

## SWIM 1.1KM

You will be swimming in Ellingham Water Ski Lake. The likely water temperature is between 11 and 12 degrees C. Wetsuits are compulsory for the swim section.

The swim will start in the water, access is via the slipway in front of the Club Hut. **You must be present for your Race Briefing at the swim holding area in front of the Club Hut, at 7.15AM. Transition will close at this time.**

The swim is a clockwise circuit of the lake. The course will be clearly marked with Buoys. There will be a number of Rescue Canoes and a Safety Boat. If you get into difficulty during the swim turn onto your back and raise one arm in the air, assistance will come to you.

On exiting the swim via the slipway follow the matted path up to the Transition. Wetsuits must be removed in Transition (do not block the path or the swim exit).

Competitors are reminded that no inland waterways in Britain are considered safe for swimming. Do not swim if you feel unwell or are recovering from a virus or infection. In the event of illness after swimming, medical advice and treatment should be sought from your GP.

**NB. In the event of sub 11' water temp the swim will be replaced with a 4km run.**

**Wave 1: 7am Red Hats**

**Wave 2: White Hats**

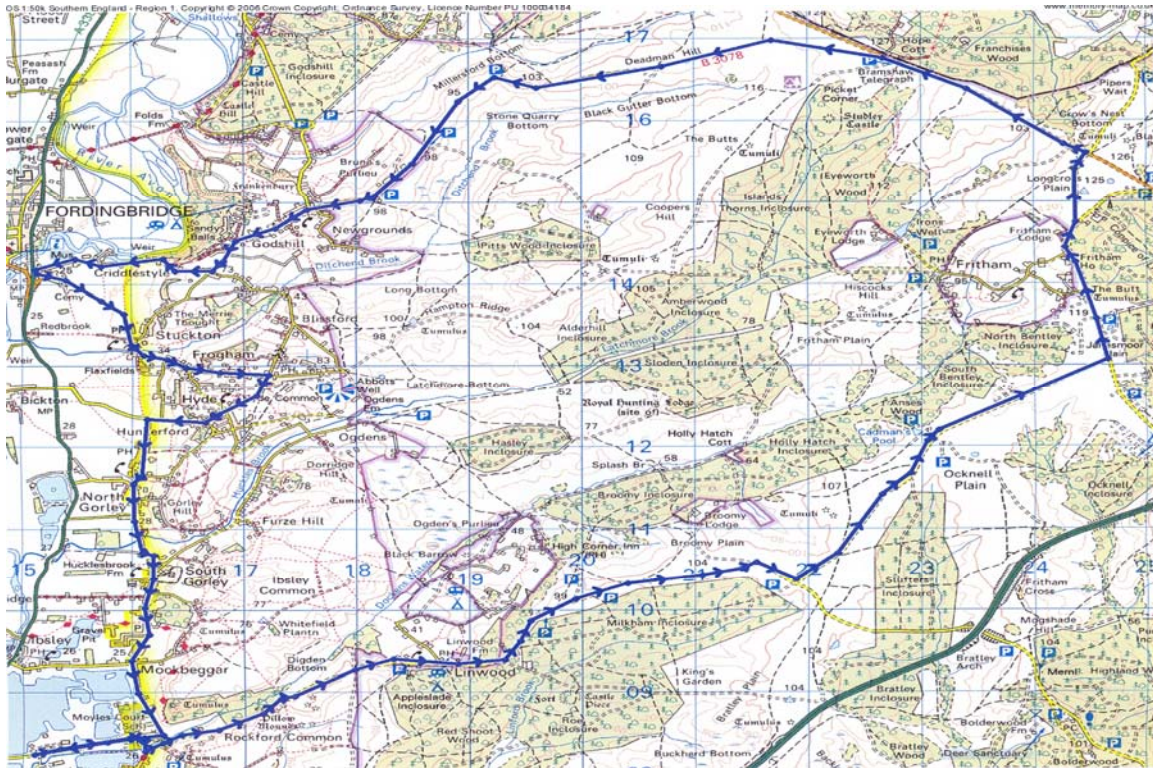
**Wave 3: Blue Hats**

**Wave 4: Green Hats**

Waves will be spaced at 2 minute intervals.

Hat supplied —no changes can be made to start time/wave.





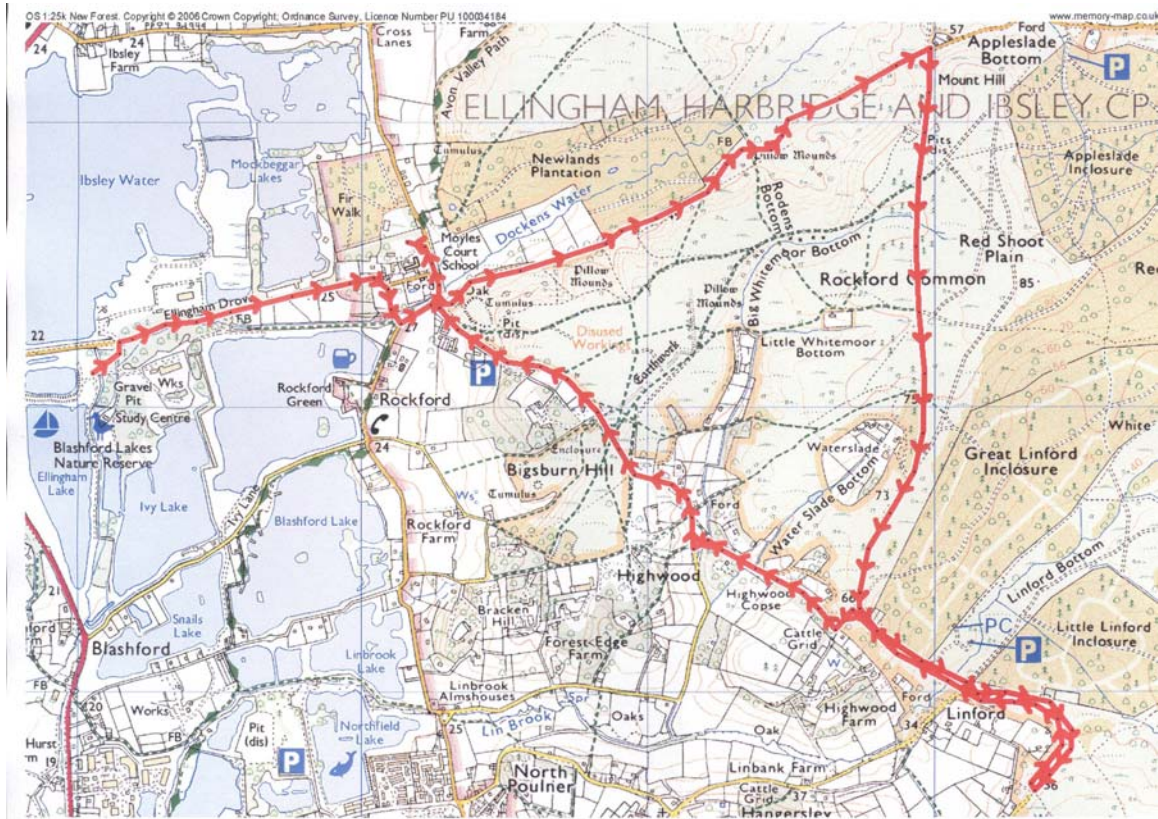
## **CYCLE 36KM**

- From Transition, exit Right & mount as directed (marshalled)
- Cross cattle grid and bridge at 0.7m and turn left (marshalled)
- Turn Right at junction (marshalled) and commence climb to Red Shoot
- At Ocknell Plain turn Left at 5.1m to Stoney Cross
- At Stoney Cross T-junction turn Left 7.7m
- At Fritham 8.9m take left hand fork
- At crossroads 9.5m turn left onto B3078 to Fordingbridge
- Negotiate cattle grid and Pinch Points with care at Godshill 14.9-15.2m
- Fast Descent from Godshill to Fordingbridge 15.4-15.8m **TAKE CARE!**
- Turn Left at Fordingbridge Fuel Station 16.5m (marshalled)
- Immediately Left Again 16.6m (marshalled)
- Over cattle grid at 17.5m and climb to Frogham
- Turn Right just before Pub at crossroads 18.2m (marshalled)
- Take Care on Descent (**narrow & bumpy**) 18.6-18.9m
- **SLOW DOWN** for Left Turn to Gorley at 19.1m – Gravel!!
- Water splash at 20.1m should be dry unless prolonged rain!
- Continue through Moyles Court watersplash bearing right on same road **WATCH OUT FOR RUNNERS!**
- Turn Right over bridge at 21.7m (marshalled) Cross cattle grid at 21.8m
- Dismount and run left into Transition at 22.3m (marshalled)

**All roads are open to traffic. Highway Regulations must be obeyed at all times. Marshals will not stop traffic for you at junctions, be prepared to Give Way / STOP! Dangerous Riding will be penalised with a DQ.**

On New Forest Roads you will encounter ponies, cows, pigs, deer & Sunday Drivers—all of which have no road sense—negotiate with caution! Also, watch out for horse riders, shout a warning ahead and give a wide berth when passing.

## RUN 10KM



- Exit Transition onto Ellingham Drove turn Right
- Cattlegrid (marshaled) at 0.8km
- Continue straight on over the hump-backed bridge then turn left at t-junction
- At junction follow the Linwood Road straight on.
- Run on the left along the road until you reach the marshal at the foot of the gravel track on your right. Cross over here (when safe) and head onto the gravel track
- Continue straight along the obvious path until you reach the next marshal at the end of this track.
- Turn left past the row of white cottages and descend steeply on the lane.
- At the next junction carry straight on along the lane in front of you until it bears around the corner where you will see the turnaround point.
- Retrace your route as far back as the white cottages on the steep hill
- Turn left following a gravel track which becomes tarmac again after approx 100yds
- Continue down hill on the road and turn right onto the bridleway at the bottom of the hill as the road bears left
- Continue along the obvious track to where it intersects a number of other tracks and continue straight on alongside the walled large property.
- Continue straight on along this track as far back as the watersplash at Moyles Court, cross the road as safe and through the watersplash or over footbridge
- Continue to 2<sup>nd</sup> School entrance on your left (marshaled), cross the road when safe and in to finish on the cricket pitch!

**Please do not drop any litter** on the route. Keep your wrappers & bottles to drop with a marshal. Drinks table at Linford Cottages (passed twice) – please drop water cups in the bins provided (within 10metres either direction)

Beware of dog walkers and horse riders and show due consideration when passing. If approaching horse riders from behind shout a warning ahead so they know you are there!

## **CAR PARKING**

The competitor's car park on race morning is at Ellingham Church off the A338 opposite Ellingham Drove, from where there is a 5min walk to the lake. You will be directed by our signs & marshals on arrival.

**PLEASE DO NOT PARK ON THE ROADSIDE** between Ellingham and Moyles Court— you will be adding to the danger to both cyclists and runners by parking on the route. Competitors parking on the route will be traced and disqualified from the race.

## **Transition & Bike Racking**

**Open from 5.30am**

Only competitors and officials are allowed within the fenced Transition area at Ellingham Water Ski Club. You will need to show your race number to gain access to and exit from Transition. You will need to be body marked with your race number in Transition—see one of our many volunteers. You will need to be in the swim holding area at 7.15am. Please allow yourself plenty of time to rack the bike and sort out kit, allowing for numerous toilet breaks!! The race will start promptly and will not be delayed for latecomers!

## **The Race!**

All the routes will be clearly signed, if you get the chance it is always worthwhile having a look at the bike course and run course - knowledge of the course will save you minutes!! Any course changes / hazards will be explained at the race briefing 7.15AM at the swim start.

**Rules!** (for the full list of competition rules please refer to [www.britishtriathlon.org](http://www.britishtriathlon.org) )

Please note that no drafting (2min penalty 1st warning, DQ 2nd time) will be allowed on the bike course—see 7m rule on [www.britishtriathlon.org](http://www.britishtriathlon.org) There will be draftbusters patrolling the bike course and a BTF Referee will be present.

You must wear a helmet during the cycle section, this helmet must be on your head and fastened before you take hold of your bike and must remain so until after you have racked your bike. (2min time penalty).

You must mount and dismount at the designated line on the driveway. No riding in transition. (2min penalty)

On the bike route normal Highway Regulations must be obeyed at all times. Marshals will not slow the traffic for you they are there to give you directions only.

The use of headphones including MP3 players or mobiles whilst racing is dangerous and is prohibited. (DQ offence)

It is the responsibility of the athlete to know the route and complete the specified course. Signs may be tampered with, marshals may stay in bed—the Race Organiser takes no responsibility for such occurrences.

**NB: All of our Marshals are volunteers. Any competitor, (including their family or friends) abusing our Marshals will be disqualified and will receive a lifetime ban from RACE NEW FOREST events.** Remember Forest Roads are unfenced to animals—Watch Out!

## **Timing**

You must wear the race chip provided—this will give you your splits and finish time. Make sure it is securely fastened to your ankle. If you lose your chip you won't get a time recorded!! You will pass over timing mats at Transition and at the finish which will record your split times for you—if you do not pass over these mats you will not get a time!

Your Race Number must be clearly visible on your back during the cycle and on the front during the run. Race belts are permitted, however please ensure your number does not become obscured or folded. Cutting or folding of race numbers will lead to a 2min time penalty.

## **Facilities**

There will be portaloos in transition at the lake. Toilets, Changing Rooms and Showers are all available in the Sports Hall at Moyles Court School.

## **Post Race**

The Finish Area is at Moyles Court School. Once you have had a shower and got your warm clothes, please collect your bike and wetsuit etc from Transition (remember you will need to show your race number to be allowed to remove your bike & belongings) and return in time for presentations & prizes plus post-race food and drinks (free to all competitors—just show your race number) in the Sports Hall at Moyles Court.

The Presentations and prize giving will start shortly after the last competitor finishes (expected to be around 11am). Please Note we are unable to post uncollected prizes, please make alternative arrangements if you cannot stay for the presentation.

Results will be on display after the race on our website [www.racenewforest.co.uk](http://www.racenewforest.co.uk) and on [www.tri247.com](http://www.tri247.com)

## **Directions**

**From The South East / London:** From M3 continue onto M27 Westbound. M27 eventually becomes A31 – continue Westbound to Ringwood. Exit at Ringwood and turn right at Roundabout following A338 Salisbury & Fordingbridge. On the edge of Ringwood (after approx 1.5m) Turn left to Ellingham Church at the Ellingham Waterski junction -see map on front page

**From The West / Bournemouth:** Follow A31 (A338) Eastbound and exit at Ringwood and turn left at Roundabout onto A338 Salisbury & Fordingbridge – follow as above.

**From Salisbury / North:** Take A338 Southbound from Salisbury towards Ringwood. Continue past Fordingbridge and Ibsley, then look for brown signs to “Ellingham Waterski” on your left just after the big lake & Quarry also on your left. Turn right to Ellingham Church for parking.