

# Bucklers Revenge Triathlon

Sunday 4th September 2011 8am

## RACE BRIEFING & REGISTRATION

**Bucklers Hard on Saturday 3rd Sept:  
12noon – 2.30pm**

**Race Information and Safety Briefing at 2.30pm ATTENDANCE COMPULSORY**  
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

**No registration on Sunday**

**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 Goody Bag! 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.**

**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.**

[www.raceneewforest.co.uk](http://www.raceneewforest.co.uk)

## General Race RulesCTD.

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. 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.

You will need to be in the swim holding area 15 mins before the start - Transition will close at this time. Please allow yourself plenty of time to rack the bike and sort out kit, allowing for numerous toilet breaks!!

## 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 at Saturday Race Briefing). Just show your race number. Results will be available shortly after the race finishes on [www.tri247.com](http://www.tri247.com) and [www.raceneewforest.co.uk](http://www.raceneewforest.co.uk).

The prize presentations will be held in the marquee at 2.30pm 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)



## SPECTATOR INFORMATION

### Viewing Swim Course

**8am – 8.50am**

The swim is 2laps of an out and back loop in the Beaulieu River. You can view the swim from Buckler's Hard at the bottom of the village.

Once they finish their swim the athletes will have a 400m run from the river up through the centre of the village to the transition area so you should be able to spot your athlete at this point or watch them in transition.

### Viewing Bike Course 8.30am – 1pm

**To minimize congestion at Buckler's Hard during the race, the FREE competitor car park will be closed whilst the bike race is in progress (ie from 8am until 1pm approx) Therefore if you wish to drive out during the race please do not park at Buckler's Hard. This also means there will be no vehicular access into this car park during this time.**

#### Recommended Spots:

**Beaulieu Village** – parking is available in the high street or in the NFDC pay & display car park behind the classic car garage. Walk back down towards the main road (B3054) and river to see the athletes come through here on their 2nd section of the bike course.

**Lepe**—pay and display parking here just by the beach. The athletes will be passing twice. Toilets and café in the

car park.

If you intend to follow the routes through the New Forest please use the ample designated car parks and lay-bys. Parking on the grass verges causes damage to the sensitive environment and can also block sight lines on what are fairly narrow roads in most cases.

**Please Note:** following an athlete around the bike course either by vehicle or on bike is deemed as "giving outside assistance" and will lead to the disqualification of the athlete concerned. Any vehicle/cyclist spotted repeatedly passing one athlete will be reported.

### Viewing Run Course 10.30am – 3pm

#### **Recommended Spot:**

**Buckler's Hard Village:** - by far the best place to be! You'll be able to watch the athletes in Transition here (at the end of the bike) then run through the village at the end of their first lap and at the end of their second lap – cheer them to the finish. Toilets and café available from 6am plus hotel bar from 11am for lunches/snacks etc. Free car-parking.



**RACENEWFOREST**

## COMPETITOR INFORMATION

### SWIM 1 mile

#### **Wetsuits are compulsory**

The swim will start at 8am, Mass start (please self-seed accordingly!) on the historic slipway and follows 2

**Laps** of an out-and back loop in the river. You will exit on the same slipway 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 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.

Swim Cut-off is after 50 minutes

*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.*

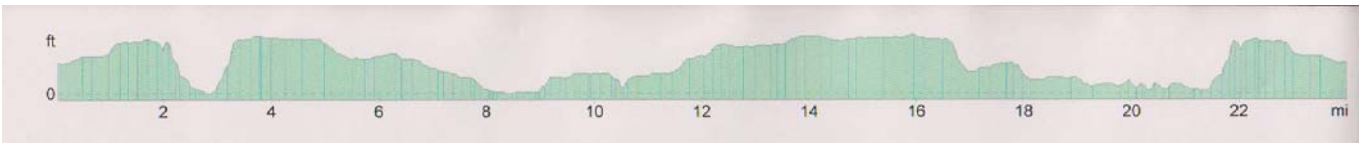
#### Transition

There is an uphill run of approx 400metres up to transition in the village. We will matt 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 69km / 43miles



## Bike Course Profile—total ascent 950ft



### *1<sup>ST</sup> Section shown by red line on map:*

1. 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 to turn Right and immediately right again at junction towards Exbury
5. Continue through Exbury village to Lepe – **caution lane becomes narrow and twisty – keep left!**
6. Caution at tight left hand bend at Lepe car-park....**gravel**
7. Once you've turned inland there is a slight incline then turn right into lane (marshaled)
8. Continue to t-junction with B3053, turn left (**you may have to stop here**)
9. At Fawley turn right at mini-roundabout onto A326 – **caution**
10. Straight on at Hardley roundabout – **caution be prepared to stop**
11. straight on at Dibden Purlieu roundabout - **caution be prepared to stop**
12. At Applemore roundabout outside Tesco turn left from A326 into the New Forest – **caution be prepared to stop at roundabout**
13. At Ipley crossroads turn left when safe / directed
14. Continue to t-junction at Leygreen Farm where **prepare to stop if necessary** and turn left when safe / directed
15. Turn left again into Beaulieu village and repeat the lap as above
16. After completing 2 laps of the above (from point 3) continue past Beaulieu village to
17. 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 5hours after the start time ie. 1pm  
Competitors finishing after this time will not be permitted to start the run course

## 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.**

**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.**

## 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 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)

## 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.***

***For the same reason there is NO aid/fuel station on the bike route. Competitors are therefore advised to carry their own drink bottles/gels etc. 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!***

## 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 Junction1. 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.

**FREE CAR PARKING AVAILABLE ON SITE. PLEASE FOLLOW**

**MARSHALS INSTRUCTIONS & SIGNS ON ARRIVAL. Use ONLY parking zones at Bucklers which are designated for Race use, thank you.**

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

Beaulieu Road Station—4 miles for local service.

Caution using Sat Navs as they can take you to Beaulieu Abbey instead!! SO42 7ZN



# Run Course 18km / 11.5m approx

## 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.

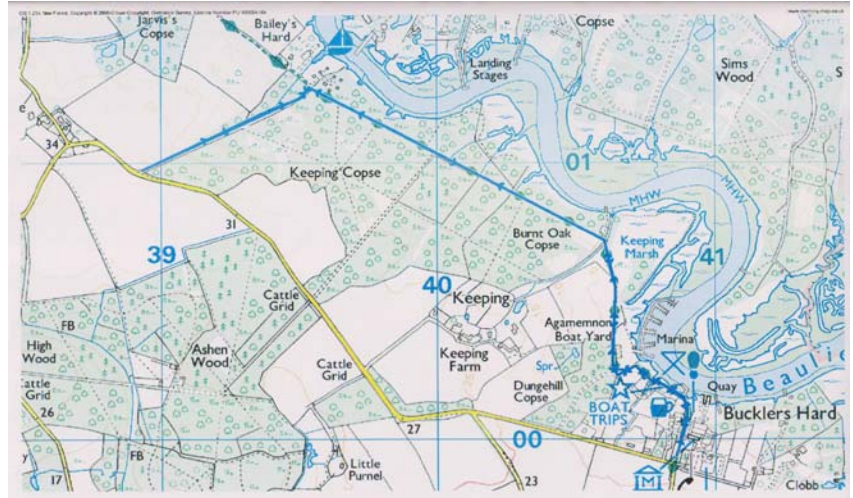
Stay on this obvious track along to the marina.

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 where there is a turnaround point at the transition area. Once you have completed 3 laps—ie after 3rd time to Bailey's turnaround head to the finish line at Buckler's Hard village adjacent to the transition.



The run course cut off will be 7 hours elapsed time from the race start

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, (visited 3 times) supplying Infinit 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. Please give due respect to horseriders – many horses do not react well to runners – give a wide berth and if approaching from behind, let them know you are there!

## Swashbuckler Accommodation

Buckler's Hard—The Master Builder's Hotel 01590 616253

Beaulieu—The Montagu Arms Hotel 0118 983 1348

Nearby campsites are Matley Wood, Denny Wood, Round Hill tel 0845 130 8224 to book

For more campsites and B&B's see [www.thenewforest.co.uk](http://www.thenewforest.co.uk)

The villages of Brockenhurst (6 miles) and Lyndhurst (5 miles) are both fairly handy for the race.



Your race photos can be found at [www.evokepix.co.uk](http://www.evokepix.co.uk)