



Information to Competitors

Congratulations on rising to the challenge and participating in the forthcoming 5km/10km and 15km Runs 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 enquiries@f3events.co.uk

Distance

5k → **1 Lap**

10k → **2 Laps**

15k → **3 Laps**

Event Location

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 follow signs to the event car park. Race registration is a short walk away 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.

Facilities

We have changing rooms, showers and toilets all on site which are located inside the venue, next to registration. If you are looking for a hot drink or something to eat then the Dorney lake café upstairs will be open.



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
09:00	Site Open to Competitors	Do NOT Arrive Before This Time
09:00	Registration Opens	Boathouse
10:35	Event Briefing	Outside the Boathouse
10:45	5/10/15km Race Starts	
11:30	1st Competitor Finish	
12:00	Prize Presentation	When Results Are Confirmed
13:30	Event Closes to Competitors	

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. (PLEASE FILL IN YOUR MEDICAL INFORMATION ON THE BACK)
- 2 Safety pins. To attach your bib to your running top.
- 3 Timing chip. Attached to the back of your running bib.

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 5-10 minutes before the start time. You must attend this ready to start immediately after the briefing. The briefing will be held in the run start area, which is approximately 3-5 minutes walk from the registration area.

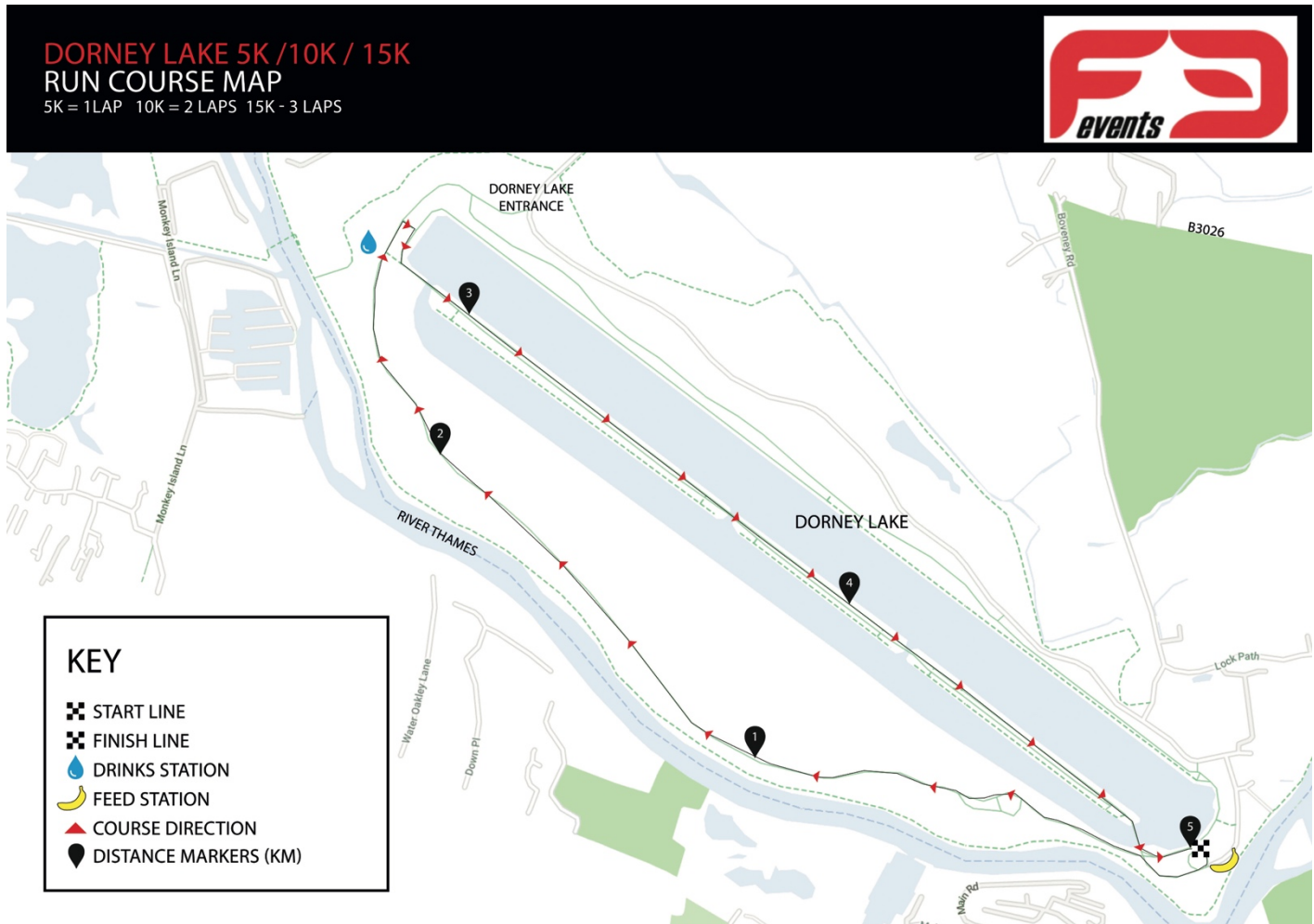


The run course is as illustrated on the run map below.

5k  1 Lap

10k  2 Laps

15k  3 Laps



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