



Impetus

Impetus Triathlon Event Guide

Saturday 13 September 2025
Dorney Lake, Windsor



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About Impetus

Impetus transforms the education and employment outcomes of young people from disadvantaged backgrounds. We do this by using our deep expertise and high calibre networks to give the best non-profits in these sectors the essential ingredients to have a real and lasting impact.

Through a powerful combination of long-term funding, direct capacity building support from our experienced team and our pro bono partners, alongside research and policy influencing to drive lasting systems change, we work towards a society where all young people can thrive in school, pass their exams and unlock the doors to sustained employment, for a fulfilling life.

Individual target **£500**

Team target **£1,200**

Check out our fundraising pack for [ideas](#)

WHAT DOES YOUR MONEY DO?

£500



could fund one young person through a three year STEM-inspired support programme with the Jon Egging Trust

£1,200



could enable up to 25 students to participate in IntoUniversity's workshops, helping them succeed in school and employment

£6,000



could provide training for almost 2,000 volunteer tutors at Action Tutoring

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Thanks to our Race Partners



KIRKLAND & ELLIS



And our Premium Sponsors

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Event Schedule

Please be on site at least one hour before your wave time. Each race has its own briefing 10 minutes before start time, located at the swimming area entrance for triathlon, and near the finish line for duathlon. Please rack up in the transition area before attending the briefing.



WAVE	START TIME	EVENT	DETAILS
	07:00	Site Opens	
	07:30	Registration Opens	
	08:00	Breakfast BBQ Opens	
1	08:30	Olympic Individual & Relay Triathlon	1,500m Swim, 42.4km Bike, 10km Run
2	08:30	Individual & Relay Duathlon	5 km Run, 31.8 km Bike, 5 km Run
3	09:00	Challenge Individual & Relay Triathlon	800m Swim, 31.8km Bike, 7.5km Run
4	09:30	Sprint Individual Triathlon	400m Swim, 21.2km Bike, 5km Run
5	10:00	Sprint Relay Triathlon	400m Swim, 21.2km Bike, 5km Run
	10:30	Lunch BBQ Opens	
	12:00	Prize Giving	
	12:30	Scootathlon (4-8 years)	390m Scoot, 390m Bike, 250m Run
	13:00	Event Closes	

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Event Day Registration

ALL COMPETITORS MUST HAVE REGISTERED ON THE ONLINE PORTAL BY 5PM FRIDAY 5TH SEPTEMBER.

ON THE DAY

Participants will be texted and emailed a QR code on Friday 12th September to collect their race pack from the registration tent in the event village.

If taking part in a relay team, only one person in the team should collect the race pack using the QR code.

TIMING CHIP

Your electronic timing chip is a combined chip and ankle strap that should be securely fastened to your left ankle before you get to the start area. Once attached, individuals should not remove it until the entire race is completed. It will become less adhesive if adjusted/removed and may need securing with gaffer tape (not supplied).

We advise that you put your wetsuit over the timing chip strap to keep it secure in the water and prevent



you having to remove the strap in transition.

If you have entered as a relay team, the ankle timing chip **MUST** be passed between team members as a timing baton and worn until crossing the finish line.

Upon race completion please hand your timing chip in at the finish line.

GREEN COMPETITORS

We are keen to reduce the impact of the Impetus Triathlon on the environment. If you opted to be a green competitor on your registration form, please refrain from picking up an event T-shirt and/or medal.

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Event Day Registration continued



INDIVIDUAL ENTRANTS

Please note your timing chip and race number will not match one another. Please attach ALL numbers before entering the transition area.

Individual race packs include:

1. Race number (to be pinned to your front or on a race belt)
2. Electronic timing chip
 - a) **Triathlon:** this should be securely fastened to your left ankle from before you enter transition until you have crossed the finish line
 - b) **Duathlon:** this should be securely fastened to your left ankle from before you enter the transition until you have crossed the finish line
3. Numbered wristband for transition entrance/exit
4. Swim cap (except duathlon)
5. Sticky helmet number
6. Sticky bike number
7. Lunch voucher



RELAY TEAMS

Please ensure only one team member collects the pack on your team's behalf. Please attach ALL numbers before entering the transition area.

Relay team race packs include:

1. Two race numbers (three if duathlon) – to be worn by the runner(s) and cyclist in your team; pinned to their front or race belt
2. Electronic timing chip
 - a) **Triathlon:** this should be securely fastened to your swimmer's left ankle, then passed as a baton between each team member
 - b) **Duathlon:** this should be securely fastened to the first runner's left ankle from before entering transition, then passed as a baton between each team member.
3. Numbered wristband for transition entrance/exit
4. Swim cap
5. Sticky helmet number
6. Sticky bike number
7. Lunch voucher (one for each participant)

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Triathlon and Duathlon Rules



TRIATHLON



DUATHLON

GENERAL RULES

1. After your 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 on 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.
2. No mobile phones or digital devices to be used in the transition area or during the event at any time.
3. Don't mark your position in the transition area.
4. Your bike helmet is to be on and fastened from before you touch your bike until your bike is racked after completing the bike course.
5. It is forbidden to cycle in the transition area.
6. Only competitors (this includes all relay team members) are allowed in the transition area.
7. Drafting (cycling too closely behind another cyclist and gaining an advantage) is forbidden on the bike. The drafting zone is 12m, so keep at least 10m behind the cyclist in front, unless you are overtaking over a 25 second period.

TEAM SPECIFIC RULES

Cyclist: wear a cycle helmet and number pinned to your front. Wait by the racking position for your swimmer to complete. Don't remove your bike from the rack until your swimmer has returned to your transition position.

Runner: pin your race number on the front of your shirt. If the same person is doing the cycling and running leg of your relay team, you do not need to change over your race bib.



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Triathlon and Duathlon Rules continued

WETSUIT RULES

The wearing of wetsuits is dependent on water temperature one hour before the event starts. The likelihood is that wetsuits will be optional. We recommend you swim in one as they help with buoyancy and warmth.

WATER TEMPERATURE	WETSUIT RULE
Less than 14°C	MANDATORY
Between 14°C and 25°C	OPTIONAL
Above 25°C	FORBIDDEN
For age 60+	OPTIONAL FROM 16°C UP TO 24.6°C

WETSUIT HIRE

You can find simple, quick and easy wetsuit hire for the event with two weeks, 4 weeks and full season hire available from Tri Wetsuit Hire: <https://www.triwetsuithire.co.uk/products/impetus-triathlon-wetsuit-hire-1>

Booking deadline: Wednesday 10th September

BIKE HIRE

Hire your bike from On Your Bike for collection on event day, with a range of bikes available: <https://rental.onyourbike.com/events-name.php?event=10>

Booking deadline: Saturday 6th September

Please read T&Cs and delivery/return information. It is your responsibility to hire a wetsuit in advance and bring it to the event: there will be no wetsuit hire available on the day.



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Travel

BY ROAD:

The Dorney Lake postcode is SL4 6FJ. Please follow road signs for 'To Triathlon event'. There is plenty of free parking at the event. Please be aware it is roughly 10 mins walk from the car park to the event village. The only gate for entry is the main entrance off Marsh Lane/Court Lane. **If you park in the car park closest to the event village you will not be able to leave Dorney Lake until all cyclists are off the bike course.**

BY BIKE / ON FOOT:

If walking or cycling to the event site, you must use the main entrance (off Marsh Lane/Court Lane) as per the road directions. Google Maps may direct you to a footpath/cycle path entrance at the back of the Boat House from the river, however this site entrance is closed and will require you to travel to the main entrance (approx. 40 min walk).

BY TRAIN:

Dorney Lake is easily accessible from both Slough (Elizabeth Line, overground) and Windsor & Eton Riverside (overground) stations.

Other nearby stations are Windsor & Eton Central, Burnham, Taplow and Maidenhead.

LOCAL TAXI NUMBERS:

- **Windsor Taxis:** 01753 775075
- **24/7 Cars:** 01753 247247
- **Point 2 Point:** 01753 305252



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Health & Safety / Facilities

HEALTH AND SAFETY

Medical teams and ambulances will be in attendance. If you see or are involved in an incident, please report it to the nearest marshal who will alert the medical team.

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 red cross on the front of your number to indicate a known medical issue.

Please be mindful of others' health. Whether you have a medical condition or not, if you feel unwell – please don't race and please do not attend. Please ensure your medical details are up to date on your registration ahead of the event, including any last minute issues.

FACILITIES

In the event village you will find catering, bag drop, toilets, changing and shower facilities.













All cyclists have a small space next to their bikes in the transition area for their bag. All bags are left at your own risk; please leave all valuables in your car, in the cloakroom or with someone you know.

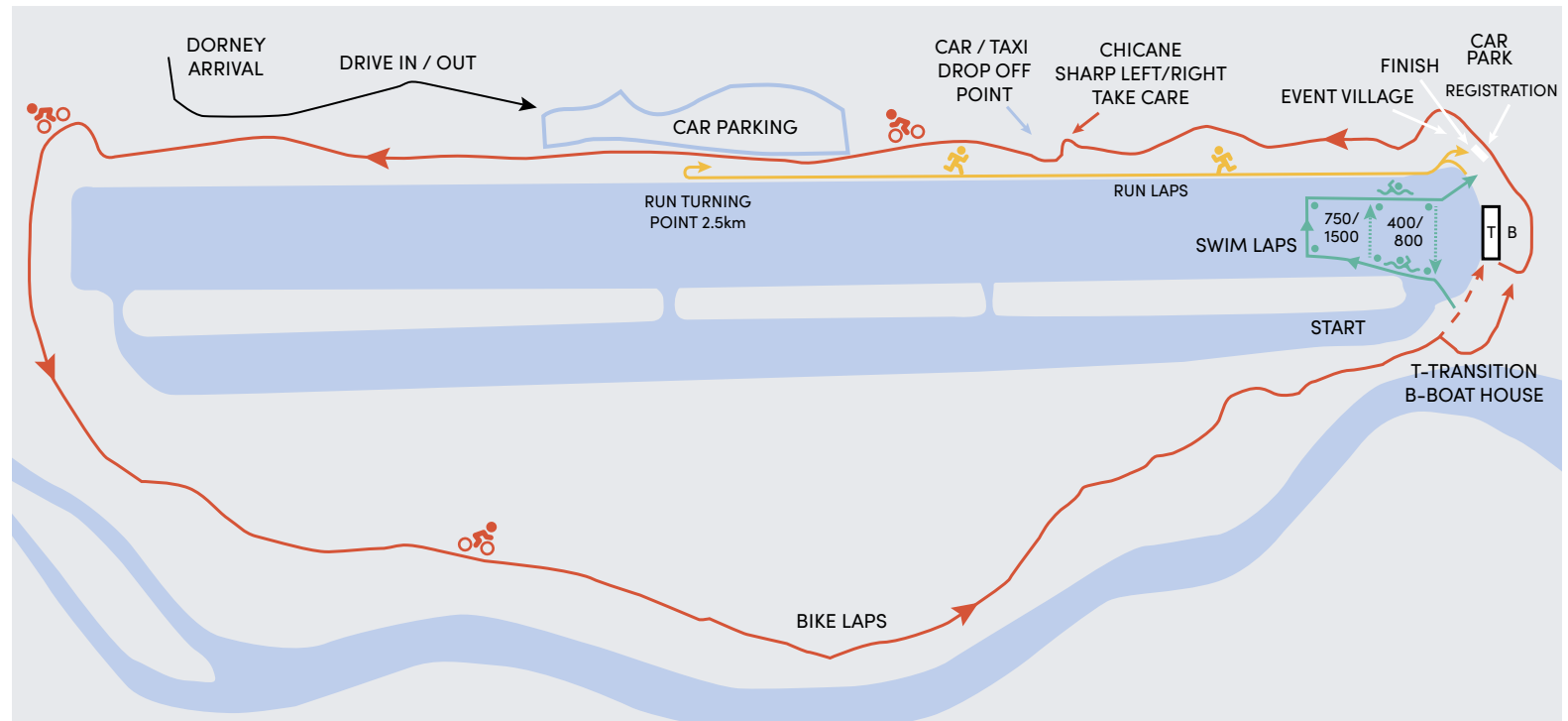


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The Course

SPRINT COURSE:	CHALLENGE COURSE:	OLYMPIC COURSE:	DUATHLON COURSE:
 400m swim (1 lap of 400m course)	 800m swim (2 laps of 400m course)	 1,500m swim (2 laps of 750m course)	 5km run (2 laps)
 21.2km bike (4 laps)	 31.8km bike (6 laps)	 42.4km bike (8 laps)	 31.8km bike (6 laps)
 5km run (2 laps)	 7.5km run (3 laps)	 10km run (4 laps)	 5km run (2 laps)



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The Course continued

SWIMMING ENTRANCE

The swimming entrance is past the transition area on the grass area before the bridge, signposted 'SWIM OUT'.

Ensure you are at the swimming entrance at **least 10 minutes before your start time**. You will be called by wave number by the event staff over the tannoy. The swim starts will be rolling, meaning that each swimmer will enter the water individually rather than entering as a wave.

RELAY TEAMS

All relay team members have access to the transition area and can cross the finish line together by joining the team runner at the end of their final lap as they approach the finish line.

DUATHLON

After the first run, the course will lead you straight into the transition area. Find your pre-racked bike and walk or run it out to the clearly signed 'BIKE OUT' mount line.

ALL CYCLISTS

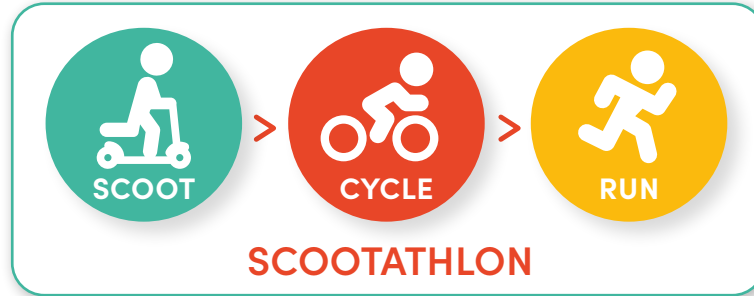
Drafting on the bike is not allowed, please keep at least 12m behind the cyclist in front unless you are overtaking.



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Scootathlon



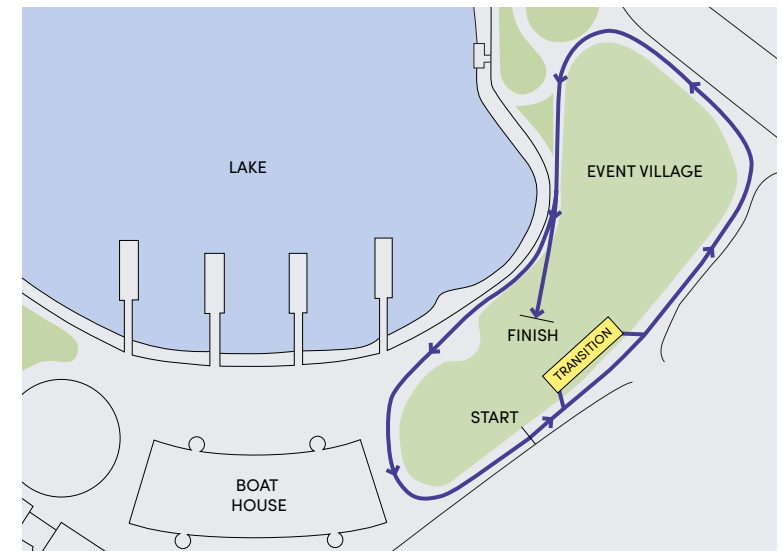
Aimed at 4-8 year olds, the children's scootathlon sees up and coming triathletes complete a three-lap challenge, swapping between disciplines after each lap.

GENERAL RULES

A scooter, bike and helmet are required, and helmets must be worn at all times. The race starts with an anti-clockwise scoot around the 390m tarmac course, before swapping to a bike for another 390m ride lap before the final 250m run to the finish line.

Competitors can sign up either in advance via the main registration form or on the day.

N.B: Scooters, bikes and helmets are NOT provided – please bring your own.



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Event Village

Bring your family and friends (four-legged ones are welcome as long as they are kept on a lead) to enjoy the day and cheer you on. In the Event Village there's a dedicated spectator area alongside the finish line, a kids marquee with arts and crafts and activities to keep the little ones occupied (please note this is not a crèche; please do not leave children unattended). Enjoy food and drink from the kitchen, coffee van, ice cream van and bar – or bring your own picnic to enjoy.



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With Thanks To

RACE SPONSORS:



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PREMIUM SPONSORS:

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EVENT SUPPLIERS:



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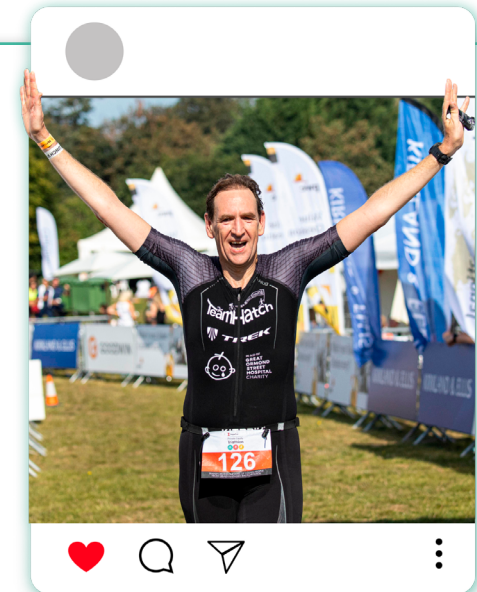
Triathlon for All

At Impetus, we believe the finish line is for everyone.

The Impetus Triathlon is designed to be an inclusive and welcoming event for participants, regardless of age, ability, gender or background. Whether you're a seasoned athlete, a first-timer, or taking part with adaptive needs, our event prioritises accessibility at every stage. We offer multiple race formats and distances to suit a range of fitness levels, along with accessible facilities, course support, and clear signage to ensure everyone can participate comfortably and confidently. Our dedicated volunteers and support teams are on hand throughout the day to provide assistance, encouragement and ensure a safe and enjoyable experience for all.

Share your race day moments with us!

Follow us on Instagram
and tag your photos with
#ImpetusTriathlon - we'd
love to see your triumphs,
sweat, and smiles!



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Thank You and Good Luck



Thank you for supporting our work and helping young people in the UK succeed in school, in work and in life.

Good Luck!



Impetus

CONTACT US:

-  [Impetus.org.uk](https://impetus.org.uk)
-  [@impetusUK](https://www.instagram.com/impetusUK)
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