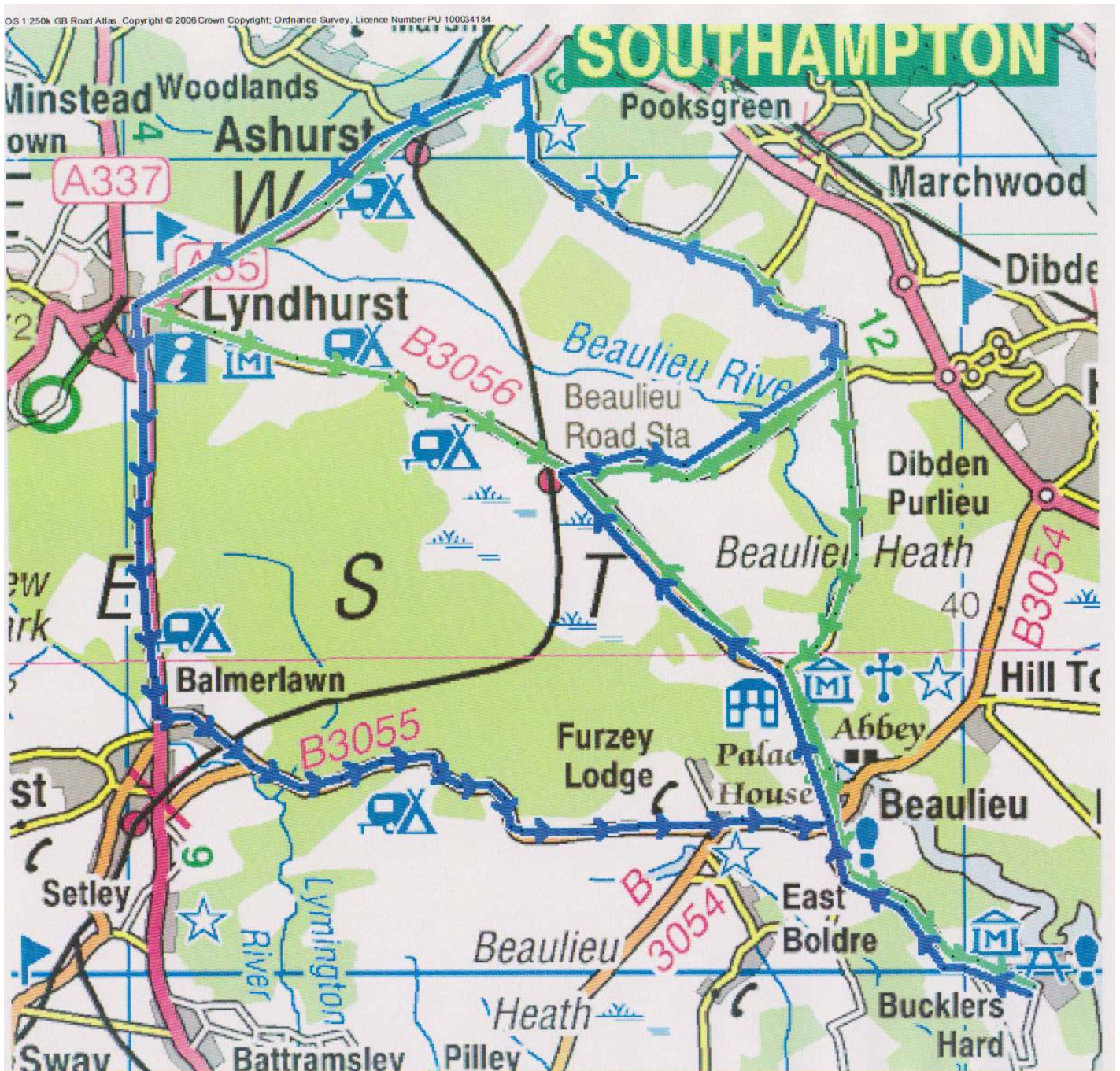
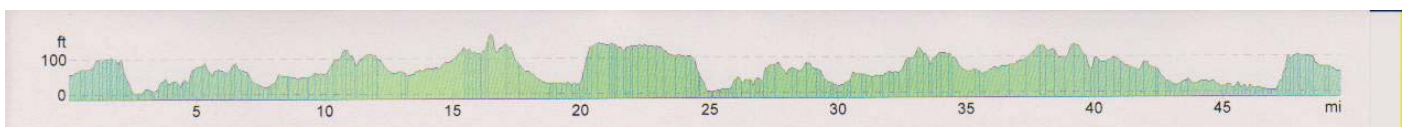


Swashbuckler Bike Route 80km / 49miles



LAP 1 IS SHOWN IN BLUE ABOVE, LAP 2 IN GREEN

Bike Course Profile—total ascent 1584ft



1. From Transition at Bucklers Hard follow lane towards Beaulieu.
2. Descend to the t-junction to **MANDATORY STOP** (FOOT DOWN) and turn right towards Beaulieu (NB any cyclist who fails to stop here will be DQ'd immediately)
3. Continue towards Beaulieu Road Station
4. Turn right at the marshal just before the hotel on your left
5. Continue to Ipley Crossroads where Left when safe / directed
6. Caution over cattlegrid and tight left hand bend just beyond
7. Turn left after the Bold Forrester pub, caution on tight right hand bend just beyond the junction.
8. Continue to Ashurst to merge left with A35 – **extreme caution!**
9. Continue on A35 to Lyndhurst. Cyclists must **keep in single file and tight to the left on this busy road!**
10. Join the one-way system in Lyndhurst (you may have to stop at pedestrian lights)
11. Keep Left and follow the A337 to Brockenhurst. **Cyclists must keep in single file and tight to the left on this busy road!**
12. Turn left at the Balmer Lawn Hotel – **caution cattlegrid on the junction!**
13. **SLOW** & extreme caution through very narrow village lane!
14. Continue out of Brockenhurst across the heath, back to Beaulieu on the B3055
Repeat a 2nd lap as above from point 3 to 9 then:
15. On the 2nd time you reach Lyndhurst turn left into B3056 Beaulieu Rd at Bolton's Bench just before the large hotel on your left (opposite the fire station)
16. At Beaulieu Road Station, just past the pub and hotel, turn Left
17. At Ipley crossroads turn right when safe / directed—be prepared to STOP.
18. Continue to t-junction at Leygreen Farm where **prepare to stop if necessary** and turn left when safe / directed
30. Continue to Beaulieu Hill to turn left to Bunkers Hill and return to Buckler's Hard

The cut-off time for completion of the bike course is 4.5hours after the start time Competitors finishing after this time will not be permitted to start the run course

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 draftbusters, deliberately drafting and seeking to gain an advantage you will be issued with a **12 minute time penalty**. Drafting is a “judgement” call – the draftbuster 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 and riding in a group 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. (2min penalty if rectified)

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!**