

# CRYSTAL PALACE

TRIATHLON

## 14 May 2017 Competitor Information

### GENERAL INFORMATION

#### LOCATION:

***Crystal Palace National Sports Centre, Ledrington Road, Upper Norwood, London, SE19 2BB.***

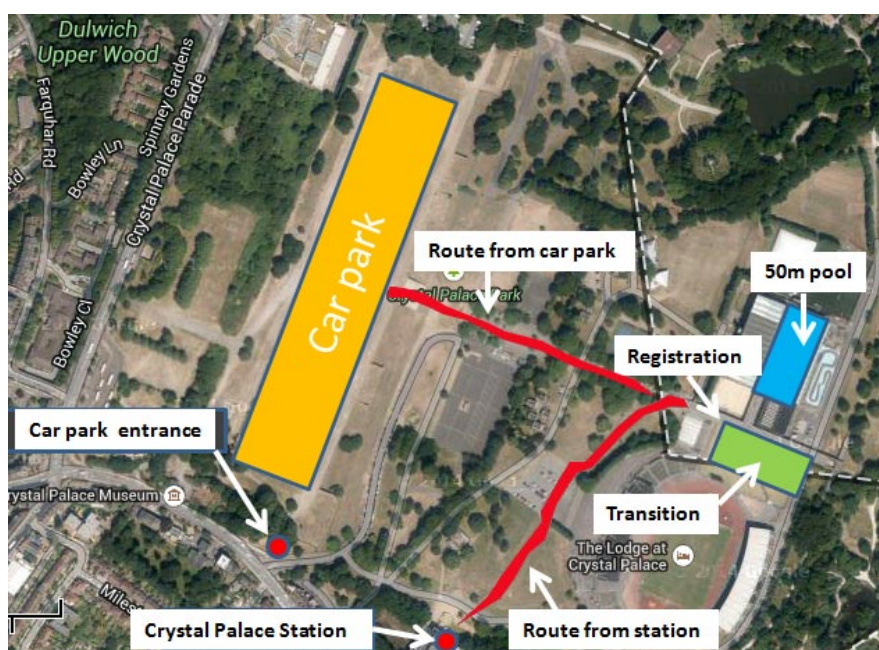
There will be free car parking on the top terrace. Crystal Palace station and bus terminal have excellent links.

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.

#### CAR PARKING

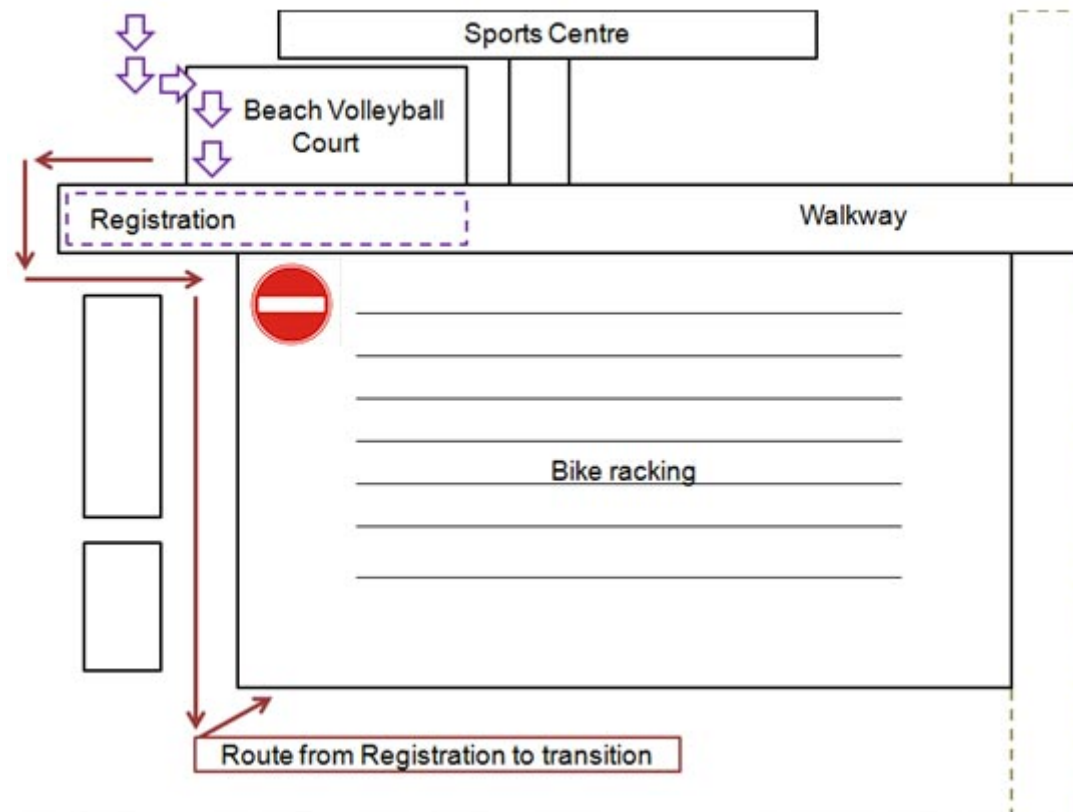
The entrance to the free car park is off Anerley Hill, just below the Crystal Palace Museum, and will open at **07:30**. The route from the car park to registration is marked on the map below.

**IMPORTANT REMINDER: Please display a copy of the 'Parking Permit' in your car, this can be found on the last page of this document. The gates to the Event Car Park will be locked at 16:30 and you will not be able to retrieve your car until the next day.**



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

Maps are not to scale and are for information only, to give distances and layout of the course.



#### REGISTRATION & CHECK-IN PROCEDURE

**Registration is in the indoor track which will be clearly signposted.** There you will collect the essentials for the race:

- **1 race number** – to be displayed on your back during the bike leg and your front for the run. You will receive a race belt in your goody bag at registration, please use it.
- **A set of bike/helmet labels, similar to those illustrated below. If this doesn't correspond to your race numbers on your bike you won't get in or out of transition.**
- **Bike number** - Place around your seat post, with the number facing backwards, so the number can be read from the side. Please do not remove, alter or bend as this label contains a timing chip used to verify your bike laps. This number must remain on your bike until you have removed it from transition and it is used to ensure you only remove your bike. Our marshals will check your bike label, race number and body marking to make sure they all match before allowing you to take your bike out transition.
- **Helmet number** (small number on the left) – This number should be displayed clearly on the **front** of your helmet, this will help verify your bike laps and also helps our official photographer identify you, as well as marshals around the course
- **You will also have your number marked on your left arm**
- **Your bike and helmet numbers must be secured and in place before you take your bike into transition.**



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

Registration will open at **07.45**. **PLEASE ENSURE 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 number, rack your bike, familiarise yourself with transition, get changed and be on poolside to collect your timing chip in plenty of time for your start time.

Please be aware that if you have a later start time, the race will already be underway and there will be racing competitors entering and exiting the transition area while you are racking your bike and setting up. Please be considerate and make sure you don't get in their way.

**START TIMES:** Times will be posted on our [website](#) around seven days before race day.

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

Members of Crystal Palace Triathletes (CPT) 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

Please **do not** join the queue for bike check-in unless **you have your bike helmet on your head and done-up and your bike sticker, in place around the seatpost**. Your bike will be checked before you can go into the transition area. All numbers **must** correspond with your bodymarking.

It is highly recommended your bike is serviced by a reputable bike shop before the event. If you need your bike servicing before the event please contact [Blue Door Bicycles](#) on 020 8670 9767. 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 you must show your race number to gain entry in and out. 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.

- **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. If you have a 'better' membership, bring your card along as there are additional lockers reserved for members.

### GENERAL RULES & RACE CONDUCT

The race is governed by [British Triathlon rules](#).

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!
- One race number will be issued which must be worn unaltered. On your back for the cycle section and front for the run section. Please use the race belt provided in your race goody bag.

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

- 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. Where a two-piece is worn, the two pieces should overlap. The competitor must cover their torso during the entire race with the exception of the swim section. Competitors wearing a front zip suit must ensure it remains fully done up for the duration of competition. Tops must be worn over both shoulders for the duration of the competition.
- 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 take your bike from the rack. You must not undo it until the bike is racked again at the end of the bike section.

If you have any questions please feel free to ask at Registration or any of the marshals, who will be wearing hi-viz vests or CPT kit.

## SWIM SECTION

Start times might be brought forward or delayed slightly depending on traffic in the pool and out on the bike course so it's really important to **be on poolside 15 minutes before allocated start time. You will collect your timing chip on poolside.** Please queue in race number. **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 left ankle** and wear throughout the race (swim, bike and run) until you cross the Finish line.

Swimming hats will **not be** provided so if you wish to swim in a hat please bring your own. Wetsuits, calf guards, or any other items that would aid your swimming, are not allowed!

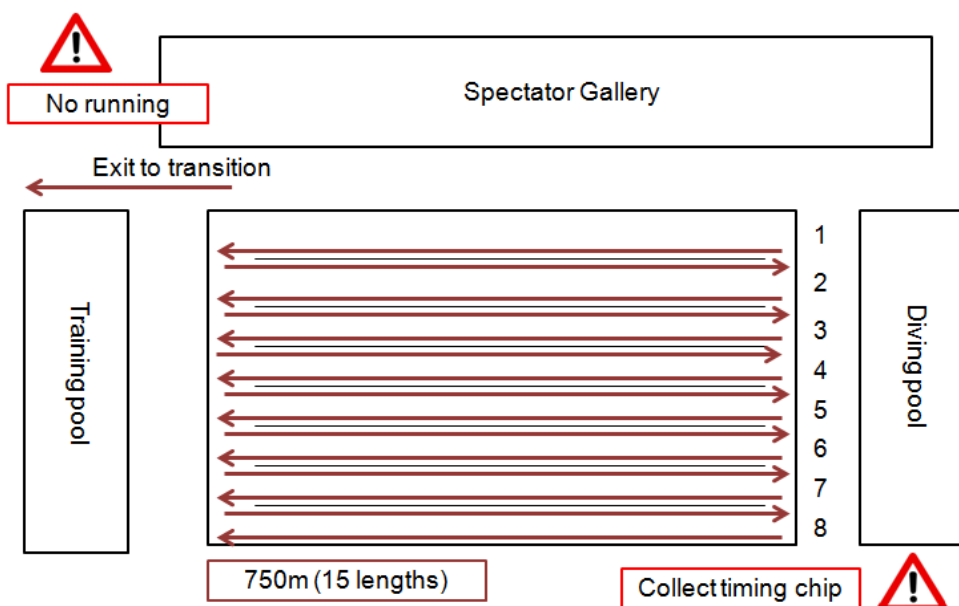
Swimmers will be started, in the water (diving is not allowed) at 10-15 second intervals for a 750m 'zig-zag' route.

Although we have tried to get accurate estimated swim times from all competitors so we can group swimmers of a similar ability together, you may still find yourself being held up or holding up others.

Please 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!



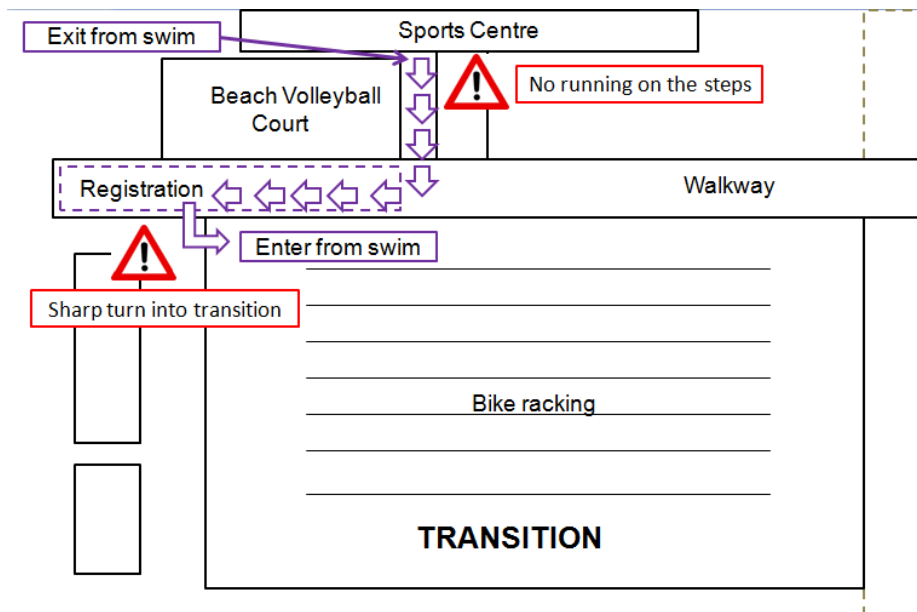
Please note Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.

On finishing, please show the race number on your arm to the marshal as you pass them, or shout your number if you can remember it!

## **NO RUNNING ON POOLSIDE OR ON THE STEPS EXITING THE POOL BUILDING**

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 beach volleyball court, 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
- Helmet number, with timing chip, should be securely placed on the front of your helmet
- Bike helmet must be securely fastened on your head before you move 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 as you exit transition. A marshal will stop you if required.

You must complete nine **(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 competitors use a bike computer (the course is a pretty accurate 20k) or 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.

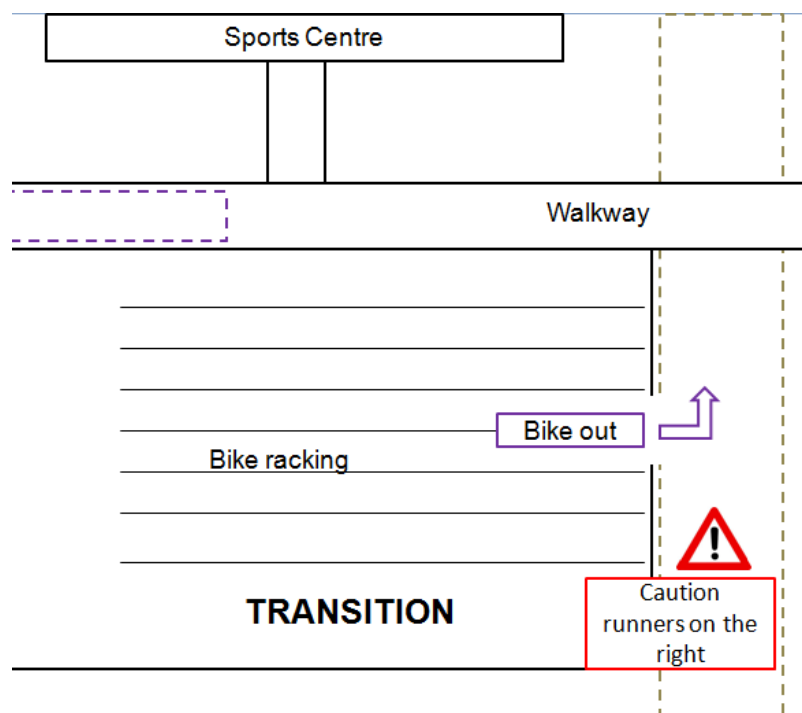
**Our timing system allows us to verify the number of laps completed but it is not possible to feed that information back to you during the race.**

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

- 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 7 metres behind the cyclist in front of you. To overtake pull out onto the right hand side of the track so 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 return to the transition area.
- Marshals will instruct you to slow down on the road so you enter the athletics track at a suitable speed ready to dismount
- The dismount line is within the athletics track
- You must dismount your bike before the dismount line.

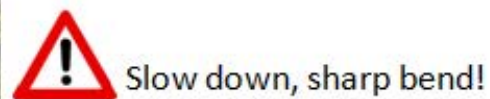
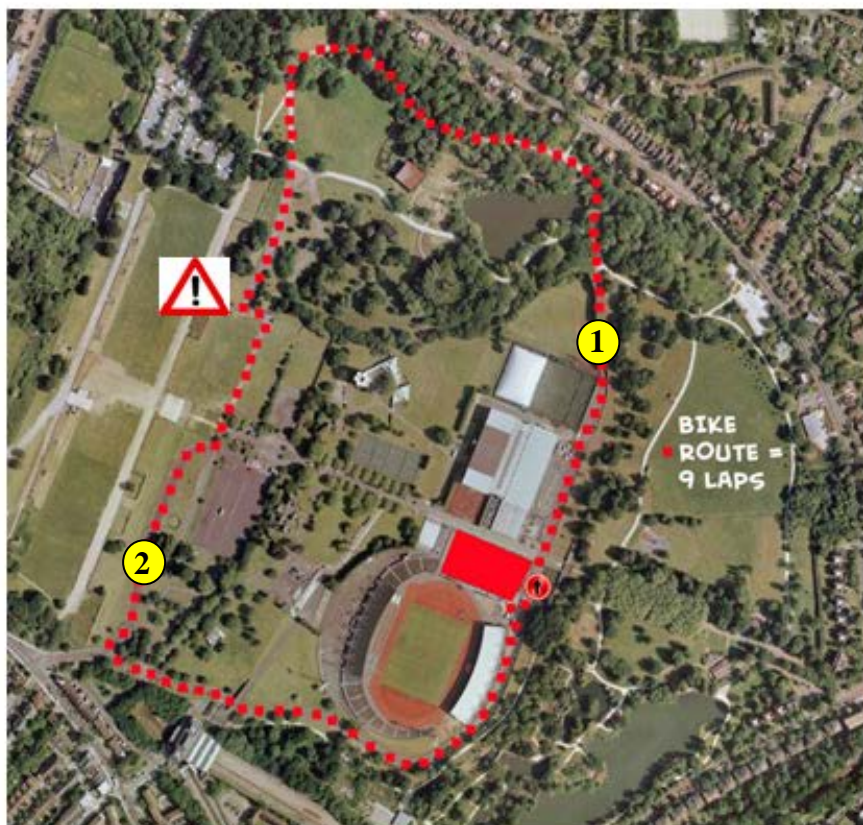
At the end of your ninth lap (9<sup>th</sup>) you must give way to runners passing the far end of the Jubilee Stand. A marshal will tell you to stop if required.

**Remember not to undo your helmet until your bike is racked** back in your transition area. Please make sure you return it to the same place and rack neatly so as not to spoil anyone else's race.





**CYCLE ROUTE:**



**1**

This gate is just before the bottom of the hill. Bikes will be channelled through the open gate and runners will pass through the gap on the left.

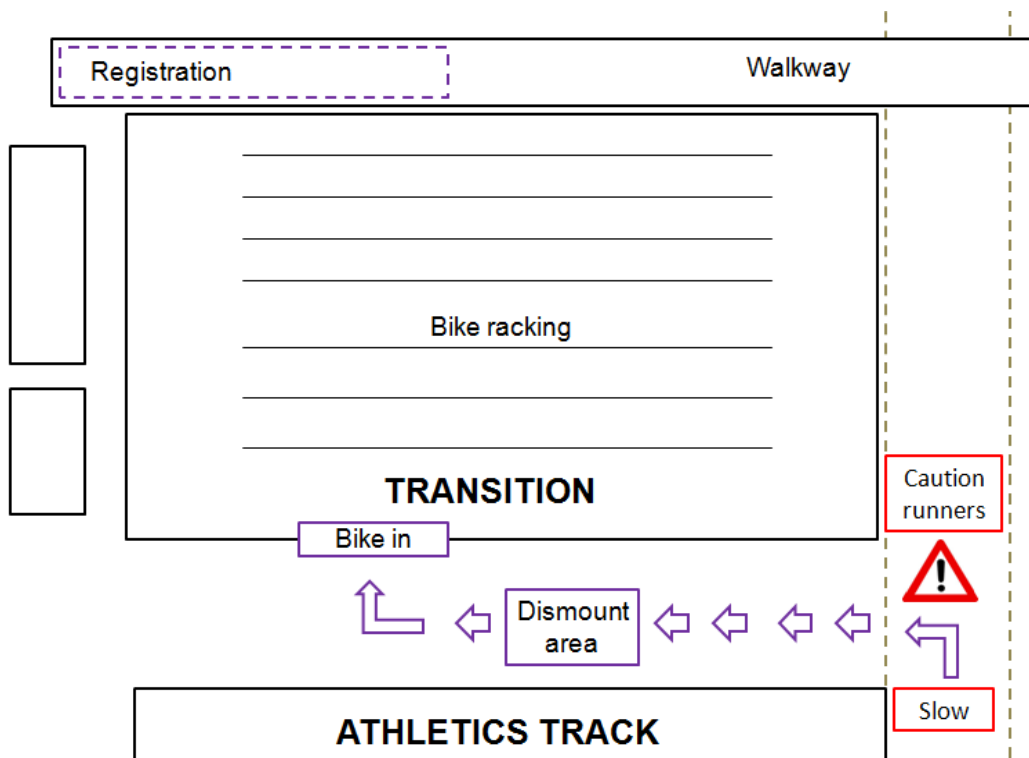


**2**

This gate is on the road at the top of the park. Bikes will be channelled through the height restriction on the right. The gate on the left will be closed. The speed bump will be removed on the racing line.



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



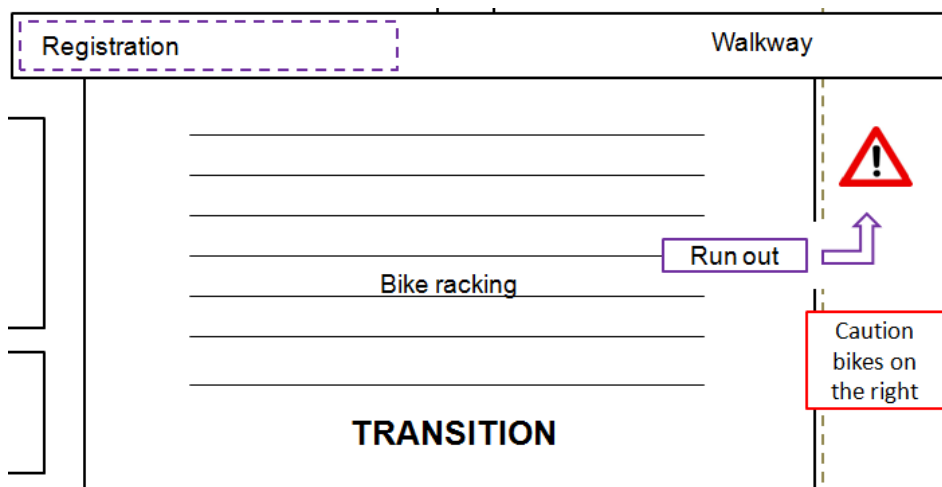
## RUN SECTION

Ensure 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 for much of the course (except the hill by the fishing lake and the top car park). Runners must keep to the left of the course.

- **No mobile phones, iPods, MP3 players etc are to be used on the run course. This will result in disqualification.**

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.

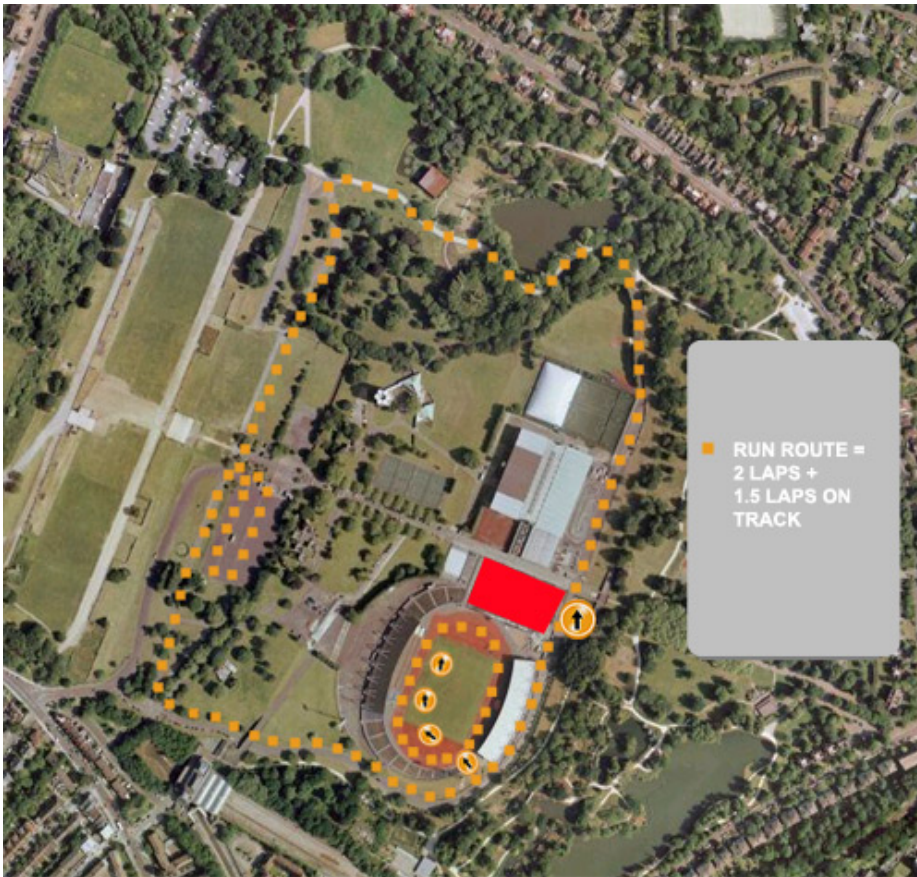
- **PLEASE NOTE: RUN IN A CLOCKWISE DIRECTION IN THE STADIUM**
- **Please remove your timing chip and place in the container provided at the Finish line.**



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



**RUN ROUTE:**



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

## EARLY RETIREMENT

If for any reason you do not complete the race, please report to either the race referee, one of the race directors or the Registration desk and return your chip.

## TRANSITION AREA

**Please note:** Due to the junior races in the afternoon and the need for racking spaces, it would be greatly appreciated if you could remove your bike and kit from the transition area as soon as possible after your race. If not, it may be necessary to move your bike and kit to another rack, however we will try to avoid this.

## 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.

If you have any queries or dispute regarding your times, please go to Registration to collect a Race time query form. This must be completed and handed in to Registration. **The timing company must not be approached** with timing queries as this detracts them from the job in hand and may result in the inaccuracy of other results. All disputes/queries will be taken up with the timing company after the race, and if necessary before the prize presentation. **The race referee's decision is final.**

## PRESENTATION, PRIZE DRAW & RESULTS

Presentations will be made, at the Finish (or in Registration depending on weather), as soon as possible after each event. Please listen out for announcements.

If you are not present to collect your trophy you will need to pay £5.00 P&P in order for us to mail it to you.

Male and Female prizes are awarded in the following age groups: 17-30, 31-40, 41-50, 51- 60, 61-70, 71+, Paratri

## SPORTS MASSAGE

Sports massage will be available pre- and post-race. This will be provided by the Crystal Palace Physio Group 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. They will be providing a selection of prizes and spot prizes.

You will also have the opportunity to try/buy various products from our sponsors, so don't forget to pack your wallets and enjoy the whole CPT experience.

**Bloodwise**  
Beating blood cancer since 1960

**BLUE DOOR  
BICYCLES**

**KITBRIX™**



**ENDURA**

**CADENCE**



**GENERATION  
UCAN™**  
THE REVOLUTIONARY  
SPORTS NUTRITION™

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

### **CATERING/REFRESHMENTS**

There is a café within the grounds of the park and next to Reception in the Sports Centre. We will have a cake stall near the Finish, so please bring cash for some well earned recovery cake!

### **RESULTS**

Full results will be available on on StuWeb's website ([www.stuweb.co.uk](http://www.stuweb.co.uk)) and on the [Makesweat](#) website for the London League.

**GOOD LUCK AND ENJOY YOUR RACE!**

**PARKING PERMIT**



**CRYSTAL PALACE TRIATHLON  
14 MAY 2017  
PARKING PERMIT**

**I am a competitor or spectator at the above event.**

**The free car park will open at 07:30. The gates will be locked at 16:30 and cars must be retrieved before this time.**

