



The Mazda London Triathlon Open Water Swim Day
London Regatta Centre, Dockside Road, London E16 2QT

Date: Saturday 12th / Sunday 13th July 2008
Venue: London Regatta Centre, Dockside Road, London E16 2QT

Congratulations!

You have successfully registered for The Mazda London Triathlon open water swim session at London Regatta Centre.

Please arrive at least 15 minutes before the start of your session.

The session will give you a chance to:

- i. Practice swimming in a wetsuit
- ii. Techniques for long distance swimming
- iii. Start procedure & starting in a group
- iv. Sighting
- v. Getting out of the water, and out of a wetsuit!

Tri and Run (our Official Retailer) will be on site giving you first hand information on equipment, as well as giving you the opportunity to test out and purchase any clothing, accessories or equipment you may need. Top coaches, from 'Swim for Tri' will be leading the sessions, enabling you to ask any questions you may have regarding training and taking part in a triathlon. www.swimfortri.com

What to Bring:

- Swim gear, towel, goggles, flip flops (optional)
- Wetsuit – compulsory!
- Change of clothes
- £1 for locker deposit
- Shopping money for your tri kit!

Wetsuits:

If you haven't hired your wetsuit already contact www.wetsuithire.co.uk. Limited sizes available.

Book online today – www.wetsuithire.co.uk

Facilities:

There are changing rooms and showers available at The Regatta Centre. There are limited lockers available however they will require a £1 deposit.

There is sufficient parking available onsite. If you decide to cycle please make sure you bring a lock for your bike. The Regatta centre does have a Chinese restaurant available if you would like a snack.

We look forward to meeting you at the event.

Best Wishes

The Mazda London Triathlon

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The London Triathlon

T: 020 8233 5900

F: 020 8233 5801

www.thelondontriathlon.com

How to get to The London Regatta Centre:

The London Regatta Centre is located in the heart of the Docklands area in the east end of London. It is built on the site of the historic Royal Albert Dock directly opposite London City Airport. The centre is well served by public transport and is two minutes from Royal Albert Station on the Docklands Light Railway and also has good road connections to the M11 and M25. For Directions: www.london-regatta-centre.org.uk

