

DORNEY LAKE EVENTS

DORNEY ŁAKE DUATHLON

DECEMBER 12TH 2026

DORNEY LAKE EVENTS

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.

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

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

- **By Car:** Free parking is available at Dorney Lake and marshals will point you in the right direction.
- 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 walk on the edge of grass alongside the path to reach the event village, keeping the path clear for other athletes 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.

what3words

- **Main Entrance: ///pounds.same.fears**
- **Event Village: ///neat.places.clay**

RACE PACK

START TIME: 09:10AM

- 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).
- 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

RACE PACK COLLECTION OPENS: 07:30AM

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.
Duathlete's will be able to keep their bags on the edge of transition.
Please limit the number of belongings you bring to this event and we recommend keeping personal belongings in your car if possible.

Please note - due to venue arrangements, all participants and spectators must be off site by 1:30pm

RACE DAY ETIQUETTE

Our races are proudly all inclusive, welcoming participants of every age, ability, and background. 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 start.
- 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

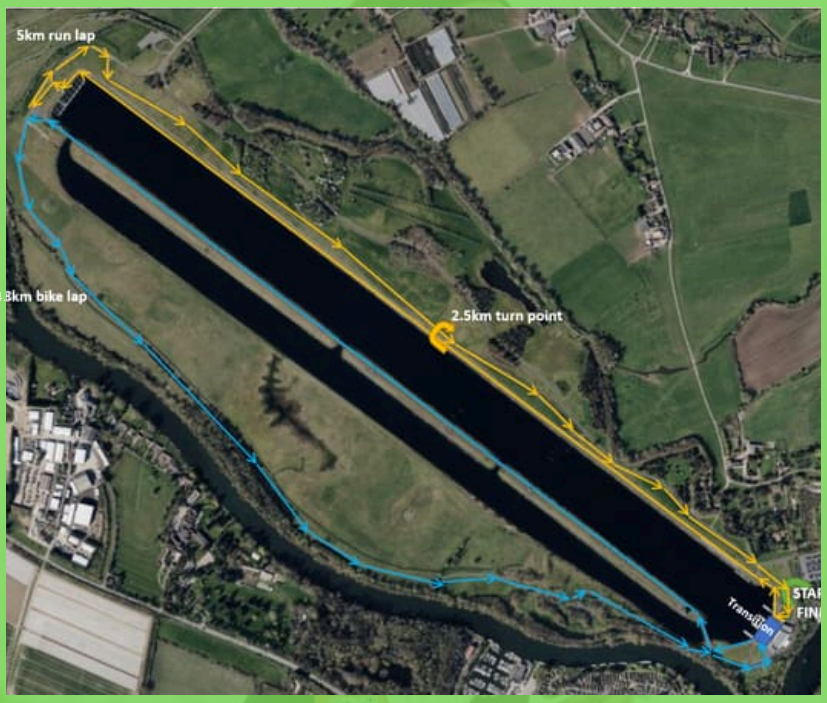
- Your timing chip will act as your relay baton.
- Handover of your chip will take place at your teams bike, please note that transition will be live with other athletes racing around you

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
- 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.
- Please contact British Triathlon to request any medical exemptions.

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 - 2.5km run
2.5km run

Sprint - 5km run
2.5km run

Standard - 10km run
5km run

BIKE COURSE

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

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 and snacks from our sponsors!

GOODIES



MERCH



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 free of charge!
Click the camera to visit the page!

SOCIAL MEDIA

Tag us in your achievemtens 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:

jess@dlevents.co.uk





Macmillan Cancer Support
OFFICIAL CHARITY PARTNER



Macmillan has spent more than 100 years helping people living with cancer. From the moment someone is diagnosed, we're there with all the information, support and guidance they need, to help everyone with cancer live life as fully as they can.

The number of people living with cancer in the UK is at a record high and is still rising (almost 3.5 million), and every one of them needs the best support to meet their unique needs.

Thank you to everyone taking part for Macmillan, because of you, we can transform cancer care, raising the standard for everyone, everywhere today and into the future.

If you want to find out more about how you can get involved in Macmillan's events then head over to our website.

Get Involved

£50 could support the offer of a personalised eHNA assessment and care plan to 10 people living with cancer.

£161 could provide emotional support to one person living with cancer for around eight weeks, through regular support sessions with one of our Macmillan Buddies.



MACMILLAN CANCER SUPPORT

A registered charity

Registered with FUNDRAISING REGULATOR