

YOUR SUPPORTER GUIDE!

DON'T MISS ANY OF THE ACTION WITH MACMILLAN SUPPORTER POINTS

Macmillan has official cheer points along the course to ensure you get to see your very own triathlete throughout the course. All cheer points are within walking distance (max ten minutes) so you have plenty of time to get round the course and see whoever you are supporting on each section.

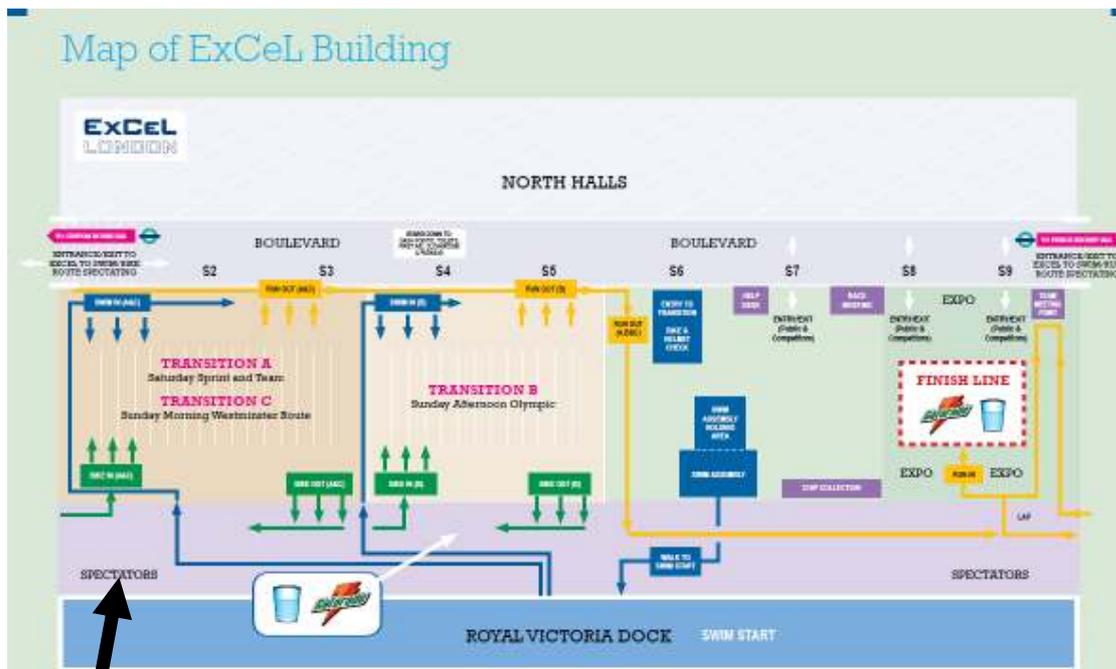
Races take place between Saturday 11am – 7pm and Sunday 6.30am – 7pm. Come along and cheer at any time!

SWIM

Macmillan won't have an official cheer point along the swim section as swimmers will be unable to hear us in the water, but there is plenty of space along the dock to see the swimmers from. Where our cheer point is for the start of the cycle section you should be able to see swimmers running into transition after they have exited the water.

CYCLE

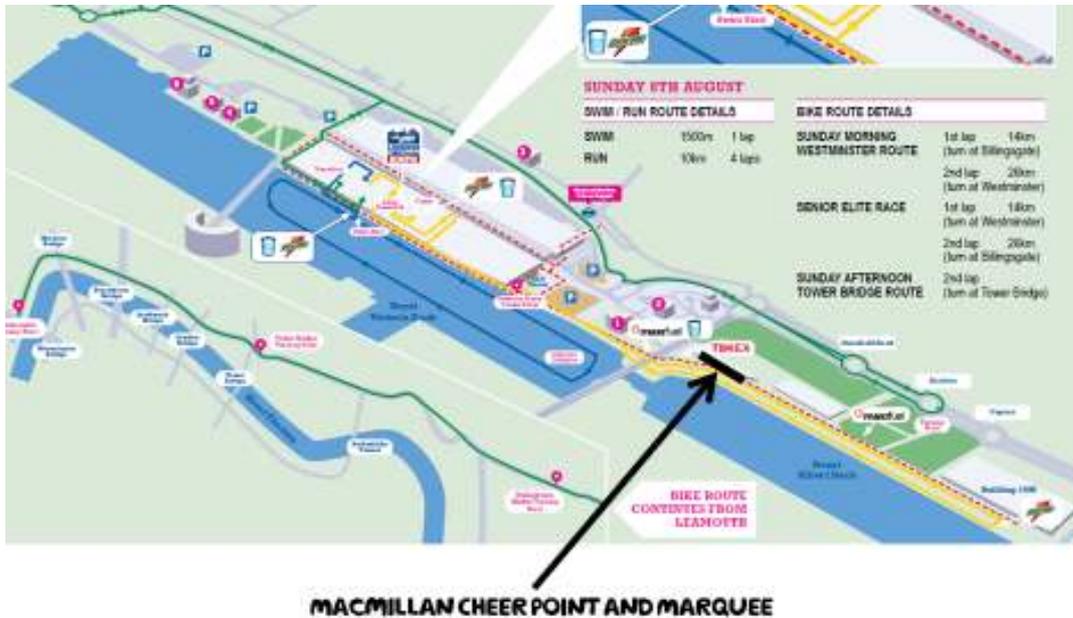
We will have an official bike point as the triathletes exit out of transition and the Excel Centre. They will just be getting on their bikes so we can give them a big cheer before they set off on the bike course. We will also see them as they return from the biking section going into transition to prepare for the run.



MACMILLAN CHEER POINT

RUN

The run cheer point is located outside the Excel Centre just five minutes walk up the run course. As runners will do laps you will see them a least twice (maybe eight times) depending on what distance they are doing. As official charity we will have a designated cheer spot and marquee. Once your triathlete has set off on their cycle and you have seen them at the cycle cheer point you have plenty of time to head to get to the run cheer point as they go through transition.



MEETING POINT AND REFRESHMENTS

The excel centre can become busy so Macmillan have a stand just to the right of the finish line where you can arrange to meet up after the race. We will have some refreshments on hand and it's a perfect place to wait whilst your triathlete collects everything from their transition area.

