

Cycling - Road: Time Trial

Hampton Court Palace



London 2012 Olympic Games Official spectator guide



Plan your travel

Getting to Hampton Court Palace

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1-9 on the day of your event, including to and from Hampton Court Palace. The recommended station is:

Hampton Court ➔ – around 5-minute walk to entrance A and 10-minute walk to entrance B.

It will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey at london2012.com/travel and check it before you set off as things may change.

You'll also find walking and cycling routes on our website, plus information on river services. Secure cycle parking will be provided at the venue.

Please be aware that restrictions may apply for cycles on trains – check with rail operators for more information. Been to Hampton Court Palace before? The area will be operating differently for the Time Trial, with disruptions to local bus routes. Please follow the signs and directions from staff on the day.

There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/bluebadge

Hampton Court station has step-free access, with staff assistance available.



Top tips

- 1 **Check the London 2012 website for the latest information** before you travel
- 2 **Remember your tickets!** Everyone needs a ticket for entry
- 3 **Aim to arrive early** – gates will open two hours before competition starts
- 4 The transport system and venue will be very busy so **leave plenty of time to travel and be prepared to wait** – it may also take a while to exit the venue
- 5 You'll need to go through airport-style security when you arrive so make sure you've **read the list of items that aren't allowed inside the venue** at london2012.com/security
- 6 **You can bring one small backpack or a handbag.** If you can manage without one, even better – it will help speed up security checks
- 7 There's a **wide variety of healthy and tasty food** inside the venue
- 8 **You can pay by Visa (debit, credit or prepaid) or cash (£) only**
- 9 This is an outdoor venue with no shelter so **check the weather forecast and come prepared**, whether that means bringing a sun hat or rain jacket
- 10 If you have any questions on the day, just **ask a member of London 2012 staff**

Welcome

This guide includes handy tips to help you get to your event and make the most of your Olympic experience. So have a good read – and don't forget to bring it on the day!

Arriving at the venue

Aim to arrive at the venue early. Gates will open at 10.30am, two hours before competition starts.

When you get there, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/security for the full list, which includes water and other liquids.

The venue is made up of two spectator areas. Check your ticket to see which area you're in and see the map in this guide for the correct entrance.

Your ticket gives you entry to one spectator area – you cannot move between areas and there's no readmission.

There will be running commentary throughout both events.

Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/accessibility



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Key

- Hampton Court Recommended station for spectators
- Station with step-free access and staff assistance
- Event area during the Olympic Games
- Venue entrance and exit
- Spectator access route
- National Rail

After the race

We recommend you take the chance to visit the historic Hampton Court Palace. The Palace will be open until 9.30pm with reduced admission prices for spectators, and will be hosting a special cycle-themed event called Cyclemania. Visit www.hrp.org.uk for more information.

Cycling - Road: Time Trial

Stamina, speed and conserving energy are essential to success in the Time Trial.

Events

Individual Time Trial	1 August
Individual Time Trial	1 August
Men's event	Women's event

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul	Sun 29 Jul	Mon 30 Jul	Tue 31 Jul	Wed 1 Aug	Thu 2 Aug	Fri 3 Aug	Sat 4 Aug	Sun 5 Aug	Mon 6 Aug	Tue 7 Aug	Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Morning/afternoon					12:30-16:25											

The Victory Ceremonies will take place after each event.

The history

While Road Cycling has featured at every Olympic Games since 1912, the Time Trial first joined the Olympic programme with the men's team event at Rome 1960. At Atlanta 1996, the team event was replaced by the Individual Time Trial, which was won by Spain's Miguel Indurain and Russia's Zulfya Zabirova.

Did you know?

Canada's Clara Hughes is one of just four people to have won medals at both the Summer and Winter Olympic Games. At Atlanta 1996, she took bronze in the Individual Road Race and Individual Time Trial, and she picked up bronze in the 5000m Speed Skating at Salt Lake City 2002.

The basics

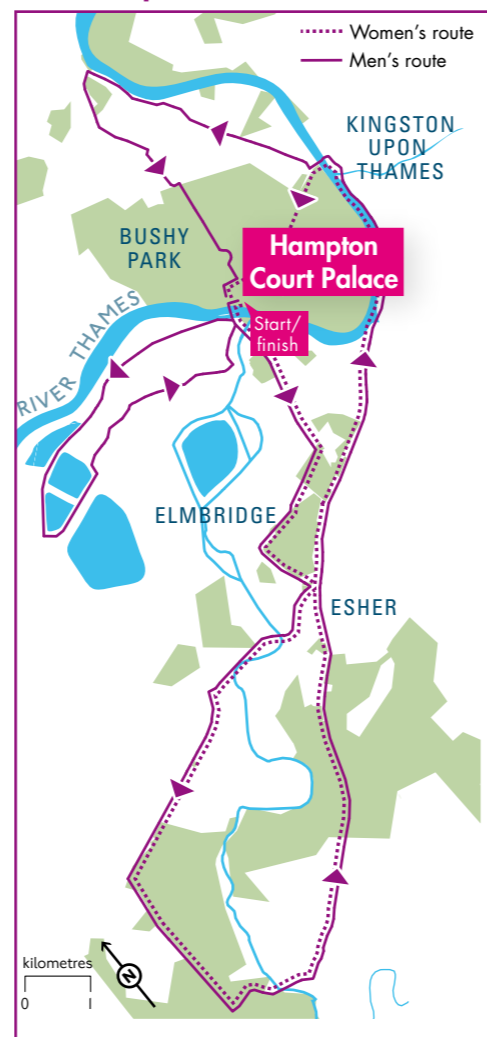
The Olympic Time Trial includes two events – one for women (29km) and one for men (44km). Both events are held over a single lap, with the variations in the men's and women's courses reflecting the different distances. The riders start 90 seconds apart, and the winner is the cyclist with the fastest time over the course. The order of starters is seeded so that the favoured riders start later in the event.

Find out more about the Time Trial – pick up an official London 2012 daily or souvenir programme at the event.

Did you know?

Hampton Court Palace has been home to some of Britain's most famous kings and queens – but has a rich sporting history too: the palace is home to the oldest surviving real tennis court in England, one of fewer than 50 real tennis courts in the world.

Route map



Hampton Court Palace



Key

- Venue entrance and exit
- Toilets
- Accessible toilets
- Ticket resolution office
- Spectator medical
- London 2012 Shop
- Food and drink
- Information, Games Mobility and lost and found
- Time Trial route
- Spectator standing area



Scan me now or go to london2012.com/mobileapps to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the venue

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted, except in designated areas.

VISA In recognition of Visa's longstanding support of the Olympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Olympic, London 2012 Festival and other events taking place across the UK at london2012.com/joinin

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop



Delivering a memorable Olympic Games to inspire a generation with the support of our Partners



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