



Detailed Race Information

Dorney Lake Duathlon

Sunday 14th April 2024

DORNEY LAKE
EVENTS

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Dear Competitor,

Thank you for entering the Dorney Lake Duathlon.

We advise you read this information document carefully in advance of Sunday, April 14th (event day), so that you can enjoy the event to its fullest.

Summary Event Info

Address:

Dorney Lake,
Court Lane,
off Lake End Road,
Windsor
SL4 6FJ

<https://www.dorneylake.co.uk/visit.aspx>

**Registration opens at 7:30am
(please leave plenty of time to
get from the car park to
registration)**

We ask that after registering, you set up your transition area following the marshals instructions.

It is vital that we know exactly who is attending this event so you must not give your race

number to any other person if you can't attend for any reason.

All race distances will start together along with people competing in the run only events. The **race starts** at **9:10am** with a race briefing conducted at 9:00am.

Distances:

**Super Sprint Duathlon:
2.5km Run – 10km Bike –
2.5km Run**

**Sprint Duathlon:
5km Run – 19km Bike – 2.5km
Run**

**Standard Duathlon:
10km Run – 38km Bike – 5km
Run**



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Venue:

Dorney Lake, Court Lane, Off Lake End Road, Dorney, Windsor, Berkshire, SL4 6FJ

Getting there:

<https://www.dorneylake.co.uk/visit.aspx>

Parking

There is parking at the venue. Please follow the instructions of the Dorney Lake Staff who will be managing the parking on the day.

There could be up to a 20-minute walk to registration depending upon which car park you find yourself in. Please leave plenty of time.

After parking, please follow signs to the registration area, or ask a marshal. We suggest that you bring your bike and race equipment with you to registration to avoid having to return to your car.

Changing and Toilets

Changing facilities are available within Dorney Lake Boathouse.

Toilets will be provided in the form of portable toilets as well as those available in the boathouse itself.

Catering

Catering is available from the café provided by Dorney lake.

Headphones & Mobile Phones

In line with British Triathlon rules:

- Headphones of any type are **NOT ALLOWED** during any stage of the triathlon.
- Mobile phones must not be used while in the Transition area or during the race.

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Registration

Opens at 7.30am.

You will be required to give the name you used to sign up to the event online. If you are a BTF member you will also need to present your membership card. In exchange, you will be given a white envelope with your race number in it. This will include:

- 2 race numbers. A number must be worn visibly on your front for the run and on your back during the bike. The numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.
- A timing chip, that will be attached to your left ankle during the entirety of the event.
- 2 numbered labels (one for the front of your helmet and one for the top tube of your bike).

Additional safety pins will be available at registration if required.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you at [Events \(Dorney Lake Events\)](#). If you wish for any of the published photos to be removed, just let us know.

Spectators

Spectators are now encouraged to come to Dorney Lake.

Due to parking restrictions, spectators are requested to turn up to the event in the **same car as participants** wherever possible.

Baggage area

There is no official baggage area, but an area at the side of transition will be made available for small bags to be left. Please avoid turning up with large bags/boxes as this can cause an obstruction in the transition area.

Transition area

To enter the transition area you must be wearing your helmet securely, and the stickers in your registration pack must be on your bike and helmet.

After the race you will need to show your race number and this will be matched to the sticker on your bike by a marshal, before you are allowed to remove your bike from transition.

If this is your first multi-sport race, then it is good practice to familiarise yourself with the ways in and out of the transition area by walking through transition. There will be marshals in the transition area to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc.

Please note that only equipment required for the event is to be placed in transition, next to your bike. No boxes or large bags are allowed to be left by athletes' bikes in transition.

There will be no official baggage area for this event but you will be able to leave a small bag at the edge of the transition area.

The organisers will accept no responsibility for lost property so please do not bring any valuables.

Racking of the bike needs to be by the saddle, so that the majority of the bike faces towards you (front wheel facing you with the kit by the front wheel). This method of racking is also required on return from the bike leg.

All bikes must be racked by 10 minutes before your start.

Race Briefing

There will be a race briefing via the commentator before the start of the race.

Race Rules

Normal British Triathlon rules apply.

The event is a draft-illegal event. The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. Race officials will be looking out for anyone drafting and you must abide by their instruction if they deem that you are subject to a penalty.

More info available below:

[British Triathlon - Drafting Rules Explained](#)

[Competition Rules – British Triathlon](#)

Prestart

After setting up your transition, its time to warm up and prepare for the start.

You will then be brought down to the start funnel and wait to start.

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Run

The run course is a 5km lap that heads all the way to the end of the lake before turning and heading back to the Boathouse. If you are running a 2.5km loop there is a 2.5km turnaround point half way along the lap.

- **The Super Sprint will complete a 2.5km lap for run 1 and a 2.5km lap for run 2**
- **The Sprint distance will complete one 5km lap for run 1 and a 2.5km lap for run 2**
- **The Standard distance will complete two of the 5km laps for run 1 and one 5km lap for run 2**

There will be a water station aimed at those doing the Standard which will be positioned at the end of the first lap.

Please dispose of any rubbish such as energy gel packets and drink cups in the bins provided around the run course.

Bike

After leaving transition, you can only mount your bike **after** crossing the mount line. This will be clearly marked with flags and a line on the floor. Anyone mounting early will be asked to stop, go back and mount after the line.

The bike discipline uses a lap on the west side of the lake. Super Sprint Athletes will complete 2 laps. Sprint athletes will complete 4 laps, while Standard athletes will complete 8 laps. You are responsible for counting your own laps, the marshals will not be able to help you.

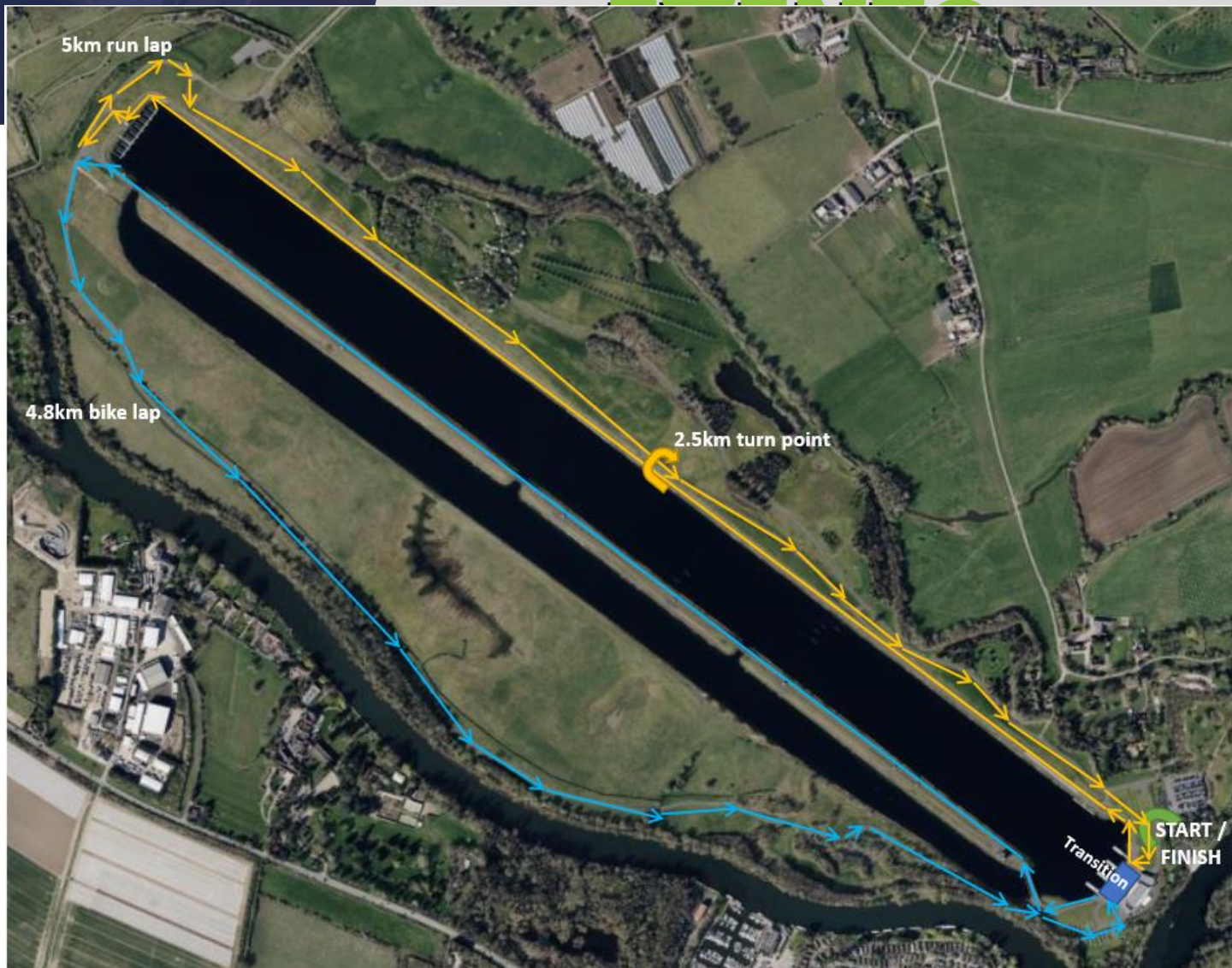
The bike course is closed to traffic but it can still get busy due to the size of the event. The course at Dorney is ideal for both beginners and those more experienced athletes who are looking for a fast time. As a result there will be many different standards on the course at the same time.

Please ride on the left hand side of the road and only overtake on the right. After overtaking, please move back to the left.

Communicate clearly with other cyclists when overtaking to keep each other safe.

Slow down and dismount **before** the dismount line and rerack your bike before touching your helmet.

There are no feed stations on the bike section, so carry sufficient water with you. Please do not drop gel wrappers on the course. As well as littering it can cause a slip hazard on the bike course and an accident for another competitor.



Relay teams

Relay teams will handover the timing chip as a relay baton. The cyclist should wait for the runner at their bike and transfer the chip on to their left ankle for the bike leg. The cyclist should wear the number on their back. The runner should then wait at the bike racking point for the cyclist to return where the timing chip is transferred again. All the team members can meet at the start of the finish funnel and cross the finish line together to receive their medals.



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Finish

After completing the run laps you will head down the finish funnel to collect your well-earned medal and finish-line goodies.

Timing

The event will be chip-timed. At registration you will be given a timing chip attached to your race number. Avoid covering the chip with material as it reduces the chance of the chip signal being picked up by the timing mats.

Results

Results are calculated by EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. There will be no ticket printer for times at the event but you can find your result immediately at:
<http://results.eventchiptiming.com/>

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

Bike collection

Once all the bikes for your distance have returned to transition, you will be allowed back in to the transition area to collect your bike. Remember to take your race number with you as it will be required to match to the number on your bike and helmet before you'll be allowed to leave.

Finally.....

We hope that you are looking forward to this fantastic event as much as we are.

We can't wait to welcome you to Dorney for this great event.