



2018 SPECTATOR GUIDE



WHAT'S HAPPENING?

The Accenture British Triathlon Mixed Relay Cup returns to the spotlight for a second consecutive year, seeing Britain's Performance Centre squads take on some of the top triathlon nations in the sports thrilling team discipline.

The concept is simple; teams comprise 2 men and 2 women with each athlete completing a mini triathlon before tagging their next teammate to take over.

With action taking place in little over an hour, expect the event to bring excitement and drama, leaving you on the edge of your seat all the way to the finish line.

SCHEDULE

- 17:30 Find your spot to enjoy the action from
- 18:06 Welcome the teams out onto the course
- 18:15 Accenture British Triathlon Mixed Relay Cup RACE START
- 19:22 First athletes expected to finish
- 19:35 Medal ceremony

GETTING THERE

BY CAR

The A13 can be reached from central London, Blackwall and Rotherhithe Tunnels, the A406 North Circular, M25 and M11. ExCeL Parking is signed from both Gallions Reach roundabout (from the East) and Canning Town (from the West).

VENUE PARKING

The West entrance to ExCeL has a 1.9m height restriction. Please navigate to the East entrance if you transport your bike on a roof rack or if you have a high or wide vehicle.

All parking at ExCeL is charged at a daily rate of £20 which is payable via Pay and Display tickets which are available for purchase within the car parks.

PUBLIC TRANSPORT

Nearest stations are:

Prince Regent DLR 0.1 miles from ExCeL.

Canning Town (Jubilee Line) 1.6 miles from ExCeL.

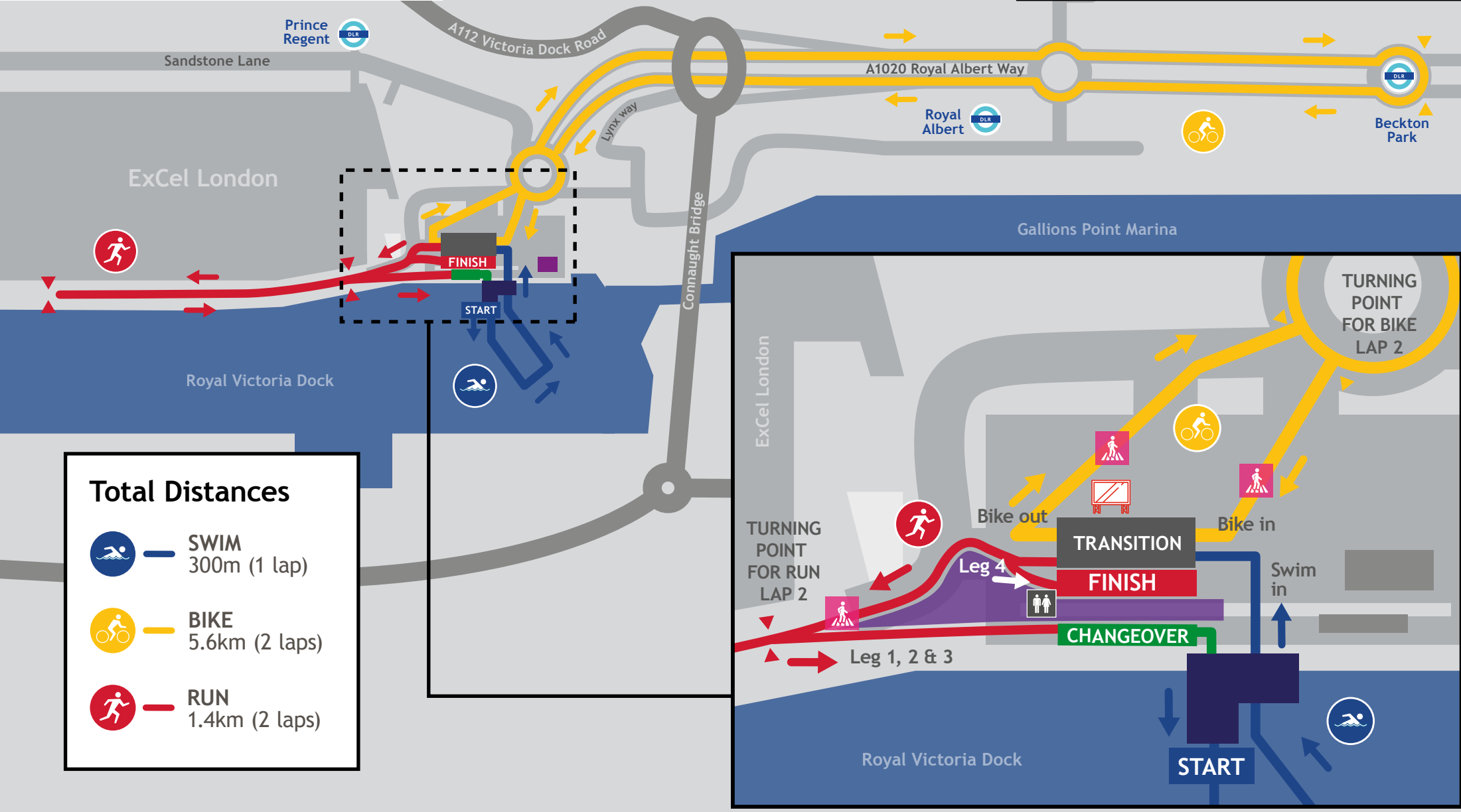
West Ham 1.8 miles from ExCeL.

Essential engineering works are unavoidable so please be sure to check the Transport for London website: www.tfl.gov.uk for any travel information before the day to avoid delays.




COURSE MAP

Key

	Turn Around		Spectating Area
	Directional Arrow		Big Screen
	Tube Station		Toilet Facilities
			Crossing Point



Total Distances

-  SWIM
300m (1 lap)
-  BIKE
5.6km (2 laps)
-  RUN
1.4km (2 laps)



THE TEAMS

This year sees 15 squads go head-to-head in a bid to lift the Accenture British Triathlon Mixed Relay Cup, including reigning champions, Leeds I and 2017 runners-up, Loughborough I. However, with some decorated international squads in the mix, including Mixed Relay World Champions, France, the race will well and truly be on.

PERFORMANCE CENTRES

-  Bath
-  Birmingham
-  Cardiff I
-  Cardiff II
-  Leeds I
-  Leeds II
-  London
-  Loughborough I
-  Loughborough II
-  Nottingham
-  Stirling

INTERNATIONAL

-  Australia
-  France
-  New Zealand
-  USA



VICKY HOLLAND, 30



Following claiming her 2016 Olympic bronze medal, Vicky left Leeds and moved her training setup down to Bath to continue her career. Having been part of Team England's silver medal-winning Commonwealth Games Mixed Relay quartet earlier this year and taking gold at the AJ Bell World Triathlon Leeds, she's certainly one to watch.



TOM BISHOP, 27



Tom anchored Team Leeds to Accenture British Triathlon Mixed Relay Cup victory in 2017, following some nail-biting head-to-heads on Victoria Embankment. This year Tom has already claimed mixed relay honours when Britain took silver at the Accenture World Triathlon Mixed Relay Nottingham and banked a top-10 result at the AJ Bell World Triathlon Leeds.



SOPHIE COLDWELL, 23



Sophie recently claimed the 2018 European Championship title, one better than in 2017 when she finished runner up to teammate, Jess Learmonth. She will be looking to do the same in the Accenture British Triathlon Mixed Relay Cup as 2017 silver medallists, Loughborough, return to the start line.



BARCLAY IZZARD, 19



Barclay's 2018 season has gone from strength to strength, seeing him kick off with a win at the Gran Canaria ETU Sprint Triathlon European Cup in March. Since then the youngster finished 7th at his first senior ITU World Cup in Cagliari and will represent GB at Glasgow 2018 next month alongside a strong British squad.



PAULINE LANDRON, 19



Still a junior, Pauline burst onto the scene recently when she won the title of European Junior Champion in Tartu. Alongside Team France, she followed up with bronze in the mixed relay event and more recently, the nation claimed the Mixed Relay World title in Hamburg.

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