



# **ELITE ATHLETES' AND PARATRIATHLETE'S EVENT GUIDE**

**30 - 31 May 2015**

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## 1. GENERAL INFORMATION

### 1.1 Key Dates

Press Conference	Thursday 28 <sup>th</sup> May: time TBC	TBC
Elite Athlete Swim Familiarisation	Friday 29 <sup>th</sup> May: 14:30 to 15:30	Hyde Park
Paratriathlon Athletes' and Handlers' Briefing and Registration	Friday 29 <sup>th</sup> May: 14:30 to 15:30	Copthorne Tara – Liffey Suite
Paratriathlon Swim Familiarisation	Friday 29 <sup>th</sup> May: 17:00 to 18:00	Hyde Park
Paratriathlon: Mandatory PT1 handbike / wheelchair check (optional for other categories) Note: Equipment checked will remain in the athlete's lounge overnight.	Friday 29 <sup>th</sup> May: 18:00 to 19:00	Hyde Park
Elite Athletes Briefing	Friday 29 <sup>th</sup> May: 18:00	Copthorne Tara – Liffey Suite
Youth & Junior Aquathlon Championship	Saturday 30 <sup>th</sup> May: 08:00 to 09:00	Hyde Park
Elite Paratriathlon	Saturday 30 <sup>th</sup> May: 09:30 to 12:00	Hyde Park
Corporate Relay Challenge	Saturday 30 <sup>th</sup> May : 12:15 to 14:00	Hyde Park
Age Group Races	Saturday 30 <sup>th</sup> May : 14:30 to 18:30	Hyde Park
Age Group Races	Sunday 31 <sup>st</sup> May : 07:00 to 14:30	Hyde Park
Elite Male Competition	Sunday 31 <sup>st</sup> May : 15:05 to 16:00	Hyde Park
Elite Female Competition	Sunday 31 <sup>st</sup> May : 16:45 to 17:50	Hyde Park

### Elite Athletes' and Paratriathlon Athletes' and Handler's Briefing

Both briefings will take place in the Liffey Suite of the events official hotel The Copthorne Tara in Kensington.

Paratriathlon athletes' and Handlers'

Date: Friday 29<sup>th</sup> May

Time: 14:30-15:30

Elite athlete's

Date: Friday 29<sup>th</sup> May

Time: 18:00 – 19:00

Address: Scarsdale Pl, Kensington, London W8 5SY

**IMPORTANT: Please enter the hotel from the main entrance. Signs will direct you from there. There will be no bike parking facility at the hotel, so please come by foot. Bikes will not be permitted access into the hotel or briefing space**



## 1.2 Key Contacts

ITU Team Leader	Enrique Quesada	+44 (0) 77781 07 970
ITU Technical Delegate	Stefane Mauris	+44 (0) 7778 107 944
ITU Medical Delegate	Dr. Alfred Fridrik	+44 (0) 7778 107 972
LOC Event Director	Andrew Taylor	+44 (0) 7885 991 261
LOC Competition Manager	Ollie Knights	+44 (0) 7800 739 010
LOC Office Manager		+44 (0) 020 78722 142
LOC Travel Management	Alastair Hadfield	+44(0) 7915 215 350

## 1.3 Event Organiser

Lagardere Unlimited Events UK Ltd, 1<sup>st</sup> Floor, Lyric House, 149 Hammersmith Road, London, W14 0QL  
 Email: [helpdesk@lagardere-unlimited.com](mailto:helpdesk@lagardere-unlimited.com) / Website: <http://worldtrilondon.com>

## 1.4 Host National Federation

British Triathlon Federation, Michael Pearson East, 1 Oakwood Drive, Loughborough, LE11 3QF  
 Email [info@britishtriathlon.org](mailto:info@britishtriathlon.org) / Phone: 01509 226 161 / Website: [www.britishtriathlon.org](http://www.britishtriathlon.org)

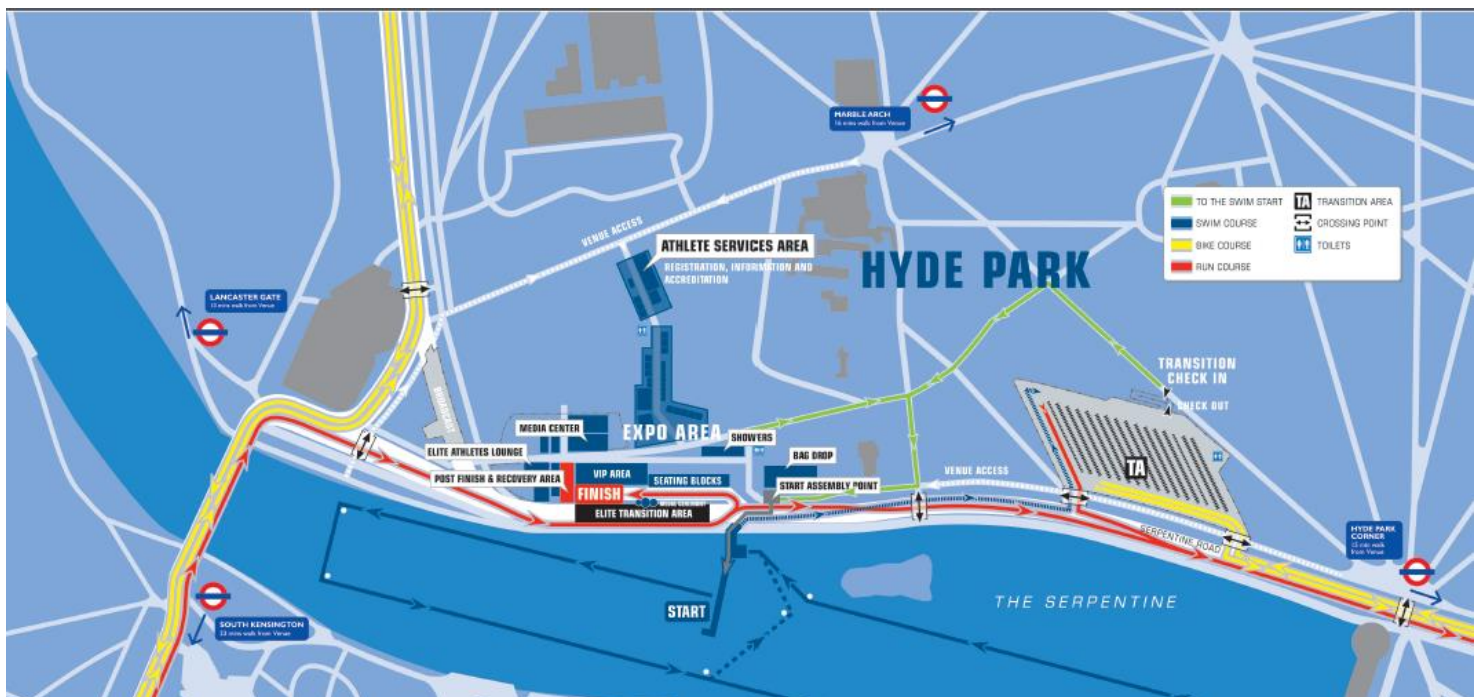
## 1.5 TV Live Coverage

Sunday 31<sup>st</sup> May: 15:00 – 18:00 on BBC 2

## 2. VENUE

### 2.1 Venue

The venue is located in Central London's Hyde Park with the swimming taking place in the Serpentine. The short walk from the official hotel The Copthorne Tara to the venue will take approximately 15 minutes.



## 2.2 Elite Athletes Lounge

Facilities including an athletes' lounge and toilets are provided for the athletes only within the main venue close to the finish area as well as toilet and changing facilities within the lounge itself. Sealed bottles of water and fruit will be offered to the athletes before and after the race in the athletes' lounge. Opening times are:

**Paratriathlon: Saturday 08:00 – 14:00**

**Elite Male: Sunday 13:35 – 16:45**

**Elite Female: Sunday 15:15 – 19:15**

## 2.3 Doping Control

Doping Control will be performed according to UK Anti Doping rules.

## 2.4 Medical Services

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, on May 29<sup>th</sup>, May 30<sup>th</sup> and May 31<sup>st</sup>, before & during competition hours.

Medical and paramedic personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A Medical Tent will also be provided on site at the finish area.

If you require medical assistance during your stay in London but away from the venue, then UK's National Health Service (NHS) will provide emergency treatment for anyone in the UK, irrespective of whether they reside in the UK. In a medical emergency, dial 999 and ask for ambulance service. This number is free of charge from any telephone. For advice on non-emergency medical problems, you can ring the 24 hour NHS Direct service on 0845 4647 or ring NHS 111.

Emergencies can be dealt with under the NHS system at any hospital with an A & E (Accident & Emergency) department. At A & E departments, be prepared to wait for up to 2-3 hours during busy periods before being given treatment if your medical complaint is not too serious.

The nearest A & E hospitals near Hyde Park are:

- Chelsea & Westminster Hospital, 369 Fulham Rd, Chelsea, SW10 9TR
- St. Marys NHS Trust, Praed St, Paddington, W2 1NY

Further medical resources, including dental, can be found below:

Hospital	
<b>For all EMERGENCIES dial – 999</b>	
St Mary's Hospital, Praed Street, London, Greater London, W2 1NY	The Royal Marsden, Fulham Road, London, SW3 6JJ
Doctor	
Imperial College Health Centre, 40 Princes Gardens, London, SW7 1LY, Tel: 020 7594 9375 or 020 7584 6301	Bayswater Medical Centre, 46 Craven Road, London, Greater London, W2 3QA, Tel: 0844 576 9250
Dentist	
Stanhope Place Dental Practice, Marble Arch Tower, London, Greater London, W2 2HH, Tel: 020 7724 7440	Wilton Place Practice, 31 Wilton Place, London, Greater London, SW1X 8SH, Tel: 020 7235 3824

## 2.5 Bike Mechanic Service

Bike Mechanic Support will be available in the athletes lounge during opening hours, including familiarisation and check in. There will be a bike mechanic service in the EXPO at the venue, which will be open from 07:00 – 19:00 from Saturday 30<sup>th</sup> May – Sunday 31<sup>st</sup> May. This service will also be available at Mandatory PT1 bike check from 18:00 – 19:00 on Friday 29<sup>th</sup>.

If you need help outside these hours please contact the LOC Office.





## 2.6 Information Centre / LOC Office

The LOC Information Office is located at the official hotel – The Copthorne Tara - and is open from Tuesday 26<sup>th</sup> May until Monday 1<sup>st</sup> June.

The Event Information Centre within the Athlete Registration tent in the EXPO will be in operation from 07:00 – 19:00 on Saturday 30<sup>th</sup> May – Sunday 31<sup>st</sup> May.

Location: Diplomat Suite, Copthorne Tara Hotel, Scarsdale Pl, Kensington, London W8 5SY

Phone: LOC Office: 020 78722 836

### Opening hours LOC Office:

Tuesday 26 <sup>th</sup> May	12:00 – 18:00
Wednesday 27 <sup>th</sup> May	10:00 – 18:00
Thursday 28 <sup>th</sup> May	10:00 – 18:00
Friday 29 <sup>th</sup> May	10:00 – 18:00
Saturday 30 <sup>th</sup> May	09:00 – 18:00
Sunday 31 <sup>st</sup> June	CLOSED
Monday 1 <sup>st</sup> June	10:00 – 18:00

In addition, please note the location of the following offices:

Office: **ITU Office**

Room: Copthorne Tara, TBC

Office: **ITU Media Office**

Room: Copthorne Tara, Diplomat Suite

The ITU Media office will move to the venue in Hyde Park for Friday 29th, Saturday 30th, Sunday 31st.

### 3. OFFICIAL HOTEL

The Official Hotel of the Vitality World Triathlon London, 2015 is the Copthorne Tara. The nearest tube station is High Street Kensington (Piccadilly Line)

**Address:** Copthorne Tara Hotel, Scarsdale Pl, Kensington, London, W8 5SY

#### Location of The Copthorne Tara



#### How to get to Copthorne Tara:

##### By Tube:

High Street Kensington Station, which is on the Piccadilly (Dark Blue) line, is the closest underground station. From there, the hotel is only a two minute walk. Turn left out of the main entrance, then an immediate left down Wright's Lane. At the end of Wright's Lane, the hotel is on your left hand side.

If you have any accommodation queries please contact:

Sabrina Rack, Event Assistant, Lagardère Unlimited Events

**Email:** [srack@lagardere-unlimited.com](mailto:srack@lagardere-unlimited.com) **Phone:** +44(0) 20 3039 3751

### 4. AIRPORT TRANSFERS

The LOC will provide free transportation for the Elite Athletes, Paratriathletes and their Team Officials, including bikes from London Heathrow **ONLY**.

This service must be booked online.

[http://worldtrilondon.com/elite\\_paratriathlon/shuttle\\_services/](http://worldtrilondon.com/elite_paratriathlon/shuttle_services/)

**Please note that shuttles can only be arranged for bookings that have been received by us before 8 May 2015.**

From all other London airports (Gatwick, Stansted Luton, London City) you will need to arrange your own transfer. There will be a maximum GBP £15.00 subsidy each way (return=GBP £30.00) for athletes and coaches. This flat charge will be reimbursed at the LOC office during the event. Please bring proof of travel/tickets with you.



If you have any transfer queries please contact:

Alastair Hadfield

[ahadfield@lagardere-unlimited.com](mailto:ahadfield@lagardere-unlimited.com)

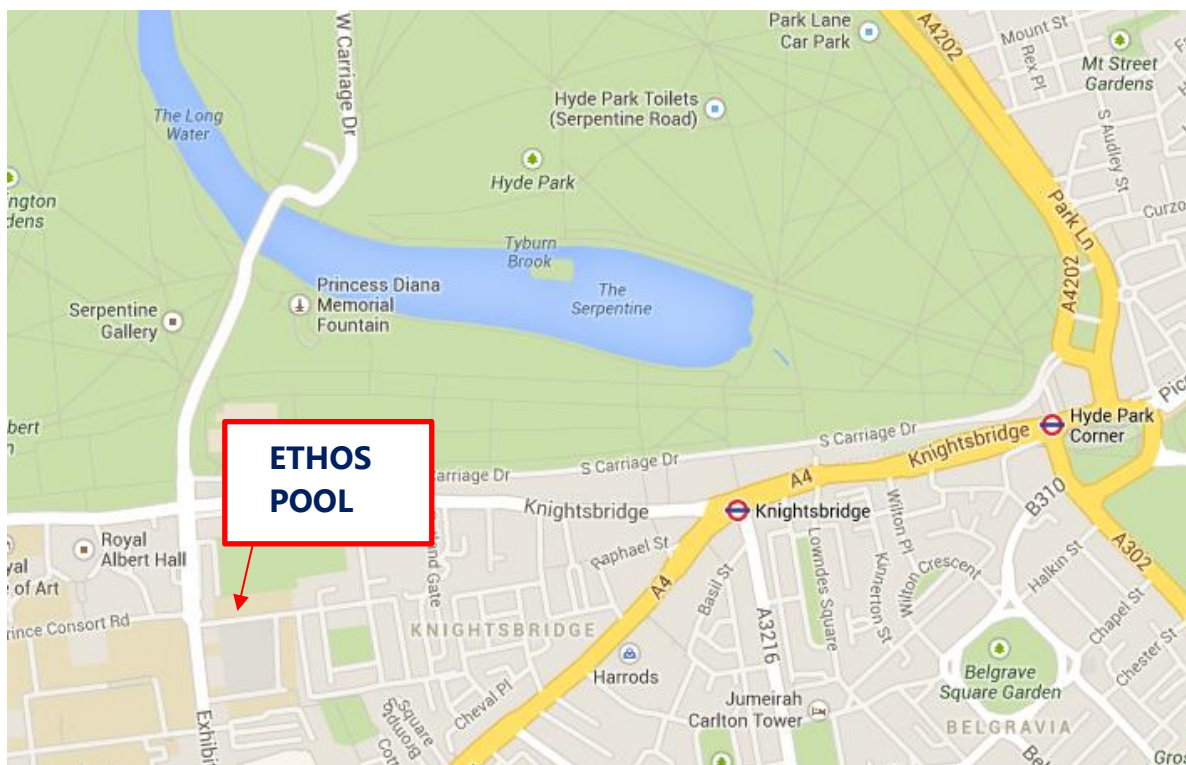
+44(0) 7915 215 350

## 5. TRAINING

### 5.1 Training sessions in the swimming pool

Pre-competition swimming training is possible at “**Ethos, Imperial College**”

**Location:** Imperial College, South Kensington Campus, 7 Princes Gardens, London SW7 1NA



We have booked three lanes in the 25m pool during the following hours:

Thursday 28 <sup>th</sup> May:	10:00 – 12:00 & 14:00 – 16:00
Friday 29 <sup>th</sup> May:	10:00 – 12:00 & 14:00 – 16:00
Saturday 30 <sup>th</sup> May:	08:00 – 10:00 & 14:00 – 18:00
Sunday 31 <sup>st</sup> May:	08:00 – 10:00

There are no secure bike storage facilities at the Ethos.

#### **Free entrance athletes/coaches: with accreditation card only**

Athletes can practise in the swimming pool at their own risk.

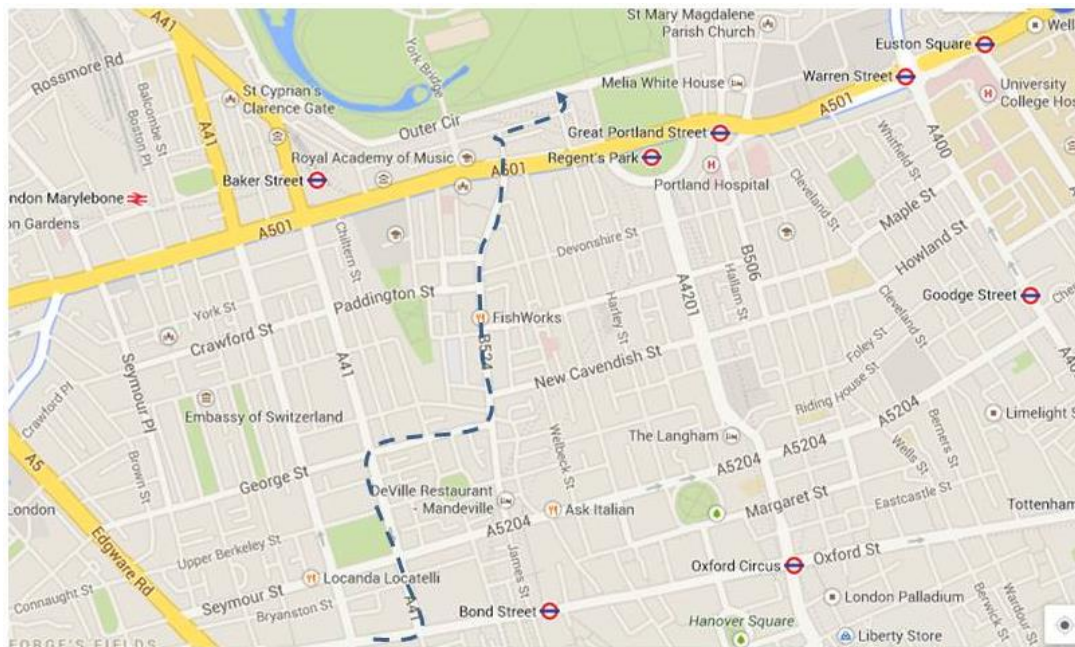
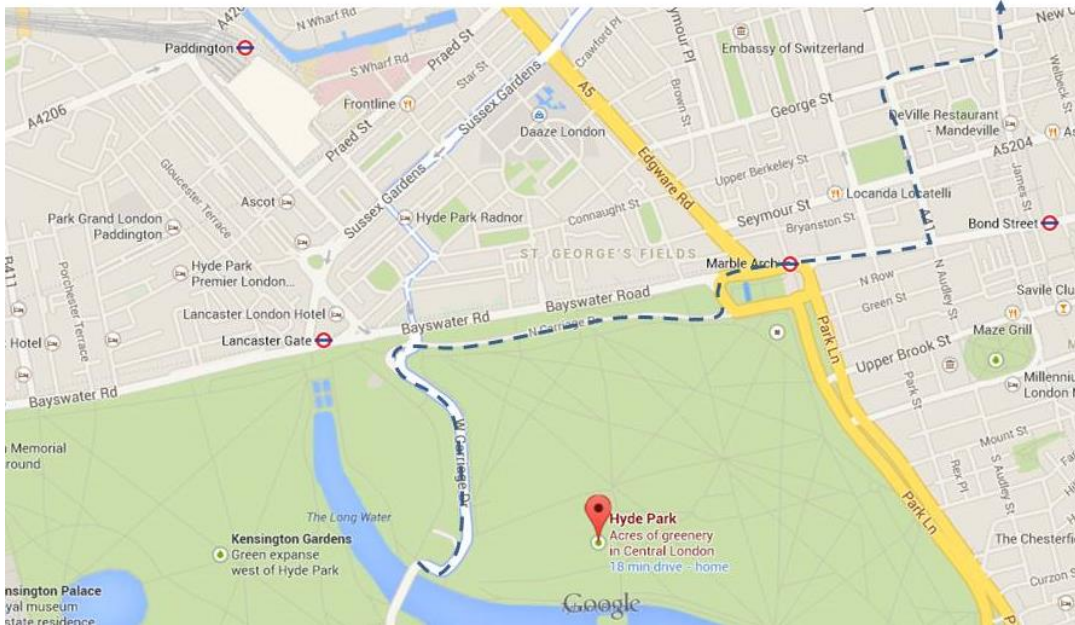
Please note: There are no pre-reservations at the “Ethos, Imperial College” available.

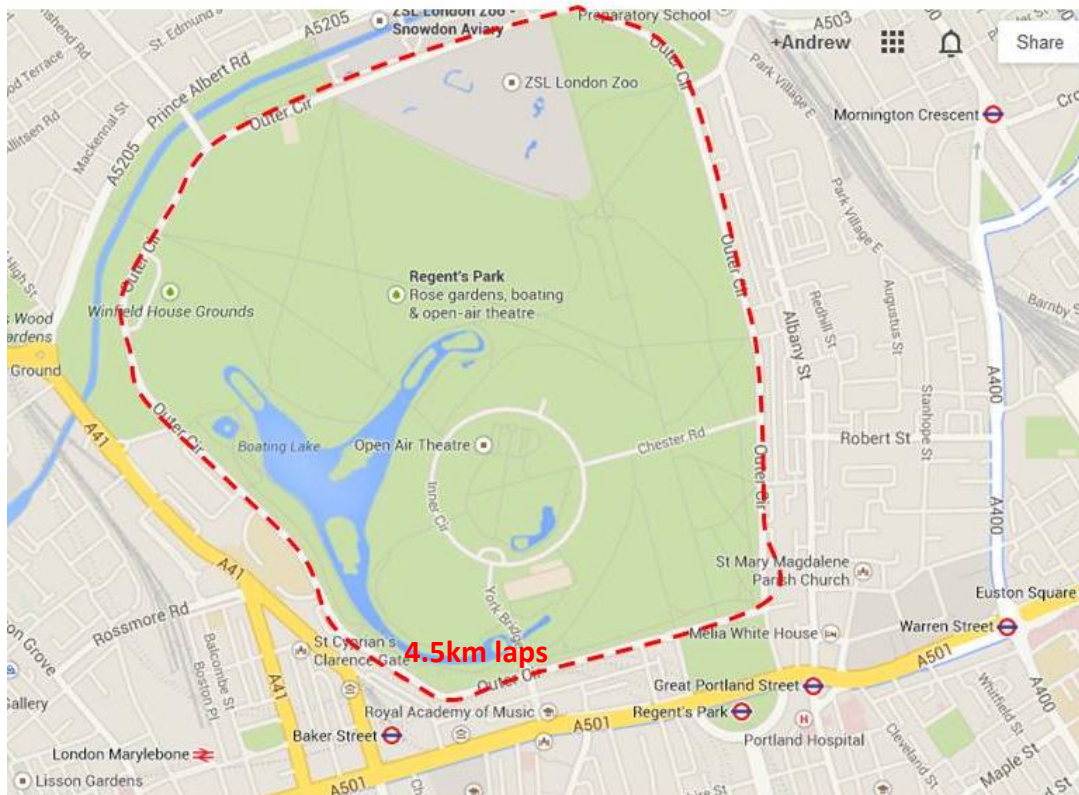
### 5.2 Bike Training

The Vitality World Triathlon London takes place in the middle of one the busiest cities in the world. Traffic is heavy and finding a safe route for cycling in the middle of the city is challenging.

We advise you to use the 4.5km outer circle loop in Regent’s Park. **The route is not closed to traffic and although you are cycling in a park the amount of traffic is considerable. You are cycling at your own risk.**

The route is signposted. Starting point is at the venue – see below for maps.





### 5.3 Run Training

Hyde Park and Kensington Gardens are suitable areas to train – there are many pedestrian paths which are good for run training.

### 5.4 Course Familiarisation

#### Swim

Swim course familiarisations will take place in The Serpentine at the following times on Friday 29<sup>th</sup> May:

<b>Elite Athlete Swim Familiarisation</b>	<b>14:30 to 15:30</b>
<b>Paratriathlon Swim Familiarisation</b>	<b>17:00 to 18:00</b>

Athletes without accreditation must enter the venue from the West and sign into site.  
Athletes must report to the athletes lounge in order to register for swim familiarisation.  
During the swimming course familiarisation there will be lifeguards and medical service available.  
Although we do remind you, you are swimming at your own risk.

Please note: It is forbidden to swim outside the test swimming at any time – because of safety reasons.

#### Bike

There will be no bike course familiarisation possible, as the roads in the park will be open to normal London vehicle traffic until Saturday 30<sup>th</sup> May.

**Please do not cycle across West Carriage Drive or Serpentine Road on Friday 29<sup>th</sup> May. We are in the process of setting up the course and the venue on this day and can not allow you to test the course. Thank you for your understanding.**



## 6. COMPETITION INFORMATION

### 6.1 Competition Schedule

#### ELITE ATHLETE SCHEDULE

##### Friday 29th May

Times	Action	Location
08:00 - 20:00	ITU Office/ LOC office open	Copthorne Tara - Diplomat Suite
14:30 - 15:30	Elite athlete swim familiarisation	Hyde Park
18:00 - 19:00	Elite athlete briefing and registration	Copthorne Tara
19:00 - 19:30	Team Medical meeting (following the athlete briefing)	Copthorne Tara

##### Saturday 30th May

Times	Action	Location
08:00 - 20:00	ITU Office/ LOC office open	Copthorne Tara

##### Sunday 31st May

Times	Action	Location
08:00 - 20:00	ITU Office/ LOC office open	Copthorne Tara
13:35 - 14:35	Elite Male athletes lounge check in	Athlete Lounge
14:05 - 14:50	Elite Male Transition check in	Transition
14:05 - 14:50	Elite Male swim warm up	Swim Course
14:55	Elite Male Athlete presentation	Transition/ Pontoon
<b>15:05</b>	<b>Elite Male</b>	<b>Hyde Park</b>
15:15 - 16:15	Elite Female athletes lounge check in	Athlete Lounge
16:00 - 16:30	Elite Female Transition check in	Transition
16:00 - 16:30	Elite Female swim warm up	Swim Course
16:05	Medal Ceremony - Elite Male	Hyde Park
16:35	Elite Female Athlete presentation	Transition/ Pontoon
<b>16:45</b>	<b>Elite Female</b>	<b>Hyde Park</b>
17:55	Medal Ceremony - Elite Female	Hyde Park

## PARATRIATHLON SCHEDULE

### Friday 29th May

Times	Action	Location
08:00 - 20:00	ITU Office/ LOC office open	Copthorne Tara - Diplomat Suite
14:30 - 15:30	Paratriathlon athlete and handlers briefing and registration	Copthorne Tara - Liffey Suite
16:30 - 17:30	Paratriathlon handlers training	Hyde Park
17:00 - 18:00	Paratriathlon swim familiarisation	Hyde Park
18:00 - 19:00	Mandatory PT1 bike check (optional for other categories)	Hyde Park

### Saturday 30th May

Times	Action	Location
08:00 - 20:00	ITU Office/ LOC office open	Copthorne Tara
08:00 - 09:00	Paratriathlon Athlete Lounge check-in	Hyde Park - Athletes Lounge
08:15 - 09:15	Paratriathlon Transition area check in	Hyde Park - Transition Area
08:45 - 09:15	Paratriathlon Swim warm up	Hyde Park
09:20	Paratriathlon athlete presentation	Hyde Park
<b>09:30</b>	<b>Paratriathlon</b>	<b>Hyde Park</b>
12:00 - 12:15	Paratriathlon medal ceremonies	Hyde Park

## 6.2 Competition Rules

The Vitality World Triathlon London 2015 will follow the latest published Competition Rules from the International Triathlon Union.

## 6.3 Information About the Field of Play (FOP)

### Elite Men and Women (Sprint – Swim 750m/ Bike 19.1km/ Run 5km)

#### 6.3.1 Start

The start area is on the north of the Serpentine in Hyde Park. Athletes will start from a pontoon and stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, will start each race.

#### 6.3.2 Swim Course

The swim takes place in the Serpentine with a dive start from the swim platform. Elite athletes will swim one lap of the course a total of 750m in an anti clockwise direction exiting the water via the entry platform.

The athletes are required to leave their last minute gear at the swim start inside a dedicated box and the LOC will carry those boxes back to Athletes' Lounge.

During May/ June, the water temperature in the "Serpentine" is expected to be 13°C – 16°C.

#### 6.3.3 Bike Course

The athletes will leave the transition area on Serpentine Road in direction of West Carriage Drive. They will then cycle north up West Carriage Drive, performing a 180 degree turn at the top, returning along the same road and crossing Serpentine Bridge.

At the bottom of West Carriage Drive, the bike course turns left along South Carriage Drive towards Hyde Park Corner. The course then turns left to return towards the venue via Serpentine Road.



The bike course is generally flat with no climbs. A few speed bumps and tight turns makes it technically demanding. There are 4 laps.

#### **6.3.4 Wheel Stations**

There will be two wheel stations along the course. The LOC will provide neutral wheels at wheel station 2. The wheel station post transition area on the corner of Serpentine Road / West Carriage Drive is for team wheels.

#### **6.3.5 Run Course**

Athletes will leave transition towards West Carriage Drive, performing a 180 degree turn after approximately 250m in triangle car park, where athletes will run back through the venue on the lake side.

The course then takes athletes to the very end of Serpentine Road, where athletes turn near Hyde Park Corner, returning to the venue back along Serpentine Road.

Each athlete will complete 2 laps. The course is flat.

#### **6.3.6 Aid Stations / Littering areas**

There will be three aid stations on the course – one close to transition exit and 2 on Serpentine Road on the out and on the return. A littering zone will be attached to each aid stations and littering area will positioned on the bike course.

#### **6.3.7 Penalties**

The penalty box is located immediately prior to the finish chute on the right hand side.

### **Paratriathlon (Sprint – Swim 750m/ Bike 20.7km/ Run 5km)**

#### **6.3.8 Start**

The start area is on the north of the Serpentine in Hyde Park. The Race Referee with the assistance of ITU Technical Officials, will start each race. Athletes will start in the water.

#### **6.3.9 Handlers**

The LOC will not provide any personal handlers for the paratriathlon. Paratriathletes must have their own personal handlers to take part in the competition. The LOC will only provide swim-exit handlers.

#### **6.3.10 Swim Course**

The swim takes place in the Serpentine with an in water start. Paratriathletes will swim one lap of the course a total of 750m in an anti clockwise direction exiting the water via the entry platform, keeping yellow buoys on their left shoulder and red buoys on their right shoulder.

During May/ June, the water temperature in the "Serpentine" is expected to be 13°C – 16°C.

There will be a pre-transition area located to the right of the swim exit area for storage of day chairs, prosthesis etc.

#### **6.3.11 Bike Course**

The athletes will leave the transition area on Serpentine Road in the direction of West Carriage Drive. They will then cycle south down to the bottom of West Carriage Drive, performing a 180 degree turn at the bottom, returning along the same road and crossing Serpentine Bridge and to the north of West Carriage Drive, where the bike course turns right along North Carriage Drive, where athletes will perform a 180 degree turn to return back along North Carriage Drive and down West Carriage Drive to complete 1 loop.

The bike course is generally flat with no climbs. A few speed bumps and tight turns makes it technically demanding. There are 5 laps.

After the 5<sup>th</sup> lap, athletes will return back into the venue and to a transition position as directed by the technical officials in transition.

#### **6.3.12 Wheel Stations**

There will a team wheel station on West Carriage Drive – Victoria Gate.

#### **6.3.13 Run Course**

Athletes will leave transition to the east towards Hyde Park Corner, performing a 180 degree turn after approximately 700m and returning back to the venue.

Before the finish chute, athletes will perform a 180 degree turn to start their second lap

Each athlete will complete 3 laps. The course is flat.

#### **6.3.14 Aid Stations / Littering areas**

There will be 2 aid stations on the course – both on Serpentine Road on the out and on the return. A littering zone will be attached to each aid stations and littering area will positioned on the bike course.

#### **6.3.15 Penalties**



The penalty box for the bike is located on the shuttle run return back to transition on the left hand side. Bike penalties must be taken on the athletes final lap and return to transition.

The penalty box for the run is located on the right hand side, immediately prior to the finish chute. A run penalty can be taken on any lap.

#### **6.4 Weather Conditions**

London weather can be unpredictable. May and June can be cool. Average temperatures are 18 degrees C.

Rain is always likely in the UK, so its best to prepare for the worst!

For weather forecasts go to [www.metoffice.gov.uk](http://www.metoffice.gov.uk)

#### **6.5 Results**

Results will be uploaded live at the ITU's official website: [www.triathlon.org](http://www.triathlon.org)

All the Results information will be distributed to the Team Leaders at the LOC Information Office.

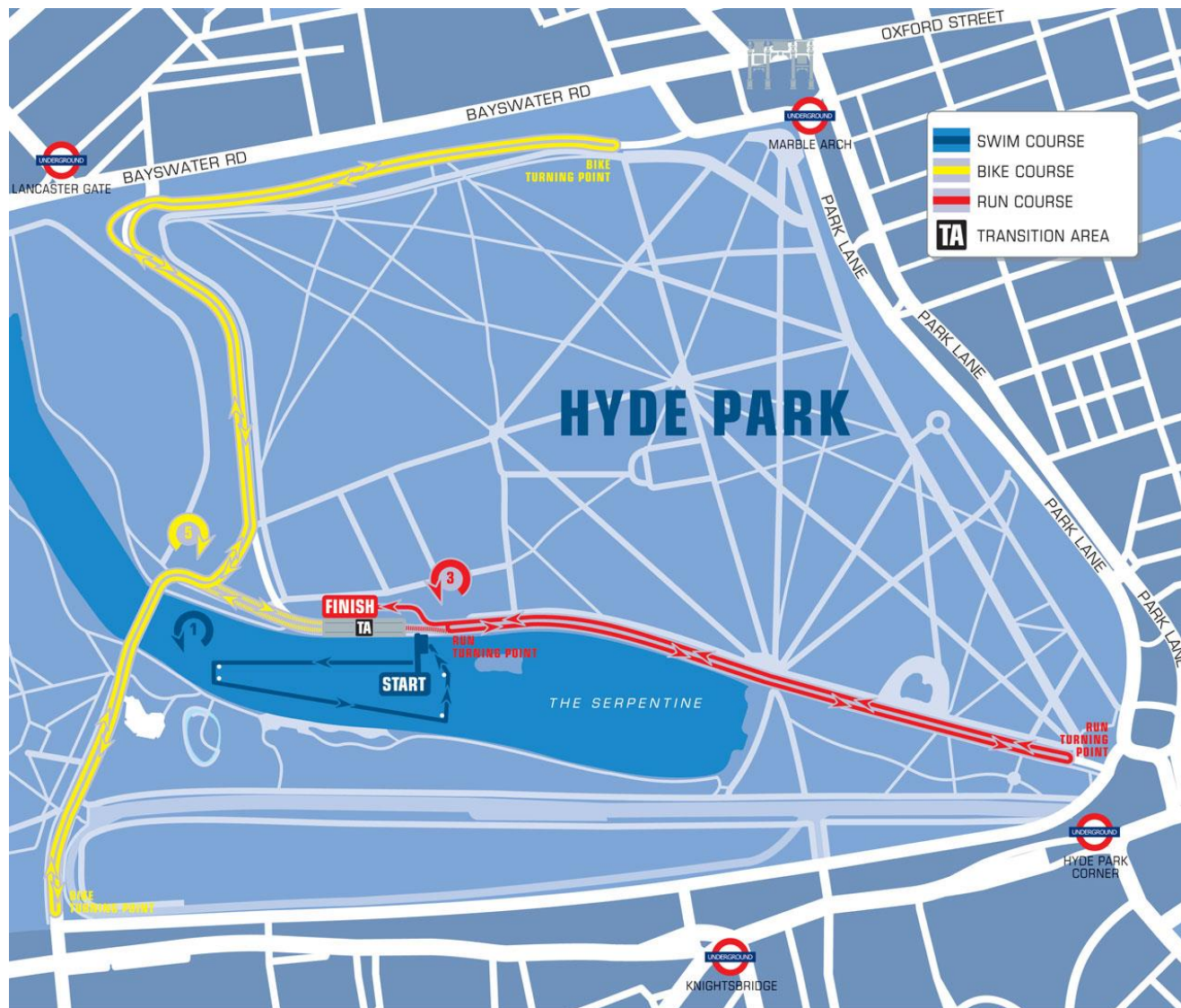
#### **6.6 Protest & Appeals**

Standard procedures will be followed according to the ITU Competition Rules.

## 6.7 Course Maps Elite Men and Women



## **Paratriathlon**







## 7. ACCREDITATION

LOC will provide to all the Athletes, Coaches, Technical Officials, Journalists, Medical Team, etc an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for Athletes and Coaches will be handed out from the LOC Office. Note that coaches, medical team need to register via their NF on the ITU online registration. No accreditation will be handed over if the names are not on the ITU list.

Accreditation will be distributed post-briefing. For those wishing to access the training sessions at the swimming pool, the accreditation card will be handed over based on identification at the LOC office during opening hours (see 2.6).

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.



### 7.1 Training Facilities Access

In order to enter the swimming pool "Ethos, Imperial College", athletes and coaches should carry and show their accreditation cards.



## 8. Public Transport

The London Underground, or 'the Tube' as it is universally known to Londoners, is normally the quickest and easiest way of getting around London.

The LOC office provides free maps and guides to help you get around.

The transport of bicycles on the tube is not permitted and not possible either. Access to most Tube stations is via numerous steps and the system usually becomes very crowded at peak times



The fastest, smartest and easiest way to pay for single journeys on the Tube is to buy an Oyster Card. You can buy Oyster Cards at the entrance to every Tube Station.

Oyster is an electronic smartcard. It doesn't need to be removed from purses or wallets; instead you need to touch your card on the yellow reader to get through the Tube gates or board other services.

Oyster Card prices are always cheaper than paper tickets for the Tube. The cash single fare for all journeys via Zone 1 is £4, up to £2.10 more than the Oyster fare.

When you first get your Oyster Card, you will need to pay a refundable £5 deposit. It can store up to £90.00 of credit. £10 of credit should be enough to start with though.

<http://www.tfl.gov.uk/>

**We aim to answer all questions in this Athlete handbook. Should you have further queries that are not answered in this document or to which you can't find the answer then please feel free to call athlete's services (+44 (0) 020 78722 836).**