of Crystal Palace Triathletes will be available in Registration to answer your questions. Please don't hesitate to ask, especially if this is your first triathlon!

BIKE CHECK-IN

There will be a bike check-in before you can take your bike into the transition area. You need to have your bike helmet (with sticker in place) on your head and done-up. The bike sticker needs to be clearly visible on your bike and all numbers must correspond with your bodymarking.

It is highly recommended that your bike is serviced by a reputable bike shop before the event.

If you need your bike servicing before the event please contact Simon's Service Centre on 07880 715100 or 07788 724307. They will also be offering technical support on the day with free check-ups and on-site technical assistance throughout the day.

Please note: Fixed wheel bikes are not allowed. Please ensure your handle bar ends are suitably capped otherwise you will be refused entry to transition and will be unable to race.

TRANSITION AREA

Only competitors are allowed in the transition area and must show their race number to gain entry in and out. Please place your bike and kit TIDILY in your numbered position 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.

- **Competitors only in transition area**
- **All kit to be stowed in a tidy manner and clear of the walkways**
- **Bikes must be in roadworthy condition**

Please familiarise yourself with the entrance and exit points and note the bike and run in and out locations. It is not the marshals' responsibility to direct you so please don't shout at them if you don't know where you are going!

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!

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- 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 is 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. No fixed wheel bikes allowed.
- 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.

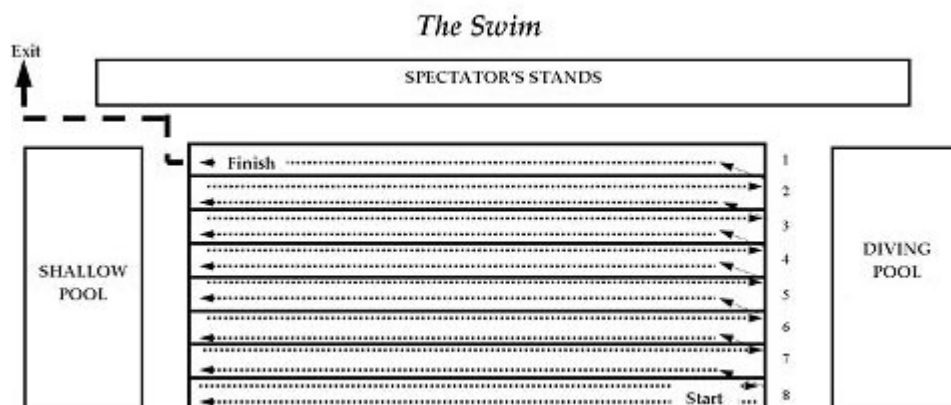
If you have any questions please feel free to ask at Registration or any of the marshals.

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 are not allowed!



Swimmers will be started at 15 second intervals for a 750m 'zig-zag' route.

Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to other people in your lane. If you follow these simple guidelines there are rarely problems:

If you are much slower than the swimmer behind you and they tap you on the foot, please give way at the end of the length.

If you are much faster than the swimmer in front of you, please tap their foot (gently) to signal that you would like to pass them at the end of the length.

Try not to swim over the top of fellow competitors!

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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

- **Race number must be clearly visible on your back**
- **Bike helmet must be securely fastened on your head before you touch your bike**
- **Do not ride your bike in the transition**
- **Mount your bike only after the 'Mount line'**
- **Dismount your bike before the 'Dismount line'**
- **Bike helmet must remain securely fastened on your head until you have 'racked' your bike**
- **Bike to be racked by the front of the seat**
- **No mobile phones, iPods, MP3 players etc in transition or while cycling. This will result in disqualification**

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 completed but it is not possible to feed that information back to you during the race. Please make sure you cycle over the timing mat, do not try to avoid it, otherwise you won't get a correct lap count!

- **Bike helmets must be securely fastened on your head at all times whilst you are touching your bike.**
- **Cycle on the left hand side of the path and overtake on the right.**
- **Drafting is not permitted during the race. You must stay at least 10 meters behind the cyclist in front of you. To overtake pull out onto the right hand side of the track so that you are clear of any drafting benefit.**
- **Report any medical incidents to bike course marshals who will take the appropriate action.**
- **Ride within your ability and experience levels.**
- **It is your responsibility to count your own laps.**
- **Once you have completed your nine laps, then return into the transition area. You must dismount your bike before the dismount line.**

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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 your bike is racked** again in your predesignated transition 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 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 **one and a half 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.

- **No mobile phones, iPods, MP3 players etc are to be used on the run course. This will result in disqualification.**
- **Please remove your timing chip and place in the container provided at the Finish line.**

PLEASE NOTE: THE RUN DIRECTION IN THE STADIUM IS CLOCKWISE

EARLY RETIREMENT

If for any reason you do not complete the race, please report to either the timing van at the finish or the Registration desk and return your chip.

RACE TIMING

You will be able to view your times shortly after you finish on a large screen in the timing van which will be parked near the Finish on the athletics track. **Please note** splits include transition times, we will not have separate transition splits.

PRESENTATION, PRIZE DRAW & RESULTS

The presentation of awards will take place at the Finish (or in Registration depending on weather) as soon as results have been verified 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+), Disabled

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 FINISH area to book your massage.

RACE SPONSORS

We'd like to thank our race sponsors and encourage you to visit their websites. There will be a selection of spot prizes, including:

[triandrun](#)

[Crystal Palace Physiotherapy & Sports Injury Clinic](#) (providing massage on the day)

[Swimovate](#) (Two lucky competitors (one male, one female) will win a Pool-Mate swimming computer)

[Zone3](#) (who will be providing a range of their racing and training accessories as prizes and also a top of the range trisuit as a spot prize)

[SwimShop](#) (a selection of spot prizes)

[Foska](#) (10 lucky competitors will each win a £25 Foska voucher and every competitor will be given a wristband which offers the opportunity to win a Trek bike worth £750)

[CherryActive](#) (One lucky competitor will win a three-month supply of CherryActive Sports Recovery Drink)

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[TriTowel](#) (10 lucky competitors will win a TriTowel transition towel. There will also be an opportunity to purchase TriTowels on the day)

[Trisport Coaching UK](#) (6 lucky competitors will win a voucher for a free 1 hour coaching session)

[For Goodness Shakes!](#) (providing recovery drinks after the race)

RESULTS

Full results will be available on the Crystal Palace Triathletes website (www.crystalpalace-tri.co.uk).

GOOD LUCK AND ENJOY YOUR RACE!

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