

CRYSTAL PALACE

TRIATHLON



SUNDAY 14 MAY 2017

Spectator 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.

RACE INFO

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.

To support someone from the start please follow the signs to the pool side seats by entering the building at the main reception (which is off the promenade). TriStarts and TriStar 1s will be swimming in the 25m pool; this is located on the same level as Registration and will be signposted. No photography is allowed on poolside.

At the end of the swim please leave up the stairs and past the cafeteria, exiting the building via the main reception, to the promenade. This allows you quick access to an excellent view of the transition area.

If you then make your way to the end of the bridge (above the indoor track) you will be able to see sprint competitors in transition and as they start and finish each lap (x 9) 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. There you can await their arrival and see them finish close up on the track.

Please keep the area around the Finish line clear and do not attempt to cross the track onto the grass area in the middle.

You may wish to watch from other viewpoints around the park. Whilst you are free to do so, please ensure you do so safely and do not get in the path of the competitors.

Dogs are **not** allowed in the Sports Centre or on the volleyball court and should be kept on a lead at all times while the race is taking place.

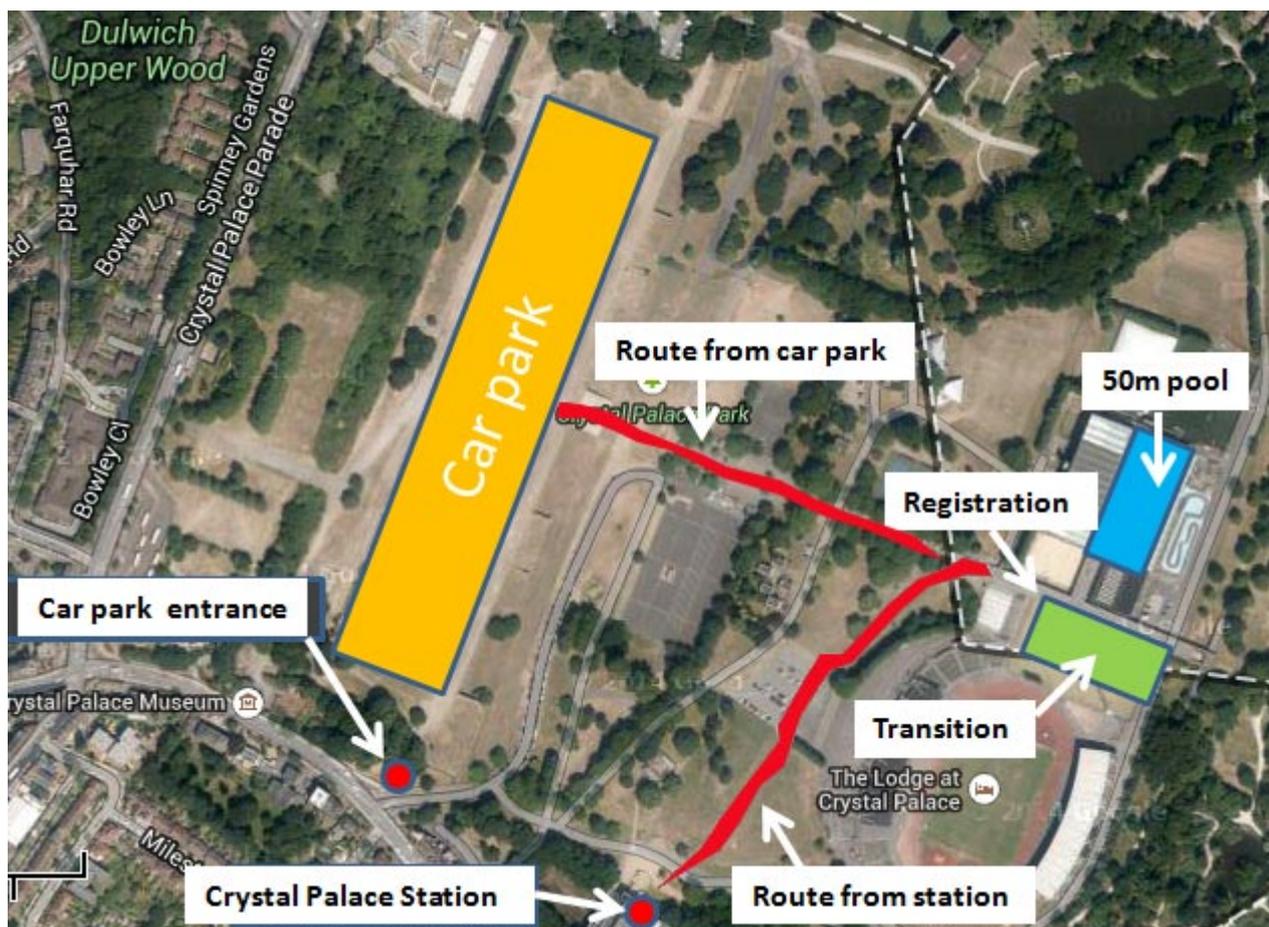
We will have a cake stall near the Finish so don't forget to bring cash for some well earned recovery cake (for you and the person you are supporting)!

Please also visit our Triathlon Village where our sponsors will be selling a range of their products.

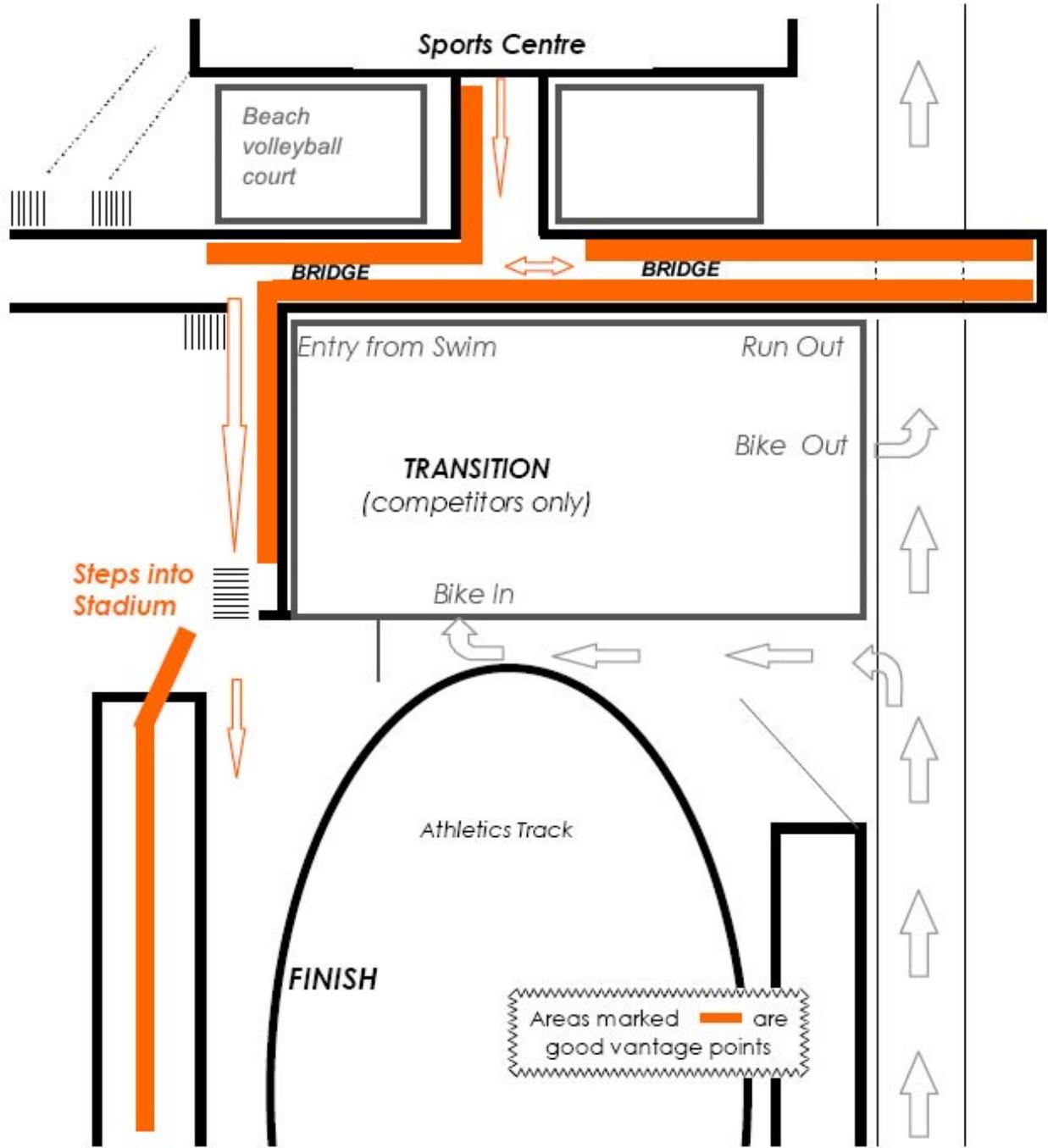
Toilets and refreshments are located within the park and in the Sports Centre.

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

Don't forget your cameras! (Please register in Registration if you wish to take photographs of the junior/Tristar races)



WHERE TO WATCH!



No photography is allowed in the changing rooms and pool areas.

PARKING PERMIT



**CRYSTAL PALACE TRIATHLON
14 MAY 2017
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I am a competitor or spectator at the above event.

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