



Information to Competitors

Congratulations on rising to the challenge and participating in the Duathlon at Dorney Lake.

In order to make your day go as smoothly as possible please take the time to read the following instructions very carefully.

If you have any questions please do not hesitate to contact the event organiser on **07909915444** or email enquiries@f3events.co.uk

Distance

Super Sprint	2.5km Run
Distance Duathlon	10km Bike
	2.5km Run

Sprint Distance	5km Run
Duathlon	20km Bike
	5km Run

Standard (Olympic)	10km Run
Distance Duathlon	40km Bike
	5km Run

Event Location

Main Boathouse

Dorney Lake
Eton College Rowing Centre
Windsor
Berkshire
SL4 6QP

Dorney Lake is a world-class rowing and flat-water canoeing centre in a spectacular, 400-acre park land setting near Windsor. It hosted the Olympic and Paralympic Games in 2012. It provides the perfect venue for a duathlon. 100% traffic free roads and paths, very flat very safe.

How to Get There

Dorney Lake is ideally placed, being within easy reach of London, Heathrow Airport, the M4 corridor and the M25, M40 and M3 motorways. It is also well served by the rail network.

Car Parking

On arrival to the site follow signs to the event car park. Race registration and transition area are a quick walk from the car park; a perfect distance for warming those running legs up! Once you are parked up please make your way to the Boat House where you will find the registration team waiting for you.

You will need to bring all your race kit with you, as you will be racking your bike immediately after registering.



Timings

Please note: Event timings are non-negotiable! It is your responsibility to be in the right place at the right time. The event will start at the below times, with or without you.

Please see below for timings.

Time	Event	Notes
06:00	Site Open To Competitors	Do NOT Arrive Before This Time
06:30	Registration Opens	Main Registration @ Boathouse
07:50	Duathlon Event Briefing	Main Registration @ Boathouse
08:00	ALL Duathlon Distances Start	Next To Main Boathouse
09:15	1st Super Sprint Duathlon Finisher	
09:35	1st Sprint Duathlon Finisher	
10:15	1st Standard Duathlon Finisher	
11:00	Duathlon Prize Presentation	When Results Are Confirmed
11:15	Duathlon Course Closes	

Event Registration

Event Registration is located within the Main Boathouse at the far end of the lake.

On arrival you will receive:

- 1** Bib number. To be worn on the front when you are running and back when you are cycling. It is recommended to wear an elastic race belt.
- 2** Depending on the number of competitors, you may be asked to have your event number written on your hand.
- 3** Bike number. To be stuck on your bike seat post.
- 4** Helmet number. To be stuck on the front of your helmet.
- 5** Timing chip. This is supplied with a Velcro band to secure to your LEFT ankle.

(DO NOT WEAR THE TIMING CHIP ON YOUR WRIST! ONLY TO BE WORN ON YOUR ANKLE)

Please note: It is advisable to arrive approximately 60 minutes before your start time. This then gives you plenty of time to register, rack your bike and understand the layout of the event.



Transition Security

Once you have registered for the event, please make your way to the transition area. To enter transition you must show your corresponding event number and bike sticker (must be stuck to your seat post) to the event marshal. After you complete your event and collect your bike and race kit you must show your corresponding event number and bike number to event marshal to exit transition. These procedures are in place in order to provide a secure transition area while the event is in progress. No exceptions will be made.

DO NOT LOSE YOUR EVENT NUMBER.

Any discrepancies will be dealt with at the end of the event when all other race kit has been removed from the transition area.

The run in/run out of transition is also the entrance and exit for dropping off and retrieving kit. Please be aware of other competitors if you have finished your race and keep to the left hand side when entering/exiting transition.

Only competitors are allowed in transition.

The transition area is surrounded by crowd control barriers to provide perimeter security.

Transition in general:

Your bike racking space will be on a first come first served basis. Lay your race kit out next to your bike. Make sure you keep your allocated area tidy and free from any trip hazards to other competitors.

The run out and bike in/out exits to transition are marked with large signs for easy identification. Please familiarise yourself fully with the layout of transition and the location of your bike. This will ensure when you complete the first run you will have a clear mental picture of where you need to go.

Please note: You will need to leave all the kit you need for your event next to your bike, as once the event starts you will not be able to adjust your transition area.

Event Briefing

It is mandatory to attend the event briefing relevant to your event. This is held 10-15 minutes before the start time. Please make sure you are ready to start immediately after the briefing. The briefing will be held in the run start entry area next to the Boathouse.

First Run Course

The run will be an out and back course, as illustrated on the attached route map.

On completion of the relevant number of laps proceed into the RUN IN entrance of the transition area. It is your responsibility to count the number of laps you have run.



Bike Course

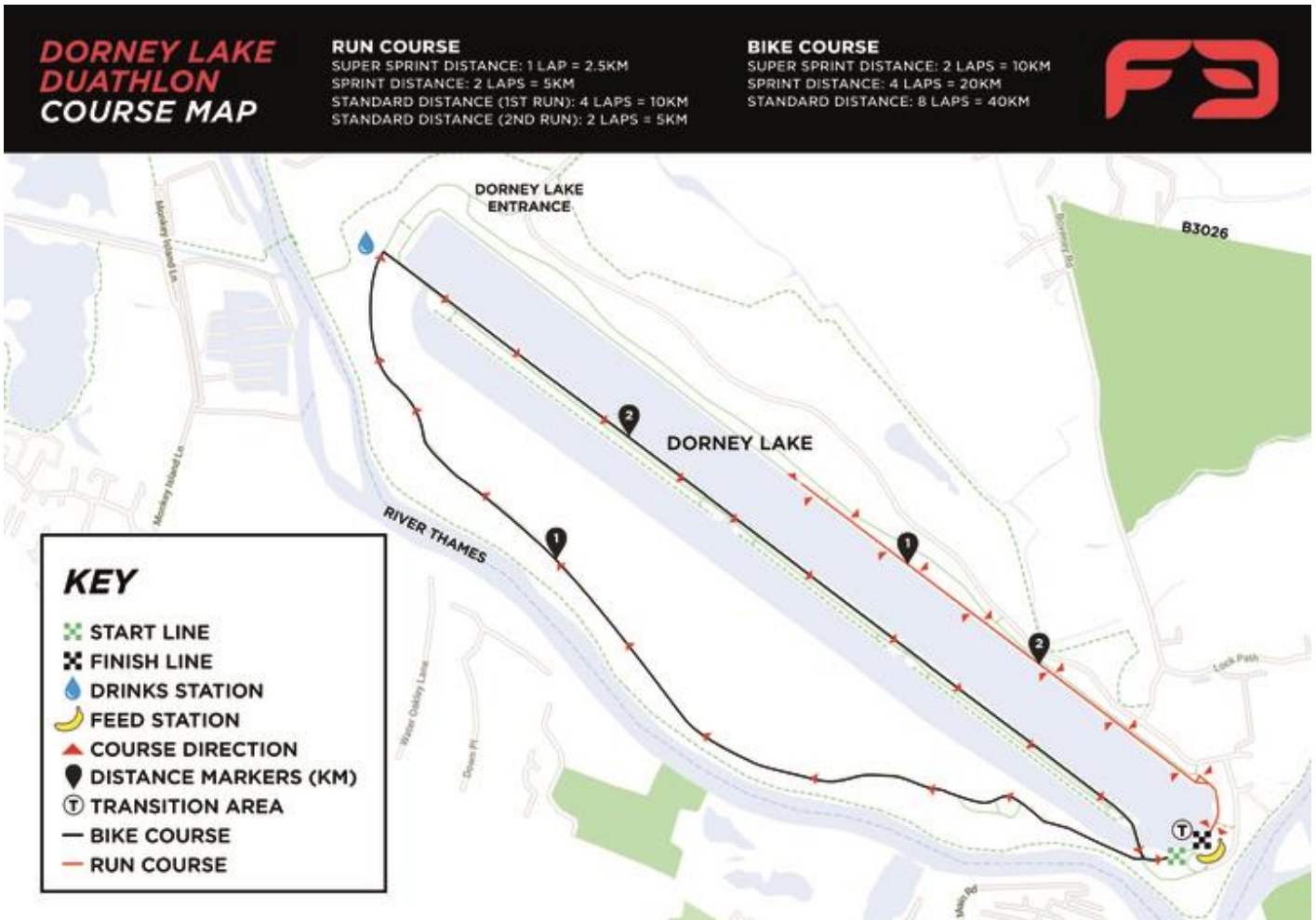
Your helmet must be on your head and fastened up before you touch your bike. You must then push your bike to the bike out exit. You can mount your bike once you have crossed the mount line (marked with timing mats and as advised by the bike out marshal) and ride onto the bike course. Please be aware that they may already be cyclists out on the course lapping round as you join the route.

It is your responsibility to count the number of laps you have ridden.

On completion of the correct number of laps follow the BIKE IN signs to return your bike and collect your running kit. Ensure that you dismount well before the dismount line (marked on the road by timing mats and as advised by the bike in marshal) and keep your helmet on and fastened until you have racked your bike in the correct place.

Final Run Course

Leave transition by the run out exit and join the running course to complete your relevant number of laps.





Please remember to hand your timing chip in (if you have one and we are using chip timing) before collecting drinks and refreshment after crossing the line. Failure to hand in your timing chip will result in a £10 surcharge to cover the replacement of the chip.

At all F3 events we are happy to take any constructive feedback in order to continually improve our races. If after the event you wish to communicate your thoughts to us please do so via enquiries@f3events.co.uk

We look forward to seeing you at Dorney Lake.

Thanks
F3 Team