



## 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. Having read the sheets if you have any questions please do not hesitate to contact the event organisers on [enquiries@f3events.co.uk](mailto:enquiries@f3events.co.uk).

## Distances

Super Sprint Distance Duathlon	= 2.5km Run/ 10km Bike/ 2.5km Run
Sprint Distance Duathlon	= 5km Run/ 20km Bike/ 5km Run
Standard (Olympic) Distance Duathlon	= 10km Run/ 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

Parking is limited at the venue so if you are coming in a big group we advise that you look to car share.

On arrival to the site a F3 Marshal will meet you at the front gate. They will direct you on to the main access road. Race registration and transition area are only 50m walk from the car park. Perfect distance for warming those running legs up! Once you are parked up make your way to the event registration marquee.

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
<b>07:00</b>	Site Open To Competitors	Do NOT Arrive Before This Time
<b>07:00</b>	Registration Opens	Main Registration @ Boathouse
<b>08:15</b>	Duathlon Event Briefing	Main Registration @ Boathouse
<b>08:30</b>	<b>ALL Duathlon Distances Start</b>	<b>Next To Main Boathouse</b>
<b>09:20</b>	1 <sup>st</sup> Super Sprint Duathlon Finisher	
<b>09:45</b>	1 <sup>st</sup> Sprint Duathlon Finisher	
<b>10:20</b>	1 <sup>st</sup> Standard Duathlon Finisher	
<b>11:30</b>	Duathlon Prize Presentation	When Results Are Confirmed
<b>11:15</b>	Duathlon Course Closes	
<b>11:30</b>	Duathlon Event Closes To Competitors	

## Event Registration

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

As you arrive at the event registration a member of staff will give you your event number.

You will then receive:

1. Bib number. To be worn on the front when you are running and back when you are biking. 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. Staff to write your number in permanent marker that washes off skin.
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 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 security staff. After you complete your event and collect your bike and race kit you must show your corresponding event number and bike number to security staff to exit transition. These procedures are in place in order to provide and secure area to leave your bike and race kit in. 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/out and bike in/out transition exits are not to be used for dropping off kit or retrieving kit. Security staff will be on all entry/exits to transition and will not let you pass. Only use the competitor side entrance to transition.

Only competitors are allowed in transition.

Transition area is surrounded by security crowd 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. You must attend these in your clothing that you will be starting the event in ready to start immediately after the briefing. The briefing will be held in the run start entry area.

## **First Run Course**

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

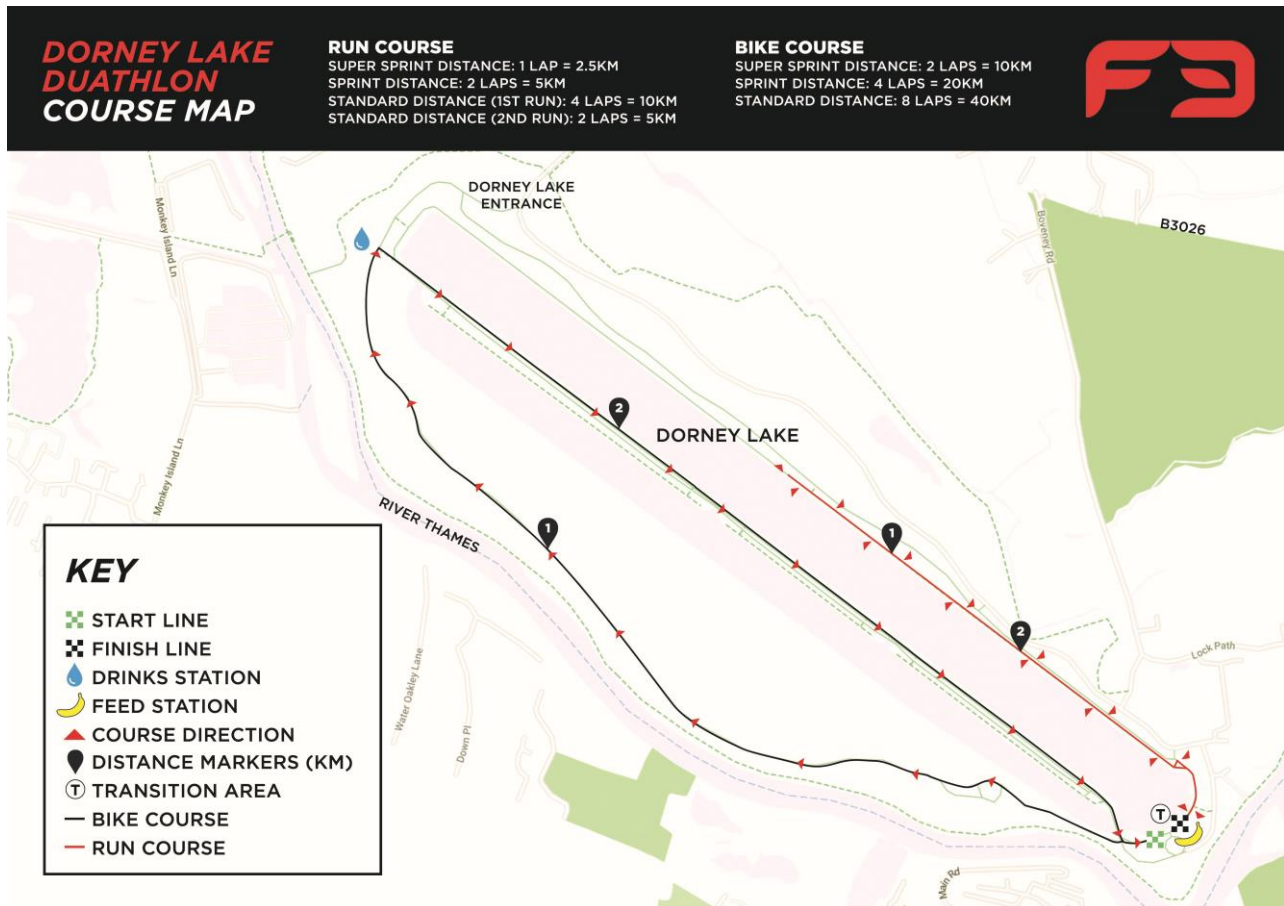
On completion of the relevant running course proceed into the RUN IN entrance of the transition area.

## 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 then mount your bike once you have crossed the mount line (marked with tape on the road and signed) 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.

The bike course is made up of approx. 5km laps up and down the side of the lake. Super Sprint Duathlon will complete 2 laps (10km total) and the Sprint Duathlon will complete 4 laps (20km total). The Standard Duathlon will complete 8 laps (approx. 40km total). It is your responsibility to count the number of laps you have ridden. It is appreciated that counting to 2, 4 or 8 is a considerable task when racing. We will have some signage at the end of each lap to remind you how many full laps you have to ride so that you can mentally tick off the distances as your race progresses.

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) 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 which is illustrated on the map above.

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.

We look forward to meeting you at Dorney Lake.

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](mailto:enquiries@f3events.co.uk).

F3 Team