

UK | June 28, 2024

Property Triathlon

2024

Event guide

#makeyourmark

propertytriathlon.com

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About the JLL Property Triathlon

The 17th annual JLL Property Triathlon is back in 2024, after raising £194,000 for charity partner WWF in 2023. With a variety of events like a sprint triathlon, duathlon, 2.2K swim, 5km run and even a fancy dress prize, there's something for everyone. It's a fun and inclusive way for all ages and abilities of the property industry to come together so don't miss this opportunity to connect colleagues, meet new friends and make valuable business connections.



Introducing... WWF

WWF is one of the world's largest independent conservation organisations. Their mission is to restore nature and tackle the main causes of nature's decline, particularly the food system and climate change. Our partnership with WWF will help support the delivery of our commitments for people and planet.

JLL's fundraising goes towards WWF's sustainable futures programme which supports UK secondary school students to learn about sustainability for their future careers and building aspiration for sustainable jobs. As a principle partner of the programme, JLL supports WWF in ensuring that young people are equipped with relevant skills and experience.

WWF are currently the UK's most trusted voice on nature, climate, wildlife, the environment and sustainable living. The funds raised through activities and events like the annual JLL Property Triathlon support WWF's work to bring our world back to life. That includes their new Sustainable Futures programme, which is supporting young people in the UK to develop sustainable skills and choose career pathways to build, and thrive in, the net zero economy of the future.

Participants should be on site at least 1 hour and a half before their wave time. Each wave has its own briefing 10 minutes before the start time, located at the swimming area entrance for triathlon and 2.2k swim, and near the finish line for duathlon and the 5k run. Participants taking part on bike should rack up in the transition area before attending their briefing session.

Wave	Start time	Category
1	08.00am	Duathlon
2	08.00am	Swim Only, Mixed, 40 & Under
3	08.05am	Swim Only, Mixed, Over 40
4	08.10am	5K Run
5	09.00am	Individual Tri Male + Open, 55+
6	09.20am	Individual Tri Female, U30
7	09.40am	Relay Mixed, A-B
8	10.00am	Individual Tri Female, 30 & Over
9	10.15am	Individual Triathlon, Sub 1hr 20
10	10.30am	Individual Tri Male + Open, 50-54
11	10.40am	Individual Tri Male + Open, 46-49
12	11.00am	Individual Tri Male + Open, 43-45
13	11.20am	Relay Mixed, P-S
14	11.40am	Individual Tri Male + Open, 40-42
15	12.00pm	Relay Mixed, T-Z
16	12.25pm	Relay Mixed, Symbols, Numbers, L - O
17	12.50pm	Individual Tri Male + Open, 37 - 39
18	13.15pm	Relay Mixed, F - K
19	13.40pm	Individual Tri Male + Open, 34 - 36
20	14.05pm	Relay Mixed, C - E
21	14.30pm	Individual Tri Male + Open, 31 - 33
22	14.55pm	Individual Tri Male + Open, 28 - 30
23	15.20pm	Individual Tri Male + Open, 25 - 27
24	15.45pm	Individual Tri Male + Open, U25

Prizegiving ceremonies take place at the large podium in the event village. Listen out for announcements about prizegiving ceremonies throughout the day; full details are displayed on the information boards next to the podium, the helpdesk and by the registration tent. Please note prizegiving trophies may differ from the wave categories.

- 12.30pm
 - 5K, Male & Female
 - Duathlon Male
 - Duathlon Female
 - JLL Duathlon Corporate Cup
 - JLL Swim Corporate Cup
 - Swim Male
 - Swim Female
 - Sub 1 hour 20

- 4.30pm
 - Fancy Dress
 - King Sturge Cup
 - Overall Female
 - Overall Male
 - Relays



Site plan



Corporate tents

1. BGO
2. SLR Consulting
3. Logicor
4. IQ Student Accommodation
5. Quod
6. Get Living
7. CBRE
8. Colliers International Property Consultants
9. Lambert Smith Hampton
10. Savills
11. Winckworth Sherwood
12. MAPP
13. Morgan Capital
14. Stonebridge
15. Morgan Sindall Group PLC
16. BAM Construction
17. LCP, part of M Core
18. AXA IM Alts
19. SEGRO PLC
20. British Land LLP
21. Hines
22. Apleona UK
23. Frasers Property
24. Cumming Group
25. BNP Paribas Real Estate
26. The Howard de Walden Estate
27. M3 Consulting
28. Lendlease
29. Deloitte LLP
30. Fisher German
31. RED Construction Group
32. Stace
33. Knight Frank LLP
34. Gardiner & Theobald
35. Multiplex Construction Europe Limited
36. Quartz Project Services
37. CLS Holdings Plc
38. Area
39. AtkinsRéalis
40. Burstone
41. Gerald Eve
42. Gowling WLG
43. Industrials REIT
44. Kohn Pedersen Fox
45. Coniston Limited
46. McBains
47. Pegasus Planning Group Ltd
48. Cushman & Wakefield
49. Turner & Townsend alinea
50. Toureen Contractors Ltd
51. Workspace Group Plc
52. tp bennett
53. Aviva Investors
54. Artelia UK
55. Barr Gazetas
56. BECK Interiors Ltd
57. Bidwells
58. Carter Jonas LLP
59. DP9
60. Morgan Lovell
61. Frankham Consultancy Group
62. Glenny LLP
63. Jones Day
64. MAA Architects
65. Mirastar
66. Montagu Evans
67. Opera
68. Packaged Living
69. Peer Group Plc
70. RED Engineering Design Ltd
71. Regency Grove Consultants
72. TFT
73. Workman LLP

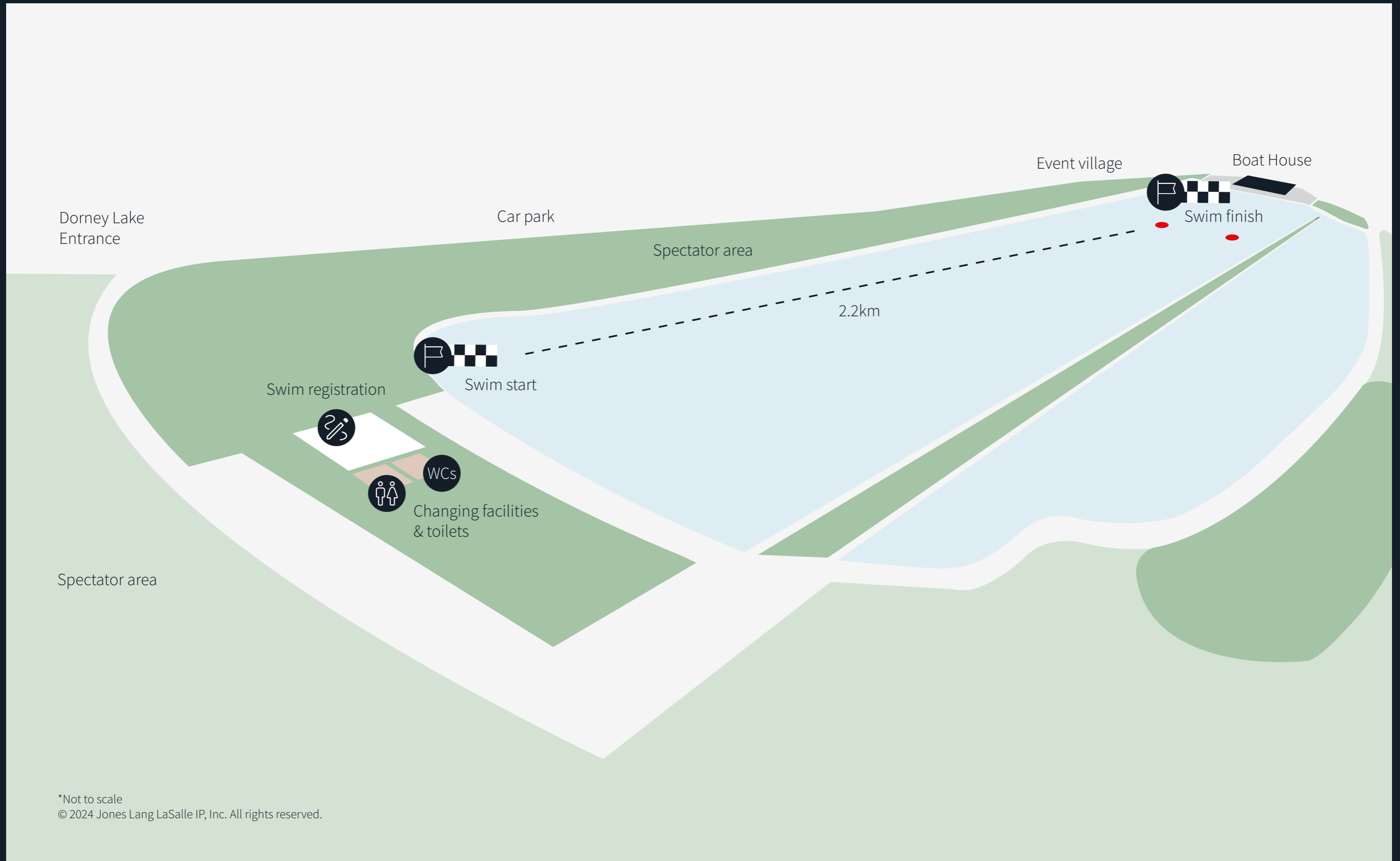
Boat House tents

- B1. Aitchison Raffety
- B2. CO-RE
- B3. Forsters LLP
- B4. Pringuer-James Consulting Engineers Limited
- B5. CMS

*Map not to scale

Swim course

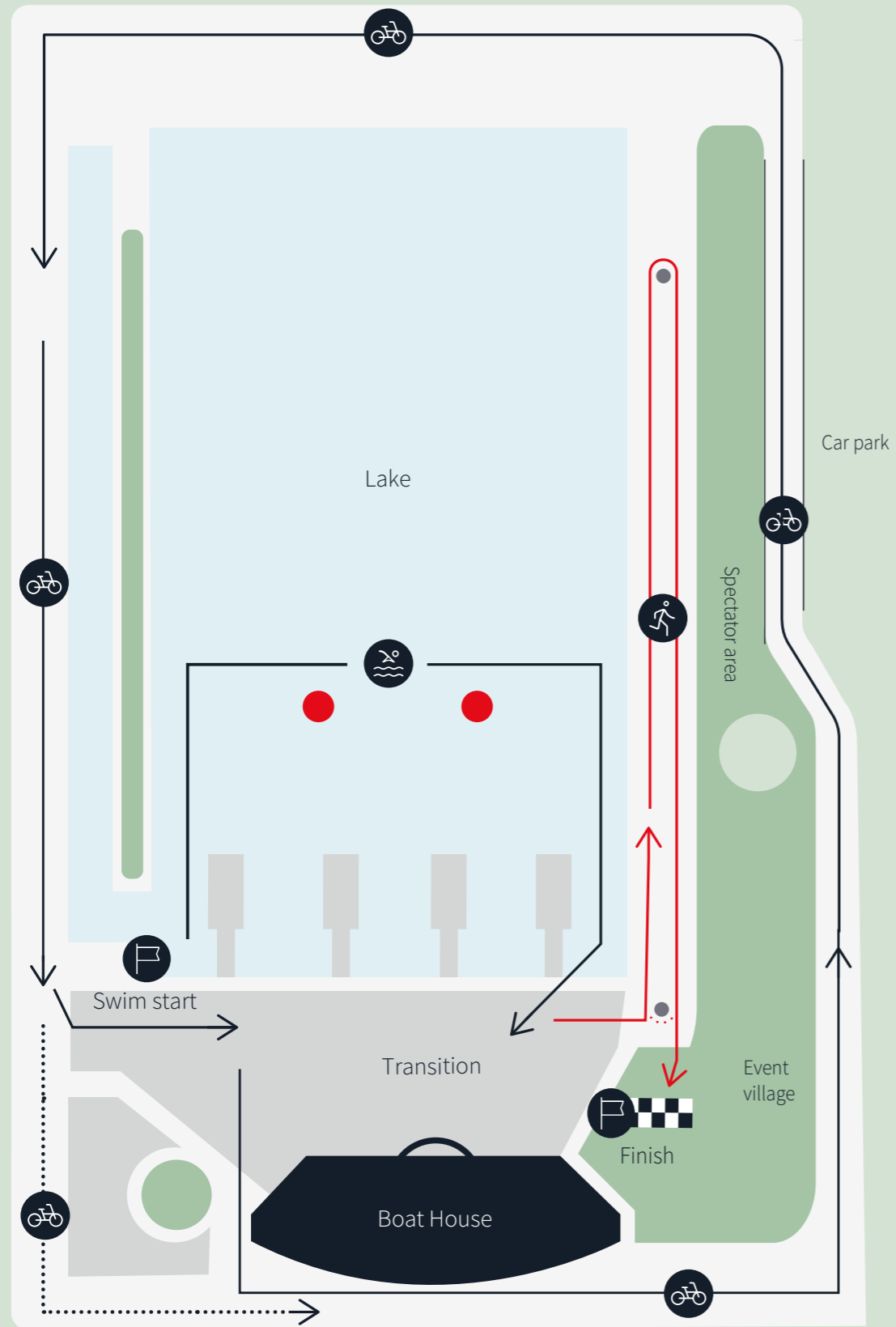
2.2km



*Not to scale
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Triathlon course

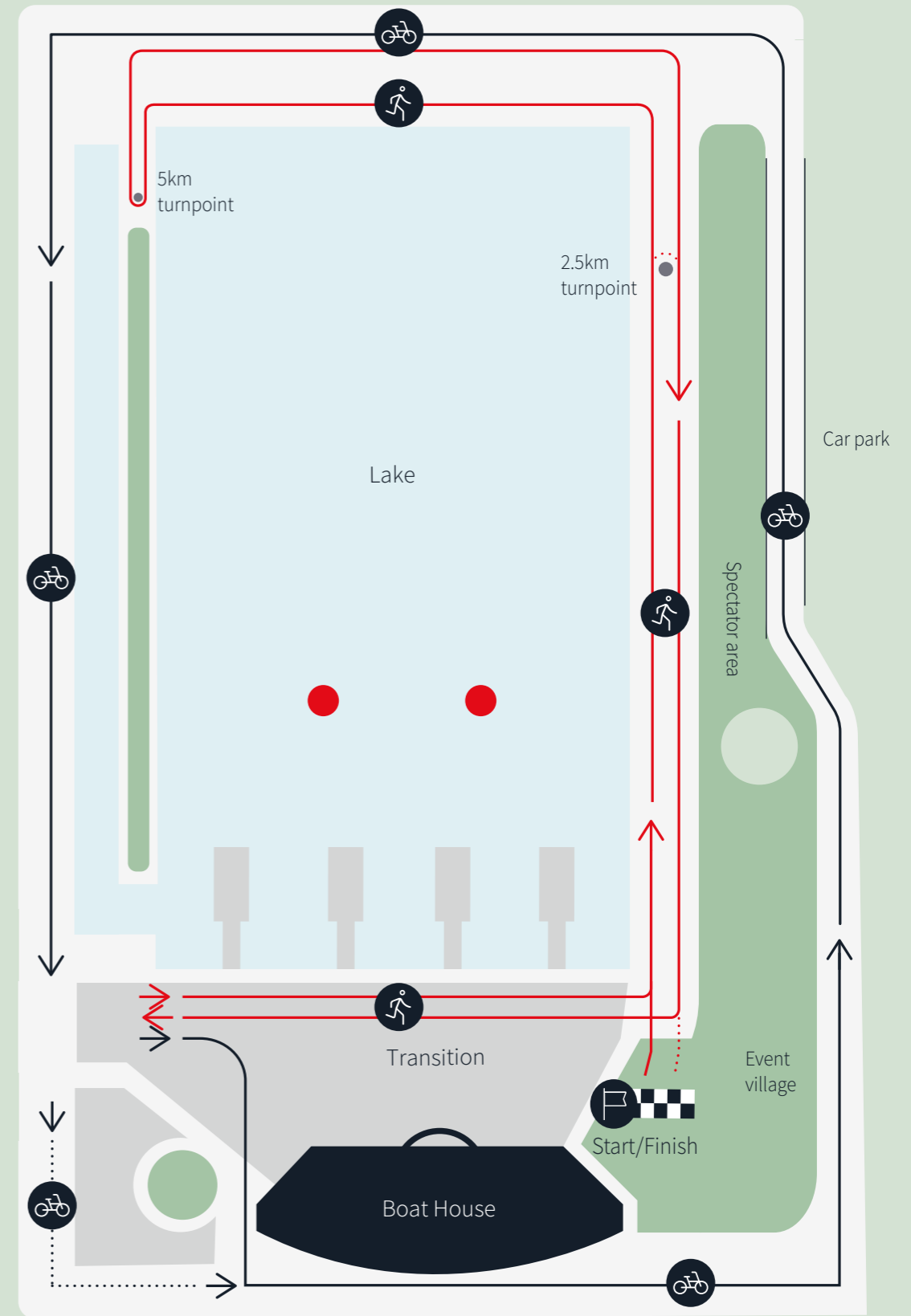
Swim 750m, Bike 21.2km (4 laps), Run 5km (2 laps)



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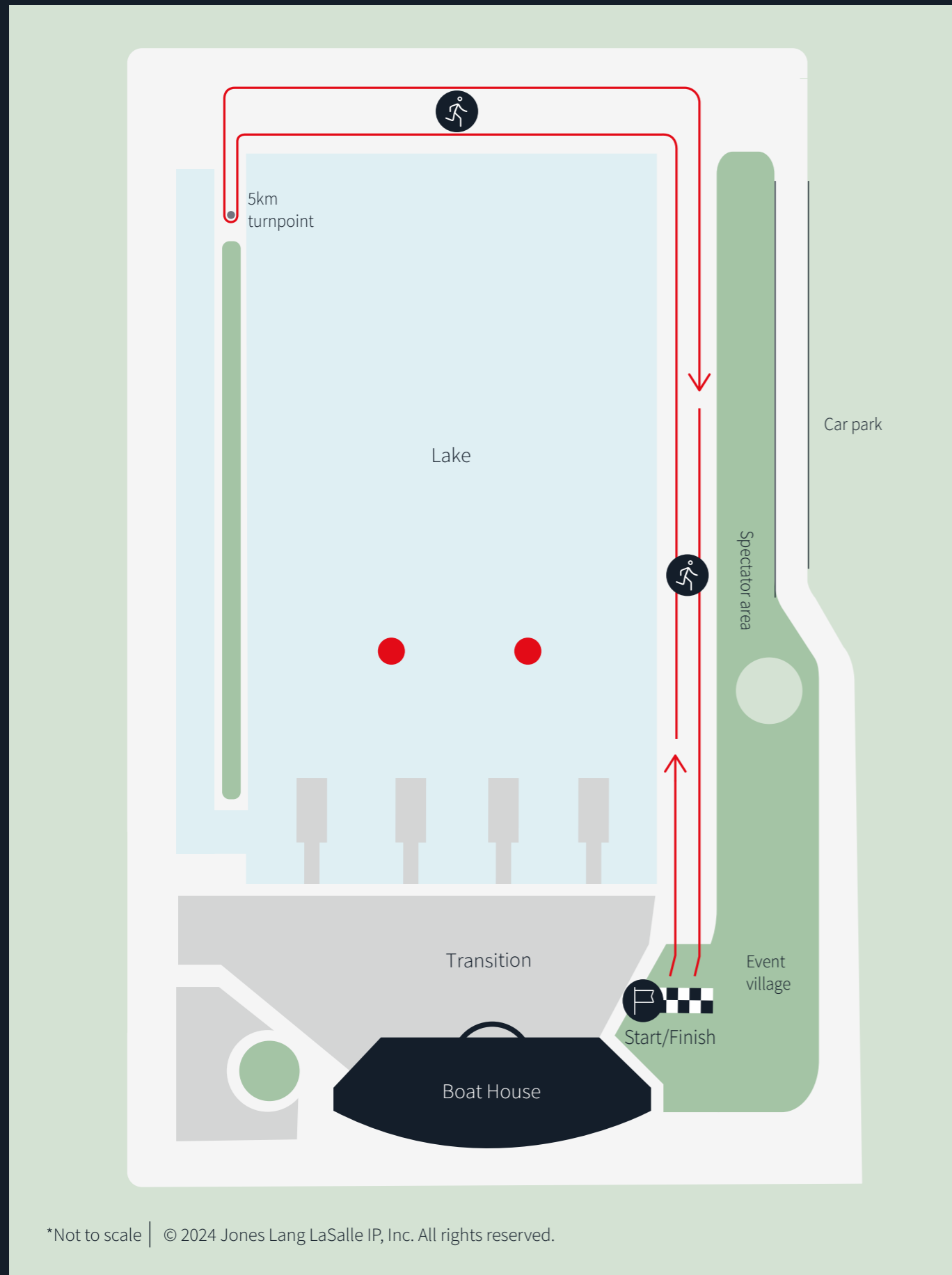
Duathlon course

Run 5km, Bike 21.2km (4 laps), Run 2.5km



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5K Run (1 lap)



Registration

All Individual competitors must have registered online by Friday June 14. Registration changes to individual entries will not be accepted after this date or on the event day itself.

Adding Team Members

The deadline to add team members to relay teams is Tuesday June 18 at 5.30pm. After this time, participants will not be able to make any changes to their relay teams. For more information on how to add team members, please see the [registration guide >](#).

Waivers

All participants must sign the event waivers in order to participate on the day. Please ensure waivers have been signed and medical details are up to date by 5.30pm on Tuesday June 18, 2024.

BTF Race Pass

As with any triathlon event governed by the British Triathlon Federation, membership is mandatory. Competitors who are not already a member must purchase a one-day BTF Race Pass at a cost of £8 to take part in the event. This will need to be done online before the event and by Tuesday, June 18 at 5.30pm. A BTF Race Pass must be purchased for each participating team member.

To purchase a BTF Race Pass, please log into 'Active MyEvents Portal' [here >](#) and click on 'your entry', select 'Purchase Merchandise' selecting 'BTF Day Membership'.

Withdrawals

Entry fees are made as a direct donation to the event charity partner and therefore refunds are not offered. Any participants unable to take part in the event, wishing to gain a refund of entry fee will need to transfer entries to a new individual. Entry places are valid for 2024 only and cannot be transferred over to the 2025 event.

Participants will be sent a text and emailed a QR code on Wednesday June 26, which will allow them to collect their race pack from within the registration tent.

Registration for the 5K, Duathlon, Triathlon and Relays takes place within the registration tent at the end of the mound. This is the first tent to the left hand side, when entering the event space from the main car park and is approximately a 5-minute walk from the start line.

Registration for the Property Swim is at the far end of the lake nearest the entrance to Dorney Lake.

At both registration points participants will pick up their race packs containing:

- Race bib (2 bibs if taking part in a relay)
- 3 x bike stickers (1 for cyclist's helmet, 1 for bike seat post and 1 spare)
- Swim cap*, and
- Timing chip if participants are in the individual triathlon, relay (swimmer only) or swim only event**

* Participants must wear the swim cap provided as the colour denotes specific start wave.

** Participants timing chip should be placed on the left ankle for the whole of the race, unless taking part in the Duathlon, in which case the timing chip is already applied to your bib. Relay runners will be passing the chip from person to person at the handover points.

Timing Chips

Electronic timing chips should be securely fastened to competitors left ankle. Once attached please do not remove until the Triathlon has been completed.

Please ensure that the timing chip is returned at the finish line. Failure to return the timing chip will result in a £35 Lost Chip charge.

[Visit the FAQs to find out more details >](#)



General rules

1. After the swim, participants should run into transition and find their bike. Participants should not touch their bike until helmets have been put on and secured. Participants can then run with their bike out of transition via the exit marked with “Bike Out” signs. Bikes should not be mounted until participants reach the marked mount line. Remember, at this point race bibs with numbers should be displayed on participants’ backs. The race bib should be displayed to participants fronts for the run leg.
2. No mobile phones or digital devices are to be used in the transition area or during the event at any time (including personal stereo devices for music).
3. Do not mark your position in the transition area.
4. Cyclists helmets are to be on and secured before participants touch their bikes, until their 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 at any time.
7. Drafting (cycling too closely behind another cyclist and gaining an advantage) is forbidden on the bike course. The drafting zone is 10m, so participants must keep at least 10m behind the cyclist in front, unless overtaking over a 20 second period.

Team specific rules

Cyclists: wear a cycle helmet and number bib pinned to their back (this is the timing chip). Wait by the racking position for the team swimmer to complete their swim. Bikes should not be removed from the rack until the swimmer has returned to the transition position.

Runners: race number bibs should be pinned to the front (this is your timing chip). If the same person is doing the cycling and running leg of the relay team, race bibs do not need to be changed over.

Timing chips will need to be exchanged over to the next team member before participants can continue with the next leg in the relay.

For Relay teams, timing chips must be used as a baton, passing the timing chip between team members in transition. The team member completing the last leg of the triathlon must be wearing the timing chip when racing, all the way to the finish line.

Racking

Participants will be racked by wave and will be directed to the next available space by transition staff.

Allocated positions in transition will be where riders will store everything needed for the race. It is important that all participants know the direction of flow through the transition area, where the team cyclists bike is amongst hundreds of others and for those in the relay, this will be the point where the next team member will begin their leg.

Please remove all belongings from the racking space immediately after race end to ensure the space can be re-used for future waves.

Wetsuit rules

As per British Triathlon rules, the wearing of wetsuits is dependent on water temperature one hour before the event starts. Swimmers will be notified on the morning of the event if any restrictions are in place. Participants should come prepared for both eventualities.

Water temperature	Wetsuit rule
Less than 14 degrees	Wetsuits compulsory
14 - 22 degrees	Wetsuits optional
Above 22 degrees	Wetsuits banned



Spectators, friends and family

Family and friends are welcome to enjoy the day and cheer all participants on! Dogs can join too, as long as they are kept on a lead. We ask that everyone attending the event by car endeavours to carshare.

The best places for spectators to watch is the event village side of the finish line or along the mound of the run course. Spectators will be unable to access much of the bike course other than the section which passes the event village area. The grass area from the registration tent towards the event village offers views of all three triathlon disciplines.

Please note due to space limitations we do not allow tents or gazebos to be brought onto the site.

JLL marquee

JLL will have a central marquee in the main event village area, where participants can relax, network and enjoy the atmosphere at the finish line.

Food + Drink

Breakfast: The Eton Eatery 'The Kitchen' is located on the lawn by the Boat House, and open from 7.30 to 11am, where purchases can also be made on the day by cash or card.

Lunch: from 11am, The Eton Eatery 'The Kitchen' will turn into a Grill & Spice Shack, along with an outside bar which will begin serving from 11am until 5.30 pm.

Other catering facilities are available and spread across the Event Village, which include Coffee ETC, an ice cream van, Mozzarella Nation, Uncle Woo and Enak Vegan. Any items purchased from these concessions are to be bought at your own cost. Vouchers can only be redeemed at the The Eton Eatery 'The Kitchen' concessions located by the Boat House.

The venue does not allow personal barbecues.

Please ensure all rubbish is disposed of in the bins provided across the event site.

Bag Drop

Due to the number of people taking part there is no bag drop facility at this event. A baggage drop will only be available for those participating in the Property Swim at 8am. For participants who drop their bags before the start of the race, the collection point will be upstairs in the Boat House after finishing the swim. We strongly recommend that those not taking part in the Property Swim leave bags with relatives/friends or in cars. However, we do advise that all participants keep on their person clothing for after the race, a mobile phone and a little money.

Shower/Changing Facilities

Changing and showering facilities for all competitors are available in the Boat House. For those taking part in the Property Swim, changing facilities are available at the top end of the lake near the swim registration towards the entrance to Dorney Lake itself.

Massage Therapists

One pre-paid therapist and one payable therapist will be available next to the JLL marquee. Availability will be based on numbers on the day.

Health and safety

Medical teams and ambulances will be in attendance and will be located between the Event Village and Boat House. If witness to or 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, too.

Important: medical details should be written on the back of your race number and a small red cross marked to the front of participants race bibs to indicate a known medical issue. For participants feeling unwell on event day, whether a medical condition or not, please do not take part.



Participants will be sent a text message with finish time after crossing the finish line. Results are also available live [here >](#).

Please wait at least 30 minutes for your results to be published. If results are not received after this time, please contact our timing provider at humanrace@raceahead.net.

Travel information

By road:

The Dorney Lake postcode is SL4 6FJ. Please follow the yellow road signs for 'Human Race Event'. There is plenty of parking space, but please be aware that there is a circa 10-25 minute walk from the car park to Event Village itself.

Due to limited car parking space within the venue, we advise that where possible participants and spectators share vehicles with colleagues, family or friends attending the event.

By bike/on foot:

If walking or cycling to the event site, please use the main entrance (off Marsh Lane/Court Lane) as per the road directions above. Alternative maps/sat navs. 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 (which is approx. 40 min walk away).

By train:

Dorney Lake is easily accessible from both Slough (Elizabeth Line, train) and Windsor & Eton Riverside (train) stations. Other nearby stations are Windsor & Eton Central, Burnham, Taplow and Maidenhead.

Local taxi numbers:

Windsor Taxis: 01753 775075 | Taxi Slough: 01753 247247 | Point 2 Point: 01753 305252

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.

Book your wetsuit hire here >

Please note that the deadline to reserve a wetsuit is Thursday June 27 2024.

Bike Hire

Hire your bike from On Your Bike for collection on event day, with a range of bikes available.

Book your bike hire here >

(Please note that the deadline to hire a bike is the Friday June 21, 2024).

Event Photos

Our event photography partner AWOL Adventure will be there on the day taking snaps of all participants. You can get ALL of your official digital event photos for just £15* when you purchase a pre-event photo bundle from our official photography partner AWOL. *(Post-event photo bundle price is £30). This exclusive offer ends Midnight June 27 2024, so visit the AWOL event page here to pre-order now. [Click here >](#)

Good luck to
all taking part!

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