



Clash of the Tritons Aquathlon

500m swim / 5km run

250m swim / 2km run

Saturday, August 14

Eltham College, Mottingham Lane, London SE9 4QF

Directions and parking

Eltham College is situated on the corner of Grove Park Rd and Mottingham Lane, SE9 4QF. The entrance to the car park (signed Eric Liddell sports centre) is in Mottingham Lane. Please do not use the main school car park on Grove Park Rd.

Registration

Registration opens at 7am. All competitors must register before the race in order to receive your timing chip, race number and goody bag. You also need to have your race number marked on your arm and leg. Registration will be situated in the Eric Liddell leisure centre. We suggest you arrive at least 35 minutes before your start time. Please don't put your timing chip on until you are pool-side as if you cross a timing mat before you start our timekeeper may get confused!

Changing

There are toilets, changing rooms, showers and lockers adjacent to the swimming pool.

The swim

Please be on the pool side at least five minutes before your start time. Please ensure your timing chip is around your ankle before you start your swim. The swim is 20 lengths of the 25m pool (10 lengths for the children's race). Lane counters will be provided and a sign will be placed in the pool when competitors have two lengths to go. On completion of the swim, competitors will leave via the exit at the side of the pool. Please do not run on the pool side.

Transition

Transition is situated on the grass area outside the pool. You must have your race number clearly displayed on the front of your top before starting the run. Under BTF rules all competitors must have their upper body fully clothed during the run section and personal stereos are not permitted.

The run

Adults

The 5k run is two laps around the perimeter of the school playing fields. A water station will be situated near the start of the run. On completion of your first lap please collect a rubber band. When you have crossed the finish line please ensure you put your rubber band and timing chip in the box provided. Also, to be in to win one of our spot prizes, put your race number in the box provided.

Children

The 2k run is a three-lap course on the grass playing fields. On completion of your first and second laps please collect a rubber band. On your third lap, head towards the finish line. When you have crossed the finish line please ensure you put your rubber band and timing chip in the box provided. Also, to be in to win one of our spot prizes, put your race number in the box provided.

Refreshments

Tea, coffee and cakes will be available from our refreshments stall.

Massage

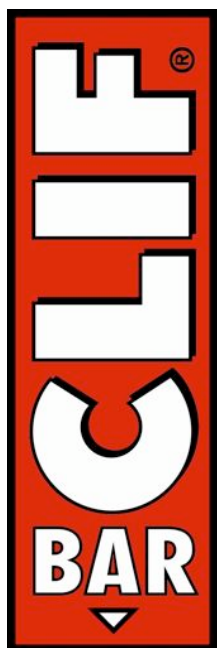
If you fancy a massage when you've finished – or while you're spectating – one of our sponsors, PhysioActive, will be on site offering massages.

The Greenwich Tritons would like to thank the following organisations which have kindly sponsored or donated products to the Clash of the Tritons

thetrilife.com 



www.physioactive.com



www.clifbar.com



www.evanscycles.com



www.suso.co.uk



www.forgoodnessshakes.com



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