



**Friday 3 July 2009 from 9:00am
750m Swim, 20km Bike, 5km Run**

WELCOME

We'd like to extend a warm welcome to all of you to the third King Sturge Property Triathlon. Details of the event are set out below, but if you have any further questions please don't hesitate to get in touch by e-mailing propertytriathlon@kingsturge.com.

If you have any queries on the day, please visit the helpdesk in the registration tent or ask a member of the crew.

Venue

The venue address is below - please allow plenty of time to get there. A map is attached.

Eton College Rowing Centre
Dorney Lake
Windsor
SL4 6QP
www.dorneylake.com
Tel: 01753 832756

The nearest railway stations are Slough or Taplow from London Paddington, or Windsor & Eton Riverside from London Waterloo.

There are taxi ranks at the stations or call Burnham Cars on 01753 775770 / Windsor Radio Cars on 01753 677677 / Five Star Radio Cars on 01753 858888.

Dorney Lake is private property.

Parking

Car parking is available to the side of the main access road, an 800m walk from the transition area. There will be parking attendants to direct you. Arrival and departure is allowed at any time between 8:00am and 7:00pm.

Where possible, please try to share cars. Not only is it better for the environment, but parking at the venue can be tight.

Coaches should drop off and collect at the main entrance. Any coaches that need to park will do so in the private car park next to the Clubhouse. In this case, coaches must arrive no later than 9:00am and will not be able to leave until all racing is finished, as the main access road becomes part of the race course.

The disabled drop-off point and parking are also situated in the private car park next to the Clubhouse but again, any vehicles must be parked before 9:00am.

WAVES

Start time	Wave	Category
10:00am	Wave 1	Men 50+
10:30am	Wave 2	Men 36-39
11:00am	Wave 3	Female Individuals
11:30am	Wave 4	Men 40-44
12:00pm	Wave 5	Female Relay
12:30pm	Wave 6	Men 30-32
1:00 pm	Wave 7	Men 45-49
1:30 pm	Wave 8	Mixed Relay
2:00 pm	Wave 9	Men 33-35
2:30 pm	Wave 10	Men 26 and Under
3:00 pm	Wave 11	Male Relay
3:30 pm	Wave 12	Men 27-29

Note: Your age group is determined by your age on 31 December 2009 and not your age on race day.

RACE INSTRUCTIONS

Registration

This will take place in the registration tent from 8:30am. The time you register will depend on the time of your wave. You must arrive at least one hour before your wave time and please bring ID.

Upon arrival you will need to find your race number from the lists on display and then pick up your race pack from the registration tables. If you have a query, please go to the helpdesk.

The race pack contains:

- Swimming cap
- Race number for the cycle and run – must be attached to your front with the safety pins provided and clearly visible at all times. Your race number must not be altered or folded in any way.
- Two adhesive race numbers for your bike - one for your helmet and one to be attached to the top tube of your bike.

You will be issued with a security wristband at registration, with your race number on it. This will be attached to your wrist and must not be removed until after the race. Relay team members will receive one each. This wristband will give you access to the transition (bike racking) area.

You will also need to pick up a timing chip which is allocated to your race number. There will be one chip per relay team and this will act as the baton. The chip is affixed to a velcro band which you must wear around your ankle (wear your timing chip underneath your wetsuit, or you won't be able to get your wetsuit off!) Please check that the velcro on your chip fastens securely. If it doesn't, ask for a replacement.

If you lose your timing chip, you will technically be disqualified from the race and will not be considered for a prize. There will also be a charge of £35 to replace it. Without your timing chip, we may not be able to give your timing splits, but we will endeavour to record a finish time for you if you show your race number as you cross the finish line.

Transition

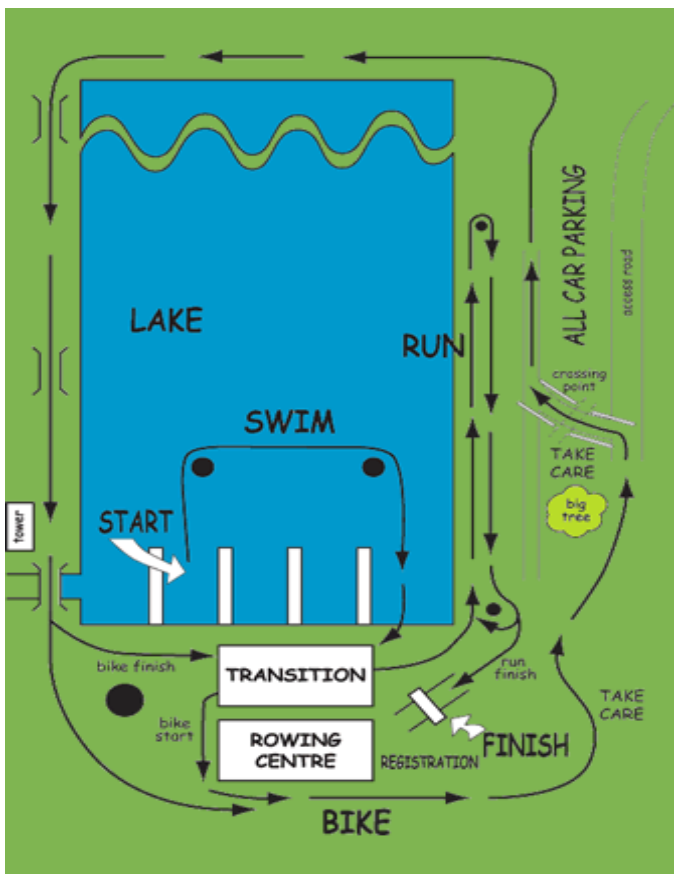
Please show your race number and security wristband to gain access to the transition area.

You will be allocated a position in transition where you will store everything you need for the race. Check your race number against the one on the bike racking - they must match. You must rack your bike in its allotted, numbered space. Your bike will be checked to ensure it is roadworthy before you are allowed to enter the transition area. Please ensure the bar ends are plugged and the brakes work!

You must set up your kit in the transition area prior to the race and it is important that you know the direction of flow through the area, where your bike is amongst hundreds of others and where you will tag your relay team member. We suggest you physically run through transition so you know where to locate your bike at speed.

Only competitors will be allowed in the transition area.

The Course



The swim is a one-lap rectangular course in the Rowing Lake. Wetsuits may be required. The water temperature is expected to be 18 degrees. You should ensure your wetsuit fits properly - if it's too large or too small, you will feel very uncomfortable once you get going.

Then it is a four-lap 20km bike course, which takes you around the lake. You must count your own laps! Please obey the rules of the road and cycle on the left at all times. A properly fitted helmet must be worn – it must be fastened before you touch your bike and remain so until your bike is back on the rack.

Finally, it is a two-lap 5km run. The run will be clockwise round the right hand side of the Lake. If the weather is warm there will be a water station en route. Red Bull and water will be available on the finish line.

When you pass the finish line, it is essential that you remove your timing chip and place it in the container provided. You will then receive your medal! If you are part of a relay, please take an extra two for your team members.

Event Rules

- The race will be run in accordance with British Triathlon rules <http://www.britishtriathlon.org/>
- No drafting allowed
- No mobile phones, personal stereos, MP3s or ipods to be used in transition or during the race at any time
- Do not mark your position in transition with balloons, flags etc
- Should you race in a wave outside your category, you will not be eligible to win any category
- You may only race once – either in the Individual or Relay category
- If you lose your timing chip, you will technically be disqualified from the race and will not be considered for a prize

Results

Results can be viewed on screen upstairs in the Clubhouse throughout the day and on the Property Triathlon website as soon as possible following the event - www.propertytriathlon.com/results.

Prizes

Medals will be awarded to all finishers. Relay runners should take three medals at the finish line to distribute to their team.

Prize giving will take place at the King Sturge tent at around 5:00pm, after everyone has finished racing. Helen Jenkins (nee Tucker), Women's Triathlon World Champion, will be handing out trophies and/or champagne to the winners of the categories below

Award categories:

Individual Male - Overall winner, under 29, 30-39, 40-49, 50-59, 60+

Individual Female - Overall winner, under 29, 30-39, 40-49, 50+

Relay - Male, Female, Mixed

Corporate Team - awarded to the company with the lowest combined times of the three fastest finishers in the Individual event

FACILITIES

Bike servicing

You must ensure your bike is roadworthy and we recommend having your bike properly serviced before the event. Good quality tyres are particularly important as there is a risk of punctures on the course.

Ultimate Bikes is offering basic bike servicing and repairs in their tent (cash only) on the day.

Please be aware however that they may not always be able to meet demand.

Changing Facilities / Kit Storage

Changing and showering facilities are available upstairs in the Clubhouse from 8:00am.

Competitors are allowed to take one bag into transition which is secure to competitors only. There is no provision for secure storage of valuables and the organisers are not responsible for any loss of property.

Food & Drink

The café/bar in the Clubhouse will be open from 9:00am, serving breakfast rolls, sandwiches, snacks and hot and cold drinks all day. A barbeque will begin at 11:30am, serving burgers and salads, and is located just outside the Clubhouse.

The venue does not allow personal gazebos or barbeques. Please ensure you dispose of all rubbish in the bins provided.

Toilets

There are lots of toilets in the Clubhouse and portaloos situated on the edge of the spectators green.

ADDITIONAL INFORMATION

Race Organisers

The race will be co-ordinated by Human Race, a leading triathlon organiser in the country. Managing Director, John Lunt, has been appointed Competition Manager for the 2012 Olympic Games so we are in good hands!

Spectators

There is plenty of space for spectators so please encourage family and friends to come and support you! Their cheers may be just the push you need as you're nearing the finish line.

A face painter and balloon modeller will be there to entertain the kids, along with an ice cream van to keep a smile on everyone's faces!

Please be aware that spectators will not be allowed in the transition area. Dogs are welcome at Dorney Lake but must be kept on a lead please.

Property Triathlon T.Shirts

Long sleeved T.Shirts will be on sale outside the registration tent – a perfect souvenir of the day and all proceeds go to Orchid and The Children's Trust!

Photography

Photographers will be present on the course and at the finish line. Photos can be purchased from www.sportcam.net within 48 hours of the event.

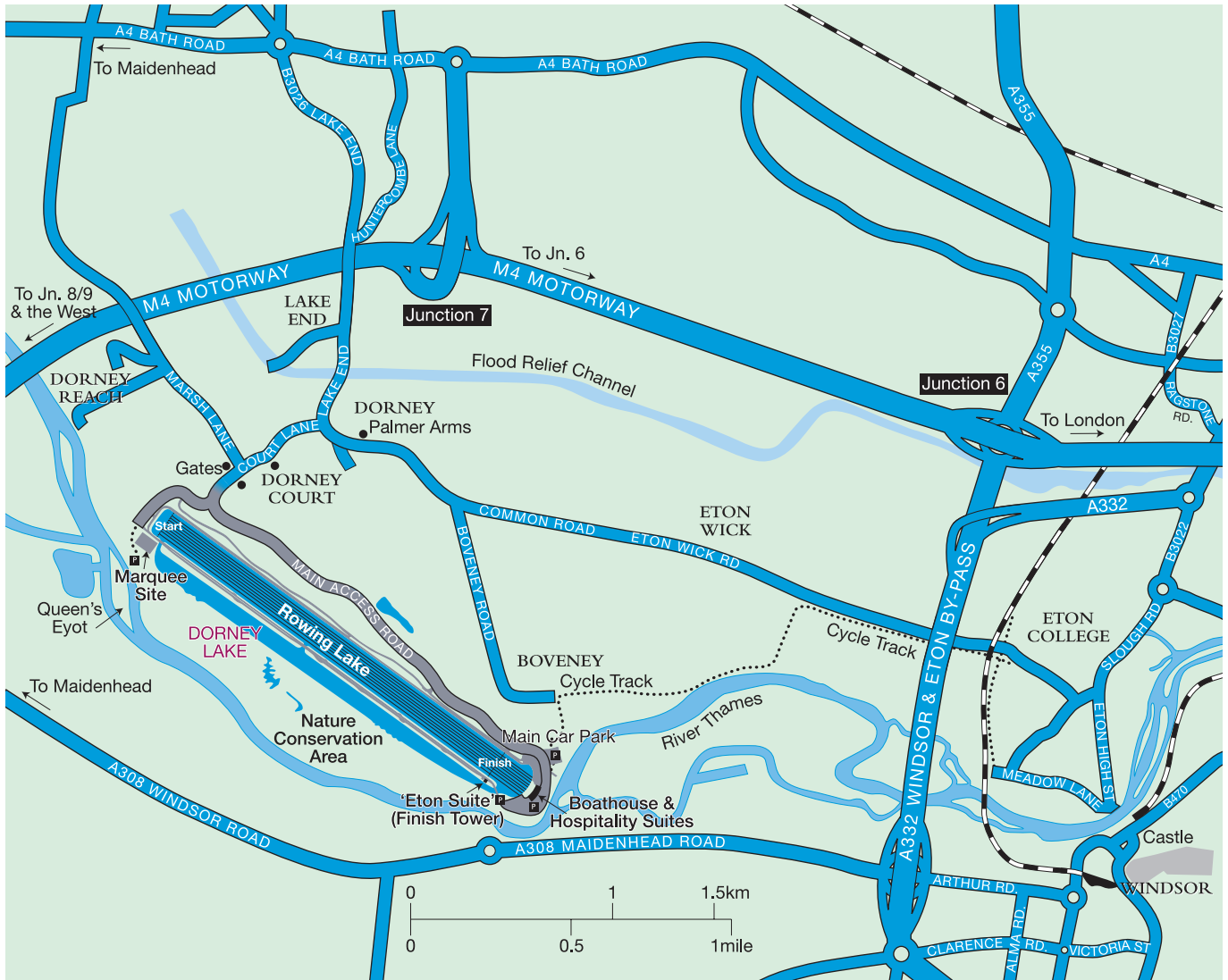
FINALLY...

The venue closes at 7:00pm. We are guests of the Rowing Centre, so please act accordingly and don't leave any rubbish, otherwise we may not be invited back next year!

We hope you have a fantastic day and good luck!
The King Sturge Property Triathlon Team

HOW TO FIND US

Dorney Lake is ideally placed, being within easy reach of London, Heathrow Airport, the M4 corridor and the M25, M40 and M3 motorways. It is also well-served by the rail network.



By Road

- 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 of the course down to the Boathouse
- The Reception office is on the nearest front corner of the Boathouse.

By Train

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

Contact Us

Eton College Rowing Centre, Dorney Lake, Windsor SL4 6QP
Telephone: +44 (0) 1753 832 756 Fax: +44 (0) 1753 851 767
Email: dorneylake@etoncollege.org.uk Website: www.dorneylake.com

ETON COLLEGE



ROWING CENTRE