



The Primera New Forest Triathlon 2012



Run by cyclists, for cyclists

Sat 28th April: Registration & Briefing
Sun 29th April: Race Start Time 7am.

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

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

SATURDAY 28th April

Please follow signs to triathlon parking if you are not staying on site.

Race HQ is in the Woodside Suite, Sandy Balls Holiday Park at:

10am-11.30am for competitors with surnames A-L followed by Briefing at 11.30am

12.30pm-2pm for surnames M-Z followed by Briefing at 2pm

Bike Racking at Ellingham Lake
12noon—4.30pm

No Registration is available outside these times stated

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

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.

12—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. Full security in operation overnight. If you're getting a lift with spectators on Sunday morning, please feel free to rack on race day!!

On Race Morning we also have limited spectator car parking at Ellingham Waterski Club.
No Parking on the race route!

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 29th April

Pre Race

From 5.45am Car Parking at Sandy Balls. Check T2 bag!!!

From 6am—6.30am Coaches depart for Lake (Competitors only)

6.30am Coach depart for Lake (Spectators)

6:00am TRANSITION OPENS

7am START

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 6.50am at which time all athletes will assemble by the swim start for a final briefing.

Race Rules!

DRAFTING....No Thank-You... Penalty is 5mins 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 a catering van selling hot drinks and food at the lake from 6am Race Morning.

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 by the finish line.

At the lake please use only the Portaloos provided and NOT the surrounding woods which are part of the Children's Wildlife Study area. Any competitor found using the woods as an open air toilet will be removed from the race and banned from future events.

1.1km Swim Ellingham Lake

TRANSITION BAGS:

At Registration on Saturday you will be given 3 bags. (1 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.

1.1km SWIM

Ellingham Water Ski Lake is privately owned and we are guests on site. **Please do not enter The Club 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 18C.

Wetsuits are compulsory

The route follows the perimeter of the lake in a clockwise direction for one full lap.

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).

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 **45minutes** for the swim section.

SPECTATING:

Spectators are permitted onto the site but dogs are not allowed. The best area to view the swim is at the Water-ski Club Chalet, where tea, coffee and breakfast will be available

A coach (or coaches) for spectators will depart from Sandy Balls just after 6.30am and take you back straight after the end of the swim .

Swim Route—Ellingham Water Ski Lake



Bike Route 40km / 25miles

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www.memory-map.co.uk



Directions:

- ◆ Exit Transition, turn right and mount on road as directed
- ◆ Continue over cattlegrid and humped-back bridge
- ◆ Turn left at t-junction then fork right towards Linwood
- ◆ Climb onto the open heathland—caution here as road is very narrow
- ◆ Continue under A31 underpass and turn right to descend Bolderwood Ornamental Drive
- ◆ Caution on twisty and narrow descent
- ◆ At the t-junction with the A35 **COMPULSORY STOP** (foot down) then turn left onto A35 (NB Failure to stop here is an instant DQ—and possibly death!)
- ◆ Continue to the outskirts of Lyndhurst and turn left at the cricket pitch at Swan Green
- ◆ Climb the short hill and over the cattlegrid
- ◆ Just after church and pub on your left, Turn Left
- ◆ Continue to rejoin the road at the top of the Ornamental Drive retracing your earlier route back under the A31
- ◆ Turn right at the marshal to Stoney Cross
- ◆ Turn left at the t-junction at the end of the airfield
- ◆ Fork Left just after the Fritham turning
- ◆ **Prepare to stop** at crossroads and turn left onto B3078 to Fordingbridge
- ◆ Continue using caution through Pinch Points and cattlegrid at Godshill. Turn right into Sandy Balls and dismount as directed

CYCLING CONDUCT:-

- ◆ **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!**
- ◆ **Keep to the left-hand side of the road at all times unless overtaking slower cyclists—pull in to the left once passed allowing faster cyclists and traffic to overtake you—DQ offence if not rectified.**
- ◆ **Do not cross the centre road white line at any time.**
- ◆ **Do not cut to the right side of the road at junctions.**
- ◆ **Side by side riding or drafting or riding in packs is not permitted. Time penalty will be awarded for the 1st offence and DQ for a 2nd offence.**
- ◆ **Marshals' instructions must be obeyed.**
- ◆ **Marshals will NOT stop or slow traffic for you.**
- ◆ **Littering is a DQ offence and also carries a lifetime ban.**
- ◆ **The use of personal headphones is strictly prohibited.**

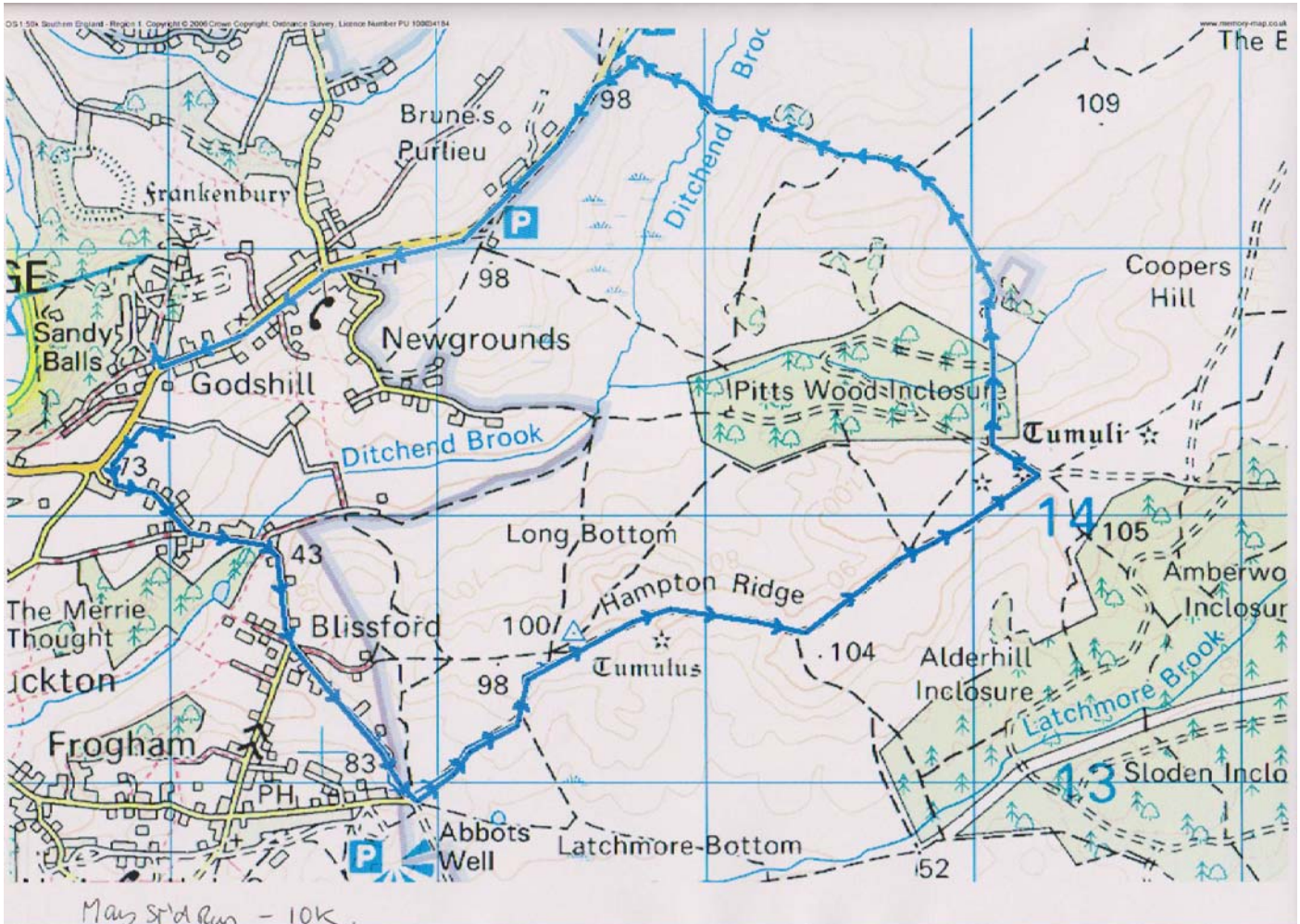
ALL Dangerous Riding will be penalised with a DQ without recourse to appeal

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!!!

This event is held under British Triathlon Federation rules. It is **your** responsibility to know them—www.britishtriathlon.org

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Run Course 10km / 6.2m



Directions:

- ◆ From the change tent at T2 exit and turn left, continuing on the lane down to the ford and continue up the hill.
- ◆ Where the road splits keep to the left (**not** up the steep hill!)
- ◆ At Abbotsell turn onto the gravel cycle track signed to Fritham
- ◆ Continue along the track uphill to the marshal, ignoring all other tracks to the left and right.
- ◆ At the marshal, turn left and then take the next track on the right to descend into the woods to the stream
- ◆ Cross the stream (jump!) and continue along this main track straight on to Ashley Walk car park
- ◆ Turn left onto the road back to Sandy Balls.
- ◆ Cross the road when safe and use the pavement to cross the cattlegrid (marshalled)
- ◆ Follow the footpath onto site to the finish

Please DO NOT LITTER the New Forest! Keep all used gel wrappers and bottles with you until you can bin them at the aid station.

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.

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.

Presentations/Prizes/10am at the finish area in the paza if dry or in the Woodside Suite in case of wet weather.



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 Pizzeria, Guest Services Building and Cycle Centre and children's activities and entertainment.

FURTHER DETAILS www.sandy-balls.co.uk

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.

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.



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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.