

Race Rules

General:

The race takes place on open roads – Highway Regulations apply at ALL times.

No headphones, mobile phones, MP3 players are permitted (including in transition).

Only competitors are permitted in the Transition area.

No outside assistance is permitted including being accompanied by a car or bike, help with mechanicals – you must fix your own!

You must not pick up or discard equipment outside the transition area or aid stations.

No littering!

Race Officials & Marshals' instructions must be obeyed. These people are volunteers on race day – please respect them for helping you with your day.

Your timing chip should be worn on your left ankle throughout the race. No chip = no time & to add insult to injury we have to pass on the £25 replacement fee for lost or unreturned chips!

We are proud of our reputation for great signage & marshals but there is always potential for interference! It is your responsibility to know the course so please receive it!

For full race rules please visit www.britishtriathlon.org

Cut-off times:

Swim – 1 hour from your start: the swim safety crew will judge if you are not going to make the swim cut-off & will offer 2 choices – complete the swim & do not carry onto the bike section or, be picked up by the safety boat & then continue with the race with an “incomplete swim” time

Cycle – 5 hours from race start – after this time you will not be permitted to start the run

Run – 8 hours from race start – after this time you will be collected from the run course by the broom wagon / ambulance.

Cycling Conduct

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, please shout a warning ahead and give a wide berth or slow down when passing.

Cars are likely to be travelling faster than you might expect on the narrow lanes!!!

- All roads are open to traffic.
- United Kingdom 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. 5 minute time penalty will be awarded for the 1st offence and DQ for a 2nd offence. There will be motorcycle referees on course.
- 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 from our events
- The use of personal headphones is strictly prohibited.
- A cycle Helmet must be worn and 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 area. Mount and dismount at the line as instructed.