Saturday 19th May

RACE GUIDE

Eton Sprints Weekend

Eton Sprints Weekend

DORNEY LAKE SERIES

Saturday 19th May

START TIMES

WAVE	TIME	CATEGORY
1	08:30	SuperSprint Mates A
2	08:45	SuperSprint Mates B
3	09:00	Super Sprint Women (All Ages)
4	09:15	SuperSprint Men (All Ages)
5	09:30	Sprint Mates Y
6	09:45	Sprint Mates Z
7	10:00	Sprint Female 40+
8	10:20	Sprint Female U40
9	10:40	Sprint Male 45+
10	11:00	Sprint Male 35-44
11	11:20	Sprint Male U35

SuperSprint distances
SWIM 400M | BIKE 21.2KM | RUN 5KM
Sprint distances
SWIM 750M | BIKE 21.2KM | RUN 5KM
Start times (Race briefing occurs 10 mins before each wave start)

Mates Waves: Please refer to your confirmation email to see which mates wave you are in (A or B).

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GETTING THERE

Please be aware the Royal Wedding will take place in Windsor on this Saturday, so local roads around Windsor will be extremely busy - please allow plenty of extra time to get to Dorney Lake. The M4 will also be busy, especially around Junction 6 (Slough / Windsor).

By Road

- Dorney Lake nearest Post Code SL4 6QP
- Exit the M4 motorway at Junction 7
- Turn left onto the A4 towards Maidenhead
- Pass through one set of traffic lights and after 500m turn left at roundabout onto B3026, signposted for Dorney and Eton
- Pass back over the M4 entering village of Dorney
- On sharp left-hand bend, turn right signposted Dorney Reach
- After 400m enter Dorney Lake site through large double white gates
- Follow perimeter road to left.

By Train

- Main stations for the Lake are Slough and Windsor & Eton Riverside.
- It is also near Burnham, Taplow and Maidenhead

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CAR PARKING

Please leave plenty of time to get to the venue.

Car parking will be at the side of the bike course. The only access will be via the MAIN access road. Just follow the signs as you come into the venue.

You will have at least a 20 minute walk to the race site, so allow yourself extra time after you have parked your car.

PLEASE KEEP OFF THE BIKE COURSE and **do not** cross any roped-off areas. Arrival and departure is possible any time.

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REGISTRATION

REGISTRATION

- Registration will take place from 07.30am in the registration marquee. Here you will collect your race pack containing all your race numbers.
- Only competitors are allowed in transition area. You will be given a security numbered wristband attached at registration. This wristband allows access in/out of the transition area and may only be removed by crew checking your equipment on final departure from Transition.
- Number must be displayed to the rear during the cycle phase, and during running phase a number must be displayed to the front.
- There are three sticky labelled numbers for your bike, helmet and a spare. Please have these attached before entering the transition area.
- Bikes must be racked at your allocated number spot.

ELECTRONIC TIMING

Collect your timing chip before you leave the registration marquee. This should be threaded through the Velcro strap and attached around your left ankle as low down as possible. We will endeavour to provide all timing splits, but this is not guaranteed. Lost chip charge is £35 so secure it well.

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RACE LICENCE

Race Licence and ID

This event is licensed by and affiliated with the BTF [British Triathlon Federation], so please remember to bring your triathlon race licence (if you have one) and some form of photo identification. This will speed up registration.

If you are not a member of Triathlon England, Triathlon Scotland, the Welsh Triathlon Association or equivalent, then you will have to pay the £6 day membership fee. For more membership information and benefits click here.

For the latest weather at Dorney, click here.

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TRANSITION

TRANSITION ENTRY – OPENS AT 7:30

You will be allowed into transition if you are wearing your race number as well as your bike and helmet having a corresponding number (all found in your race pack). Your helmet must be on your head and fastened before entering transition. Officials WILL BE checking that your helmet correctly fits i.e. when fastened you should only be able to get two fingers under the strap. Please ensure it is adjusted correctly before entering. You will be turned away if it's not correct. Draft legal bike requirements / checks will be carried out. You can check all these rules on the BTF website.

Transition and Mount (Racks will be numbered): bring only essential equipment into transition, bags will not be allowed next to your bikes and will be moved to the edge of transition. Bright coloured towels, talc, or any other forms of obvious position marking will be dealt with by the Transition Official resulting in time penalties – you have been warned!

Having exited the SWIM, run into transition and find your bike. Do not touch your bike until you have put your cycle helmet on and fastened it. Run with your bike out of transition via the exit marked with "Bike Out" signs. Do not get onto your bike until you reach the marked mount line. Remember at this point your race number should be displayed on your back. The race number should be on your front for the run leg.

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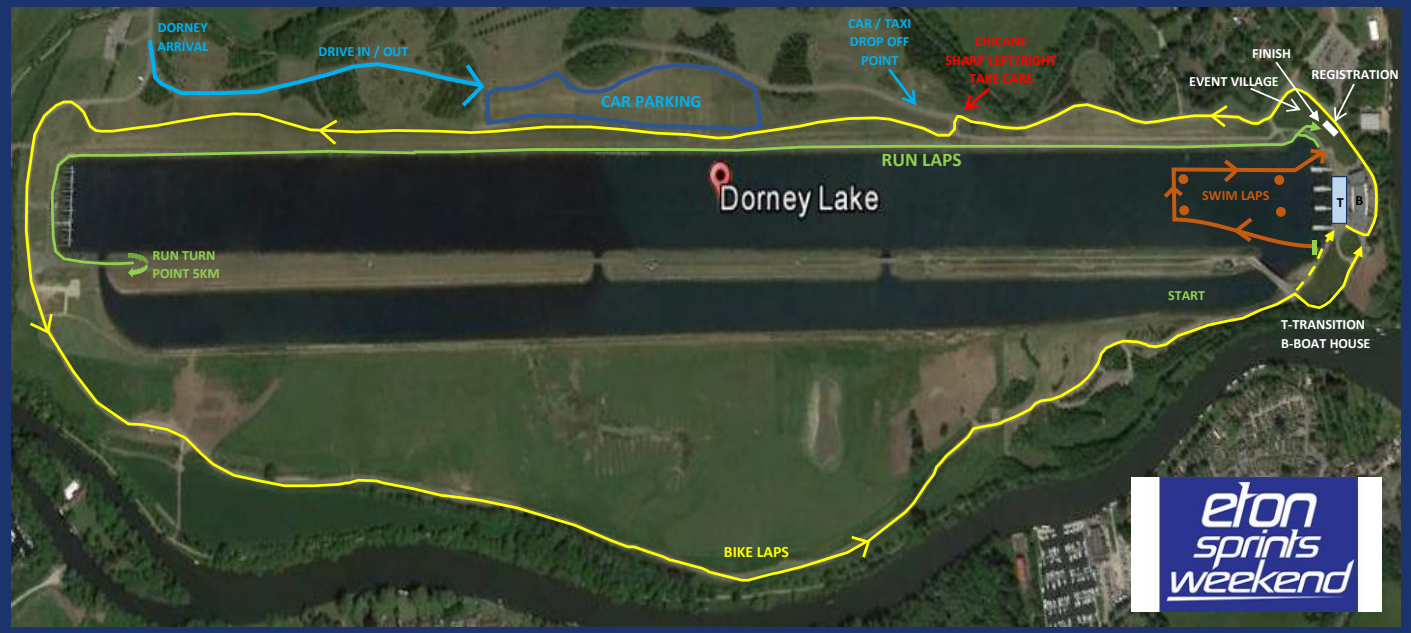
COURSE MAP

Triathlon SuperSprint / Sprint Course

SWIM : BIKE : RUN



SuperSprint:
400m Swim -1 lap
21.2k Bike - 4 laps
5k Run - 1 lap

Sprint:
750m Swim - 1 lap
21.2k Bike - 4 laps
5k Run - 1 lap

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COURSE INFO

Course Information (See Course Map)

Competitors will need to leave transition via the EXIT between BIKE IN & BIKE OUT and follow signs to the SWIM START PEN located on the grass area before the bridge. You will be briefed on land before entering the water 10 minutes before wave start time – so please allow plenty of time. The start will be in water alongside the first pontoon.

Run

The run course will be a 5km lap which runs alongside the lake to the far end (where there will be a drinks station) and returns on the same path.

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EVENT RULES

Triathlon Rules

- No mobile phones, personal stereos, MP3 players or iPods to be used in Transition or during the event itself at any time.
- It is forbidden to mark your position in Transition.
- Your cycle helmet is to be on and fastened before you touch your bike and remain on and done up until after your bike is racked.
- It is forbidden to cycle in Transition.
- Disc brakes are allowed in triathlons and duathlons.
- Drafting is forbidden on the bike. Drafting is cycling too closely behind another cyclist and gaining an advantage. The drafting zone is 10m, so keep at least 10m behind the cyclist in front, unless you are overtaking over a 20 second period.
- For more information and the latest rules, visit the BTF website.

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EVENT RULES

Triathlon Rules

The wearing of wetsuits in triathlon is governed by British Triathlon rules and is totally dependent on a water temperature reading one hour before the event start.

Water Temperature	Wetsuit Rule
Water temperature **less than 14 °C**	Wetsuits are **COMPULSORY**
Water temperature **between 14 °C and 22 °C**	Wetsuits are **OPTIONAL** (i.e. you can choose whether to wear one or not)
Water temperature **above 22 °C**	Wetsuits are **BANNED**

The likelihood is that wetsuits will be optional but we always recommend you swim in one as they help with buoyancy and warmth. We have teamed up with Zone3 to offer wetsuit season hire or outright purchase at great prices which is available at the Zone3 Human Race Hub.

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SAFETY

Medical teams and ambulances will be on standby in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team.

For your safety in the water, water based safety teams will be positioned along the swim course as well as shore based lifeguards.

IMPORTANT: Please write any medical details on the back of your race number and put a small indelible red cross on the front of your number to indicate a known medical issue. Whether you have a medical condition or not, if you feel unwell - don’t race!

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EVENT NUTRITION

Optimum Nutrition

Our Official Sports Nutrition Partner, Optimum Nutrition, will be providing a range of Informed Choice products to enhance your performance. This will include:

- Gold Standard BCAA Train + Sustain mixed drink servings available on the run course which will reduce tiredness and support your immune system
- Nutramino Carbo Energy Gels* give you 23g of carbohydrate in 2:1 mixture of maltodex steps, fructose and a careful balance of 4 electrolytes to improve the absorption of water during exercise and help you maintain performance during high intensity and prolonged exercise.
- Following your triathlon, you will be able to pick up a Gold Standard 100% Whey Protein Shake to support you recovery. Gold Standard 100% Whey protein is easily digestible ensuring fast delivery of protein to muscles to help repair and rebuild.

Please note, Nutramino Carbo Energy Gels are not available for purchase.

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FACILITIES & PRIZES

FACILITIES

- There will be onsite catering, toilets, changing and showering facilities.
- All participants will have a small space next to their bikes within transition to keep their bag.
- All bags are left at your own risk, please leave all valuables in your car.

PRIZES

- First place from each wave will be rewarded with a Human Race Triathlon Glass Cube. This is to be collected on the day of the event during the prize giving. Redeemable prize coupons will be awarded to the first three finishers of each wave which will be emailed to you after the event.
- Please be aware that there are no prizes for the Mates Waves.
- If you race outside of your age category in another wave, then you are not eligible for a prize.

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EVENT VILLAGE

You can hire a Zone3 wetsuit for the season here.
Plus get any last minute swim supplies from their tent on the day.

Try an ERDINGER Alkoholfrei natural, isotonic sports recovery drink after you cross the finish line.

Hiring a bike from British Bike Hire gives a great range of options, as well as delivery to the event and fitting by a team of expert mechanics all inclusive in the price. Book yours here.

Get a last minute tune up of year bike gears at the VONCRANK tent. Don't want to leave it that late? Download their app to book an appointment with a mechanic.

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TRIATHLON CHECKLIST

Sigma Sports have put together this handy Triathlon Checklist to make sure there are no surprises on race morning…

SWIM:

- Wetsuit: click here
- Goggles: click here
- Bodyglide: click here
- Tri Suit: click here
- Swim Accessories: click here
- Towel: click here

BIKE:

- Bike: click here
- Helmet: click here
- Cycle Shoes: click here
- Sunglasses: click here
- Tools: click here
- Spare Tubes: click here
- Puncture Repair & Pump: click here
- Race Number Belt: click here
- Bottles & Hydration: click here
- Watch / GPS: click here

RUN:

- Elastic Laces: click here
- Cap: click here

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DORNEY RECORDS COMPETITION

There are some fantastic prizes on offer for triathletes who set the fastest times at our Dorney Lake events throughout 2018. The **Swim.Bike.Run.Champion** competition will run across both Sprint and Olympic distances, male and female participants with the following prizes awarded at the end of the year:

Swim – fastest swim time - Zone3 Advance wetsuit
Bike – fastest bike time – £100 voucher for Sigma Sports
Run – fastest run time – TomTom Spark 3 sports watch

Fastest overall time – Royal Windsor Triathlon 2019 entry
Fastest T1 time – Erdinger transition backpack and case of Erdinger Alkoholfrei

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TRIATHLON TRAINING IN CORSICA

Feel Corsica

Corsica is a Mediterranean French island renowned for both its geological and sporting diversity – the perfect location to take your triathlon training abroad. Whether you're hiking along a beautiful coastal trail or mountain-biking through secluded forests, you'll soon realise that Corsica is the perfect playground for outdoor adventurers and sports enthusiasts of all types.

SWIM

Corsica is the perfect place to prepare for your open water swim training with a wide variety of wild swimming options, including lakes, rivers and the Mediterranean Sea. Water-lovers can also windsurf, waterski and jet-ski to their hearts' content from any of the coastal resorts.

BIKE

Corsica is ideal for cycling! Cross the interior of the island or venture down the west coast in the footsteps of the 100th Tour de France (2013). There are scenic routes around Cap Corse, Castagniccia and Alta Rocca. Corsica's long-distance cycling trails are also some of the best in Europe. Take a short detour via the Cuscione plateau, an area popular with top-level cyclists.

RUN

Trail running is growing in popularity in Corsica (a region also well known for its hiking) with a busy calendar of events: the 69-kilometre Restonica run in July, along the mountainous central spine, is the island's most challenging and only for the superfit!

Find out more about Corsica's best trail events and the Great Outdoors of Corsica

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GOOD LUCK!

We wish all our participants the best of luck and we can't wait to share your tales and experiences on the finish line. We look forward to seeing you there.

The Human Race Events Team

Why not try another Human Race Triathlon at Dorney Lake? Still to come this year…

BananaMan TRIATHLON — 30th June

SHOCK ABSORBER WomenOnly triathlon — 8th July

SEASON FINALE TRIATHLON — 16th Sept

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