

# **DORNEY** **TRIATHLON**



Thank you for  
entering the Dorney  
Lake July 13<sup>th</sup>  
Triathlon.

This information  
pack contains  
everything you need  
to know ahead of  
your event on  
Sunday 13th July.  
Please have a read  
through so you can  
be fully prepared!

We can't wait to see  
you on the start line.

[info@dorneylakeevents.com](mailto:info@dorneylakeevents.com)

# KEY DETAILS:

13<sup>th</sup> July 2025

## Address:

Dorney Lake, Court Lane, off  
Lake End Road, Windsor SL4  
6FJ

What3Words:

[///swift.locker.even](#)

Please note if you are arriving  
on foot/bike that you are  
entering through the main  
gates, the pedestrian gate is  
closed

## Parking:

Please follow the instructions  
of the Dorney Lake Staff who  
will be managing the parking  
on the day.

There could be up to a 20-  
minute walk to registration  
depending upon which car  
park you find yourself in.  
Please leave plenty of time.

## Timings:

6:00am

Registration opens

7:30am

Sprint open triathlon, aquabike &  
relays

7:45am

Sprint female triathlon, aquabike &  
relays

8:30am

Standard open U50s triathlon,  
aquabike & relays

8:45am

Standard female and open over 50s  
triathlon, aquabike & relays

10am

Super Sprint triathlon



# When you arrive:

## Registration:

You will need to give the name you used to sign up to the event online.

You need to make sure you have a BTF membership or race pass ([link below to purchase](#))

In exchange, you will be given 2 race numbers and a timing chip with an ankle strap (This must be strapped to your LEFT ankle). A race number must be worn visible on your front for the run and on your back during the bike. You will also receive 2 numbered labels (one for the front of your helmet and one for the top tube of your bike). You must write your number on the back of your hand.

Safety pins will be available at registration if required. Please ensure your information is filled in on the back of your race bib!

## Baggage:

An unofficial baggage area will be at provided at the edge of transition

[MANDATORY BTF  
RACE PASS  
click to purchase](#)

## Toilets and Changing:

Changing facilities available inside the Boathouse.

Portable toilets at event HQ, either side of the boathouse.

Free female sanitary products available at registration.

## Catering:

The Boathouse Cafe, Mr Brightside and CowJuice Coffee Van will all be providing drinks and snacks on the day.

## Transition:

- To enter the transition area you must be wearing your helmet securely, be displaying your race number 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 and helmet by a marshal
- 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.
- 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).
- Transition will be closed 5 minutes prior to the race start. Reopening will be advised by the commentator.
- 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. There will be marshals to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc...

## Aquabike:

- The finish time will stop when the aquabike competitor has dismounted and entered the transition area after their bike leg.
- Competitors are encouraged to rack their bikes and then leave T2 and walk/run across the finish line to complete their event. This transition and run/walk time is not included in their overall race time.
- This enables all competitors to get the same finish line experience and collect their well deserved race medal.

## Relay Teams:

- Your timing chip will act as your relay baton.
- Handover of your chip will take place at your teams bike, please note that transition will be live with other athletes racing around you

# Race Rules:

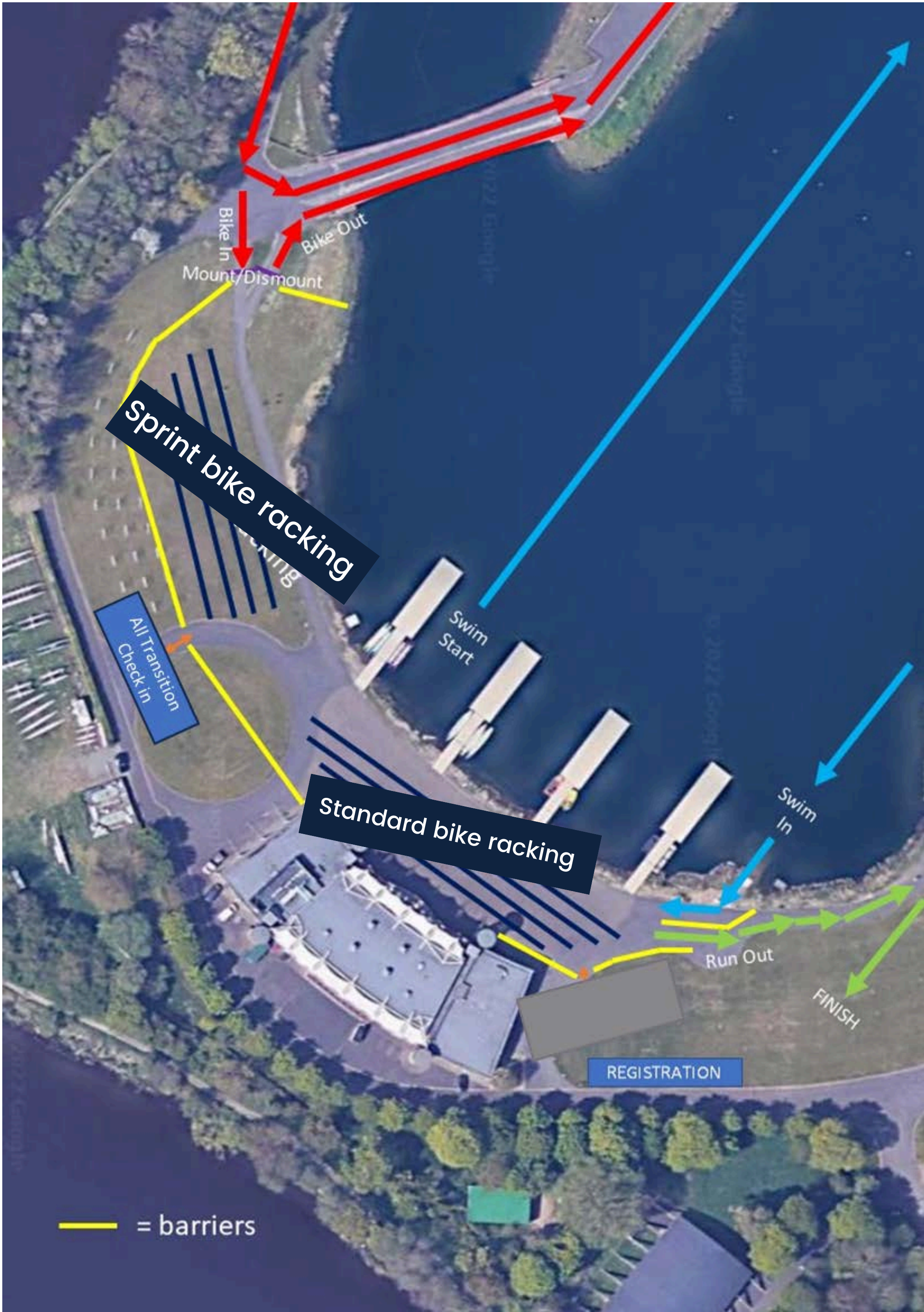
- Swim hats are compulsory and will be provided
- British Triathlon rules will apply and penalties will be issued for blatant rule breakers. Please familiarise yourself with the rules on the British Triathlon website – [www.britishtriathlon.org](http://www.britishtriathlon.org)
- Be aware of new rules surrounding zips on tri-suit tops in section 2.8
- Correctly fitted and structurally sound helmets are mandatory on the bike and must be securely fitted BEFORE touching the bike.
- You must mount your bike AFTER the mount line and dismount BEFORE the dismount line.
- Drafting is strictly prohibited on the bike ([BTF Drafting Explanation](#))
- You must abide by the Highway Code at all times on the bike.
- Headphones are strictly prohibited during all legs of the race
- Littering on the course is prohibited – please ensure that you carry all litter with you to the next litter drop area. Anyone seen littering will be penalised.
- This is an individual effort. Outside assistance is strictly prohibited
- If you DNF please head to race HQ and inform the timing team you have withdrawn.

# Wetsuits:

- Water temperature will be taken on the morning of the race and not beforehand. We will not be able to provide ANY information on water temperatures until the morning of the race.
- The mandatory wearing of wetsuits will be determined by the Technical Official on the day representing British Triathlon the morning of the race, and will be based on rule 4.2.



# Event Layout:

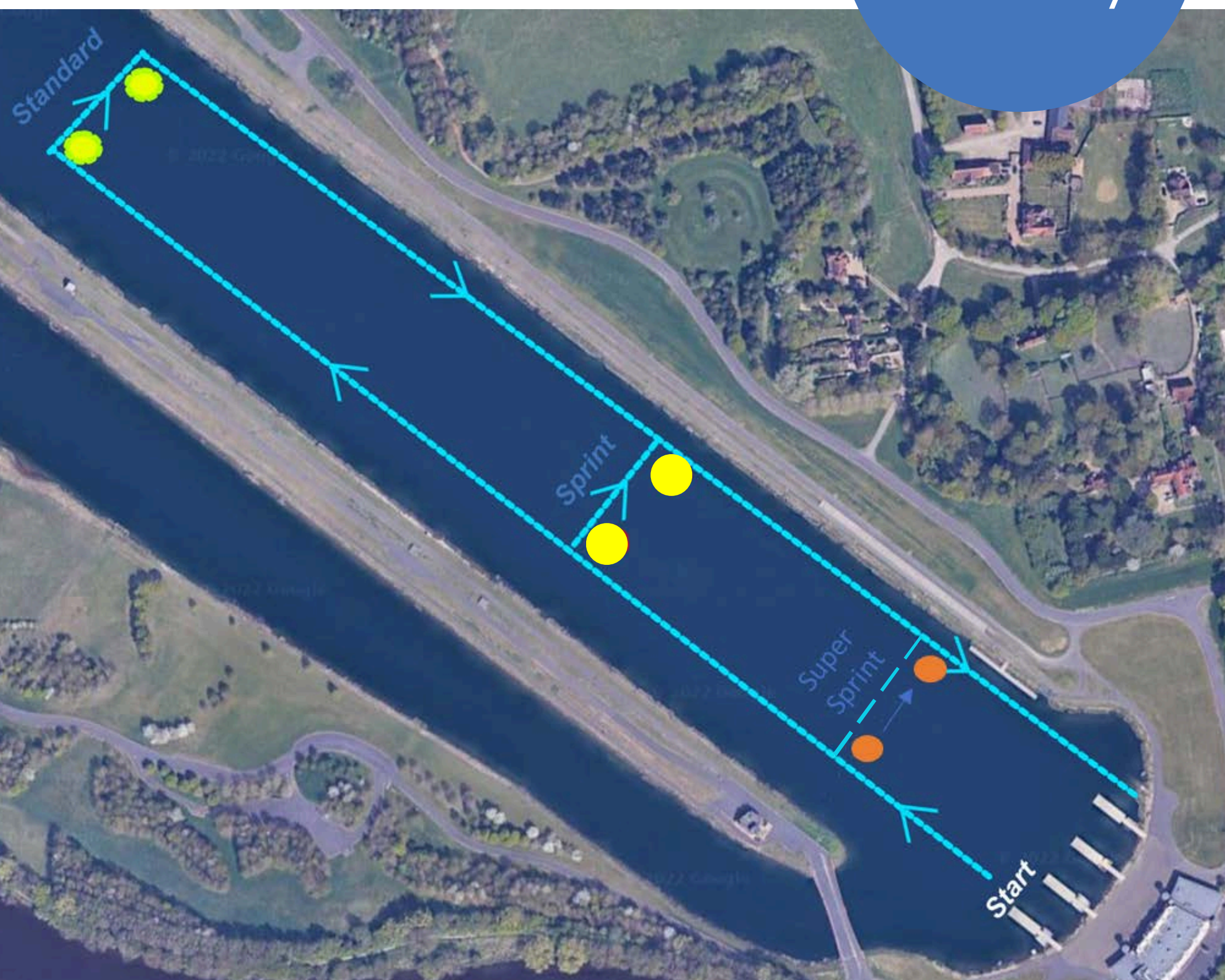




# Swim:

Super Sprint 400m – turn at the nearest buoys  
Sprint 750m – turn at the second set of buoys  
Standard 1500m – turn at the furthest buoys

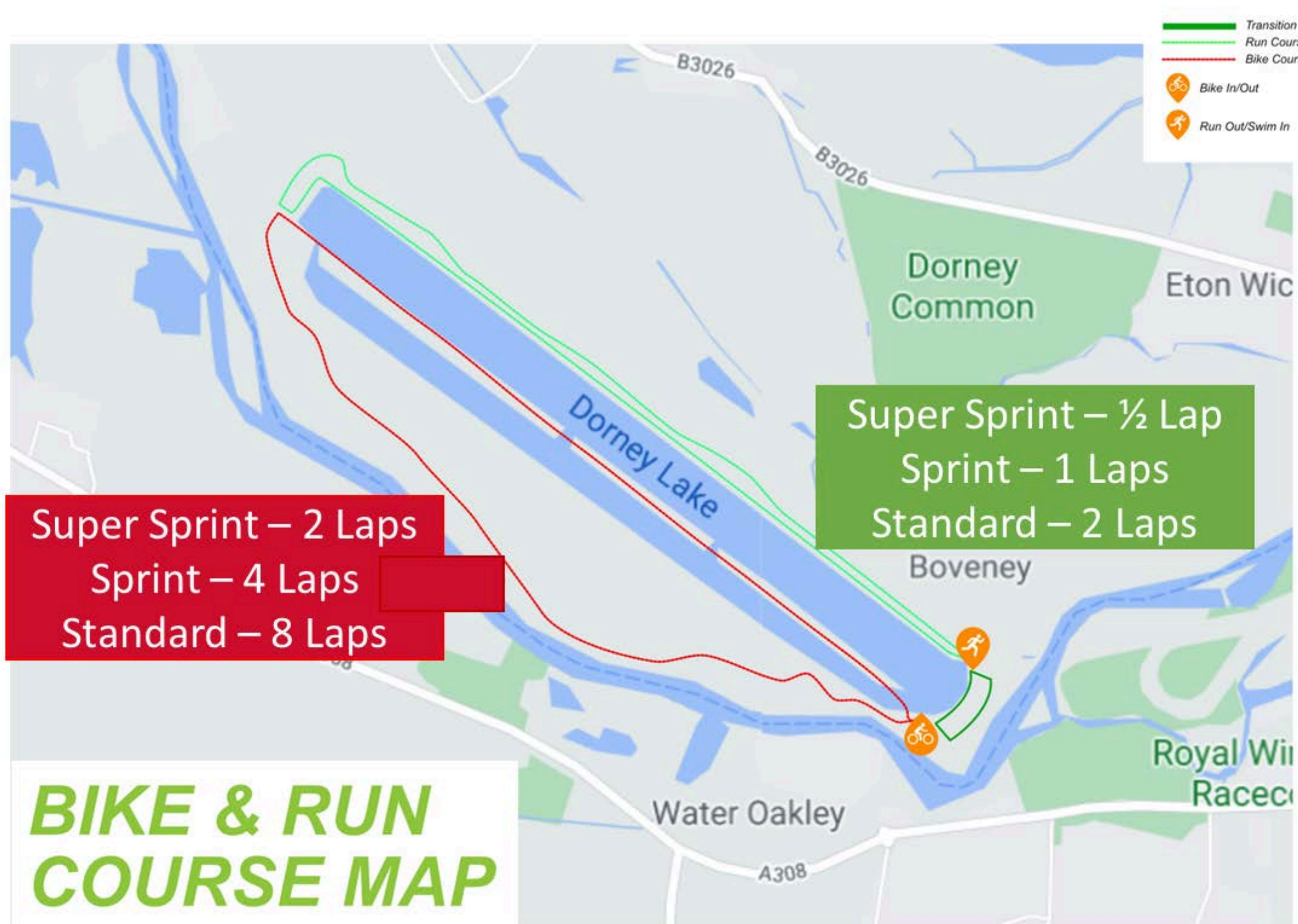
Turn on the  
outside of  
swim buoys



Please do not walk or stand on the jettys –  
they are not designed to hold large numbers  
of people



# Bike & Run:



## Bike:

- You are responsible for counting your own laps
- Please keep to the left hand side of the course unless overtaking
- Please do not drop any litter as this is a hazard for other bikes and can cause accidents.
- Please be considerate of other competitors, this is a traffic-free event and therefore attracts both elite and beginner athletes. There is plenty of space for everyone to share the course

## Run:

- You are responsible for counting your own laps and turning at the right point on the course
- Supersprint athletes will turn at the turnaround point half way down the lake
- There is a water station and portable toilets at the far end of the lake for Sprint and Standard athletes



# Respecting other athletes:

Please be respectful and considerate to all others taking part, spectating or working at the event. Our main aim for this event is for everyone to have a good time and enjoy themselves whilst staying safe.

Please be mindful this is a beginner friendly course with over 60% of entries taking part in their first ever multi-sport event!

Our team is here to support you, encourage you and help; if you need anything or see/experience any disrespectful behaviour, please speak to us or one of our marshal team : )

## Collecting your belongings:

The commentator will announce when transition is open to collect your things, please be aware transition may still be live and follow marshals instructions.

Please take your race number with you to collect your belongings , this will be used to match your bike and helmet when exiting transition.

Don't forget to  
hand in your  
timing chip to  
one of our finish  
line marshals!

[Click here for  
event photos](#)

[Click here for  
results](#)

Uploaded as you  
cross the finish  
line

# Our partners:

# ZONE3



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**DISCOUNT CODE: ATW20**

# LOVE, CORN.

