



# Bucklers Sprint Triathlon



*Run by cyclists, for cyclists*

## Sunday 12th August 2012

### Start Time 6-7am

### Buckler's Hard Village, Beaulieu, S042 7ZN

#### **Directions**

##### **From London / The East:**

From M3, follow M27 Westbound, Exit at Junction 2 Fawley, follow A326 to Dibden Purlieu, right at roundabout to B3054 to Beaulieu and then follow the tourist signs to Buckler's Hard.

##### **From Southampton:**

A35 Westbound, onto A326 at Hounslow as far as Dibden Purlieu, turn Right at roundabout on B3054 to Beaulieu then follow the tourist signs to Buckler's Hard

##### **From Bournemouth:**

A35 through Christchurch to Lyndhurst where Right onto B3056 Beaulieu Road, at Lyndhurst Park Hotel. Continue past Beaulieu village following tourist signs to Buckler's Hard.

##### **From The West:**

A31 Eastbound eventually becomes M27 at Junction 1. Exit at Junction 2 Fawley, follow A326 to Dibden Purlieu, right at roundabout to B3054 to Beaulieu then follow the tourist signs to Buckler's Hard.

CAR PARKING AVAILABLE ON SITE

Nearest Rail Stations: Brockenhurst — 6 miles (Waterloo—Weymouth Service)



# 750metre SWIM

Transition will close 15minutes before the start and you should make your way down to the river for the race brief and swim start.

The swim will start in waves 5-10mins apart. The colour of your swim hat dictates the wave start you have been allocated. Swim Hats must be collected at Registration along with your timing chip and race numbers!

Waves may be combined to ensure everyone gets the same swim conditions—to be decided on race morning.

Water temp will be 14—16°C

## **Wetsuits are recommended**

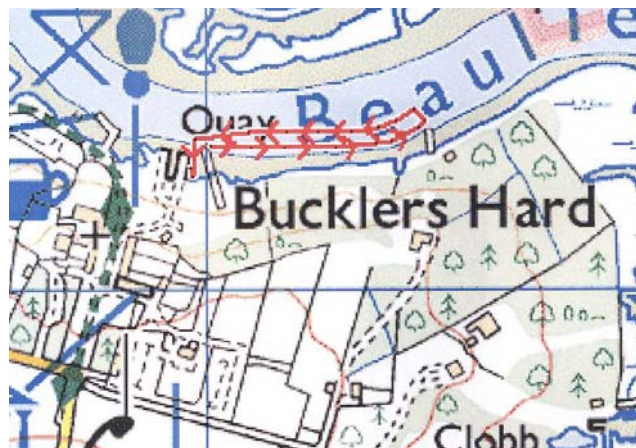
After the safety briefing you will be called forward to your swim start.

The swim will start on the historic slipway and follows an out-and-back loop in the marina. (exact route will depend on overnight moorings) You will exit onto a jetty and then follow a matted path up through the village and into the transition area. The river is tidal so may taste slightly salty! There will

also be a fairly strong current in one direction.

There will be a number of rescue canoes and motorised safety boats patrolling the swim. If you wish to attract the attention of one of these boats turn onto your back and raise one arm in the air.

*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.*



## **Transition**

There is an uphill run of approx 400metres up to transition. We will mat the run section so you will be ok in bare feet but if you prefer you can leave a pair of running shoes to be put on after the swim. Wetsuits must be worn or taken to transition – do not discard on the way!

# Bike Route 25km

## **Directions:**

1. Start at Buckler's Hard From Transition at Bucklers Hard follow lane towards Beaulieu.
2. Descend to the t-junction to **STOP (foot down)** and turn right
3. At the bottom of Beaulieu Hill turn right (**take care and use filter lane**) into Beaulieu Village
4. Climb to Hilltop and straight on towards The Heath roundabout at Dibden Purlieu
5. Turn Left at the roundabout onto A326 (**Caution be prepared to STOP**)
6. At Applemore roundabout outside Tesco turn left from A326 into the New Forest –

## **caution be prepared to stop at roundabout**

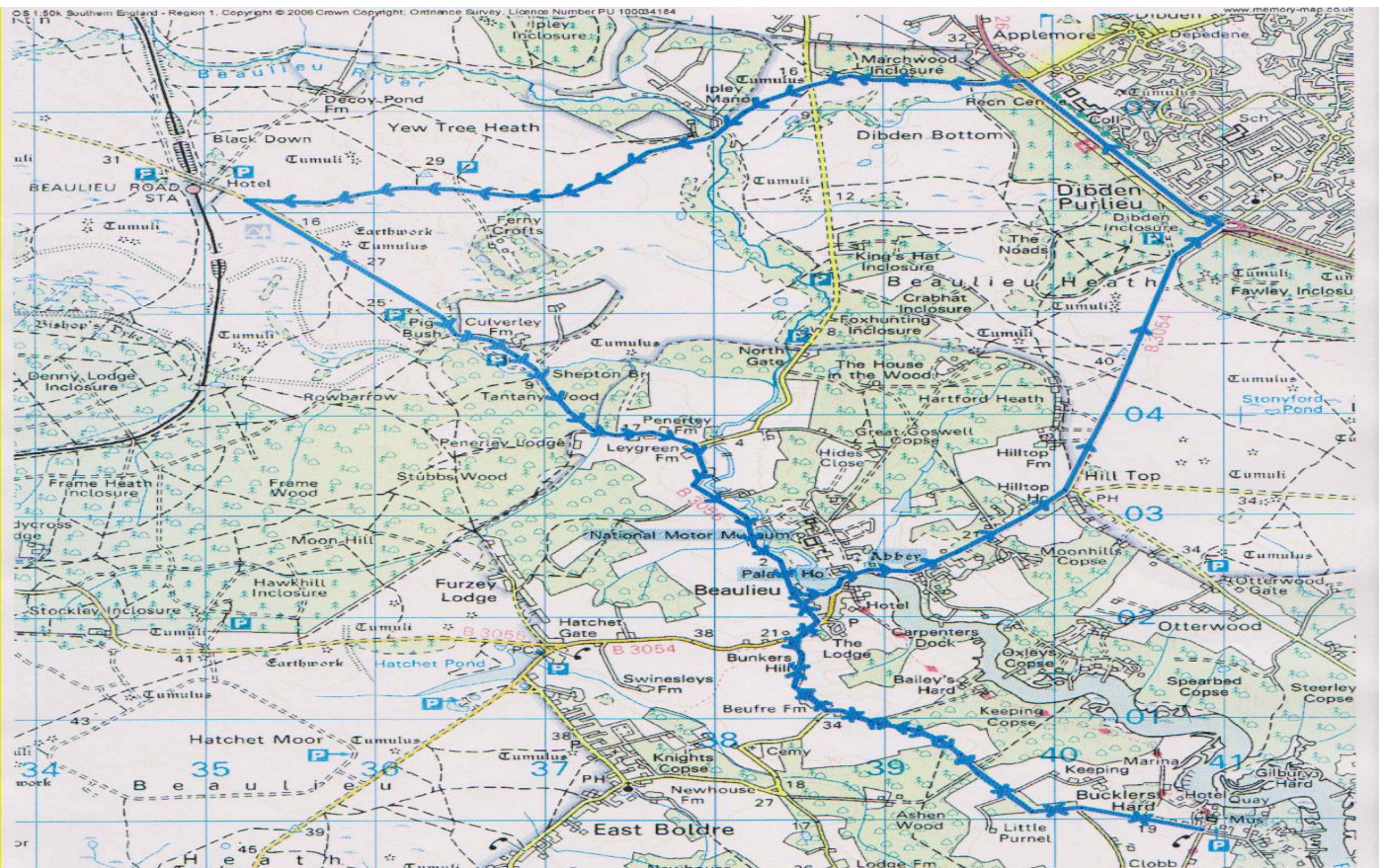
7. At Ipley crossroads, **STOP / SLOW** then go straight ahead when safe / as directed
8. Continue to t-junction with B3056 Beaulieu Road where **prepare to stop if necessary** and turn left when safe / directed
9. Continue past Beaulieu village to
10. To Beaulieu Hill to turn left to Bunkers Hill and return to Buckler's Hard

\*\*\*\*\***WARNING**\*\*\*\*\*

## **Cycling Safety Notice:**

**Roads are open to traffic. Highway Regulations must be obeyed at all times. Cycle on the LEFT. If overtaking a slower rider pull in once you are past. You will **NOT** have priority at junctions, be prepared to Give Way / STOP!**

**Any cyclist who is reported by marshals, officials, police, other road users and competitors, or spectators riding dangerously or without due care, will be disqualified without recourse to an appeal. Dangerous riding includes (but is not limited to:) riding in the centre or right side of a road, cutting across the centre white line at a junction, failing to obey a marshal's instruction.**



## Run Route 5.5km (Out & Back course)

### Directions:

Exit transition and follow the gravel track towards the river down through the centre of Bucklers Hard village and bear left at the bottom of the hill.

Stay on this obvious track along to the marina.

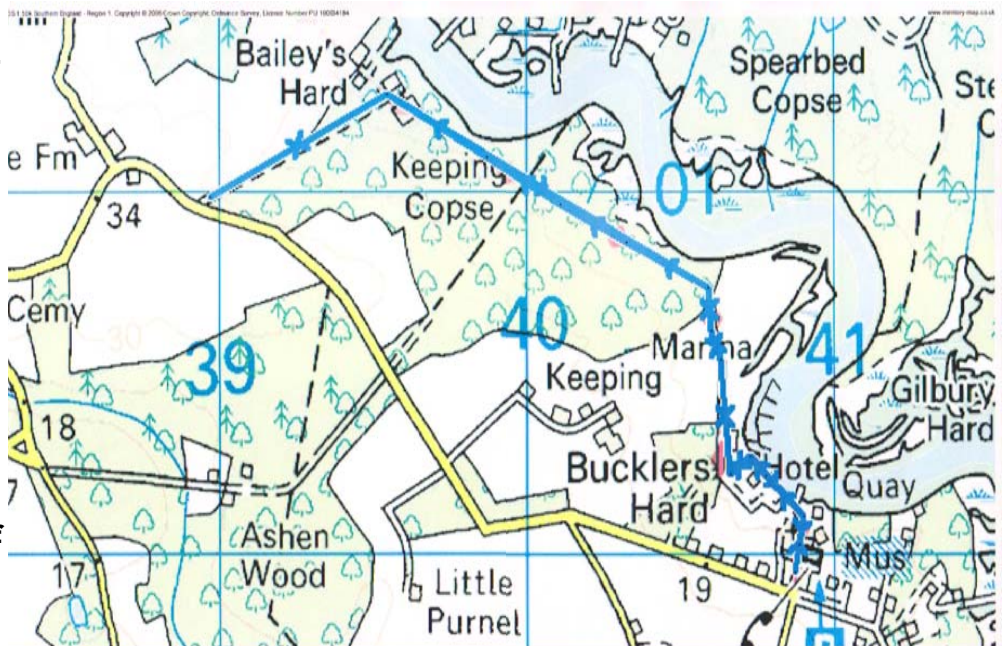
Cross over the marina drive (watch out for traffic) straight across to rejoin the track to Beaulieu & Bailey's Hard.

Stay on the wider more obvious track (ignoring riverside paths!)

This track leads to a couple of houses at Bailey's Hard, turn left here and climb the slight rise(!) to the aid station and turnaround point.

Retrace your route back to Bucklers Hard and into the finish area

Tracks are gravel based – some tree routes and uneven surfaces along the tracks. Watch out for runners in both directions! Caution at the marina driveway—there will be cars and possibly some boats being moved here,



please follow the marshals instructions and keep out of the way of loading machinery!

### AID STATION

Located at the turnaround point above Bailey's Hard, energy drink and water. Competitors are advised to carry their own gels / food if required.

**DO NOT DROP LITTER in the New Forest National Park! Keep all used gel wrappers and bottles with you until you can bin them at the aid stations. Drop zone is 10m either side of the drinks station. On footpaths you do not have exclusive right of way – watch out for walkers/riders etc.**

## **GENERAL DETAILS:**

**Venue:** Buckler's Hard village on The Beaulieu Estate. Once on site (use main entrance) you will be directed to the car park. You will need to walk to the transition area.

[Registration is in the marquee.](#)

## **Registration & Bike**

**Racking** Open from 5am

[Registration will also be open on](#)

[Saturday 11th from 2-4pm](#)

[Bike Racking Sun AM ONLY.](#)

**At Registration you will need to show a**

**[CURRENT BTF Licence, non-members will need to show another form of photo ID and will be given a Day Licence. If you have entered as a BTF Member, failure to produce a valid BTF licence will result in a £5 charge being levied for a day licence.](#)**

Check your pack! It should contain:

\* 2 race numbers (TO BE VISIBLE ON YOUR BACK WHILST CYCLING, FRONT WHILST RUNNING)

\* Bike Number Sticker

\* Your Timing Chip & Strap  
- to be returned after the race

\* Coloured swim hat

## **General Race Rules:**

**The use of MP3 players or mobiles whilst racing is prohibited. You will be DQ'ed if reported using either.**

Only competitors and officials are allowed within the fenced Transition areas. Remember to show your race number to gain access to and exit from Transition. **[Bike racking is on Sunday AM only.](#)**

You will be body marked with your race number in Transition—see one of our volunteers.

## **General RulesCTD.**

You need to wear your timing chip on your ankle throughout the race. No chip = no time! Your chip will be collected from you at the finish line. Replacement and non-returned chips will be charged at £25. If you decide not to race on the day please return your chip to avoid a charge.

### **Cycling Rules:**

**No Drafting – 7metre gap must be kept from the cyclists around you. If overtaking a slower rider you have 30 seconds in which to complete the manoeuvre. It is the responsibility of the overtaken cyclist to drop back and maintain the 7m gap once the faster rider has his or her wheel in front. If you are, in the opinion of the draft-busters, deliberately drafting and seeking to gain an advantage you will be issued with a time penalty. Drafting is a “judgement” call – the draft-buster does not have to notify you at the time of your penalty as this could compromise road safety. If you are reported twice you will be DQ'd.**

- **Side by side riding is forbidden.** (-see above)
- If you are not overtaking **keep to the left hand side of the road** allowing faster cyclists and traffic to overtake you.
- On A-roads do not cross the centre white line. (DQ)
- A Cycle Helmet must be worn . Please Note your helmet must be fastened on your head before you take hold of your bike and must remain fastened until after you have racked your bike. (2min penalty if rectified)
- No riding in the transition areas – listen to the marshals you must mount and dismount at the designated lines.

## **Post Race:**

Unfortunately there are no showers or changing rooms onsite at Buckler's Hard but there is a bar and café! Competitors are entitled to FREE snacks and hot drink from the café (this will either be served in the café itself or marquee – to be advised). Just show your race number. Results will be available shortly after the race finishes on [www.tri247.com](http://www.tri247.com) and [www.raceneuforest.co.uk](http://www.raceneuforest.co.uk) . The prize presentations will be held in the marquee at 10am approx. We regret we are unable to post prizes after the event (unless prior arrangements are made) Please stay for the presentation if you have won a prize (overall and top 3 in age groups)

### **Litter**

***The equivalent race in 2008 left us with a number of problems caused by some competitors dropping bottles and wrappers, etc around the course. Therefore, we now operate a zero tolerance of litter at this race. Anyone reported dropping litter on the course will be disqualified. If you are unable to carry empty bottles or bar / gel wrappers etc back to Transition please drop them with a marshal.***

***You are in a National Park—respect the environment!***

### **Accommodation:**

The Master Builder's Hotel 01590 616253, The Montagu Arms Hotel 0118 983 1348. Nearby campsites are Forestry Commission's Matley Wood, Denny Wood, Round Hill. For more campsites and B&B's see [www.thenewforest.co.uk](http://www.thenewforest.co.uk)