



Detailed Race Information

Dorney Lake Triathlon

Wednesday 29th May 2024

DORNEY LAKE
EVENTS

Dear Competitor,

Thank you for entering the Dorney Lake Triathlon.

We advise you read this information document carefully in advance of Wednesday, May 29th (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 5:00pm:

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.

Triathlon, Aquabike and Relay competitors will start together in the following waves.

Start Times:

- Sprint Triathlon & Aquabike – 6:30pm
- Super Sprint Triathlon – 7:00pm

Distances:

- Super Sprint Triathlon:
400m swim-9.4km bike-2.5km run
- Sprint Triathlon:
750m swim-18.8km bike-5km run
- Sprint Aquabike:
750m swim-18.8km bike

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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 a hard standing car park and grass parking near the event HQ. Please follow the instructions of the Dorney Lake Staff who will be managing the parking on the day.

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

There are no changing facilities available. Please turn up ready to race.

Toilets will be provided, in the form of portable toilets.

Catering

Catering is available from:

- “Cow Juice” who will be serving hot drinks and light refreshments from a barista coffee van.

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.

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.

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Registration

Opens at 5:00pm

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 on 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.
- 2 numbered labels (one for the front of your helmet and one for the top tube of your bike).
- You will also receive a timing chip with an ankle strap (**This must be strapped to your LEFT ankle**) and a Swim hat corresponding with your wave start.

Additional safety pins will be available at registration if required.

You will be asked to write your race number on the back of your left hand with a large black marker. **This is an important safety activity in case of an emergency situation in the swim.**

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. Please make sure you are spectating from a safe distance, keeping off the bike and run course while the event is taking place.

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.

The racking will be numbered, you must rack your bike at the location corresponding to your race number. 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 race start.

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](#)

[British Triathlon Competition Rules 2024](#)

Wetsuits

You will be told at registration on race day if wetsuits are optional, compulsory or banned, based on the water temperature.

If less than 14C they will be mandatory.

If greater than 22C they will be banned for all athletes under 60 years old. (60 years old and above have a wetsuit ban above 24.6C)

Note that neoprene gloves are not allowed and neoprene booties are only allowed if the water temperature makes wetsuits mandatory.

Please do not email in advance of the event as the water temperature needs to be taken 1hr prior to the race start to determine this and it can fluctuate significantly depending on weather conditions and the ambient air temperature leading up to the race.

If you have a wetsuit, then it is recommended that you bring it with you and you will be prepared for any situation.

If you wish to hire a ZONE3 wetsuit for this event we have partnered with [Nice1](#).

Alternatively, you can take advantage

of a 20% discount on a ZONE3 wetsuit purchase, details on the final page.

Prestart

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

You will then be brought down to the swim start and asked to enter the water. You will start in the water next to brightly coloured buoys. To enter the water you will walk from the shore and escorted by the water safety team.

Swim Start

You will be asked to move back behind the end of the buoys and started in the water by a start official. If you are nervous about the swim, it is recommended that you avoid the melee of the front of the start and position yourself at the back. Please be aware that the swim start is a short walk away from transition.

You will have some time to acclimatise to the water. Listen to the commentator before the race start who will give details about this.

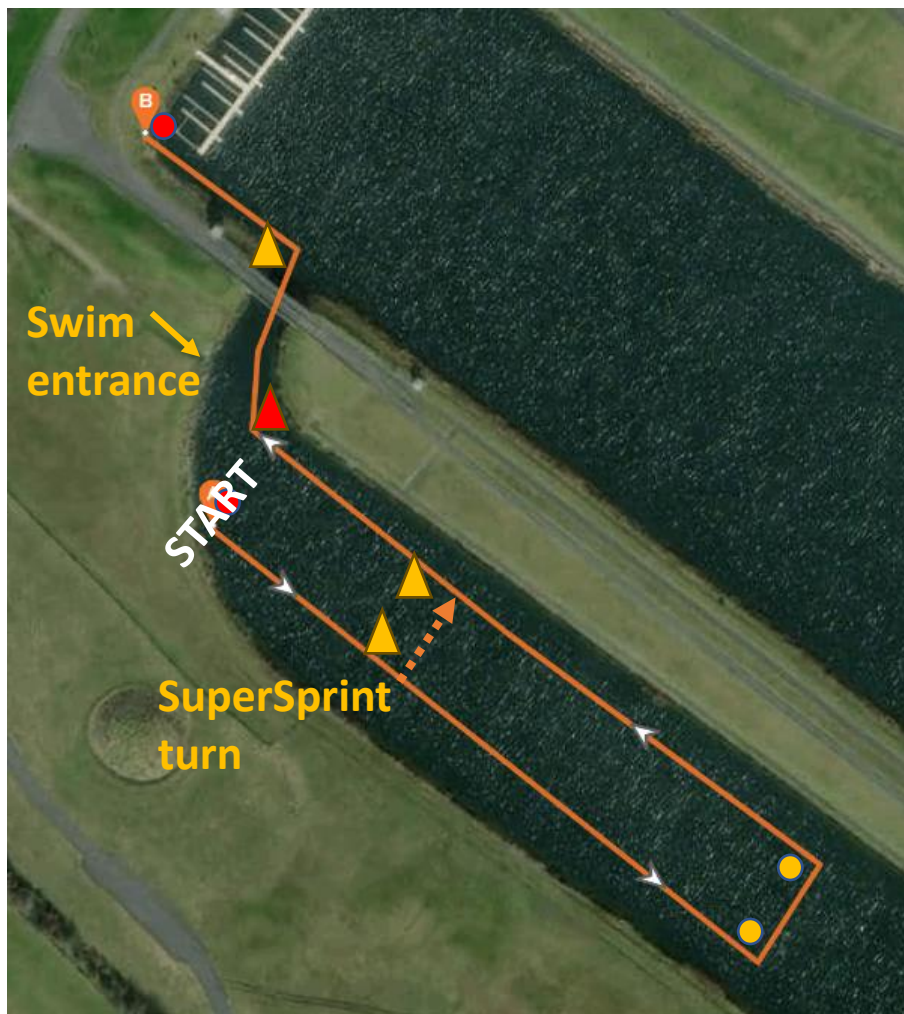
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Swim

Super Sprint 400m – complete a lap in the warm-up lake turning at the orange triangles before heading under the bridge and turning left to exit in the corner of the lake.

Sprint 750m – complete 1 lap in the warm-up lake turning at the large orange cylinders before heading under the bridge and turning left to exit in the corner of the lake.

After completing the swim, exit the water in the corner of the lake and enter straight in to transition to find your bike.



The logo for Dorney Lake Events features the words "DORNEY LAKE" in blue, bold, sans-serif capital letters. The letter "O" in "DORNEY" contains a white silhouette of a swimmer. The letter "A" in "LAKE" contains a white silhouette of a cyclist. Below "DORNEY LAKE" is the word "EVENTS" in green, bold, sans-serif capital letters. The letter "E" in "EVENTS" contains a white silhouette of a runner. The background of the top left corner is a dark blue image of a swimmer in a pool.

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Transition

After completing the swim you will head straight into transition and find the spot where your bike is racked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the swim start or the entrance/exit to transition).

When you reach your bike you will remove your swim wetsuit and hat/goggles. Please leave them underneath your own bike area to avoid impeding other athletes.

You must put on your helmet before you touch your bike.

Remove your bike from the racking and walk/run your bike to the 'Bike Out' exit.

You must not ride or scoot your bike until you have crossed the mount line. This will be clearly marked with flags and a solid line on the floor and be manned by a marshal.

After completing the bike section you must get off your bike before you cross the dismount line. Yet again this will be clearly marked and marshalled.

You must not undo or remove your helmet until your bike is racked back in its original position.

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly. If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.



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Bike

The bike discipline uses a lap on the west side of the lake. Supersprint athletes will complete 2 laps. Sprint athletes will complete 4 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. 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.

Run

After racking your bike you will be heading off for the final discipline, the run.

The run course is a 2.5km lap that heads towards the boathouse before turning and heading back to the transition area. The Supersprint will complete one lap before heading in to the finish alongside the transition area. The Sprint will turn again and head back out to complete 2 laps of this out-and-back course.

Do not litter. Anyone who is spotted littering may be subject to disqualification. Dorney Lake is a beautiful Venue, and we need to keep it that way.

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Bike Course:

Super Sprint – 2 Laps

Sprint – 4 Lap



Run Course (out and back):

Super Sprint – 1 Lap

Sprint – 2 Lap

Aquabike

For those completing the aquabike, your timing will stop when you enter in to transition after the bike leg.

Please then continue to rack your bike and then exit transition via the run exit before making your way straight to the finish arch to pick up your medal and finish line goodies.

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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 that must be worn on your **left ankle**. Avoid covering the chip with material and wetsuit as it reduces the chance of the chip signal being picked up by the timing mats.

The race time will start on the 'gun time' of your wave.

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 Swim, Bike, Run event!