



EVENT GUIDE

SUNDAY 11TH JUNE 2023



OUR PARTNERS



MACMILLAN
CANCER SUPPORT



RACE DISTANCES

We look forward to welcoming you to the 2023 Royal Windsor Triathlon on the 11th June when this award-winning event will celebrate its 31st edition.

Taking place in the historic town of Windsor, the magnificent backdrop of Windsor Castle provides a stunning setting for a triathlon.

SPRINT & SPRINT TEAM RELAY

Swim 750m / Bike 22km / Run 5km

OLYMPIC & OLYMPIC TEAM RELAY

Swim 1500m / Bike 40km / Run 10km



AGE GROUPS AND WAVE TIMES

Please note these are PROVISIONAL wave times and are subject to change. You can find out which wave you are in by checking your confirmation email.

Your age is at **31ST DECEMBER 2023**, NOT your age on race day.

SUNDAY RACKING MIXED WAVES

We will release a start list on the website on Thursday 8th June confirming the specific waves for each participant. Please do not contact our customer service team regarding your wave

choice before Thursday 8th June as they will not have the final information before this date. There will be a race briefing by the swim start area 4/5 minutes before each wave start which you **MUST** attend. Please plan your time accordingly.

Provisional wave times on Page 5



WAVE TIMES

WAVE	TIME	CATEGORY
1	06:00	Sprint - OPEN: Under 36
2	06:04	Sprint - OPEN: 36 - 48
3	06:08	Sprint - OPEN: 49+
4	06:12	Sprint - Female: 39+
5	06:16	Sprint - Female: Under 39
6	06:20	Sprint - Mates Wave A+B - 80/ Macmillan Beginners / Relay
7	06:24	Sprint - Mixed Wave (Sunday racking)
8	06:28	WINDSOR CLASSIC SUB 2HR30 WAVE
9	06:32	Olympic - Female: Under 31
10	06:40	Olympic - Female: 31 - 43
11	06:45	Olympic - Female: 44+
12	06:50	Olympic - OPEN 44 - 46
13	06:55	Olympic - Mixed Wave 1 (Sunday racking)
14	07:00	Olympic - OPEN: 47 - 50
15	07:05	Olympic - OPEN: 51 - 54
16	07:10	Olympic - Mates Wave X - 91 + Relay
17	07:15	Olympic - Mixed Wave 2 (Sunday racking)
18	07:20	Olympic - OPEN: 55+
19	07:25	Olympic - Mixed Wave 3 (Sunday racking)
20	07:30	Olympic - OPEN: Under 28
21	07:35	Olympic - OPEN: 28 - 30
22	07:40	Olympic - OPEN: 31 - 34
23	07:45	Olympic - OPEN: 35 - 39
24	07:50	Olympic - OPEN: 40 - 43



GETTING THERE

BY ROAD

Windsor is 30 miles west of London and is accessible via the major motorway networks: from M3 exit at Junction 3; from M4 exit at Junction 6; from M25 exit at Junction 13 and from M40 exit at Junction 4 or Junction 2.

CAR PARK

The competitor car park is located in Windsor Boys' School, SL4 5EH, for both Saturday and Sunday. Car park opening times Saturday 10am to 6pm / Sunday 4:30am to 4pm. Please inform the parking attendants if you intend to leave your car in the car park overnight. NB: The car park will be closed and locked up on both days. There will be NO access to remove your vehicle after the closing hours. There will be toilets in the car park. Parking is £15 per car. Pay on entry on Saturday to cover both days. Sunday only will also cost £15. This cost goes directly to Windsor Boys' School PTA to support their

sports department. Please have exact money ready in cash to prevent queuing. The Event Village where you register and rack your bike is in Alexandra Gardens – approx. 5- 10 min walk. Please follow the signs along Arthur Road and Alma Road. There is no bag storage area at the triathlon, so please leave unwanted items in your car.

BY TRAIN

Windsor is served by two train stations, Central and Riverside. Both are situated a few minutes walk from the Event Village. First Great Western operates services from London Paddington, change at Slough onto the branch line that links with Windsor & Eton Central. South West Trains operate from London Waterloo to Windsor & Eton Riverside – journey time is approx. 55 minutes. Please check train times for the early Sunday start.



REGISTRATION

REGISTRATION WILL BE ON **SATURDAY 11TH JUNE** IN THE EVENT VILLAGE IN ALEXANDRA GARDENS

Registration times
11:00am-4:20pm

You will be dealt with by
your surname as follows:

Surname A-H

11:00am-1:00pm

Surname I-P

1:00pm- 3:00pm

Surname Q-Z

3:00pm-4:20pm

Please try and keep to
these times to help reduce
queues. If you cannot
come at your allocated
time, there is no need to
inform us. We will be able
to help you on your arrival.

ALL BIKE RACKING

(with helmets)

11:00am-4:35pm Bike
racking in the Transition
Area will be ordered
by wave (it will not be
numbered racking).

Security will be in place
overnight. Absolutely NO
registration or racking is
allowed on Sunday except
for those that signed up
for 'on-the-day racking'.

There will be
NO EXCEPTIONS.



EVENT PACKS

YOUR EVENT PACK WILL INCLUDE

TWO RACE NUMBERS

One must be clearly visible on your back for the bike and on your front for the run. You will receive a two-minute penalty if we can't see your number. Please do not cut or fold these race numbers – penalties will be issued for number mutilation. Number belts can be used.

THREE STICKY NUMBERS

One should be affixed to the front of your helmet, the long sticker goes around your seat post and the final number is a spare – just in case!

TIMING CHIP

You will need to collect your timing chip strap when you collect your race pack at registration.

A number security wristband will also be included in your race pack which you will

receive at registration on the Saturday. This will be attached to your wrist and must not be removed until after the race on Sunday. Removal of your bike from the Transition Area will not be possible without your numbered security wristband. At Transition, please be prepared to show your security wristband and race numbers at all times.

COLLECTING YOUR RACE PACK

You will be emailed a link to your registration QR code in the week of the event. You will also receive a text message on the Saturday morning with the same link to your registration QR code. In order to collect your race pack, you will need to show this QR code at registration - the team will then assign you a race number and issue you with your race pack and timing chip.



ON THE DAY RACKING

The below information ONLY applies if you specifically paid for on-the-day racking when you entered the event. If you did not, you MUST register and rack your bike and helmet on Saturday. You will NOT be allowed to rack on Sunday. THERE WILL BE NO EXCEPTIONS

If you signed up to ON THE DAY RACKING when you entered then you do not need to register on the Saturday. You will be sent your pack in the post before the event – don't forget to bring it with you on Sunday! You will be given the strap for your timing chip on the Sunday.

Please ensure that you arrive at Transition Check-In in plenty of time to rack and get prepared. Ensure that your numbers are already pinned onto you/ attached to your bike and that your helmet is on and done up BEFORE you present yourself at check-in to prevent any hold ups.

Transition will be live with others already racing so please be aware of your surroundings and obey instructions from marshals.

If you want to rack on Saturday along with everyone else, you can! However, please do not forget to bring your race pack you received in the post with you.



RELAY TEAMS

ONLY 1 MEMBER of the relay team is required to register on Saturday. Please ensure this member of the team has the bike and helmet so that it can be checked and racked on Saturday.

In your registration envelope you will find: One swim cap, two race numbers, three numbered stickers and a timing chip (strap is provided as you leave the registration tent)

The **SWIM CAP** is to be worn by the swimmer.

The **STICKERS** are for the cyclist's helmet and seat post.

One **RACE NUMBER** is to be worn on the back of the cyclist and the other race number is to be worn on the front of the runner.

The **TIMING CHIP** is your baton! Please make sure this is tightly secured to the left ankle.



RACE LICENCE AND TIMING

This event is affiliated with British Triathlon Federation (BTF) so please remember to bring your triathlon race license and 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 on the day membership fee (£3 for under 18s). You must purchase this online before Thursday 8th June. To purchase your £6 on the day BTF membership click [here](#) and select 'Purchase Merchandise. For any payments needed to be made on the day, only card payments will be accepted.

If you purchased 'ON THE DAY RACKING', your BTF day license is included in your entry fee. If you already have an annual license, you can get your £6 refunded on the day from the helpdesk by presenting your valid BTF license and another form of photo ID.

ELECTRONIC TIMING

You will need to collect your timing chip strap before you leave the registration marquee. The timing chip should be threaded through the Velcro strap and placed on your left ankle. You will receive a total finish time when you cross the finish line. We will endeavour to provide you with all your timing splits, but this is not guaranteed.

NO TIMING CHIP = NO TIMING SPLITS OR FINISH TIME.

You are responsible for your timing chip. If you lose it, we will charge you £35, SO PLEASE DON'T LOSE IT.



SUNDAY TIMING

TRANSITION OPENS 4:30AM

We recommend you get there early and leave with plenty of time to do so! No bike racking will be allowed on the Sunday (apart from On-The-Day Racking participants – no other exceptions). If you arrive in Transition during the race, please give way to those who are racing and be alert at all times. Please follow marshal instructions – this is for safety reasons as competitors will be starting and racing through Transition from just after 6:00am.

Participants who have completed the event will be able to collect their bikes and equipment AFTER 09:30. Please collect your equipment promptly.

RELAY TEAMS

To avoid congestion, ONLY the changeover member will be allowed in Transition. We will not allow all three members in the area during the race. Please note that competitors will ONLY be allowed in transition. No children or babies will be allowed in transition. No kit boxes or covers can be left in transition. You are allowed a small bag as long as it fits in your transition space.

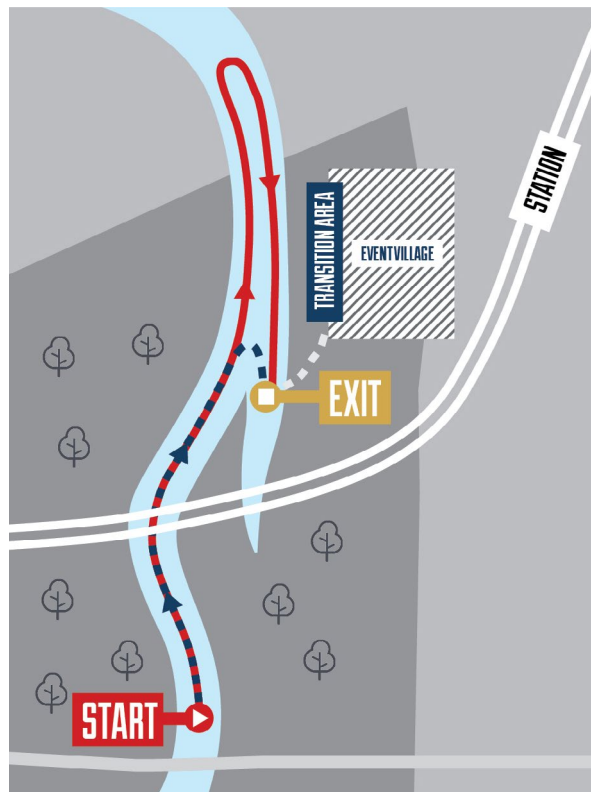


SWIM COURSE

We suggest you take a walk to the swim start on the Saturday to familiarise yourself with the route and how long it will take to get there. It is approximately a 10 minute walk to the start from Transition.

Please do not underestimate this distance and aim to arrive there in plenty of time. Consider bringing a pair of flip flops to wear for the walk as you will be walking on tarmac and grass – we can not guarantee we will be able to reunite you with your shoes at the end of the event. We suggest wearing an old pair that you don't mind losing.

A wave will start every 4/5 minutes without fail, and for safety, each wave will be required to have a briefing before starting.



You will not be able to join a different wave and must be present for your briefing to take part – please aim to be at the swim start location a minimum of 10-15 minutes before your wave time.



BIKE COURSE

SPRINT 22KM OLYMPIC 40KM

Please note that the Olympic distance will be a 2 lap course with a lap of the top loop before continuing back to transition. (Course map to be released shortly.) The roads are open to live traffic and you **MUST** obey all Highway Code Rules and road regulations at all times. You must give way where required at junctions and roundabouts, be aware of your fellow cyclists and other

traffic users, and obey all road regulations, highway signage and any specific event signage, including temporary traffic signals and STOP/GO Boards.

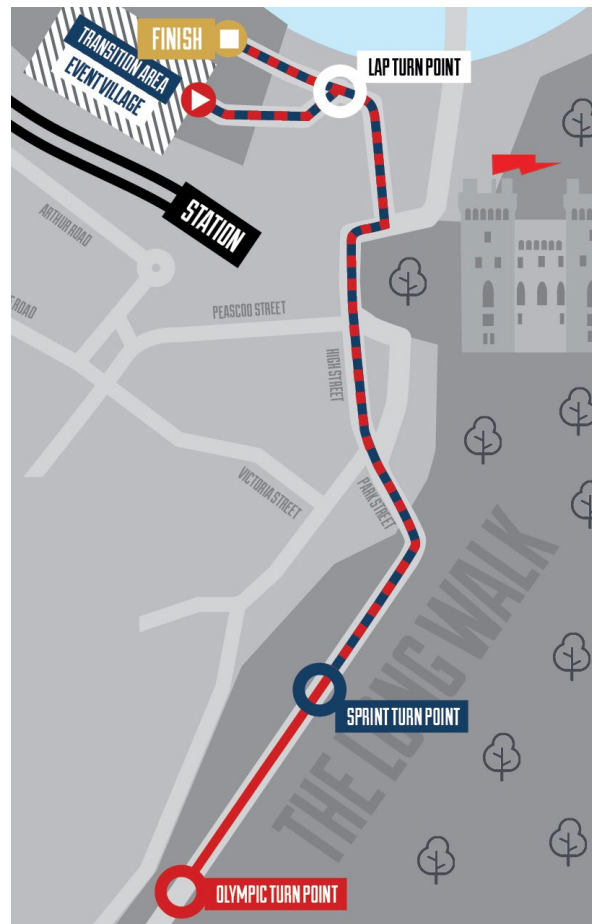
Take time on Saturday to walk round transition and familiarise yourself with bike out and bike in locations. The mount point requires a run of approximately 325m from bike out. Please familiarise yourself with the Highway Cycling Code and Human Race Cycling Code.



RUN COURSE

The run course incorporates the spectacular Long Walk enabling you to run on royal grounds!

The Olympic distance is 3 laps and the Sprint 2 laps. The Olympic distance run course turns further up the Long Walk than the Sprint distance. On the approach to their turn, Sprint participants need to look out for any Olympic participants on the return leg of their section before turning to prevent any collisions. A water station will be available on both courses. When you arrive in transition please take time to familiarise yourself with the location of run out.



COURSE INFORMATION

BIKE COURSE

On the bike course please be aware that at all times you must give way as required at every junction. The Marshal/Stewards on the course may point the way to turn but this action should not at any time be taken as telling you when to go or to indicate that the road ahead is safe, you must always be responsible for your own decisions at all junctions/roundabouts etc. Please follow the Highway Code and be respectful of other road users. Please ride single file and observe non-drafting rules.

RUN COURSE

The run course will be closed down at 11.45am when the finish line will be removed and the run route roads reopened. We reserve the right to stop you early and/or reduce the number of laps you do on the run course should we think that you will not achieve this time. The decision of the referees on this will be final.



EVENT RULES ^{1/2}

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition, and that all competitors are insured by third party civil liability insurance.

BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. Licences will be required to be presented upon entry to the Registration Marquee – if you need to purchase a Day Licence it will cost £6 (£3 for under 18s). Card or contactless is the preferred method of payment, unless you have exact cash amount. Some of the rules that you must abide by (this is not a comprehensive list – please refer to BTF rules).



EVENT RULES 2/2

NO BOXES IN TRANSITION

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. Drafting is forbidden on the bike. Drafting is cycling too closely behind another cyclist and gaining an advantage. The drafting zone is 10 / 12m (Sprint / Olympic), so keep at least 10-12m behind the cyclist in front, unless you are overtaking over a 20 or 25 second period.

It is forbidden to cycle in Transition.

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

If you require further information about all the race rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.



MEDICAL

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 personnel will be positioned along the swim course as well as on the shore.

IMPORTANT

If you have any medical conditions please inform us at Registration and please write any medical details on the back of your race number. If you feel unwell on event day, whether you have a medical condition or not, please don't take part!



THERE'S STILL TIME TO JOIN #TEAMGREEN

Since partnering in 2018, participants in the Royal Windsor Triathlon have raised over £370,000 for Macmillan, which has gone towards physical, emotional, and financial support for people living with cancer and their families. This year we want to hit £450,000 and we need your support to make that happen!

There are 6,800 people living with cancer in Windsor and Maidenhead, that's more than double the amount of people that are taking on the Royal Windsor Triathlon this year. If you haven't yet taken the plunge to join #TeamGreen, don't worry there's still time!



Once signed up to fundraise for Macmillan you will receive:

- A Macmillan Technical Running Vest or T-shirt
- A Massage and refreshments in our post-race marquee
- Loudest cheer on the course

You'll also be swimming, cycling, and running knowing your hard work will help people living with cancer who need our help now more than ever.

The difference you make



Could pay for a Macmillan nurse for 1 hour, helping people living with cancer and their families receive essential medical, practical and emotional support.



Could help run a small benefits advice centre for 1 day, helping each person affected by cancer claim for an average of £3,476.



Could cover the estimated cost of providing the Bupa Counselling Service to each referred person, so they can receive effective psychological support that's tailored to their needs.



Could support our Energy Advice Team to run the Energy Advice service for 1 day. In this time, they could, on average, deal with 40 individual cases.

£450,000 could fund a Macmillan support worker for nearly 14 years!

MERCHANDISE 1/2

TAKE HOME A MEMENTO OF THE ROYAL WINDSOR TRIATHLON

We have got some incredible brand new merchandise available for 2023, including our official event poster which is available to buy **HERE**. These will also be available to buy from the Scimitar stand in the event village on race day, so make sure you don't miss out!



MERCHANDISE 2/2

ITAB PERSONALISED MEDAL INSERT

You can personalise your Royal Windsor Triathlon finisher medal with an iTAB, engraved with your name and finish time. If you ordered your iTAB whilst entering the event, your iTAB will arrive in the post shortly after event day. Don't worry if you have not ordered your iTAB, if you have an Active account, you can go back into Active to order it. We'll also share the iTAB website order link with you after the event!

CLICK **HERE** TO PRE ORDER YOUR PHOTOS

Celebrate your achievement and savour your Royal Windsor Triathlon moment with our official photography partner AWOL. Pre-order ALL your digital photos for just £15 (normal price £30, minimum 3 photos). Hurry! as the bundle price increases to £30 on the day of the event.



RACE DAY ESSENTIALS

SCIENCE IN SPORT

On race day you'll have access to our Go Energy Isotonic Gels in a range of flavours. It's designed to deliver 22g of quick and convenient supply of great-tasting, easily digestible carbohydrates without the need for water. Our world leading Energy Gel provides rapid replenishment of depleted glycogen stores, delaying onset of fatigue and improving overall endurance. Find out more **HERE**.



Speed up your recovery and get back to training sooner with post-race nutrition. Science in Sport REGO Rapid Recovery sachet will be provided, a complete recovery product with 20g of protein and 22g of carbohydrates. Simply mix with water to refuel and rehydrate your body, and repair and rebuild your muscles. Find out more **HERE**.



Please note, exact product provisions are subject to change. You can find latest information, including product allergen details here.





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Fast energy, endurance sports nutrition
scientifically proven to help you go
further and faster for longer.



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EVENT VILLAGE

REFRESHMENTS

There will be food vendors in the Event Village serving a variety of hot and cold food and drinks.

MASSAGE

Massages will be available on Saturday and Sunday.

FACILITIES

Toilets will be provided in the Event Village. We do not provide any changing or shower facilities.

PARTNERS

A range of our partners will be available to visit to sample, learn and win!

LOCAL BUSINESSES

Please do support the local businesses whilst you are in Windsor – there is a fantastic array of different things to do & see!

However, please do not forget the closure times of the participant car park – if you intend to stay later please move your car elsewhere as the gates will be locked and cannot be reopened!



**YOUR
RITUAL
AFTER
SPORT.**



ERDINGER
ALCOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS

GOOD LUCK

We can't wait to see all of our participants and spectators in June for what will be an incredible day of triathlon, and if you are taking part then we are wishing you the best of luck!

The Human Race
Event Team.



**WHAT WILL YOUR NEXT EVENT BE?
TRY YOUR HAND AT ANOTHER HUMAN
RACE TRIATHLON. STILL TO COME...**



**1ST
JULY**



**18TH
SEPT**