

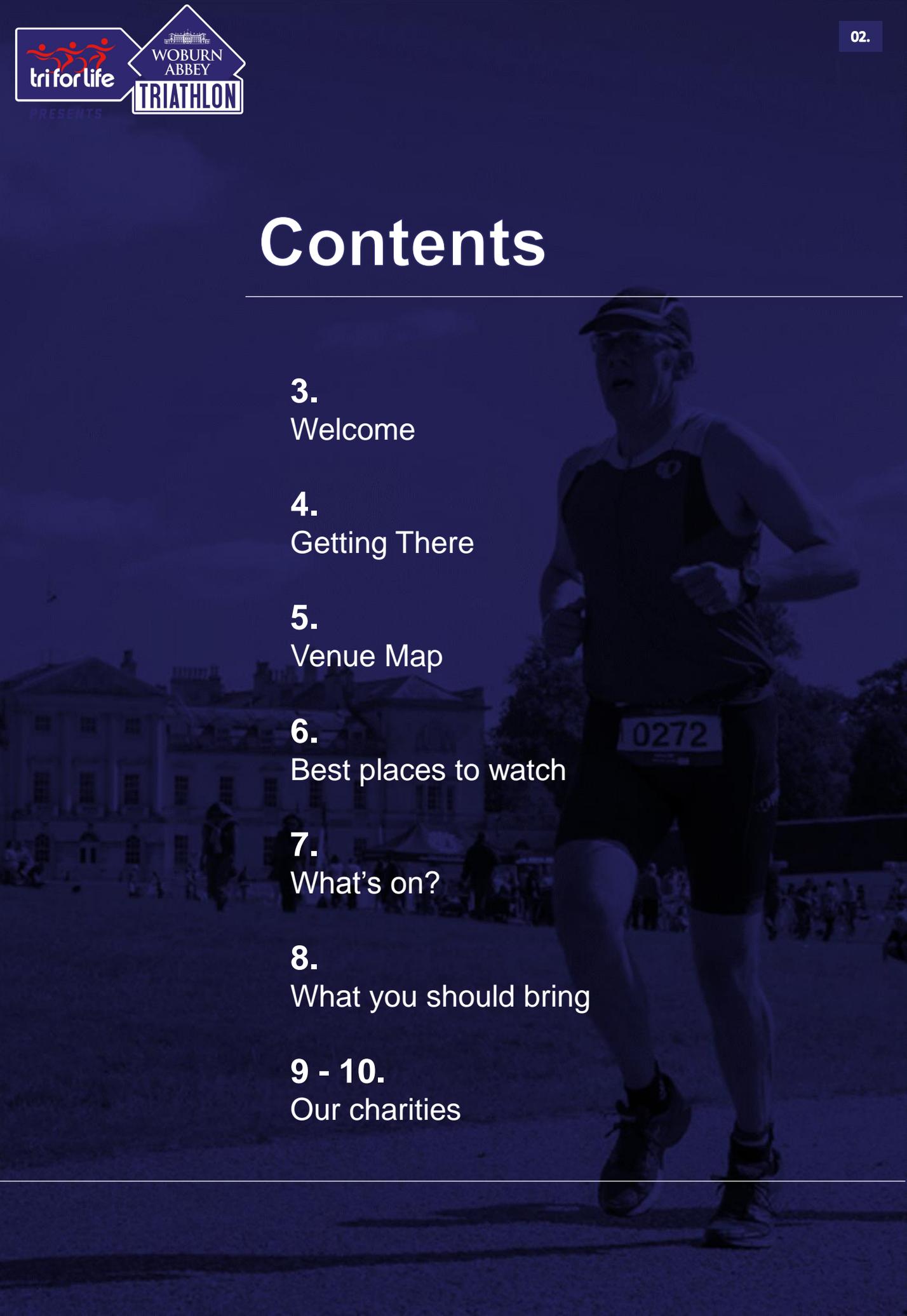


SPECTATOR PACK

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Welcome Supporters

Are you ready to be part of an amazing weekend?

We cannot wait to welcome you to Woburn Abbey on Saturday 8th September or Sunday 9th September to help support your friends and families taking on some difficult physical challenges and making brilliant memories.

There will be over 2000 participants taking part in triathlons over the weekend in tri for life's 11th year. We have raised close to £2.5 million for charity over the last 10 years and look forward to another successful weekend of smashing fundraising targets and PBs alike – you are joining the most important team of the weekend – the supporters!

Without you, the participants and fundraisers would not have the same level of motivation and success – your support goes a long way to encouraging them around the course and supporting them after a tiring challenge!

Read on for more information about how to get there, and some of the best places to take in the action.

Get your cheering voices ready, and prepare to come out in force!

the tri for life team



Getting There

By Road:

The Event is located at Woburn Abbey, Woburn Park, Bedfordshire, MK17 9WA

Follow signs to Woburn Abbey from the M1 junction 12 or 13. From the A5, follow signs to Woburn village. Woburn Abbey is signposted from here.

There will be event signage up to direct you to Event Parking. Please do not use the entrances at the crossroads at the bottom of the hill marked Woburn Abbey and Safari Park.

HOWEVER NOTE: [Saturday ONLY] After 7am part of Park Street will be closed for the Run Course – this means that all vehicles will only be able to get to the event / Abbey from the direction of Eversholt / Froxfield and **NOT** from the direction of Woburn village / the A4012. Should your arrival route take you onto the A4012 in Woburn village then you will need to do a diversion route via Ridgmont. Please add more time to your journey accordingly.

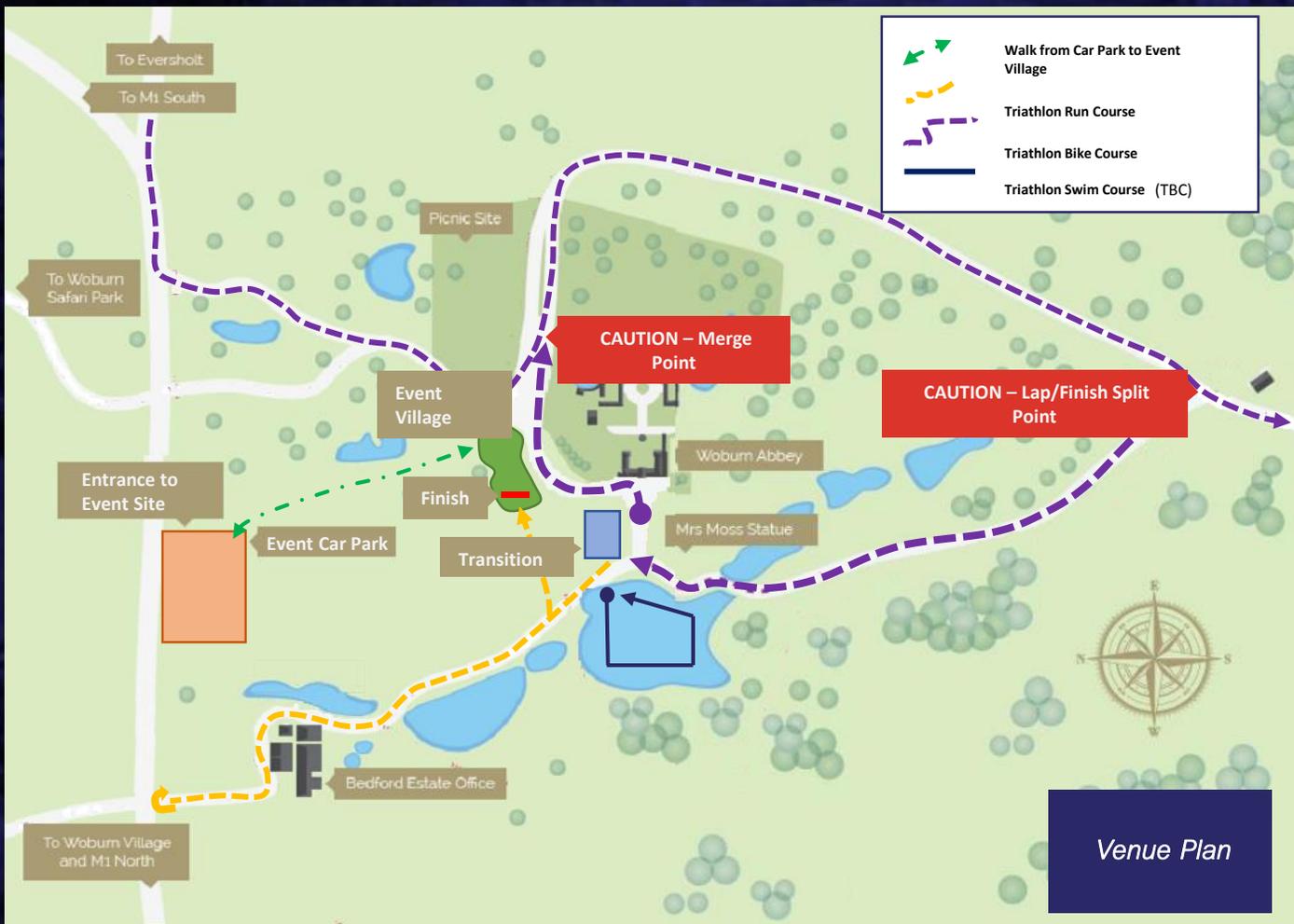
CAR PARKING: There is a £5.00 charge per car for the car park, which contributes to our donations to our charity partners. If you have prepaid as part of your race entry, please display your parking pass on your dashboard. Alternatively you can pay in **cash** on the day. Please note: if you have prepaid but don't bring your car park pass, you will be charged again as there will be no way of checking your pre-payment.

By Public Transport:

Woburn Abbey is approximately 15 minutes from Flitwick train station, the nearest station to Woburn. Flitwick train station has a taxi rank called **A1 Taxis** (01525 757575) but there is no public transport directly available to Woburn Abbey from the station.

If you're looking for a great location for your pre- or post-race meal, we recommend the Green Man Pub in Eversholt – [click here](#) to book a table online!

Venue Map



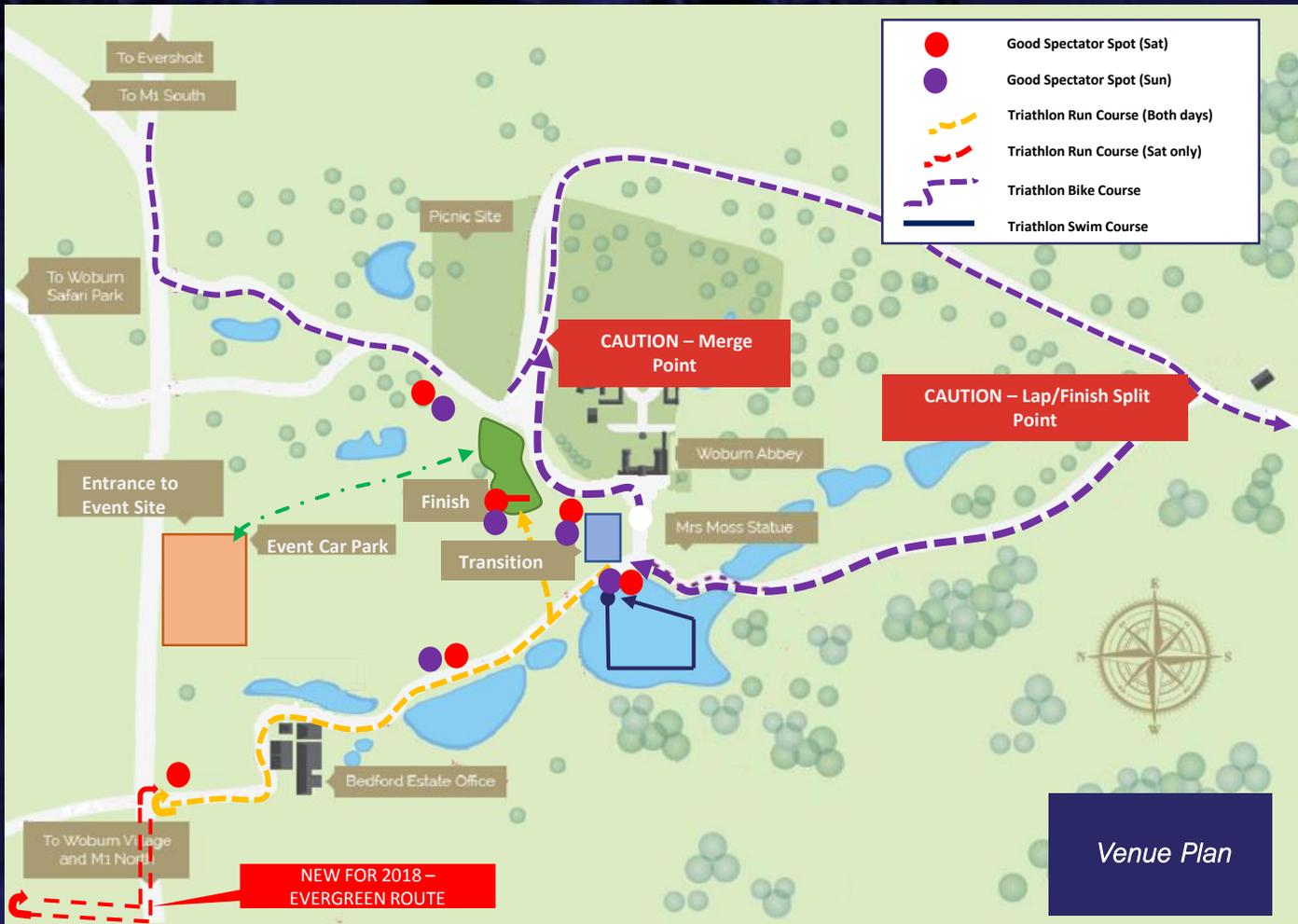
Spectator Stand

If you would like to make a sign to cheer on your loved ones with, or a sticker to show your support, head over to the Spectator Stand in the Event Village, which will have all the means for you to do so!



Where is the best place to watch?

We've highlighted the best places to watch on Saturday in red and on Sunday in purple!



Saturday – what's on?

There are three different races taking place on Saturday – the 220 Triathlon WoBurner middle distance triathlon, the Olympic distance triathlon and the Sprint distance triathlon.

The distances for these races are as follows:

- WoBurner – 1900m Swim, 90km Bike, 21.1km Run
- Olympic Distance – 1500m Swim, 44km Bike, 10.5km Run
- Sprint Distance – 800m Swim, 22km Bike, 5.2km Run

Sunday – what's on?

The races on Sunday involve everyone from the children's Scootathlon to Olympic distance triathlons.

The distances for these races are as follows:

- Scootathlon – 400m Scoot, 400m Bike, 150m Run
- Junior Triathlon (9-12yrs) – 100m Swim, 3km Bike, 1km Run
- Junior Triathlon (13-15yrs) – 300m Swim, 2.5km Bike, 2.5km Run
- Super Sprint Triathlon – 400m Swim, 10km Bike, 2.5km Run
- Sprint Triathlon – 800m Swim, 20km Bike, 10km Run
- Olympic Triathlon – 1500m Swim, 20km Bike, 10km Run

Further information and start times will be available on the website.



What you need to bring and know

- £5 cash for car parking or voucher proof of payment
- Bring spectator chairs/rugs
- Bring picnic food or money for food vendors – there'll be all sorts to keep you fueled for a busy day supporting, from healthy snacks to something a little more indulgent!
- The Event Village is a good starting place for your day as it contains the main toilets and food areas
- There are lots of free kids activities taking place in the Event Village, such as bouncy castles, games, face painters and much more
- The event covers a very large area and much of it is on grass so bring comfortable shoes for walking around
- If you require disabled parking, please get in touch with us at races@humanrace.co.uk and we'll make arrangements for you

Volunteers

We're always on the lookout for volunteers across the weekend to help make this event an even greater success. How about cheering on your loved ones from a water station, or giving them their medal at the finish line? If you would like to give us a hand in supporting these fantastic charities, you can sign up to volunteer [here](#).



Melanoma is the most serious form of skin cancer and more than 15,000 people are diagnosed with the disease every year.

The number of new cases has more than doubled in the UK since the early 1990s and melanoma is now the fifth most common cancer.

MELANOMA FOCUS

www.melanomafocus.com

Melanoma Focus was launched in 2012 to concentrate efforts in the fight against melanoma and is now the main national charity for the disease. The charity works across four main areas:

Scientific Research: we fund a range of studies addressing complex questions such as how changes in proteins in the skin can predict the risk of melanoma metastasising. Our unique National Melanoma Database project ensures researchers have far more information about melanoma than was previously available, getting us closer to a breakthrough.

Patient Support: our team of specialist Helpline nurses provide assistance, information and emotional support to callers, while our online Melanoma Patient Decision Aid helps patients understand the key choices about their treatment.

Clinical Standards: We champion patients' interests through Government consultation and have successfully interceded for patient access to new drug combinations. We also produce national clinical guidelines, setting out best practice for diagnosing and treating rare forms of melanoma. Our guidelines have been accredited by the National Institute for Health and Care Excellence (NICE).

Professional Education: We ensure research breakthroughs and best practice are shared. We are the professional membership organisation for melanoma specialists and we stage the two principal national conferences for professionals working in the melanoma field. These meetings ensure better treatment for melanoma patients all across the country.

*Commissioning
innovative research,
while providing support
and information for
patients, carers and
healthcare
professionals*

To find out more about our work or to make a donation, visit:

melanomafocus.com





IN AID OF
**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

Every day...

200

CHILDREN ARRIVE AT GOSH

many of whom are seriously ill.
Four go straight to intensive care.

261

PROCEDURES

are performed at GOSH.

31

CHILDREN

undergo life-changing
operations at GOSH.

644

potentially life-changing

RESEARCH STUDIES

are active at GOSH.

Who are Great Ormond Street Hospital?

Great Ormond Street Hospital (GOSH) is a place where the most seriously ill children come for life-saving treatments. A place where every day brings new challenges, where, every day, staff, patients and their families battle the most complex illnesses. Great Ormond Street Hospital Children's Charity exists to raise money for the hospital to ensure it can continue to provide world class care to children from across the UK.

What do they fund?

The charity funds four key areas:

- **Rebuilding and refurbishment** of outdated and overcrowded buildings
- **Advanced equipment** for treating the toughest and rarest conditions
- **Child and family support** to help make life in hospital as normal as possible
- **Pioneering research** to help solve medicine's greatest mysteries

They need your support

This extraordinary place has always depended on public support to give seriously ill children the chance of a future. With new challenges every day and more and more children requiring treatment at the hospital, they need that support now more than ever. Please visit gosh.org to find out more and make a donation.

All stats based on annual figures for 2015/16.

Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024.

NISH

tri for life

WOBURN
Abbey Triathlon

We hope you enjoy the event and have a great experience cheering on your loved ones!

If you are inspired to take on a challenge next year, take a look at triforlife.co.uk for more information and keep an eye out for next year's events opening!

british
athletic

British Cycling