



## Tri-Out Guide

Welcome to the OxfordTri Big Tri-out 2024. We are super excited to be piloting this event and are excited to see what the future could hold. This is an opportunity for you to take on all or some of the disciplines of Triathlon. All the details provided in this guide are up to date as of the production date. However athletes are advised to ensure that they check communications from OxfordTri with regards to this event for any changes to information included in this guide.

## Key Information

Day	Saturday
Date	28/09/2024
Time	8am-12pm (with social afterwards)
Place	Queenford Lakes, Berinsfield, Oxfordshire

## Event Entry

The event is free to participate in, however for this initial event you must be a member of OxfordTri. We also ask that those participating sign up [HERE](#).

## Event Schedule

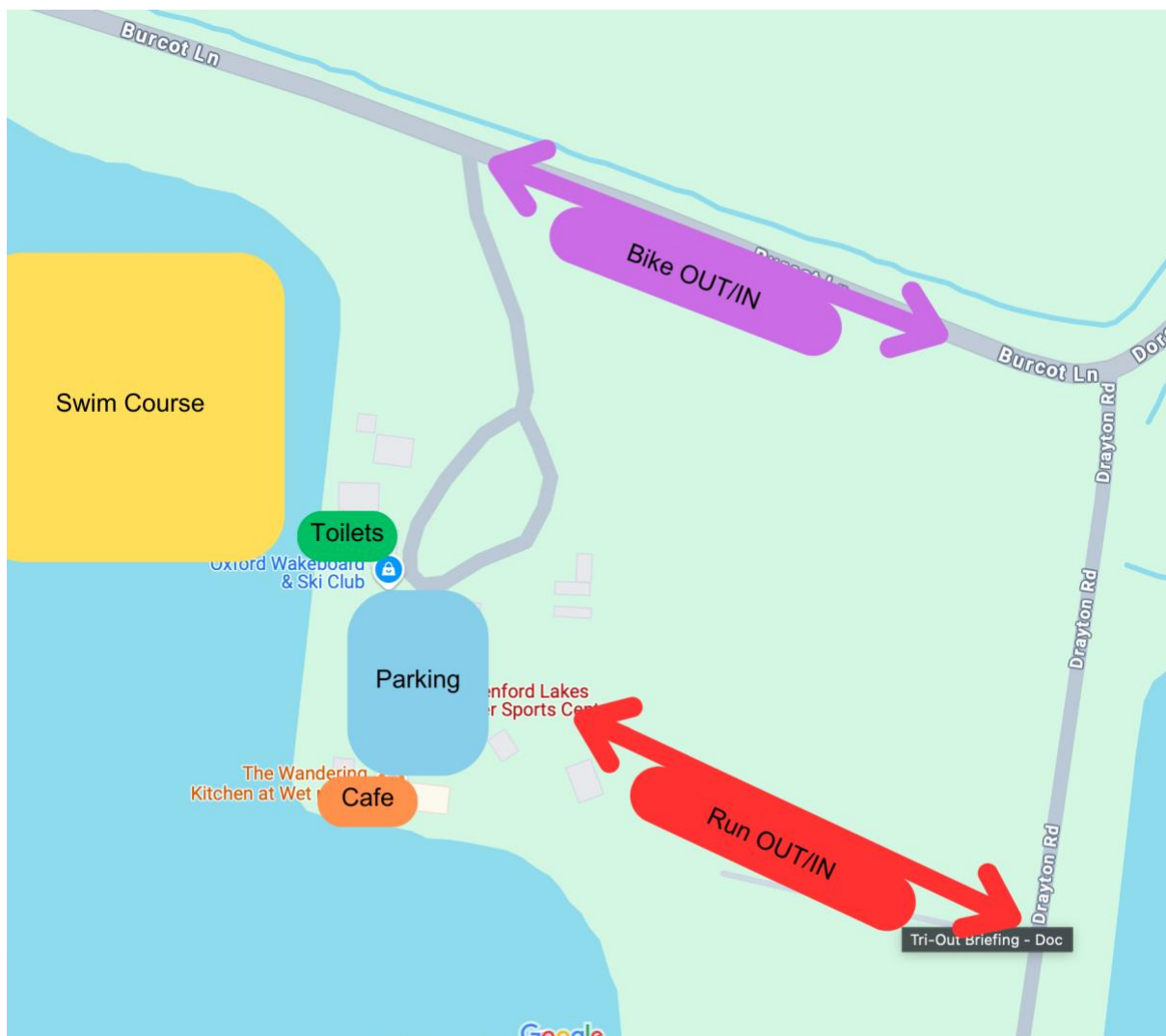
Discipline	Estimated Timings
Swim	08:00-09:00 *Fixed Timings
Bike	9:00-11:00
Run	11:00-12:00
Post Event Social	12:00-13:00

These are our estimated times if planning on completing a full triathlon, however both the bike and run course will be open between 08:00 and 12:00. You are more than welcome to take on an Aquathlon (Swim+Run) a Duathlon (Run+Bike+Run), or even just one of the disciplines across the morning.

# Event Location

Queenford Lakes is a scenic area located in Oxfordshire, known for its tranquil lakes and natural beauty. The area boasts a rich history and is popular for outdoor activities such as water sports and nature walks. Queenford Lakes lies near the town of Dorchester-on-Thames, with the Chiltern Hills to the southeast, providing a picturesque backdrop. The area is easily accessible, situated about 15km from the M40 motorway, which connects London to Birmingham, making it a peaceful yet convenient escape for visitors and locals alike.

## Event Site Map

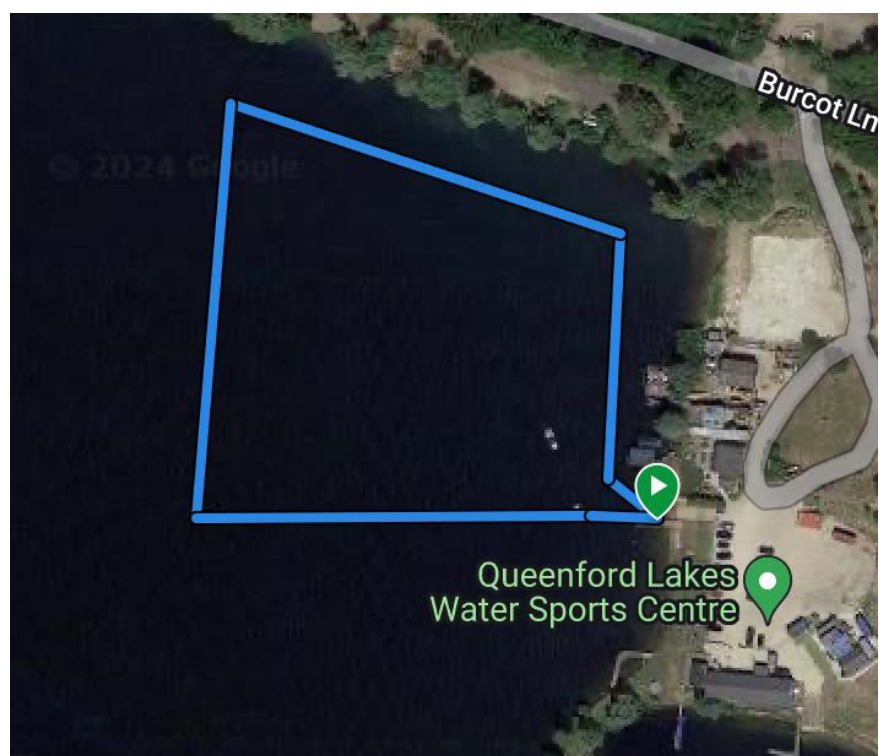


## Event Parking

Participants are asked to park on the gravel area in-front of the lake. This parking area is used by the general public and those using the cafe so please park appropriately. Depending on numbers this may change however you will be updated.



The swim course as outlined in the image above is an anticlockwise loop of approximately 500m indicated by orange buoys. When entering and exiting the water participants should **not** use the sliproad at this is very slippery.





The bike route is not marshalled or signposted and on “open roads” so athletes must be aware of vehicular traffic on the route and any potential traffic hazards. The rules of the road always apply. For safety reasons we are asking athletes not to draft or ride in a group if you don't feel comfortable riding in close proximity to other cyclists.



On the bike course there is two right turns which cyclists will have to take across traffic (see above picture). This takes place approximately 2.5km into the bike course as you transition from the single country road (Stadhampton Rd) onto a main road (A329). As the turn is also on a corner please do take particular care.

This particular turn is also where you exit the loop part of the course. Those completing the 22km loop will turn off after their **first** loop and those doing the 37km after their **second** loop and finally for anyone doing 51km they should exit after completing **three** loops. Again, when exiting the loop please take care as this right turn is across traffic.

We are asking that where possible those taking part in the bike download the bike course to a bike computer/phone as it will not be signposted or marshalled.

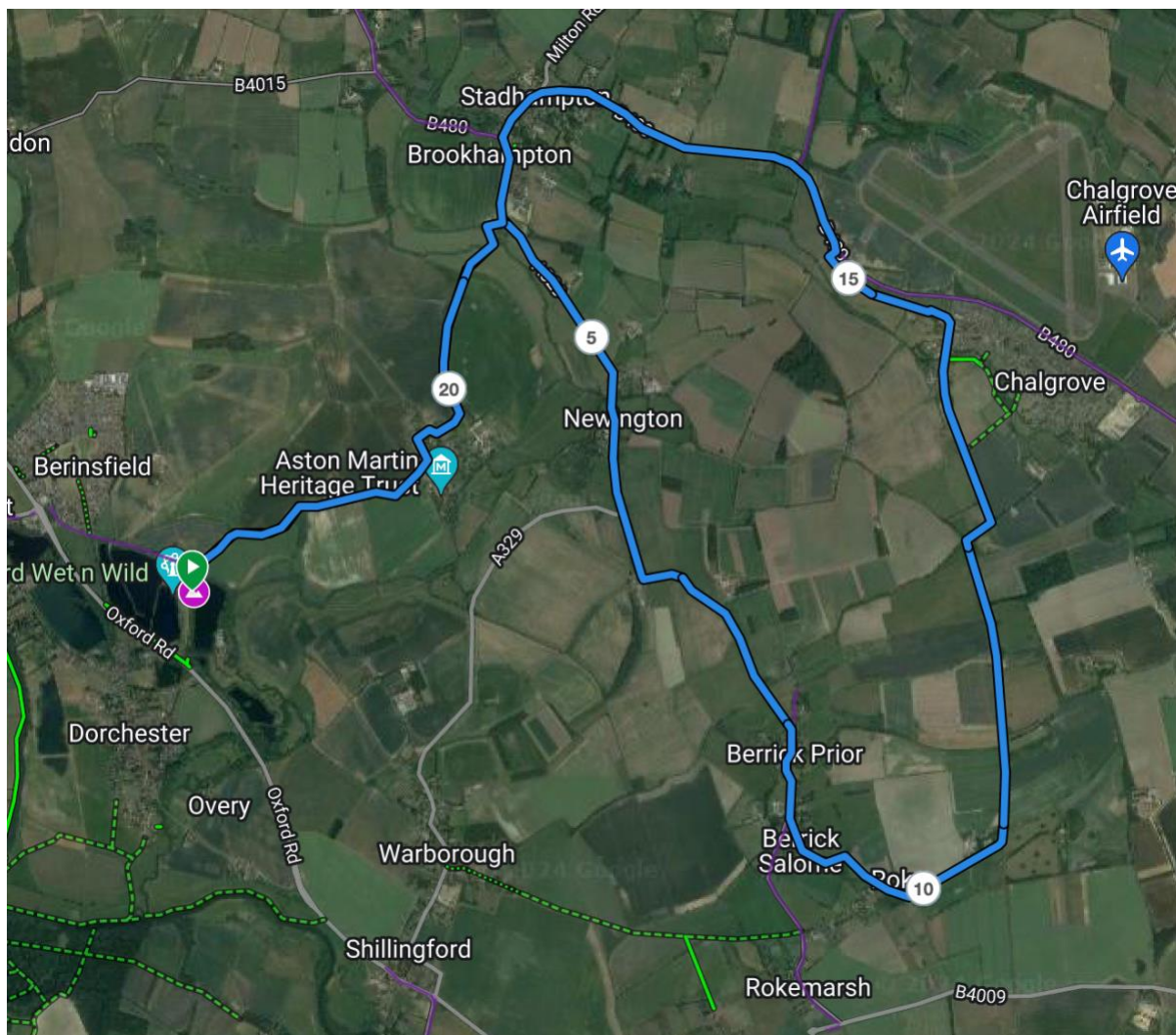
22km Loop – <https://connect.garmin.com/modern/course/304973428>

37km Loop – <https://connect.garmin.com/modern/course/305263636>

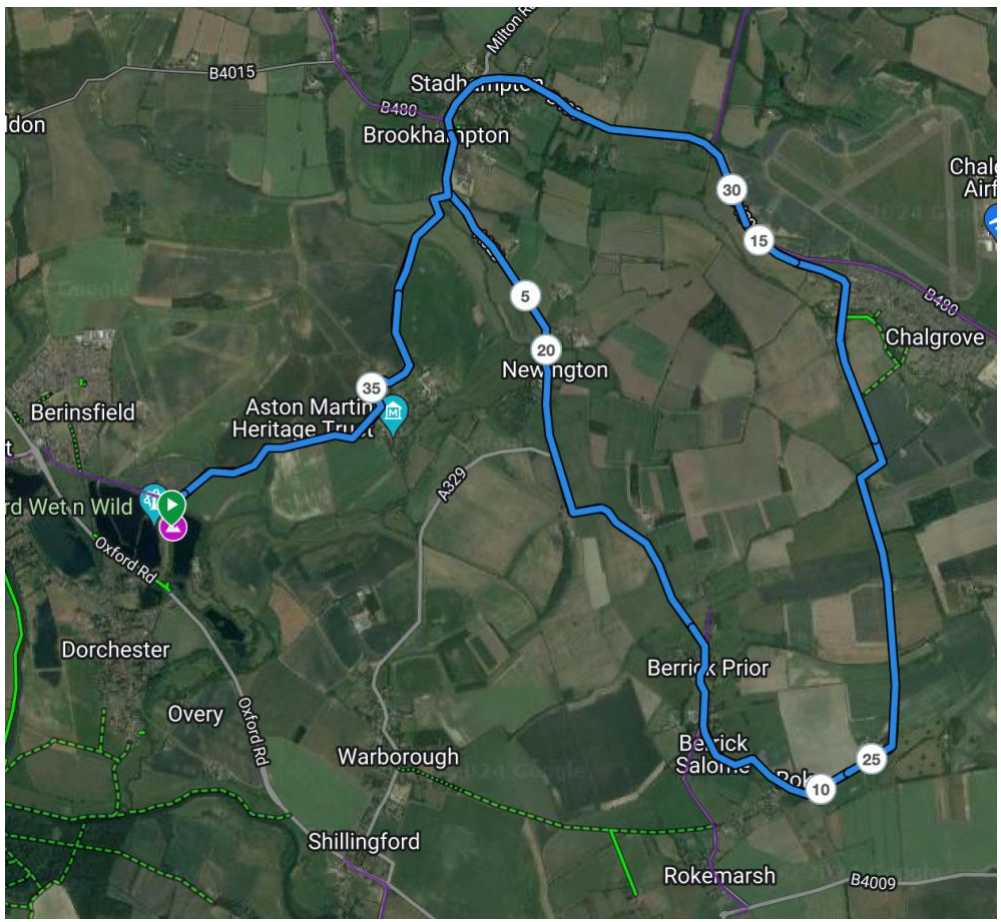
51km Loop – <https://connect.garmin.com/modern/course/305264432>

You should be able to download the GPX files using the links however if you have any issues please email [info@oxfordtri.co.uk](mailto:info@oxfordtri.co.uk)

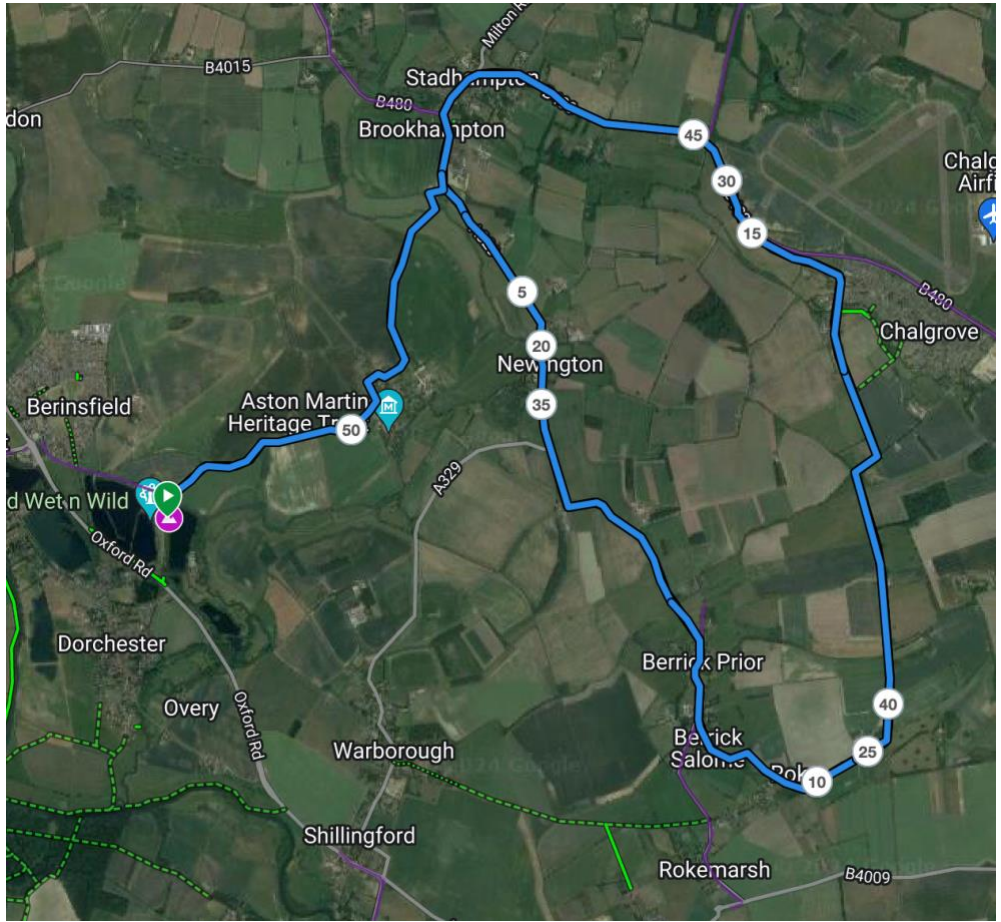
## 22km Loop



### 37km Loop



### 51km Loop



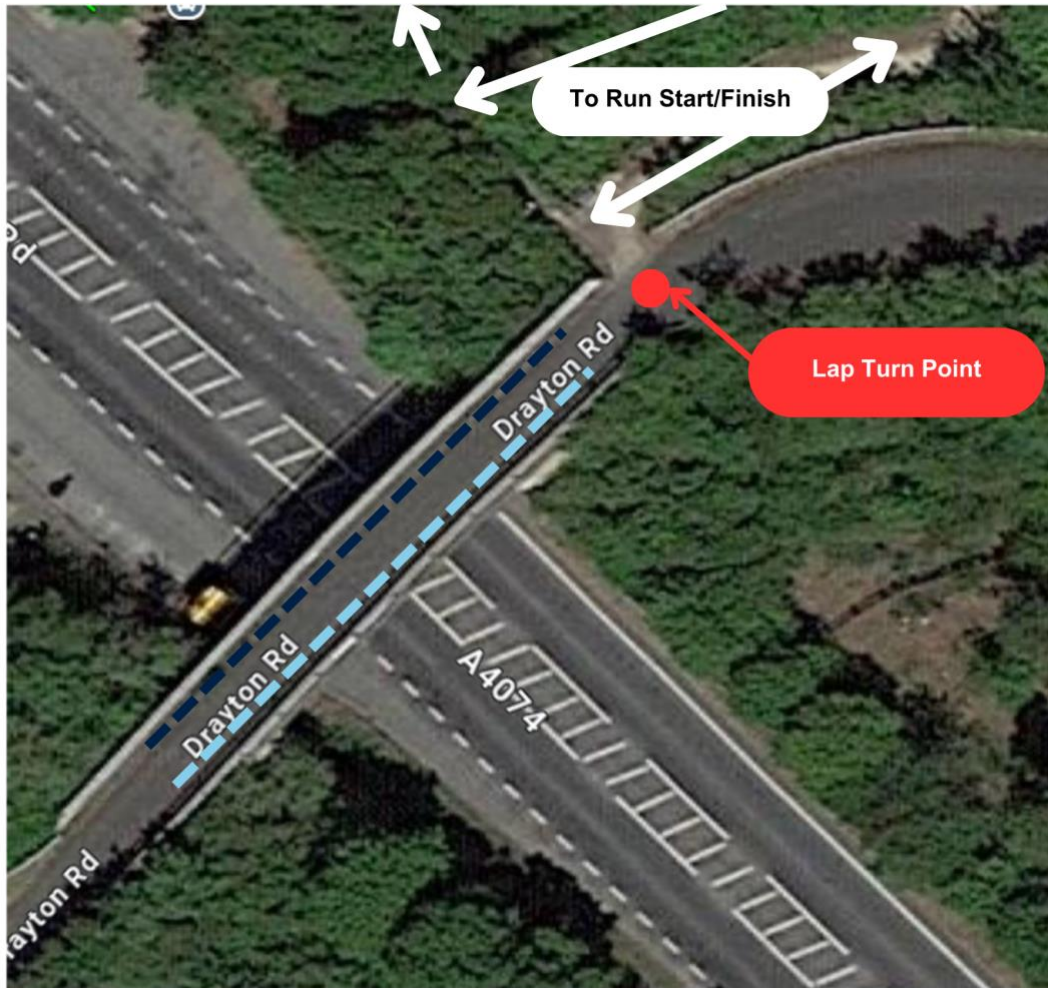


The run route is signposted, however not marshalled. Please do take time to study the route there will also be a link to the course below which can be downloaded. The course is also on public paths and minor roads so please do take care and be conscious of other users on the course. The course also has a small number of styles and gates please take care in these areas and ensure that gates are closed.

The first 500m of the run course takes you up to the bridge on Drayton Rd where you cross over the main carriageway and head towards Dorchester. There is a small 20 meter section of the course just before the bridge which is quite narrow, so please take care as there may be runners coming in the opposite direction. Once on the bridge keep left and head down toward Dorchester where you will soon branch off to the left.



The bridge also indicates the turn point for the run loops so if you would like to do more than 5km there will be a cone marking a dead turn just prior to the path that takes you back to the lake.



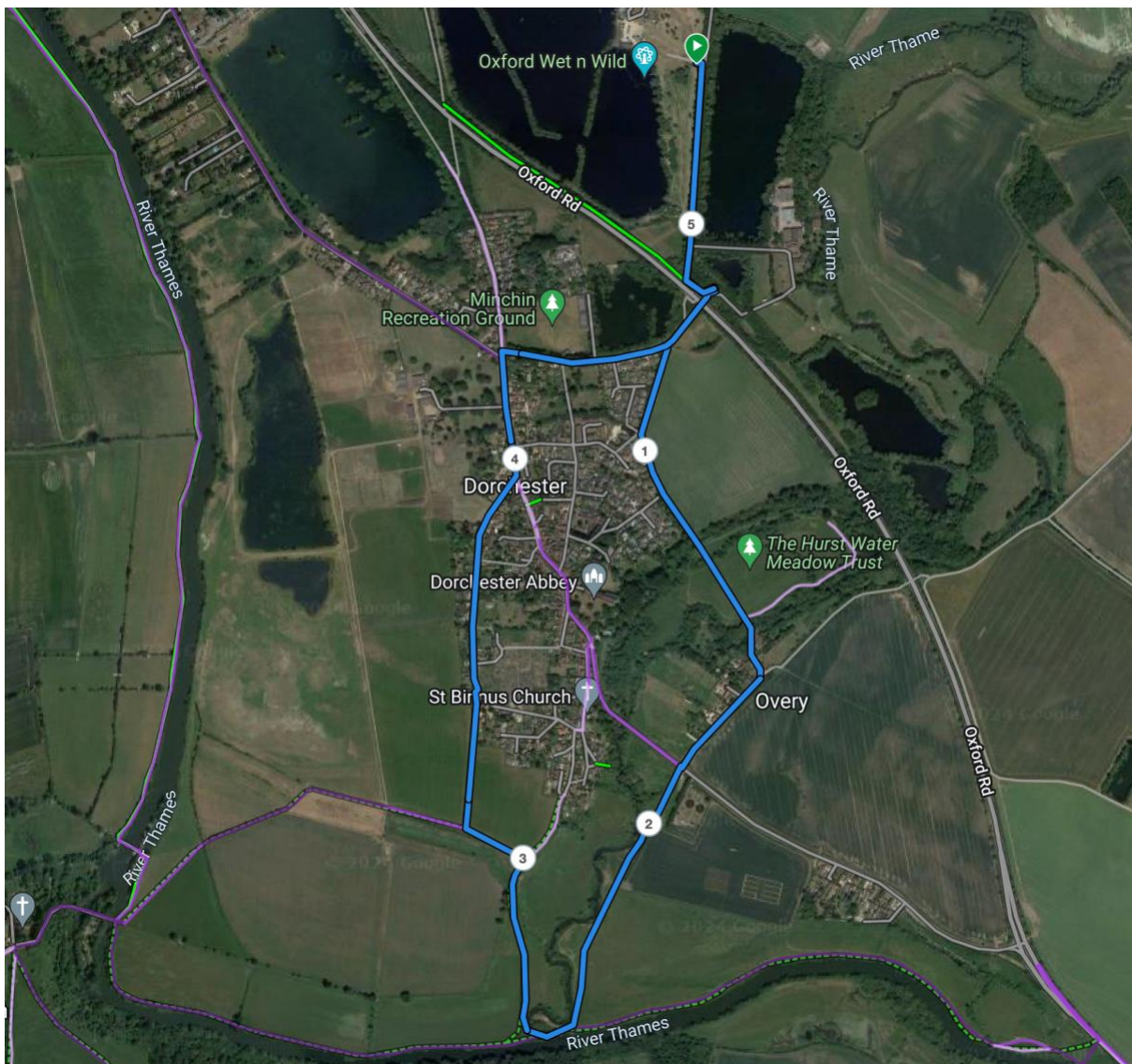
Approximately 1.8km into the loop athletes will come to a road crossing across Henley Rd. This isn't a super busy road but please do take care when crossing. Once over you'll head through a gate towards the River Thames.



Approximately 4.1kms into the run course athletes will need to cross the road in order to be able to turn right down Drayton Rd. We are encouraging athletes to do this after the entrance to Snug Cafe and Farm Shop, and before the junction.



**Run Course 5km**



# Post Event Social

From 12:00-13:00 we will be having tea, coffee and cake in the Wandering Cafe at Queenford Lake. During this time there will also be **Medals** for those who have completed all three of the disciplines. We can't wait to celebrate a successful mornings work!

## Event Check List

### Swimming

- TriSuit
- Wetsuit
- Goggles/Sparegoggles  Swimcap(supplied)
- Towel

### Cycling

- Bike (make sure brakes are working, tyres inflated)
- Bike tools/puncture repair kit /bike pump
- Bike water bottle
- Cycle shoes/socks (if required)
- Helmet (required) check straps and fitting
- Mobile Phone
- Nutrition

### Running

- Run shoes
- Water bottle
- Nutrition