

ATHLETE RACE GUIDE

ETON DORNEY PARATRIATHLON WORLD CUP
SUNDAY 27TH MAY 2018 – MONDAY 28TH MAY 2018

WELCOME



GREETINGS AND WELCOME TO THE ETON DORNEY PARATRIATHLON WORLD CUP

It is my great pleasure to welcome you here for the 2018 edition of the Arctic One Dorney Tri Festival, which this year will include a paratriathlon World Cup for the first time. Over the past four years, Eton Dorney has been the location for some excellent racing as well as grassroots paratriathlon development, and it is fitting that we are able to bring the ITU World Cup to such an occasion.

It was here, just outside of historic Windsor on the outskirts of London, that the rowing events of the 2012 Olympic Games were held. Now, the same lake is the location for the third Paratriathlon World Cup of 2018, beginning with a 750m swim section, before a 20km bike course runs along its banks and that of the River Thames, finishing off with a two-lap, 5km run.

As well as the World Cup, there will be junior, super sprint and para-sprint races, all part of an excellent and comprehensive day of events that is designed to provide seasoned and novice athletes with the opportunity to race competitively and display the very best of our sport.

My thanks go to British Triathlon, the Local Organising Committee and the race sponsors, and I hope that you enjoy your time here and get to experience all the thrills of ITU racing.

Sincerely,

Marisol Casado
President, International Triathlon Union IOC Member

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1 # GENERAL INFORMATION



1.1 KEY DATES

DATE	TIME	ACTIVITY	LOCATION
SUNDAY 27TH MAY	09:00 – 10:00	Bike Familiarisation	Dorney Lake
	18:00 – 19:00	Elite Athlete & Coaches Briefing	Buckingham Suite, Marriott
	19:00 – 20:00	Elite Athlete & Coaches Meal	
MONDAY 28TH MAY	08:45 – 09:15	Swim Familiarisation	Swim Start (Dorney Lake)
	09:30 – 11:00	Registration Open	Athlete Lounge (Dorney Lake)
	10:30 – 11:15	Transition Open	Transition Area (Dorney Lake)
	11:30 – 14:00	Elite Competition	Swim Start (Dorney Lake)
	14:15 – 14:45	Elite Medal Ceremony	Dorney Lake



1.2 ELITE RACING SCHEDULE

Please see page 11 for the full elite racing schedule.



1.3 OVERALL SCHEDULE

MONDAY 28TH MAY 2018

START TIME	END TIME	ACTIVITY	LOCATION
06:00	16:30	Registration open - Sprint, Junior Run, Super Sprint and GO TRI Super Duper	Mass Registration
06:30		Transition open - Sprint races	Transition
07:30		RACE START - Sprint (Wave 1)	Swim Start
07:35		RACE START - Sprint (Wave 2)	Swim Start
08:00		RACE START - Para Sprint (Open)	Swim Start
10:15		Sprint competitors clear of transition	Transition
10:15	10:50	FAMILY RUN (1km/ 1mile)	
10:30	11:00	Presentations - Sprint races	
10:50	11:10	Presentations - Family Run	
11:30	14:00	PARATRIATHLON WORLD CUP RACING	
14:15	14:45	Presentations - Paratriathlon World Cup	
14:30		Transition open - Super Sprint and GO TRI Super Duper races	Transition
15:30		RACE START - Super Sprint	Swim Start
16:00		RACE START - Para Super Sprint	Swim Start
17:05		RACE START - GO TRI Super Duper	Swim Start
17:50	18:20	Presentations - Super Sprint	
18:30	19:00	Presentations - GO TRI Super Duper races	
18:45		All athletes out of Transition	Transition

1 # GENERAL INFORMATION



1.4 KEY CONTACT DETAILS

BRITISH TRIATHLON

Address: Michael Pearson East
1 Oakwood Drive
Loughborough
LE11 3QF

Phone: 01509226161

Email: info@britishtriathlon.org

ARCTIC ONE

Address: Moor Road
Chesham
HP5 1SE

Phone: 01494771895

Email: thearticonefoundation@gmail.com

ITU TECHNICAL DELEGATE

Name: Laura Patti

Email: pattilauralberta@gmail.com

LOC EVENT DIRECTOR

Name: Bex Stubbings

Email: bex.stubbings@hotmail.com

Phone +44 (0) 7986829314

LOC RACE DIRECTOR

Name: Megan Cornick

Email: megancornick@britishtriathlon.org

Phone: +44 (0) 7384214722

LOC EVENT QUERIES

Email: majorevents@britishtriathlon.org



2 # VENUE

Dorney Lake is nestled amongst scenic parkland just outside of Windsor and is a world class sporting and events venue with an inspiring Olympic Heritage. The Arctic One Dorney Tri festival event has become an established fixture on the calendar over the past 4 years for supporting grassroots Paratriathlon competition. In 2018 the elite ITU Paratriathlon World Cup has been added to the racing schedule, offering racing opportunities for all abilities.

Dorney Lake is easily accessed by road. When you have arrived at the venue marshals will direct you to the top car park. Parking is free of charge for all vehicles. If you require coach or minibus parking, please email majorevents@britishtriathlon.org

The venue can also be accessed by train. Slough and Windsor & Eton train stations are within a 15-minute drive of the venue.



2 # VENUE



2.1 VENUE MAP

Please see page 12 for the venue map.



2.2 FACILITIES

Facilities include an athletes' lounge adjacent to swim start and a recovery area by the finish area, toilet facilities are close to both locations. Sealed bottles of water will be offered to the athletes before and after the race in the athletes' facilities.

ELITE FACILITY OPENING TIMES

DATE	TIME	FACILITY	ACTIVITY
SUNDAY 27TH MAY	08:30 – 10:30	Athlete Lounge	Bike Familiarisation
MONDAY 28TH MAY	08:15 – 11:15	Athlete Lounge	Swim Familiarisation & Transition Check-In
	13:00 – 15:00	Athlete Lounge & Recovery Area	Elite Racing & Medal Presentations



2.3 VISUALLY IMPAIRED CLASSIFICATION

Visually Impaired classification will take place at the University of Hertfordshire on Saturday 26th May. You will receive further information separately if you are required to attend classification.

Please email majorevents@britishtriathlon.org if you need help with transportation to and from the classification venue.

ADDRESS:

College Lane
Hatfield
Hertfordshire
AL10 9AB



2.4 DOPING CONTROL

Doping Control will be performed according to WADA/ITU and Dutch Anti-Doping regulations. The Doping Control venue is within close proximity of the finish area.

2 # VENUE



2.5 MEDICAL SERVICES

First Aid will be available at the venue on Sunday 27th May during the Bike familiarisation and on Monday 28th May before, during and after competition hours.

Medical and paramedic personnel will be available throughout competition and swim familiarisation times. Two ambulances will be available to provide emergency transfer to the hospital. A Medical Tent will also be provided on site by the finish area. If you require medical assistance during your stay, but away from the venue, then the British National Health Service will provide emergency treatment for anyone in the UK, irrespective of whether they reside in the UK. In a medical emergency, dial 999 and ask for ambulance service. This number is free of charge from any telephone.

Emergencies can be dealt with at any hospital with an A & E (Accident & Emergency) department. At A&E departments, be prepared to wait for up to 2-3 hours during busy periods before being given treatment if your medical complaint is not too serious.

The nearest hospital is Wexham Park Hospital, Wrexham, Slough, Berkshire, SL2 4HL.



2.6 BIKE MECHANIC SERVICES

British Bike Hire will be providing a bike mechanic service in the elite area of the venue. They will provide support during bike familiarisation on Sunday 27th May as well as all day on race day, Monday 28th May. If you require assistance at any other time please contact the LOC office.



2.7 LOC OFFICE

The LOC office is located in the elite area and will be open 07:00 – 20:00 on Monday 28th May. If you need to contact the LOC outside of these hours please contact Megan Cornick on +44 (0) 7384214722.



3 # OFFICIAL HOTEL

The official event hotel is the Heathrow/Windsor Marriott Hotel (Ditton road, Slough, SL3 8PT), located 9km from the venue. There are also several hotels located within 5km of the venue ranging in stars and price.

The athlete briefing will be held at the event hotel. The nearest train station to the Marriott is Datchett (1.5 miles) or Slough (2 miles). The nearest station to the venue is Slough (10km) and Windsor and Eton Riverside (10km)

Nirvana can provide accommodation and airport transfers. For more information, please visit: <https://www.nirvanaeurope.com/en/events/itu-world-triathlon-series/itu-paratriathlon-world-cup-2018>

4 # AIRPORT TRANSFERS

Transportation to and from airports can be arranged by Nirvana, the official transport provider. This service can be booked using the following link: <https://www.nirvanaeurope.com/en/events/itu-world-triathlon-series/itu-paratriathlon-world-cup-2018>

Prices depend on the transportation vehicle and airport from which you will be transported.

If you have any transfer queries, please contact majorevents@britishtriathlon.org



5 # TRAINING



5.1 SWIM TRAINING

WINDSOR LEISURE CENTRE

Windsor Leisure Centre is available for pool-based swim training. Public swimming session times can be found at the following link:

<http://www.leisurecentre.com/windsor-leisure-centre/TimeTable>

Address: Windsor Leisure Centre,
Clewer Mead,
Stovell Road,
Windsor,
SL4 5JB

Phone: 01753 778 577

BRAY LAKE

Bray Lake is available for open water swim training at the times below:

Tuesday 06:00 – 09:00
18:00 – 20:30

Thursday 06:00 – 09:00
18:00 – 20:30

Saturday 06:00 – 09:00

Sunday 06:00 – 09:00

Address: Bray Lake Watersports,
Monkey Island Lane,
Windsor Road,
Maidenhead,
SL6 2EB

Phone: 01628638860



5.2 BIKE AND RUN TRAINING



The venue is **closed** to the public on Friday 25th May to Sunday 27th May, except for the bike familiarisation session. Cycling and running is not permitted outside of course familiarisation times.

Please remember to stay on the **left** if you choose to cycle on public roads.



5.3 COURSE FAMILIARISATION

5.3.1 SWIM FAMILIARISATION

The swim course familiarisation will take place at Dorney Lake 08:45 – 09:15 on race day, Monday 28th May.

Athletes must report to the athletes lounge to register for swim familiarisation. Only accredited people will be granted access to the Athlete lounge.

During the swim course familiarisation there will be a swim safety team and a medical service available. Please note: Swimming in the lake outside of the swim familiarisation at any time is forbidden due to safety.

5.3.2. BIKE FAMILIARISATION

The bike course familiarisation will take place at Dorney Lake 09:00 – 10:00 on Sunday 27th May.

Athletes must report to the athletes lounge to register for bike familiarisation. Only accredited people will be granted access to the Athlete lounge.

Due to another event taking place at the venue, you will be split into small groups and led around the bike course.



5.4 ATHLETES BRIEFING

The athlete briefing will take place in the Buckingham Suite at the event hotel (the Marriott) 18:00 – 19:00 on Sunday 27th May.

6 # COMPETITION INFORMATION



6.1 COMPETITION RULES

The ITU Paratriathlon World Cup will follow the latest published Competition Rules from the International Triathlon Union. These can be found [HERE](#).



6.2 FIELD OF PLAY (FOP)

Please see page 12 for the full course maps.



6.2.1 START

The start for all athletes is a deep water start, accessing the lake from the pontoon and then sliding into the water. The Race Referee with the assistance of ITU Technical Officials will start each race.



6.2.2 SWIM COURSE

The swim takes place at the top end of Dorney Lake. All athletes will swim one lap (750m) in a clockwise direction. Please keep the red swim buoys on your right-hand side. It is approx. 330m to the first buoy, 100m to the second, and then 320m to swim exit. Please see page 12 for the full course maps.

During May, the water temperature in Dorney Lake is expected to be approximately 15°C.



6.2.3 BIKE COURSE

The 19.7km bike course is 4 lap course going anti-clockwise around Dorney Lake. This is a flat course on a tarmac surface, making a fast and exciting race. Please see page 12 for the full course maps.



6.2.4 WHEEL STATIONS

There is one wheel station on the course, this will be a team wheel station. This is located just after the start of each bike lap.



6.2.5 RUN COURSE

The run course is 2 laps of a 2.5km loop to the left of the lake. The course is flat with one technical turn at the far end. Please see page 12 for the full course maps.



6.2.6 AID STATIONS / LITTERING AREAS

There will be two aid stations on the run course. One will be located at the start of each lap and the other just after the turn around point. The littering area will start 20 m before the aid station and will end 80m after it.



6.2.7 PENALTIES

The bike course penalty box is located at the end of the bike lap. The run course penalty box is located approx. 200 m before the end of the run lap.

6 # COMPETITION INFORMATION



6.3 TRANSPORT

All athletes and coaches need to make their own transport arrangements to and from the event venue. Please contact majorevents@britishtriathlon.org if you need help with these arrangements.



6.4 WEATHER CONDITIONS

May is an unpredictable month in the UK, it can be very hot, but it can also be cold. The average temperature is 18 degrees Celsius. Average sunshine time per day is 10 hours. Rain is possible. Click [HERE](#) for a complete weather forecast.



6.5 RESULTS

Results will be uploaded live to the ITU's official website: www.triathlon.org. All the Results information will be distributed to the Team Leaders at the LOC Office.



6.6 PROTESTS AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.



6.7 TIMING CHIPS

On race day athletes will be given 2 timing chips to be worn on their ankles, or according to the instructions given during the briefing. Timing chips need to be handed in straight after the race. If an athlete fails to hand in their timing chip the athlete will be charged with a fine of £60.00. There will be marshals in the finish area who will be available to help with timing chip collection.

7 # ACCREDITATION

An official accreditation according to the ITU Event Operational and Technical Requirements will be provided by the LOC to all registered Athletes, Coaches, Technical Officials, Journalists, Medical Team, etc.

Coaches and medical teams need to register via their NF on the ITU online registration. No accreditation will be handed over if the names are not on the ITU list.

Accreditation will be distributed post-briefing.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are colour and number-coded. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

8 # SPECIAL EVENTS

The briefing will be followed by a buffet meal which is free of charge for all athletes. Meal provision will be made for 2 coaches per National Federation. For any additional coaches or staff members there will be a £10 charge which should be paid at the athlete briefing. Please email majorevents@britishtriathlon.org by Thursday 17th May if you require meals for additional coaches and staff.



ELITE RACING SCHEDULE



SUNDAY 27TH MAY 2018

START TIME	END TIME	ACTIVITY	LOCATION
09:00	10:00	Elite Bike Familiarisation	
18:00	19:00	Elite Athlete Briefing	The Buckingham Suite, Marriott Hotel



MONDAY 28TH MAY 2018

START TIME	END TIME	ACTIVITY	LOCATION
08:45	09:15	Elite Swim Familiarisation	Swim Start
09:30	11:00	Registration open - Paratriathlon World Cup	Athletes' Lounge
10:30	11:15	Transition open - Paratriathlon World Cup	Transition
10:45	11:15	Warm up race course	Swim Start
11:28:00		Para WC Athlete Intros S5	
11:30:00		RACE START - PTS5 Men	Swim Start
11:31:00		RACE START - PTS5 Women	Swim Start
11:32:00		INTRO VI ALL	
11:33:00		RACE START - PTVI B1 Men & Women	Swim Start
11:36:16		RACE START - PTVI B2/3 Men	Swim Start
11:36:42		RACE START - PTVI B2 /3 Women	Swim Start
11:37:00		INTRO S4	
11:38:00		RACE START - PTS4 Men	Swim Start
11:39:00		RACE START - PTS4 Women	Swim Start
11:39:10		INTRO S2-3	
11:40:00		RACE START - PTS2/3 Men	Swim Start
11:41:00		RACE START - PTS2/3 Women	Swim Start
11:48:00		INTRO WC H1 M/W	
11:50:00		RACE START - WC H1 Men & Women	Swim Start
11:51:00		INTRO WC H2 M / W	
11:53:35		RACE START - PTWC H2 Men	Swim Start
11:54:48		RACE START - PTWC H2 Women	Swim Start
14:15		Transition closes - Paratriathlon World Cup	Transition
14:15	14:45	Presentations - Paratriathlon World Cup	





