

DORNEY DUATHLON



Thank you for entering the Dorney Lake March 8th Duathlon.

This information pack contains everything you need to know ahead of your event on Sunday 8th March. 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

KEY DETAILS:

8th March 2026

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:

7:30am

Registration opens

9:10am

All duathlon and run distances start

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, will 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...

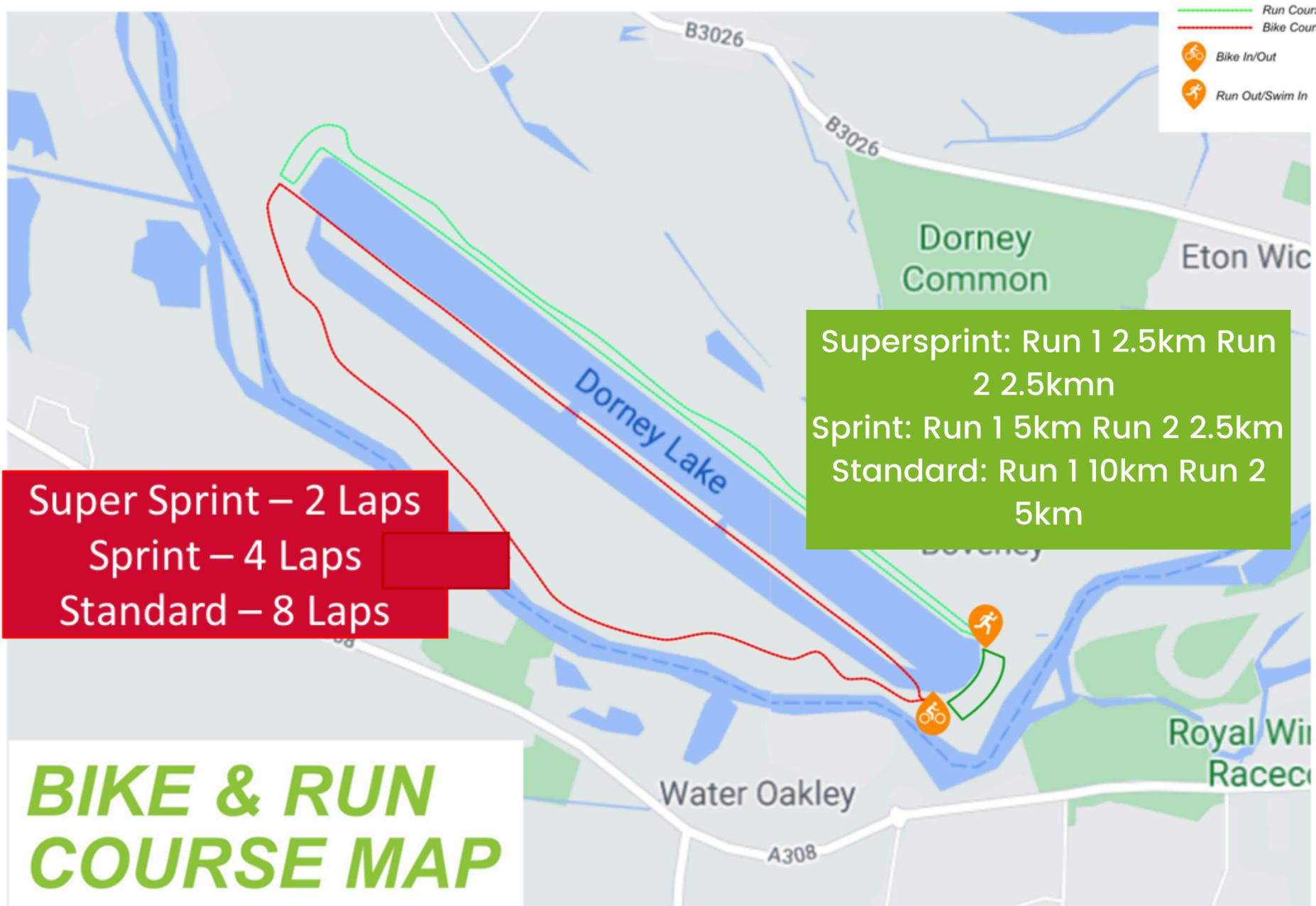
Relay Teams:

- 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:

- 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
- 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.

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 transition area will remain 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

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