

Virgin Active London Triathlon 22/23 September 2012



Volunteer Brief

A big **THANK YOU** for volunteering your time to support Team Macmillan at this year's Virgin Active London Triathlon. It's an exciting event with celebrities, athletes and 200 Team Macmillan triathletes all taking part. Please feel free to bring along any friends or family with you to help make us as loud as possible.

Where?

Everything takes place in and around the London Excel Centre. To get there take the DLR to Prince Regent, not Custom House London Excel as you will then have to walk all the way to the other end of the Excel Centre. You can pick up the DLR from Bank (Central, District/Circle or Northern), Tower Hill (District or Circle) or Canning Town (Jubilee Line).

On arrival walk down the stairs to the left, do not walk into the entrance of the Excel centre. After you have walked down the stairs turn left and you are at the start of the running course. You will see some marquees and Macmillan branding – this is our running cheer point.

Please see the map attached to help get your bearings on arrival.

Timings

We have Macmillan triathletes competing throughout both Saturday and Sunday. The key times are between 9-5pm each day. We don't expect you to stay all day so if you are able to come along for a few hours between these time that would be fantastic. Here's what is happening on both these days:

Saturday am – Individual Super Sprint and Sprint distances
Saturday pm – Team Relays (Sprint and Olympic distances)
Sunday – Individual Olympic and Olympic Plus distances.

What do I need to do?

Simple, cheer everyone on the running course! Not all Team Macmillan triathletes will be wearing a Macmillan top so we need to make sure we cheer everyone. They may be wearing our Macmillan waist belts or arm bands instead so keep your eyes peeled.

What do I need to wear?

Whatever is comfortable, we will be standing and cheering so please wear comfortable footwear and also dress for the weather. Macmillan t-shirts will be available on arrival, if you already have one please bring it along.

If you have a camera please do bring it along and help us catch the action on the day.

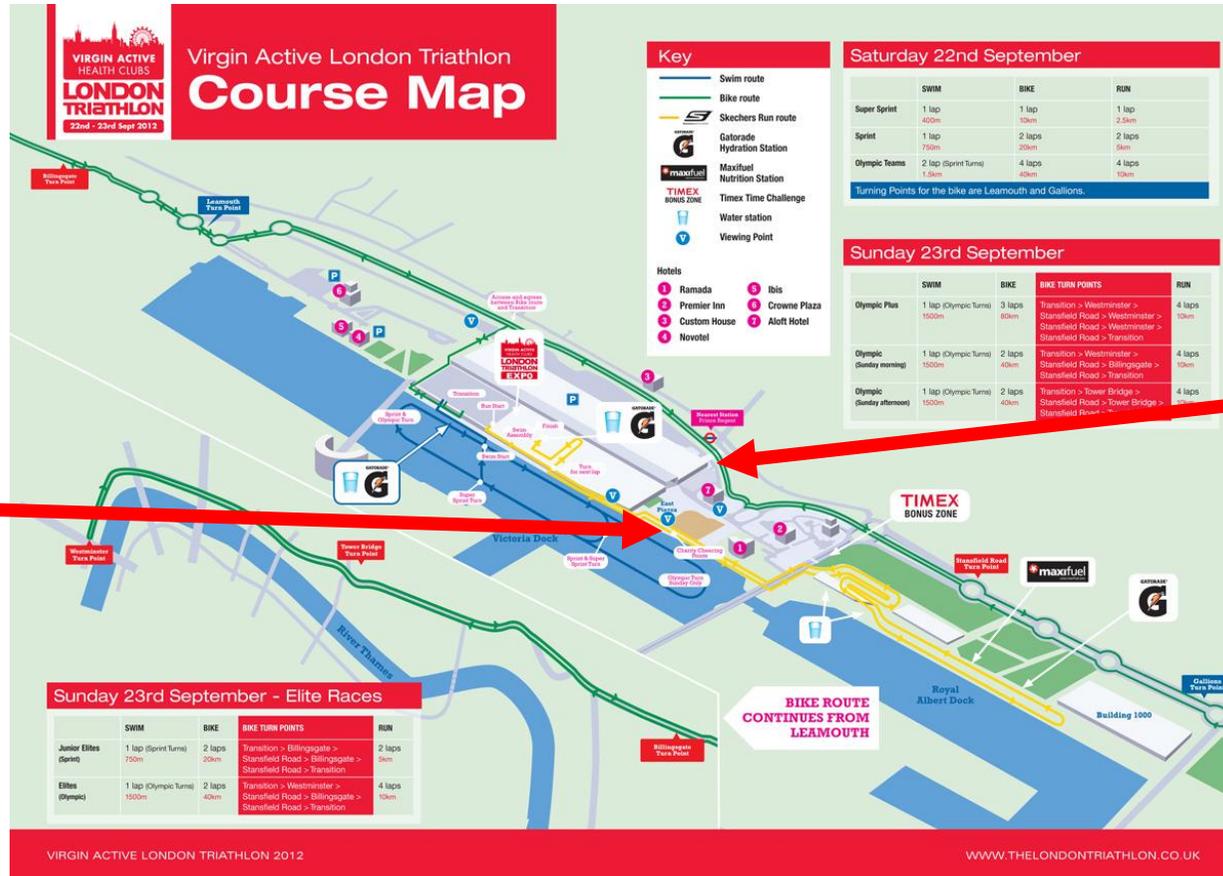
Contact numbers on the day:

Hayley and Katie 07870468362

“Every time I came running round the corner on the last leg of the triathlon, YOU guys kept me going! Thank you so much for your support, it really helped me get round the course!”

Team Macmillan Cheer Point

We will be located just outside the run entrance/exit of the Excel Centre. We will have a small marquee and cheering section reserved for us.



Our marquee and cheering point will be based here.

THANK YOU - See you at the weekend!