

A photograph of a triathlon event at Crystal Palace. In the foreground, a cyclist is riding a road bike towards the camera. To the right, a runner is visible, wearing a black triathlon suit and a white bib with the number 246. The race is taking place on a paved road with orange and white traffic cones and a red and white striped barrier. In the background, there is a large, modern building with a white, lattice-like roof structure, and a crowd of spectators is visible on a balcony or walkway above the road. The overall scene is bright and sunny.

Crystal Palace Triathlon

14 May 2017

Crystal Palace Triathlon

**Crystal Palace Triathletes
accept no responsibility for
any loss or damage to your
property before, during or
after the event**

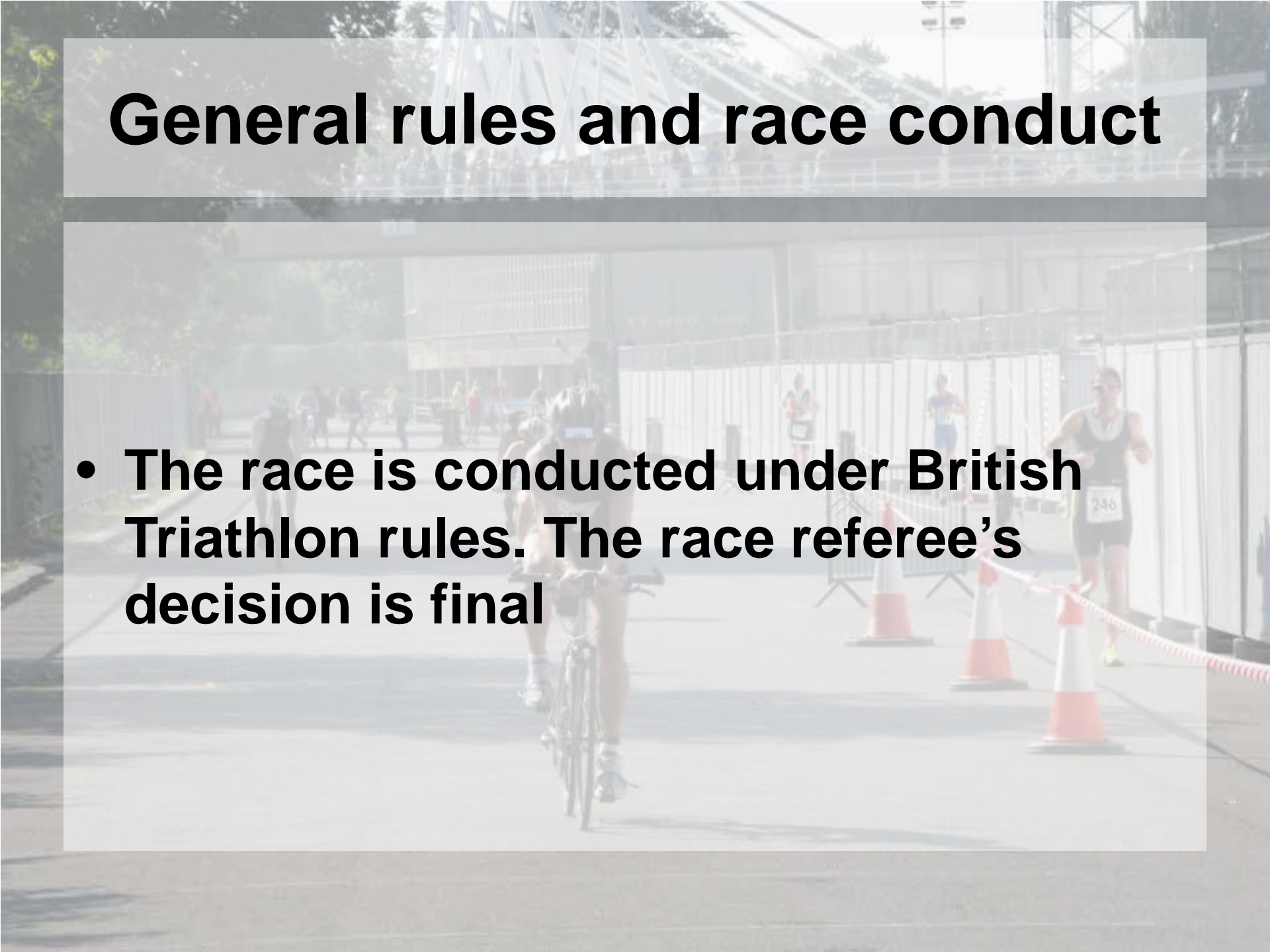
Car parking

**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.**



General rules and race conduct

- **The race is conducted under British Triathlon rules. The race referee's decision is final**



General rules and race conduct

- **Competitors must be adequately clothed at all times**
- **Minimum being a one- or two- piece non-transparent swimsuit, if appropriate, with a gap no greater than 10cm (4")**
- **Chest area must be covered during bike/run sections**
- **Front fastening tops and trisuits must be fully fastened at all times**

General rules and race conduct

- **Triathlons are individual endurance events. Any teamwork that provides an advantage over the other competitors is expressly forbidden**

General rules and race conduct

- The use of race belts is permitted (you will receive one in your goody bag). Please do not tear or fold race numbers in anyway
- Each competitor will be given a timing chip on poolside. Fasten securely around your **left** ankle before the race
- No chip. No time! Wear continuously for the swim, bike and run

General rules and race conduct

- **Bikes must be well maintained and roadworthy**
- **Fixed wheel bikes are not allowed. All bikes must have a brake on each wheel and both must free wheel**
- **Your cycle helmet must be fastened before you touch your bike to take it from the rack**
- **Do NOT undo your helmet until your bike is back on the rack at the end of the bike section**

General rules and race conduct

- **Familiarise yourself with the course maps in the race information packs and displayed in registration, as well as the transition entrances and exits before the race**

General rules and race conduct

- **Foul and abusive language is not permitted**
- **Marshals are giving up their day for your pleasure and safety. Please abide by what they say**

General rules and race conduct

- It is each competitor's responsibility to know and correctly complete the full course of the event
- 750m swim – 15 lengths
- 20km bike – 9 laps
- 5km run – 2 laps + 1.5 laps of the athletics track

Bike check-in

- **To avoid congestion and delays :**
 - **Your bike number must be placed on your seatpost**
 - **Your helmet sticker should be on your helmet and**
 - **Your bike helmet should be on your head and done-up**
- before joining the queue for bike check-in**

Swim

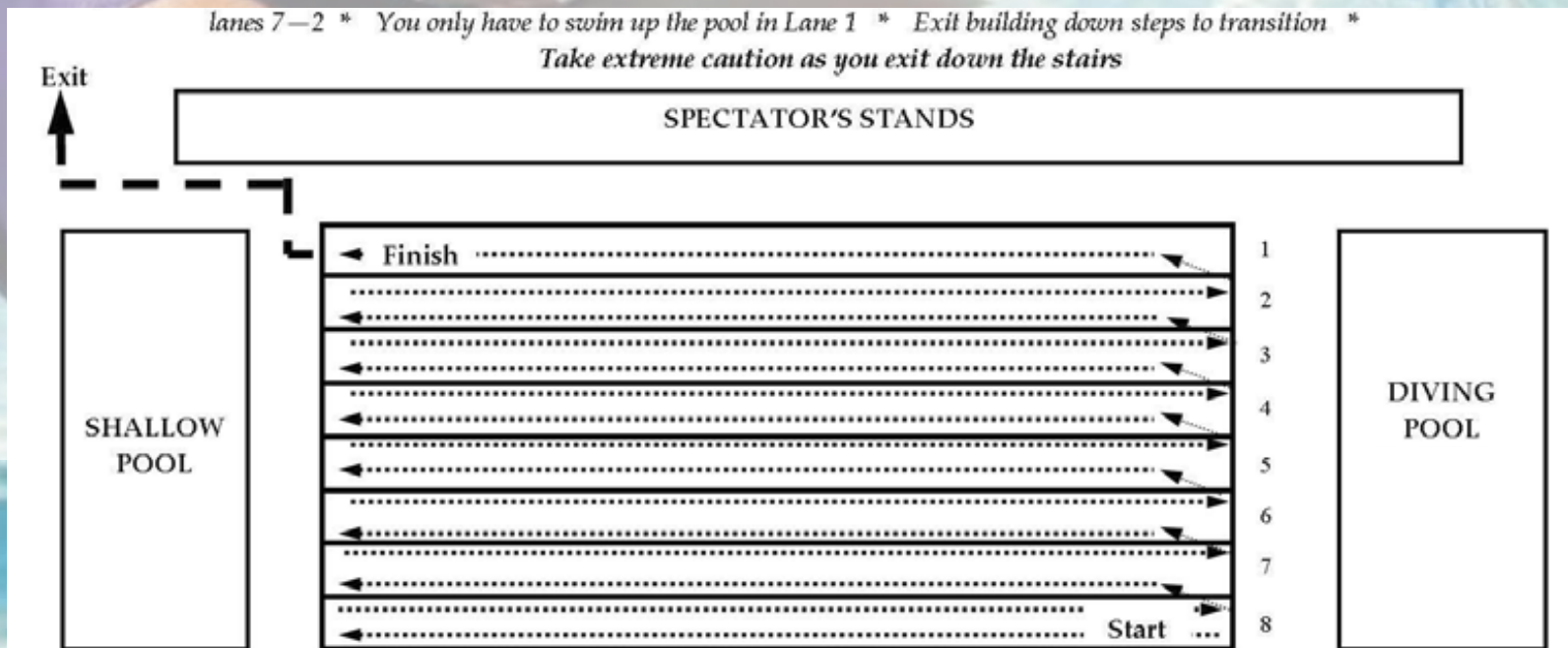
- There is a seating area beside the pool for spectators
- We do not provide swimming caps, you must bring your own
- Register at pool side at least **15 minutes** before your allocated start time

Swim

- **Collect your race timing chip at pool side**
- **Give your name and number to the marshal**
- **Queue in race number order as you will be started in strict race order number at your allocated start time**

Swim

- 750m swim – zig zag under the lane ropes to complete 15 lengths of the 50m pool
- Once you've finished your swim exit via the marked door



Swim

- Do not run inside the pool area or on the steps leading to transition
- A two minute penalty will be given to anyone running on these steps



Transition One (swim to bike)

- You will be directed along the side of the beach volleyball court through the registration area to transition**
- Your helmet must be completely fastened before you touch your bike**
- Your race number must be clearly visible on your back for the bike section (use the race belt provided)**

Transition One (swim to bike)

- **You must not cycle in transition and will be told when to mount your bike at the exit**
- **When leaving Transition TURN LEFT.**
- **Give way to runners from the right. A marshal will stop you if required**

Bike

- Complete nine (9) laps of the course on the bike
- It is your responsibility to complete the required number of laps



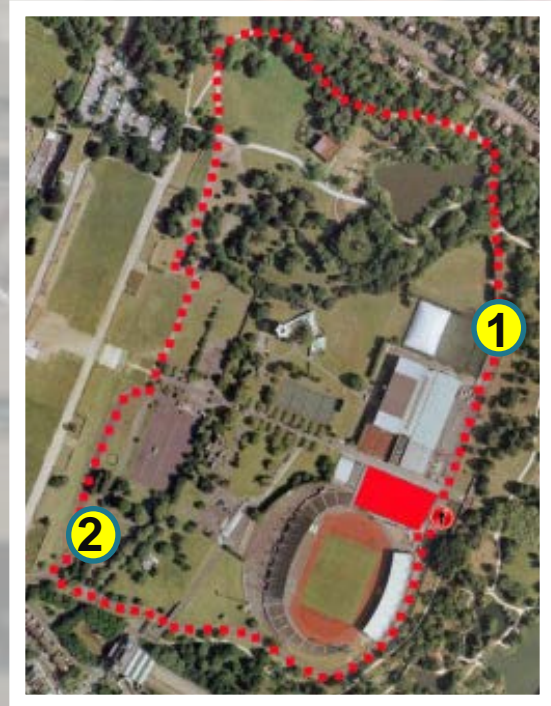
Bike – Please be aware



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.



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.



Bike

A blurred background image showing several cyclists in motion, wearing helmets and racing gear, on a paved road. The image is out of focus, emphasizing speed and movement.

- **Please be aware of other cyclists and any runners on the inside of the course**
- **The park is still open to the general public, so please take care and be aware of pedestrians and dogs**

Bike

A blurred background image showing several cyclists in motion on a track. The cyclists are wearing various colored jerseys and helmets, and their bikes are also blurred, suggesting high speed. The overall scene is dynamic and captures the intensity of a cycling race.

- **Please take care on the bike at the top of the course, particularly on the bends and the downhill section towards the Jubilee stand**
- **Drafting is NOT allowed**

Bike

A blurred background image showing several cyclists in motion during a race. The cyclists are wearing various colored jerseys and helmets, and their bicycles are visible. The image is out of focus, emphasizing speed and movement.

- **After 9 laps leave the course immediately after the Jubilee Stand into transition**
- **Dismount at the dismount line, as directed by the marshals, just inside the stadium area, NOT on the road**

Bike

A blurred background image showing several cyclists in various colored jerseys (pink, white, green, blue) riding their bicycles on a road. The image is out of focus, emphasizing motion.

- **Give way to runners on the inside of the course**
- **A marshal will tell you to stop if required**

Transition Two (bike to run)

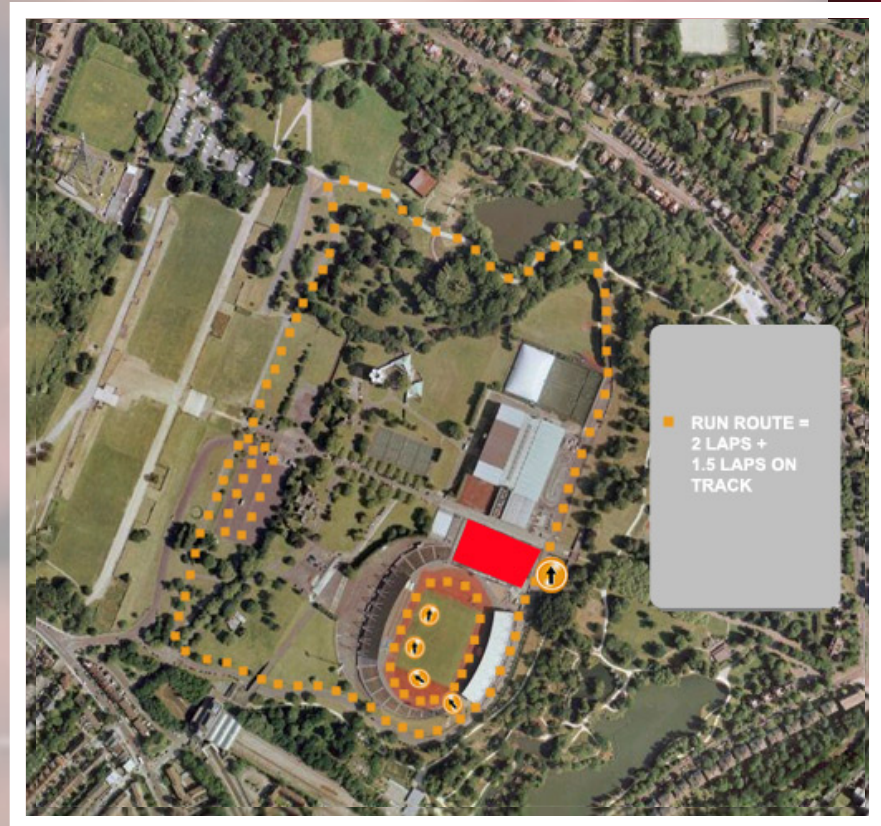
- **Do not unfasten your helmet until your bike is racked**
- **Ensure your race number is visible on your front for the start of the run (use the race belt provided)**

Run

- **Runners must keep the cones to their right throughout this leg**
- **Be aware of cyclists on your right**
- **There will be a water station on the run just after the short up hill section directly after leaving transition**

Run

- Complete two laps of the course around the park before entering the track, just before the start of the Jubilee Stand
- Run 1.5 laps clockwise around the track



Congratulations

- You've finished the race!
- Hand in your timing chip at the finish line



Feedback

- We hope you enjoy the race and would appreciate any feedback, so please let us know what you thought of our race
- www.crystalpalace-tri.co.uk
- race@crystalpalace-tri.co.uk

- We would like to thank our sponsors for providing prizes and supporting our race

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