

Race Day Information & Schedule

RACE START:

Wave 1 -7am – please be on poolside for 6.45am

Wave 2 – 7.15am – please be on poolside for 7am

Wave 3 – 7.25am – please be on poolside for 7.15am

Waves will be confirmed at Registration

RACE REGISTRATION 6-6.30am - Transition & Race desk will close at 6.40am

Please use the main car park at the David Lloyd Club, 242 Christchurch Road, Ringwood BH24 3AS – use the car park area on your left at the entrance.

From this car park you'll see the TRIATHLON & RACE REGISTRATION signs in the corner by the side of the club room (please do not use the main reception entrance). You can wheel your bike and bring equipment through this area where you'll see the race registration desk. (if wet weather we'll just be in the club room by the patio doors!)

Please stop by here to check in and pick up your race numbers & timing chips. **If you have entered this event as a member of British Triathlon you will need to show your current licence or pay £5 for a Day Licence**

You can then follow the signs around to the transition area. Transition area is open to competitors only. For security reasons – please ensure your bike has its number sticker on it before you rack it.

The Club changing rooms and toilets will be open for use by all competitors from 6am.

Post – Race!

At the finish line pick up your medal plus breakfast voucher & hand back your timing chip

Once you've finished please collect your belongings from the Transition area ASAP. You will need to show your race number and bike number.

Showers are available for all competitors.

Breakfast buffet (included in your entry fee) will start at 9am. Any friends or family accompanying you can also purchase a breakfast.

Prizes for top 3 and veterans winners plus spot prizes will be awarded at breakfast.