

## Welcome to the third year of triforlife

Thank you for taking part and supporting us. With your help, we can raise much needed funds for a variety of worthy causes. We're hoping to raise at least £150,000 from the day which means that triforlife will have raised over £450,000 since it started three years ago. Every pound of profit is distributed to charity. The entire triforlife team have donated their time for free and costs are kept to a minimum.

It is absolutely critical that you raise, or indeed exceed the minimum targets. These are £200 for individuals and £500 for teams. **No minimum sponsorship = no race.** All cheques should be made payable to "Tri For Life", and sent to Tri for Life, C/o Sima Halai, 45/46 Berners Street, London W1T 3NE. Please get in touch with us if you are struggling.

You can bring cheques and cash on the day.

The triforlife crew will be wearing clearly marked t-shirts, please ask us if you have any questions. We are there to help.

Photographers will be positioned at various points around the course and you will be able to download photos after the event - check out [www.sportcam.net](http://www.sportcam.net) for more details.

If you have any queries, please call us on either 07970 458 144 or 07973 625196.

Most importantly, enjoy the day!

## Event Times

Wave	Category	Start
	Scootathlon 4&5 yr olds	10.00 am
	Scootathlon 6&7 yr olds	10:10 am
	Scootathlon 8yr olds	10:20 am
1	Duathlon	10.45 am
2	2.5K Fun Run	10.50 am
3	Emily Ash Trust	11:00 am
4	Dallaglio Foundation	11:20 am
5	Female long distance	11:40 am
6	Relay long distance	11:45 am
7	Male long distance	12:15 pm
8	Relay short distance	12:45 pm
9	40+ males short distance	12:50 pm
10	Female short distance	01:10 pm
11	Under 40 Males short distance	01:40 pm

**Please leave plenty of time to get to the venue. You will not be allowed access to the area before the day. Once parked, you will have an 800m walk to the transition area. Arrival and departure are allowed at any time.**

**Registration** for the scootathlon will take place from 9am. Registration for the main event will also take place from 9am. Upon arrival, show some form of identification which will help speed up registration. Please aim to get to the venue 1½ hours before your wave is due to start - this will give you plenty of time to see what's going on.

You will need to find your race number from the lists on display, and then pick up your race number, swim cap, timing chip and event T-shirt from the registration tables. Toilet and changing facilities are available in the boat house. At registration you will be given one race number to be worn on your front. Please use at least four safety pins. The number must be easily visible. You will also be given two sticky numbers, one for the front of your helmet and one for the top tube of your bike. Stickers to go on your bike and helmet before you go to transition.

**Relay teams:** You will be given one race number to be worn by the runner - the timing chip is your baton which must be passed between team members. It must be worn around the ankle at all times to work. See the relay race instructions for more information.

You will be issued with a security wristband at registration, with your race number on it. This wristband will give you access to the transition (bike racking) area. Only competitors will be allowed in the transition area. Please show your race numbers and security wristband to gain access. Your race number and your bike number (sticky number) must be the SAME for your bike removal. You must rack your bike in its allotted, numbered space. A correctly fitting cycle helmet must be worn for the cycle section.

**Swim:** The swim is a 400m one lap rectangular course in the Rowing Lake, with two laps being completed for the 800m distance. You are recommended to wear a wetsuit. After the swim, you go into the transition area to take your wetsuit off (no nudity in transition!), put your cycling gear on, fasten your helmet and then un-rack your bike.

**Bike:** Your helmet is to be fastened before you touch your bike and remain fastened until your bike is racked. Distance: Either 4 laps (20km) or 6 laps (30km) bike course, which takes you around the lake. You must count your own laps! Cycle on the left at all times, overtake on the right. After the bike ride, you go back into the transition area for a second time where you take off your helmet and leave your bike in its allotted position. Don't undo your helmet until the bike is racked.

**Run:** Finally, it's a 2-lap (5km) or 3-lap (7.5km) run. Water will be available on the course. No mobile phones, iPods, etc can be used either in transition or at any time during your race.

The duathlon is a one lap (2.5km) run, followed by a four lap (20km) cycle & finally a one lap (2.5km) run.

