



# The London TowerAthlon FAQ's:

## General

### **Can I change my time slot?**

We have tried to accommodate preferred time slots as indicated on the booking form. Unfortunately this has not always been possible. If you really can't make your time please do let us know and we can try and change it.

### **How long will it take?**

The average time for the tower run is 7 minutes but there is no rush! The bike ride is 10 minutes. See Abseil FAQs below. Please note we do ask all participants to arrive 30 minutes before their allotted time for registration.

### **What should I wear?**

Please wear comfortable gym clothes and trainers for all activities. You may decide to come in company branded clothing or even fancy dress! There is a trophy for the best fancy dress this year. We advise that everyone arrives already dressed for their activity as there are no changing facilities available. Please see the Abseil FAQs below for further details.

### **Where do I go on arrival to Broadgate Tower?**

Please make your way to the registration tent on arrival where you will collect your activity number. For those of you taking part in the tower run, you will be given a timing chip that should be attached to your shoes. Please ensure that this is attached correctly and ask a member of the team on hand on the day if you are unsure. Remember, no chip, no time!

### **Is there somewhere where I can store my belongings on the day?**

Yes, there is a bag drop available on the plaza. Once you collect your number from registration you can drop your bag off and collect it once your activity is finished. This tent will be staffed at all times, but please do refrain from bringing any values as LandAid cannot be held responsible for any loss of goods. Abseilers will need to empty their pockets at the bag drop. Unfortunately you will not be able to take your phone with you to the top of the building. There will be a professional photographer who will take a photo of you as you take your first steps over the edge! This can be purchased from a link we will circulate on Monday 19<sup>th</sup> September.

### **Will there be refreshments?**

Water will be provided at the end of your activity. You may decide to bring some with you for before or during.

### **Can friends and family come along and watch?**

Definitely! We encourage supporters to come along on the day to cheer you on. If you would like them to also attend the prize giving reception please RSVP with their full name and company to [sarah.fairweather@landaid.org](mailto:sarah.fairweather@landaid.org).

## Cycle Challenge

### **What have I signed up for?!**



Cycling as many kilometres as you can for 10 minutes on a static bike. It's a high intensity challenge with lots of sweat and excited people screaming encouragement. 6.5km is the distance to beat from 2015.

### **Do I need to bring my own bike?**

Nope! Static bikes will be provided for the cycle element of the challenge so no need to bring your own.

### **What's different with the bikes for 2016?**

This year there will be 6 upright exercise bikes rather than 12 bikes so cyclists will be facing their challenge in two waves. This will give participants an opportunity to weigh up the competition and cheer on the other group.

Please note - the pedals will be flat pedals with adjustable straps to hold the foot in place. They do not have cleats so please wear trainers.

## **Abseil**

### **Do I need to have abseiled before?**

No! Each participant will be assigned to an experienced instructor who abseils down beside you giving guidance and support. We have used the same abseil company for previous abseils at Broadgate Tower and they are highly experienced and very patient!

### **What should I wear for the abseil?**

For those taking part in the abseil it is advised that you wear long trousers and avoid loose clothing so that the fabric doesn't get caught. Please ensure your top or t-shirt is long enough to cover your waistband for your own comfort. Please tie long hair back and remove jewellery. It can be quite cold at the top of the building so abseilers might require a jumper.

### **What happens if the abseil is cancelled due to adverse weather conditions?**

Your safety is very important to us. If the weather is bad on the day, particularly if winds are high, our specialist abseil team will assess whether it is safe to abseil. If the decision is made to cancel the abseil due to safety concerns, a tower run slot will be offered instead. No refunds will be made in this circumstance.

### **How long will the abseil take?**

The actual abseil will depend on the speed at which you descend. This could be anything from 5 minutes to 60 minutes, depending on what is comfortable for you so take your time! You will need to arrive in plenty of time to sign in, get kitted up before you can start the abseil, so allow at least one hour from start to finish.

### **How much do the photographs cost?**

There will be a photographer on the plaza taking photographs of teams, the cycle challenge, the start of the tower run and the abseil from below. These will be available to download from Flickr free of charge. Photographs of the abseil from the top of the tower will be available to purchase online via a link which will be circulated on Monday 19<sup>th</sup> September. The costs are:

£12 for the digital file or £12 for a printed 7x5 photograph.

## **Winning**



### **How do we win?!**

The fastest tower runner throughout the day will be given the most points. The slowest will receive the least. This is then combined with the points the cyclist receives for how far they cycle. Abseilers will receive a point for completion and zero for non-completion. The abseil is not timed!

This year there will be more opportunities to win a trophy:

- Fastest Male Tower Runner
- Fastest Male Veteran Tower Runner (45+)
- Fastest female Tower Runner
- Fastest Female Veteran Tower Runner (45+)
- Furthest Cycling Male
- Furthest Cycling Male Veteran (45+)
- Furthest Cycling Female
- Furthest Cycling Female Veteran (45+)
- Best Team Fundraiser
- Best Fancy Dress
- Winning team

### **When do we find out the results?**

Come along to the prize giving and drinks reception on 32<sup>nd</sup> floor of Broadgate Tower, kindly hosted by Reed Smith, from 5.30pm to find out the winners! A full set of results will be available on the LandAid website on Monday 19<sup>th</sup> September. Your colleagues, friends and family are welcome to come along to the prize giving. Please send us their full names in advance of the event for the guest list.

If we haven't answered your question, please send it to [sarah.fairweather@landaid.org](mailto:sarah.fairweather@landaid.org)

Good luck and have fun!