



# *The Forestman*

*The Forestman*  
**2012**



*Run by cyclists, for cyclists*

**Sat 24th June: Registration & Briefing from  
11am**

**Sun 23rd June: Race Start Time 5:30am.**

**Start / T1 : Ellingham Water Ski Lake, Ellingham Drove, Blashford,  
Ringwood, Hants.**

**Registration/Briefing /T2 & Finish: Sandy Balls Holiday Centre**

## SATURDAY 23rd June

**11am-12.30pm Registration**

**Venue:-** Woodside Courtyard Marquee

At Registration you will need to show your BTA Licence, non-members will need to show another form of photo ID and will be given a Day Licence.

Check your Goody Bag! It should contain:

- ◆ 3 bags (plain, bike kit, run kit)
- ◆ swim hat
- ◆ 2 race numbers (front & back)
- ◆ Helmet Number Sticker
- ◆ Bike Number Sticker
- ◆ 3 number stickers; 1 for each of your 3 bags
- ◆ Your Champion Chip & strap

**12:30pm** BUFFET LUNCH and Race Briefing

**YOU MUST ATTEND THE RACE BRIEFING!** All important Safety Notices and any course amendments will be explained at the briefing. The Race Director and Referee will talk you through the course and the race rules. It is also your chance to ask any questions.

**2—4.30pm** Bike Racking at Ellingham Lake.

If you are using our coaches to get to the start on Sunday Morning you will need to rack your bike on Saturday afternoon / evening. Full security in operation overnight. If you're getting a lift with spectators on Sunday morning, please feel free to rack on race day!!

Clearly signed Car Parking is readily available at Sandy Balls in the field opposite the main entrance throughout the weekend.

On Race Morning there is limited spectator car parking near the lake on the Ellingham Road.

**No Parking on the race route!**  
Please obey "no waiting" cones.

Spectators can use the coaches to and from the swim venue and Sandy Balls

**Note:** *we have a split race site! Start & T1 are at Ellingham Water Ski Club. T2 (where you finish the bike and start the run), finish and main car park are at Sandy Balls. Plenty of competitor and Spectator Parking at Sandy Balls with coaches to take you to/from the start at Ellingham!!!*

## SUNDAY 24th June

### Pre Race

**From 3:30am Car Parking at Sandy Balls field. (please follow signs) Check T2 bag!!!**

**4am - 4.30am Coaches departing for Lake (x3)**

**4:00 TRANSITION OPENS**

**5:15 Transition Closes & Final Briefing**

**5:30 START**

**From 4.30 Hot Drinks & Breakfast available.**

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

**Timing—** You need to wear your chip on your ankle throughout the race. No chip = no time! Your chip will be collected from you at the finish line. Replacement chips will be charged at £25.

Transition will close at 5:15 at which time all athletes will assemble by the swim start for a final briefing.

### Race Rules!

All the routes will be clearly signed by Saturday morning so no excuse not to have recce'd the bike course!!!

### DRAFTING....No Thank-You...

Penalty is 15mins for your first offence followed by a DQ. BUT I KNOW THIS WON'T BE AN ISSUE!!!! There will be motor Cycle Refs patrolling the bike course and a BTA Referee will be at the race.

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 road. No riding in transition. (2min penalty)

Your Race Number must be clearly visible on your back during the cycle and on the front during the run. Race belts are permitted. Cutting or folding of race numbers will also lead to a 2min time penalty.

**The use of MP3 players or mobiles whilst racing is prohibited.**

**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 RaceNewForest Events.**

Remember Forest Roads are unfenced to animals—Watch Out!

### Facilities

There will be Change Tents and portaloos at both Transition Areas.

Changing Rooms and Showers are all available in the Leisure Club at Sandy Balls.

# 3.8km Swim Ellingham Lake

## TRANSITION BAGS:

At Registration on Sat 23rd you will be given 3 bags. (1 blank for dry kit, bike bag, run bag)

Label each of the bags with your sticky Race numbers (provided)

You should put all of your equipment you need for the bike section into your bike bag (shoes and helmets may be left fastened to your bike). Your bike bag should be left with your bike or in the Change tent at T1 at Ellingham on Sunday morning.

Your running kit should be placed in your run bag and deposited in the Change Tent at T:2 on either Saturday afternoon (recommended) or Sunday morning.

That leaves you with your blank / dry kit bag in which you can place any clothes you take off prior to your swim. Once you have finished with your dry bag please place it at the collection point at T1. As long as you label it clearly you can alternatively use your own "holdall" **NO BOXES**, though!!!!

## 3.8km SWIM:

Ellingham Water Ski Lake is privately owned and we are guests on site. Whilst there is no official swim recce this year the lake is now open for swimming 6-8am Wednesdays and Saturdays. (Fees apply and wetsuits are compulsory)

**Please do not enter The Club at any other times prior to Race Day. Anyone reported trespassing or swimming outside of official swim times will jeopardize this event and will be disqualified.**

The likely water temp is around 18C.

### Wetsuits are compulsory

The route follows the perimeter of the lake in a clockwise direction for three full laps. You will NOT exit the water between laps, so NO RESTING!! The course will be clearly marked with Buoys. See

map (adjacent) .

## TRANSITION AT ELLINGHAM:

On exiting the swim via the slipway follow the matted path up to the Transition to your bike, bike bag and the Change tent. **Wetsuits, hats and goggles must be placed in your bike bag which you should leave at your point in Transition (all bike bags will be collected and taken to Sandy Balls for collection after the race). Any items NOT placed into your bag at T1 will be treated as Lost Property (we cannot guarantee a safe return to you). +2min penalty**

Walk or run with your bike out to the driveway and the bike mount line.

## HEALTH & SAFETY:

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.

*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.*

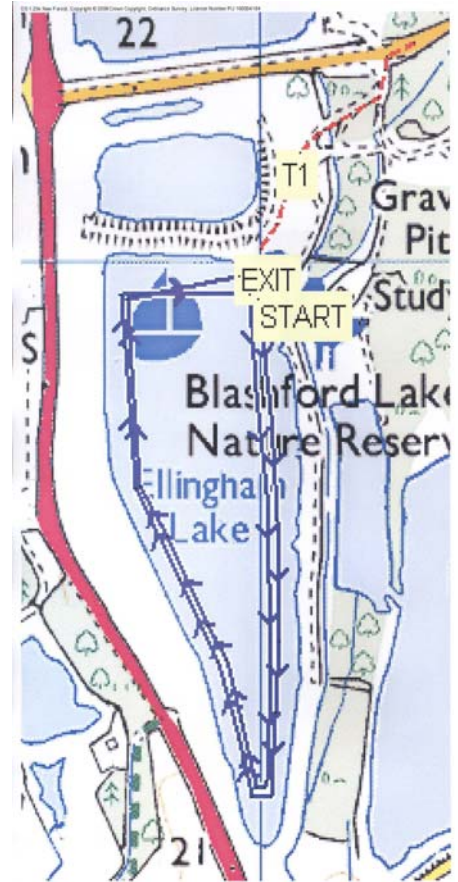
We will be operating a cut-off time of **7.30am** for the swim section.

## SPECTATING:

Spectators are permitted onto the site but **dogs are not allowed**. The best area to view the swim is by the Waterski Club Chalet. Hot drinks and breakfasts are available to purchase from the Healthy Fuel Catering Van.

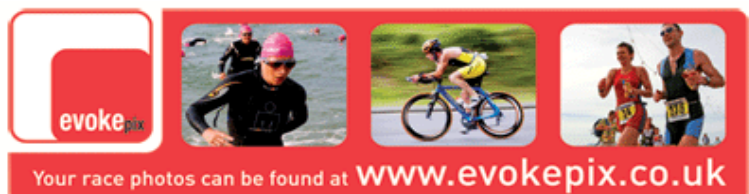
A coach (or coaches) for spectators will depart from Sandy Balls at 5am and take you back straight after the end of the swims .

Swim Route—Ellingham Water Ski Lake

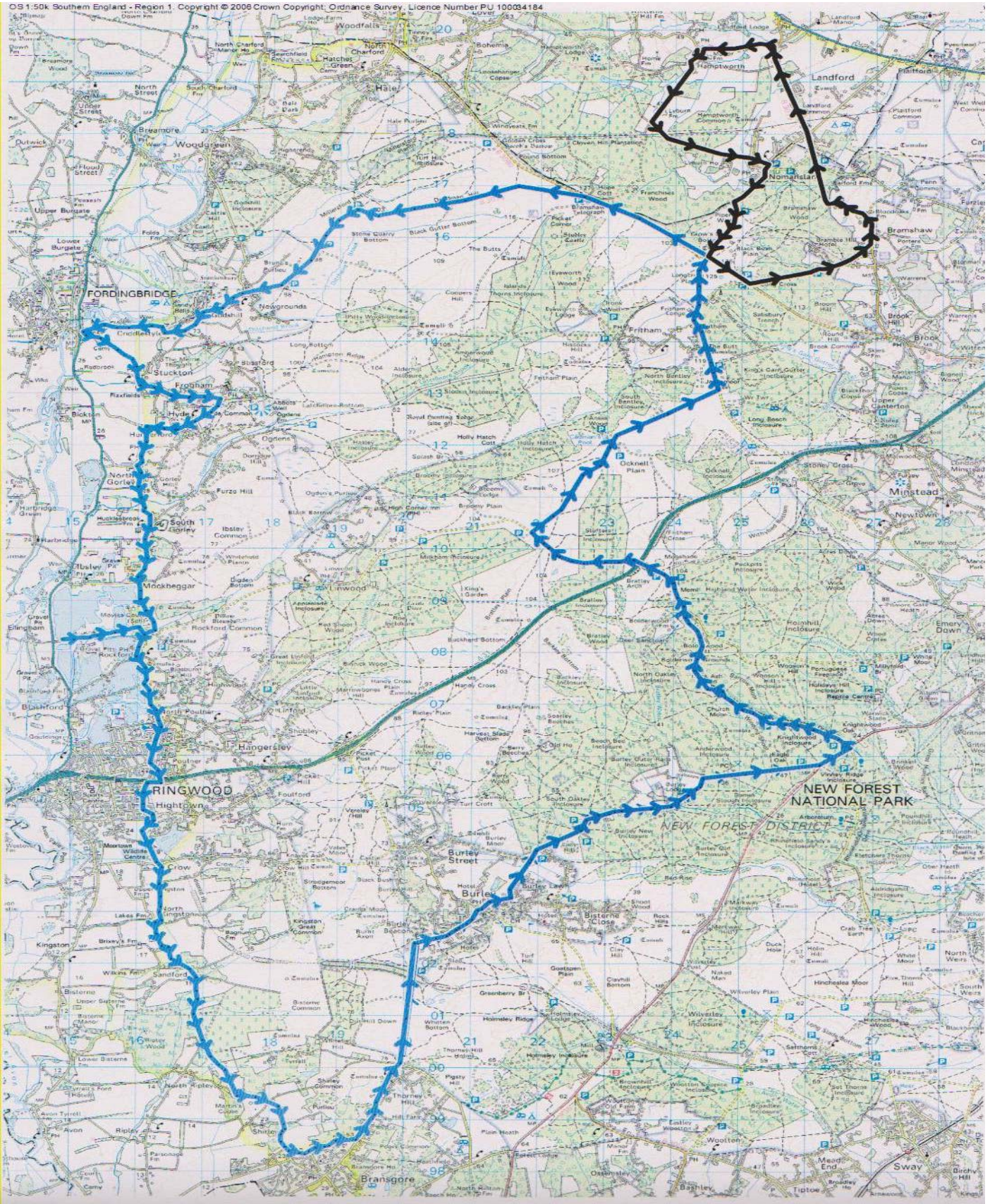


Please Note that the land around Ellingham Lake is managed by Hampshire Wildlife & Conservancy Trust. It is also home to a childrens' wildlife study area. This land is out-of-bounds to competitors and spectators on race morning. Anyone found trespassing on this land and in particular using it as an outdoor toilet will be removed from the race, banned from all future events, and may be liable for prosecution.

There will be plenty of portaloos by the transition area—please use those and nowhere else!



# Bike Route 180km / 112miles



## Directions: NOTE NEW COURSE FOR 2012!!

- ◆ Exit Transition, turn right and mount on road as directed
- ◆ Continue over cattlegrid and humped-back bridge
- ◆ Turn right at t-junction towards Ringwood
- ◆ Continue towards Ringwood along narrow lane (**care here!!**) and through another ford.
- ◆ 200yds past shops turn left and then left at T-junction and over flyover.
- ◆ Right at mini R'bout and then left (**before end of sliproad:- don't miss it and end up on the A31)!!!!!!!!!!**)
- ◆ **Turn right** opposite Elm Tree Pub and then **straight over(ish)** at staggered crossroads. Aid Station (laps 2 and 3)
- ◆ Left at next junction and then keep heading towards Bransgore until you reach Burnthouse Lane where you turn left. Continue up lane and then left again at junction.
- ◆ Continue through Thorney Hill then straight on downhill (caution through the pinchpoints) to Burley
- ◆ In Burley village centre SLOW—you may have to stop especially on later laps, you are going straight on but have to make a right turn across the traffic then bear left immediately in front of the Queen's Head Pub.
- ◆ Continue straight on out of Burley this road becomes wider once out of the village and continue to the A35
- ◆ Merge Left Along A35 to Bolderwood Ornamental Drive where you turn left.
- ◆ Bear left at the end of the Ornamental Drive and descend under the A31.
- ◆ Turn right towards Ocknell and Stoney Cross (**AID STATION**)
- ◆ At the end of the plain turn left at the t-junction
- ◆ Fork left just after Fritham turning
- ◆ Prepare to stop at crossroads and **turn right** onto B3078 (**for lap 1 only – ON LAPS 2 AND 3 YOU WILL TURN LEFT AND HEAD STRAIGHT BACK TOWARDS SANDY BALLS/FORDINGBRIDGE.**)
- ◆ Take the next left at the Cross Road at the top of Broom Hill
- ◆ Descend towards Bramshaw and take left fork as signed in front of cottages.
- ◆ At the next t-junction turn left onto B3079 through Landford
- ◆ At Hamptworth Junction turn left towards the Golf Course
- ◆ Take next left into Lymore Lane (immediately before The Cuckoo Pub—look for red phone box on your left)
- ◆ At the t-junction in Nomansland adjacent to The Lamb pub, turn right and continue to Nomansland hill
- ◆ At Black Bush Cross Roads **turn right** onto B3078 to Fordingbridge
- ◆ Continue to Fordingbridge – caution through Pinch Points and cattlegrid at Godshill. Past Sandy Balls for the first time
- ◆ At the edge of Fordingbridge opposite the petrol station turn left and immediately left again towards Stuckton (**DO NOT GO ONTO A338!**)
- ◆ Continue up Frogham Hill and **turn right** at the crossroads at the top of the hill
- ◆ Caution on descent past Hyde School (road is narrow and bumpy)
- ◆ Turn left at the bottom of the hill – watch out for gravel on this corner
- ◆ Continue through Gorley and Ibsley back to Moyles Court
- ◆ Continue through watersplash and bear right to start lap 2 and 3
- ◆ On lap 3, ie the 3<sup>rd</sup> time you reach Sandy Balls Holiday Park you are done!
- ◆ Slow Down just after the pinch points after the Fighting Cocks Pub
- ◆ Turn right into Sandy Balls and dismount as directed

**AID STATIONS WILL HAVE A SUPPLY OF ENERGY DRINK AND WATER WHICH WILL BE DISPENSED INTO YOUR OWN BOTTLE, PLUS GELS, BARS & BANANNAS. YOU WILL HAVE TO STOP AND UNCLIP BEFORE RECEIVING "SUPPLIES".**

**DROP LITTER / BOTTLES ETC ONLY AT AID STATIONS OR YOU WILL BE DQ'ed**

**Bike Course Cut-off = 3pm. Competitors finishing after 3pm will not be permitted to start the run course.**

### Cycling Rules

**All roads are open to traffic. Highway Regulations must be obeyed at all times. You will not have priority at junctions, be prepared to Give Way / STOP!**

**Dangerous Riding will be penalised with a DQ.**

**Cycle on the left-hand side of the road when not overtaking slower riders.**

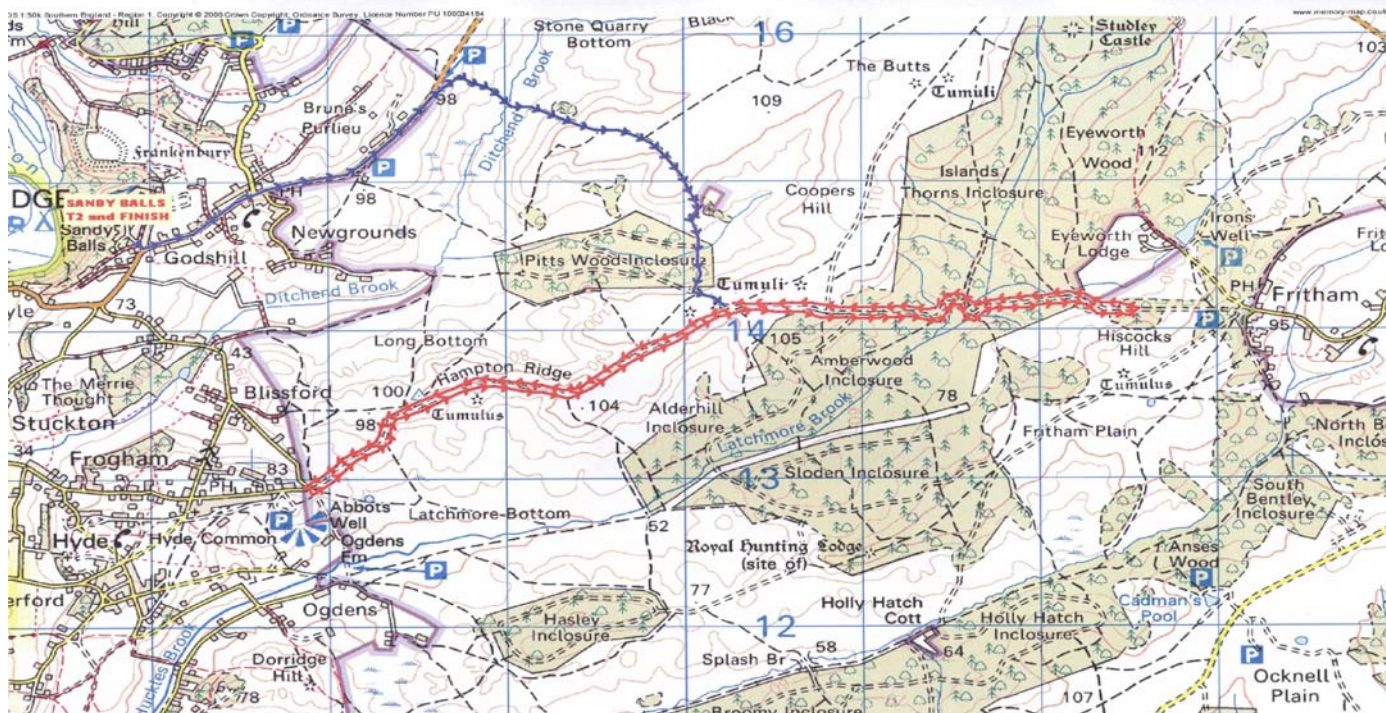
**Do not cross the centre white line on any road, including at junctions.**

**Drafting and side-by-side riding is forbidden.** For explanation of drafting rules please see [www.britishtriathlon.org](http://www.britishtriathlon.org) for competitor rules

**Marshals must be obeyed. They will NOT stop traffic for you.**

On New Forest Roads you will encounter ponies, cows, pigs, deer & Sunday Drivers—all of which have no road sense—watch out for horse riders, shout a warning ahead and give a wide berth when passing. Cars are also likely to be travelling faster than you might expect on the narrow lanes!!!

# Run Course 42.2km / 26m



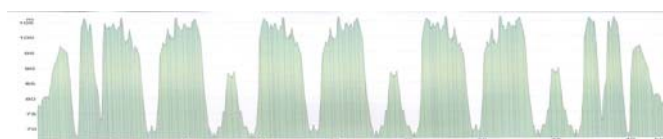
**Please DO NOT LITTER the New Forest! Keep all used gel wrappers and bottles with you until you can bin them at the aid stations. ALSO, please bear in mind that there will be mountain bikers, horse-riders and walkers on the tracks – we do not have exclusive use of the rights of way. Be nice:- you may need friends!!!!**

**AID STATIONS on the run will have water, Energy/iso drink, and gels, bars, savoury snacks.**

**The run course will close at dusk (9.30pm approx) any runners left on the course at this time will be escorted to the finish.**

- ◆ From the change tent at T2 exit Sandy Balls and turn left, continuing on pavement towards the Fighting Cocks pub and cattlegrid (gate marshalled)
- ◆ Continue along the side of the road or on grass and cross to the right when safe to do so, past the Cricket Pitch and into the 2<sup>nd</sup> car park on your right
- ◆ Through the car park (**DRINKS**) follow the obvious gravel track descending to Ditchend Brook...then up!!
- ◆ Continue along this track (**shown in blue above**) to the marshal and **AID STATION** where you will turn left to start your 3 laps of Hampton Ridge (**shown in red above**)
- ◆ At Hiscocks Hill is your first turnaround. (**AID STATION**)
- ◆ Retrace to your lap start point and continue along Hampton Ridge Cycle path to the other turning point and **Aid Station** at Abbots Well (**where you will collect your first band**)
- ◆ Return again to your lap start point.
- ◆ Complete laps 2 and 3
- ◆ Once you have collected 3 bands turn left at the central Aid Station and retrace the blue route (above) to Sandy Balls and the finish.

Run course profile



## Post Race

The Finish Area is at Sandy Balls. All your bags will have been transported from Ellingham Lake for collection from the Function Room and the Change Tent (remember you will need to show your race number to be allowed to remove your bike & belongings). Post-race food and drinks are free **to all competitors. Remember, you can redeem your food voucher at any time during the evening, once you are ready for something "proper" to eat!! With your support team:- buy them (and us) a big drink!!**

**9:45pm Presentations/Prizes/thank-yous-venue tbc at briefing.**

*Please stay if possible to , in particular show your appreciation for the volunteers who will have looked after you all day!!*

## **DIRECTIONS TO LAKE**

**From Sandy Balls head towards Fordingbridge and take A338 Southbound towards Ringwood. Continue past Ibsley, (Old Beams Pub on left) then look for brown signs to "Ellingham Waterski" on your left just after the big lake & Quarry also on your left.**

## **Directions To Sandy Balls Holiday Park**

**From The South East / London:** From M3 continue onto M27 Westbound. Exit M27 at junction 1 and follow the B3079 to Brook. In Brook turn left onto B3078 and continue towards Fordingbridge. You will find Sandy Balls on your right in the village of Godshill shortly after passing The Fighting Cocks pub on your right.

**From The West / Bournemouth:** Follow the A31 (A338) Eastbound and exit at Ringwood and turn left at Roundabout following A338 as far as Fordingbridge. Leave A338 via left sliproad in Fordingbridge and turn right at the t-junction following signs to Godshill and Sandy Balls. You will find the holiday park on your left at the top of the hill in Godshill.

**From The North / Salisbury:** Leave Salisbury on A338 as far as Fordingbridge, where you should turn left onto the flyover - sliproad signed to Godshill and Sandy Balls. Turn right at the t-junction at the fuel station and continue up the hill to Godshill where you will find the holiday park on your left.

## **SANDY BALLS**



With a wide range of facilities to suit all ages,

Sandy Balls provides the freedom to enjoy your kind of holiday at any time of year. Whether that may be winding woodland walks, the nature trails, Mountain Biking, every acre of Sandy Balls offers hidden natural treasures right on your doorstep!!

Or for those in search of more immediate distractions, try the Family Fun Centre, fully equipped gym, swimming pools, Cycle Hire Shop, Childrens Play Area and Beauty Therapy Centre.

The site also offers a traditional pub and suite, and a new pedestrianised heart including Bistro, Guest Services Building and Cycle Centre and children's activities and entertainment.

FURTHER DETAILS  
[www.sandy-balls.co.uk](http://www.sandy-balls.co.uk)

## **Caring For The New Forest**

**Man and nature live together harmoniously in the New Forest. To ensure that we continue to do so we ask everyone to follow a simple code of behaviour.**

### **Access**

Walk on any footpath or track, unless it says otherwise. Keep to tracks to avoid disturbing wildlife.

### **Dogs:**

An out-of-control dog is a serious problem for all wildlife. Please keep dogs under control at all times.

### **Parking:**

Use a designated car park and lock your car, taking any valuables with you.

### **Driving:**

The 40 mph speed limit on unfenced roads – greatly reduces the number of accidents involving animals.

### **Fire:**

Because fire is a great threat to the forest no campfires are allowed. There are barbecue sites provided by the Forestry Commission (023 8028 3141).

### **Litter:**

Glass, plastic and tin is harmful to wildlife

### **Don't feed the ponies:**

They may look cute but they can bite and kick – especially mares with foals. If you feed them, you encourage them to stray on to roads and become aggressive with other visitors. There is plenty of natural forage for them in the forest.