



Triathlon - Road - Mountain Bike - Bournemouth and Poole
www.primera-sport.co.uk 01202 775588

& RACENEWFOREST

ONELASTTRI 2010

SUNDAY 3RD OCTOBER

7.15AM

RACE BRIEFING & REGISTRATION

Please follow signs to triathlon parking if you are not staying on site.
Race HQ is in the Woodside Suite, Sandy Balls Holiday Park on Saturday 2nd
at:

**10am-12pm for competitors with surnames A-M followed by Briefing at
12.15PM**

12 – 2.15pm for surnames N-Z followed by Briefing 2.30pm

No registration available outside these times

At Registration you will need to show your BTF 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 (green – dry kit bag, blue – bike bag, red – run bag) along with a sheet of labelled number stickers for each bag, bike and helmet

* swim hat

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

* 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.

BIKE RACKING: You will need to rack your bike at Ellingham Lake on Saturday 2nd between 2pm and 5pm.

Directions To Ellingham Lake from Sandy Balls for Saturday Bike Racking(no parking here Sunday!)

From Sandy Balls descend to Fordingbridge, turning left onto A338 at the fuel station after approx 1.5miles

Continue towards Ringwood on A338

After the village of Ibsley watch for the brown signs to Ellingham Waterski and turn left into Ellingham Drove.

Do not drive into the waterski club but instead turn left into the Hampshire Wildlife trust car park opposite (caution height restriction – no bikes on roof racks!) and walk from there, alternatively park in the lay-bys on Ellingham Drove but please do not block access to the Study Centre or waterski club. NB if you do park in the car park, please ensure you are out by 5pm as it will close at this time!

Kit Bags – please read carefully!

As the swim takes place at Ellingham this means we will have **2 transition areas** and the following process will be implemented:

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

Please stick your race number (labels sheet will be provided) to your bag securely and then you should put all of your equipment you need for the bike section into your blue bag (shoes and helmets may be left fastened to your bike). If you intend to use the coach on Sunday morning you must rack your bike on Saturday afternoon however you will be able to take your bike bag with you on Sunday. (The Bike Transition area is not under cover overnight)

Your running kit should be placed in your red bag and deposited at Registration at Sandy Balls on either Saturday afternoon (recommended) or Sunday morning. **DO NOT TAKE YOUR RUN BAG TO THE LAKE!!!**

That leaves you with your green / 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.



SWIM: Ellingham Lake 1900m

Ellingham Water Ski Lake is privately owned and we are guests on site. Please do not enter The Club prior to Race Day. The likely water temp is between 13 and 15 degrees C. The route is 2laps around the perimeter of the lake in a clockwise direction. (NB if the temperature drops below 13 the swim will be shortened to 1 lap).The course will be clearly marked with Buoys. Mass Start. Wetsuits Compulsory.

RACE MORNING: Even if you are not staying at Sandy Balls please park on site there – you will be taken by free coach to the swim start at Ellingham. Coaches will leave from Sandy Balls from 5.15am. Remember to bring your bike kit and dry kit bags with you on the coach! ***There is no competitor parking at Ellingham on race day!***

Transition at Ellingham Lake

On exiting the swim via the slipway follow the matted path up to the Transition to your bike and bike bag. Wetsuits, hats and goggles must be placed in your blue/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 of the matted driveway as far as the bike mount line on the road.

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 1 hour for the swim section.

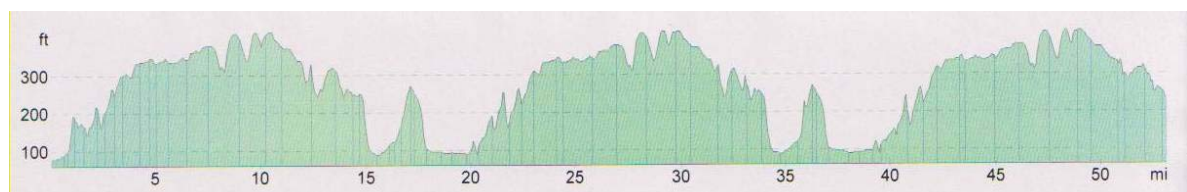
SPECTATING

Spectators are permitted onto the site but dogs are not allowed. The best area to view the swim is at the Waterski Club Chalet. The spectator coaches will leave from Sandy Balls after the athletes coaches at around 6.45am and will return after the swim at 8.15/8.30am. Hot drinks and food catering van will be at the lake!

THE 90KM BIKE



Lap 1 shown in blue, laps 2 and 3 in red



Directions:

- 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 to Moyles Court – caution at watersplash – likely to be wet!
- Turn left at t-junction and repeat for another 2 laps
- On lap 3 ie the 3rd time you reach Sandy Balls slow down and turn right into the holiday park.

SLOW DOWN BEFORE ENTERING THE HOLIDAY PARK YOU HAVE A RIGHT TURN INTO THE PARK (YOU MIGHT HAVE TO STOP!) FOLLOWED BY A RIGHT TURN AT A MINI-ROUNDOABOUT TO THE DISMOUNT LINE!!!!

CUT OFF: Anyone finishing over 5.5hrs from the race start will not be permitted to start the run.

Safety Notice:

All roads are open to traffic. The Highway Regulations must be obeyed at all times. Cyclists must ride on the left. You will not have priority 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—watch out for horse riders, shout a warning ahead and give a wide berth when passing.

Please Note: there is a cycle-sportive taking place on the same day as our event! Make sure you know your cycle route and do not necessarily follow the cyclist in front!!! We strongly recommend you ride or drive the route before the race!

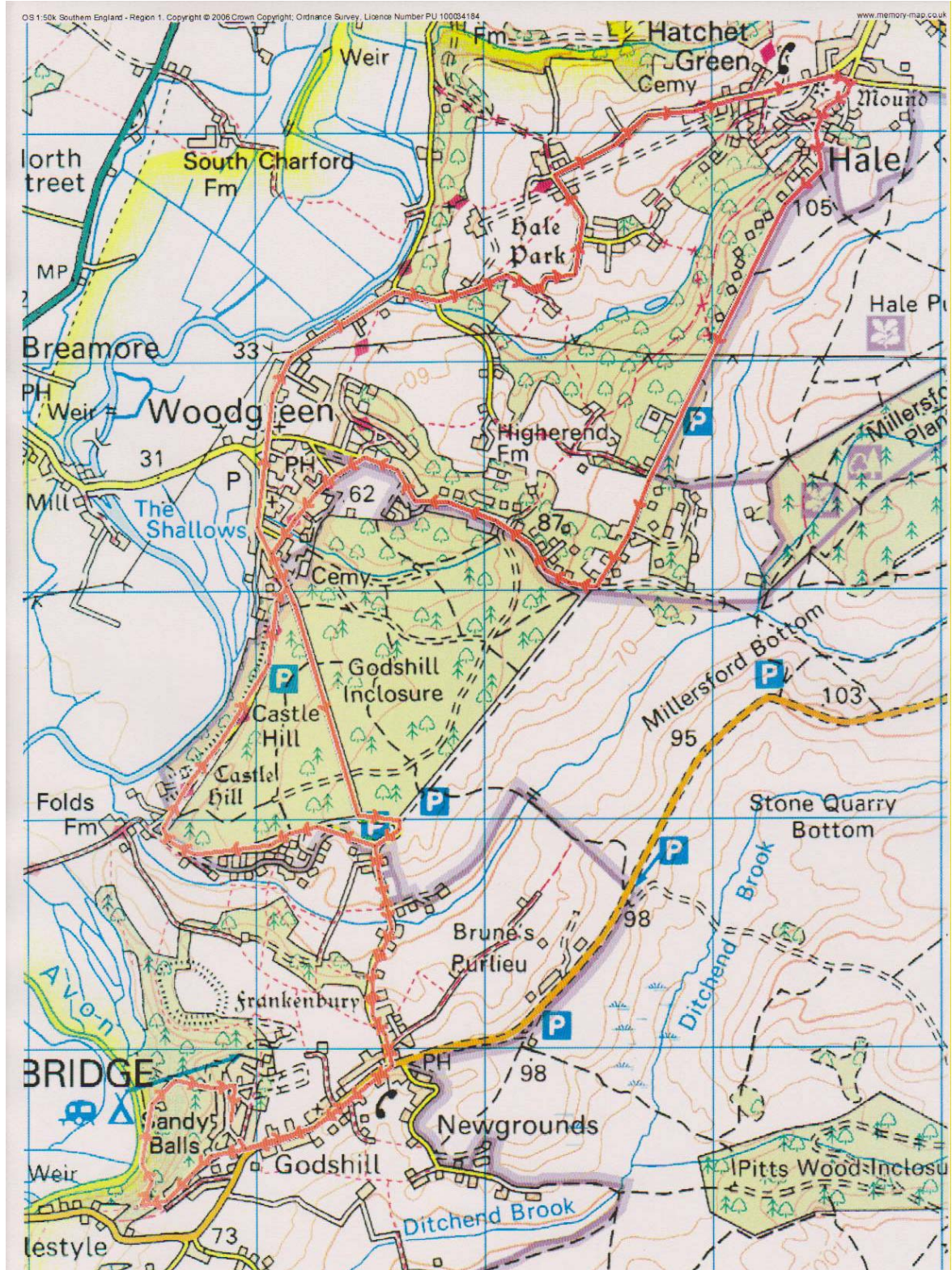
Cycling Rules:

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. Side by side riding is forbidden. If you are not overtaking keep to the left hand side of the road allowing faster cyclists and traffic to overtake you. Do not cross the centre white line.

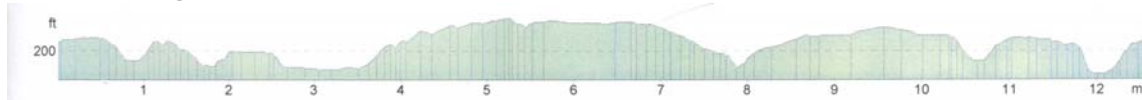
A Cycle Helmet must be worn . Please Note your helmet must be fastened on your head before you take hold of your bike and must remain fastened until after you have racked your bike.

No riding in the transition areas – listen to the marshals you must mount and dismount at the designated lines.

THE 20KM RUN



Profile – height shown in feet



DIRECTIONS:

- From transition follow the pavement and exit left from the site
- Turn left after cattlegrid at the Fighting Cocks pub and descend to the watersplash
- After watersplash and incline, turn left to Castle Hill
- At the end of Castle Hill lane turn left and continue to Woodgreen village centre
- Turn right at the village store (filter lane straight ahead)
- Continue through Woodgreen over cattlegrid and turn right up Hale Hill
- Continue past Hatchet Green cricket pitch and turn right to Tethering Drove
- At the end of this short cut through lane turn right again to Hale Purlieu
- Descend to Woodgreen and turn left into Brook Lane at the cricket pitch
- At the end of Brook Lane turn left to Godshill
- Continue on this lane around s-bends descending to watersplash, retracing route back to Sandy Balls
- On entering the holiday park turn left at the roundabout
- Follow the road which becomes a bridleway after a stile.
- Descend towards the river then follow the marked route back up towards the central piazza and Finish.

ALL WILL BE WELL SIGNED AND MARSHALLED. GATES ATTENDED SO DON'T WORRY!

DO NOT LITTER the New Forest National Park! Keep all used gel wrappers and bottles with you until you can bin them at the aid stations or with a marshal. Drop zone is 10m either side of the drinks station.

You will be sharing the run route with traffic, walkers, mountain bikers, horse riders etc. Please show consideration to other people – we do not have exclusive access – if approaching horseriders from behind please call a warning ahead to let them know you are there – many horses do not react well to runners or cyclists!

General Race Rules:

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

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.

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.

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.

Facilities

There will be portaloos at the lake, further Portaloos in Transition 2. Changing Rooms and Showers and more toilets in the Leisure Club along with swimming pool, sauna and massage on site at Sandy Balls.

Post Race

Post-race food and drinks are free to all competitors—just show your race number. Sports Massage will be available. Leisure Club open for all competitors free of charge – see above. The Presentations and prize giving will start shortly after the last competitor finishes (expected to be around 3pm). We regret we cannot post prizes to competitors not present at the awards ceremony unless by prior arrangement. Results will be on display after the race on our website www.racenewforest.co.uk and www.tri247.com

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.

FREE CAR PARKING –PLEASE FOLLOW THE SIGNS & MARSHALS ON ARRIVAL

