

Spectator Information

Doing triathlons is a lot more fun with the support of family and friends, 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.



WHERE IS THE RACE?

***Crystal Palace National Sports Centre
Ledington Road, Upper Norwood, London, SE19 2BB***

TRAVELLING TO CRYSTAL PALACE PARK

Crystal Palace station and bus terminal have excellent transport links. If coming by train, please check with [National Rail](#) for any planned engineering works over the weekend.

Public car parks are available on the east (Thicket Road) and north (Crystal Palace Park Rd) sides of the park but are likely to be busy. On street parking is available in roads outside the park – do check with street signage for any parking restrictions. There is a [map](#) available on our website showing recommended walking routes into the park.

WHERE IS THE BEST VIEWING LOCATION?

Have a look at the course maps on the [race website](#) to see the routes for the bike and run courses through the park. Good viewing points are along the sections of the course used by both the bike and run routes. Or you could view from the bridge (above the indoor track) where you can see competitors coming out of the swim, in transition and (at the far end of the bridge) heading out onto the run.

Don't forget to head to the stadium to see the finish on the track and congratulate your finishers.

As we are using the 25m pool this year, we are unable to allow spectators during the swim section with the exception of the Tristar Start (8 year old) category.

Wherever you chose to spectate from, 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.

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!