

# DORNEY LAKE EVENTS



**DORNEY LAKE**  
**DUATHLON**  
**APRIL 4<sup>TH</sup> 2026**

# YOUR RACE EXPERIENCE

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# WELCOME

**Dorney Lake Events are excited to welcome you to your upcoming race!**

At Dorney Lake Events, **we believe that everyone belongs on the start line.** Our goal is simple: to deliver inclusive, welcoming events fuelled by a shared passion for running, triathlon, and community. We want every participant to leave with great memories and a sense of achievement.

Our team is a diverse mix of sport enthusiasts and experienced event organisers. With countless races between us, we understand both the excitement of race day and the journey it takes to get there.

Whether you're chasing a new PB or taking on your very first event, you're among friends who know the exhilaration of crossing the finish line.

As race day approaches, safety remains our top priority. Our team will be on the ground working hard to ensure you have the best possible experience.

We can't wait to see you on race day—please do come and say hello!

Wishing you the very best of luck.

**The Dorney Lake Events Team**

# SWIM. RIDE. RUN. DORNEY

**DORNEY LAKE**  
**EVENTS**

# TRAVEL

- **By Car:** TRAVEL Free parking is available at Dorney Lake and will be signposted as you enter the venue. Please **bear in mind there could be up to a 20-minute walk to registration** depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival. The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter. Please be aware, from the main entrance to the car park it is just over a mile walk. Please note, the pedestrian gate at the boathouse end of the lake will be locked and inaccessible. Please pin drop/use the gate entrance when typing into maps for directions, you can enter the venue via the main roadway at the top of the lake [HERE](#). Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village. Please walk on the edge of grass alongside the path to reach the event village, keeping the path clear for other runners/duathletes on the course. This will be clearly sign posted on the day.
- **By Foot/Bike:** The lake is easily accessible by bicycle. Cycle parking is available at the venue.
- **By Rail:** Slough and Windsor & Eton Riverside is the closest train station. Please plan your route in advance as Sunday services may be limited.

# RACE PACK

- 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 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 you fill out your information is filled in on the back of your race bib!

[Click here  
for BTF Pass](#)

# EVENT VILLAGE

## FACILITIES

Dorney Lake boathouse cafe will be open and serving hot food and drinks.

For this event, we will use portable toilets in the event village. You are more than welcome to spectate with dogs on leads, however running with dogs is prohibited at this event.

Please keep off of the grass adjacent to the event village - this is off limit due to venue restrictions.

There will be a bag drop available inside the boathouse, next to the event village. Please limit the number of belongings you bring to this event and we recommend keeping personal belongings in your car if possible.

Please ensure you have removed the tag from the bottom of your race number and attached it to your bag before you leave it in the bag drop.

[Please note - due to venue arrangements, all participants and spectators must be off site by 2pm.](#)

## RACE DAY ETIQUETTE

Our races are proudly all inclusive, welcoming participants of every age, ability, and background. Whether you're chasing a personal best, running your first event, or simply taking part for fun, everyone belongs on the start line and is celebrated at the finish. Race day etiquette means **respecting fellow athletes, volunteers, and spectators**—keeping to the correct side when overtaking, listening to marshals, and offering encouragement along the course. Above all, it's about creating a positive, supportive atmosphere where every runner feels valued and safe.

Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

# 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...

# RELAY TEAMS

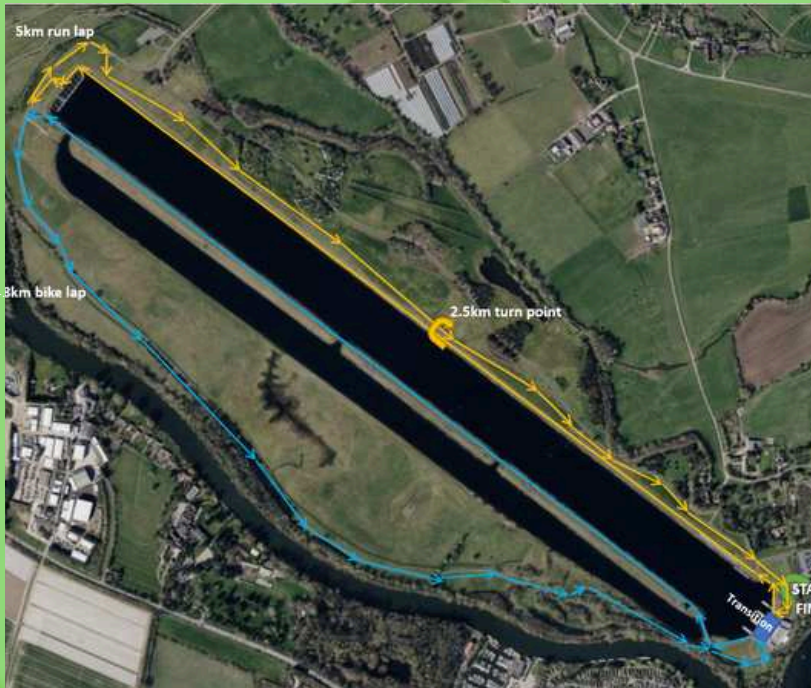
- Your timing chip will act as your relay baton.
- Handover of your chip will take place at your teams bike, please note that transition will be live with other athletes racing around you

# RACE RULES

## START TIME: 09:10AM

- 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.

# COURSE MAPS



## 4.8km Bike Course (in blue)

Super Sprint - 2 Laps

Sprint - 4 Laps

Standard - 8 Laps

## 5km Run Course (in yellow)

Super Sprint - 1: 2.5km run

2: 1.5km run

Sprint - 1: 5km run

2: 2.5km run

Standard - 1: 10km run

2: 5km run

## BIKE COURSE

- You are responsible for counting your own laps.
- Please keep at 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 COURSE

- You are responsible for counting your own laps and turning at the right point on the course.
- Super Sprint 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.

# FINISH

## THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post race goodies

This will include a bottle of water, an energy drink and snacks from our sponsors!

### GOODIES



### THE MEDAL



# RESULTS AND PHOTOS

## PHOTOS

There will be a photographer on the course to capture all the fantastic moments of your race! These will be made available on our photos page after the race.  
Click the camera to visit the page!



## SOCIAL MEDIA



Tag us in your achievements on social media so we can celebrate all the wins together!  
Click each icon to find our pages!

[CLICK HERE TO FIND THE RESULTS PAGE!](#)

[CLICK HERE](#)  
[FOR FAQ'S](#)

# JOIN THE TEAM!

## WANT TO WORK AT AN EVENT?

If you are interested in helping out at a Dorney Lake Events please contact:

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





We are YPWD and our charity provides support services throughout the working week to people with dementia who are diagnosed under the age of 65. We support families from as early as in their 30's, who never could have foreseen that they would be living with a progressive disease so early on in their lives. Dementia does not discriminate.

<https://ypwd.info/about-us/>