

The London Triathlon 2004

Getting there

From Sheffield on a Saturday afternoon 1pm till 6pm. Roadworks at Leicester at 1 stop. M1, M25, M11 A406.
Links to Docklands Light Railway.

Staying at ExCell

Hotels: Novotel, Holiday Inn, Ibis.

Parking available, 8 quid a day in secure multi storey and on overflow parking.

Facilities

Bars, Coffee bars, Sandwich places, Baggage Check, Toilets - no showers. Trade stands for tri kit. Bar on converted Dutch barge at West end of dock recommended.

Spectators

Good viewing areas and good access via ramps and walkways. Able to see run course from bars and benches in the shade around course.

Competitors

No warm up area, mad pedestrians on cycle course - be ready to shout!

Run course

Flat around dock- very pleasant.

Cycle course

Mostly flat with undulations on flyovers and in tunnels. Well signed and marshalled. Closed roads great to get to go through red lights!

Swim course

Excellent safety staff, very attentive and considerate.
Waves of around 300 people started by hooter from boat.