



## Information To Competitors

Congratulations on rising to the challenge and participating in the 20 Mile Run 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).

## Distance

20 miles

## 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.

## 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 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.

## 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>	Registration Opens	Main Registration @ Boathouse
<b>08:20</b>	Event Briefing	Main Registration @ Boathouse
<b>8:30</b>	<b>ALL Runners start</b>	
<b>12:00</b>	Prize Presentation	When results confirmed.
<b>13:30</b>	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 .
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. 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 and understand the layout of the event.

## Event Briefing

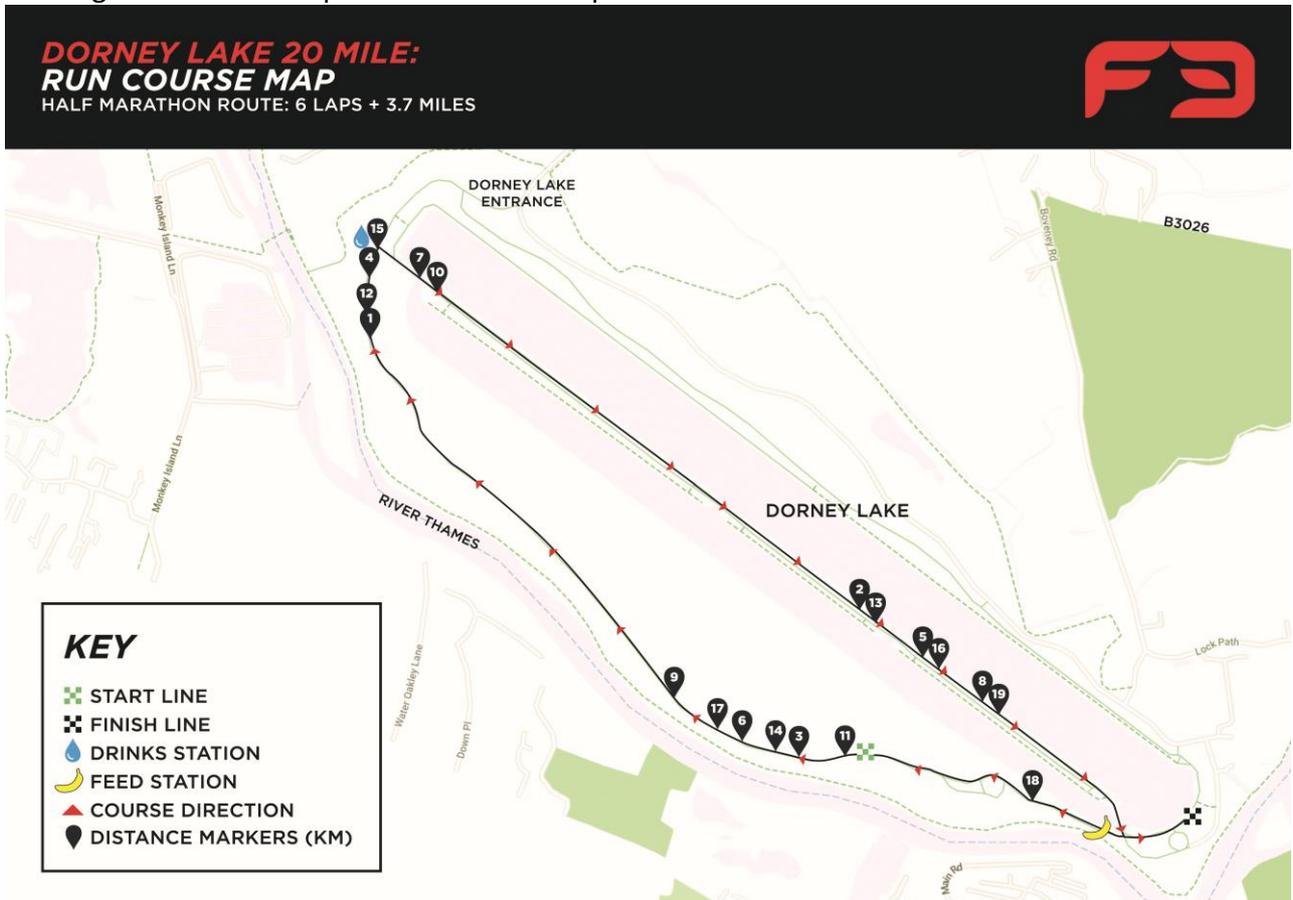
It is mandatory to attend the event briefing relevant to your event. This is held 10 - 15 minutes before the start time. You must attend these in your clothing that you will be starting the event in ready to start immediately after the briefing. The briefing will be held in the run start entry area.

## Run Course

The run course is as illustrated on the run map below.

On completion of the running course proceed into the finish line funnel to collect your finishers medal.

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 seeing 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