



2 x long lap (36miles each) followed by 2 x short lap (20miles each)

- From Transition, exit Right & mount as directed (marshalled)
- Through the watersplash (hopefully dry!) and bear right towards Ringwood
- Caution on this next section as the road is very narrow – no overtaking on bends!
- Continue into Poulner
- Turn left & cross over the A31 flyover
- Turn right at the mini roundabout then Turn left off the slip road – do NOT go onto A31!
- At the Elm Tree Pub, turn right
- Caution at the x-roads then go straight over towards Bransgore
- Continue into Bransgore, turn left into Burnt House Lane & left again at the top of the lane
- Continue into Burley – caution through the pinch points
- In Burley village centre turn right at the War Memorial then take the immediate left by the Queens Head pub
- Continue to merge left onto the A35
- Slow to turn left into Boldrewood Ornamental Drive (cattlegrid on corner!)
- Continue to the top of the drive & merge left to Stoney Cross
- Turn right towards Ocknell Plain
- At Fritham take left hand fork
- At crossroads turn left onto the B3078 to Fordingbridge
- Negotiate cattle grid and Pinch Points with care at Godshill
- Fast Descent from Godshill to Fordingbridge TAKE CARE IT'S A BIT BUMPY!
- Turn Left at Fordingbridge Fuel Station
- Immediately Left Again (DO NOT GO ONTO A338!)
- Over cattle grid and climb to Frogham
- Turn Right just before Pub at crossroads (marshalled)
- Take Care on Descent (narrow & bumpy)
- SLOW DOWN for Left Turn to Gorley
- Caution through Water splash should be dry unless prolonged rain!

Repeat another lap as above

- After 2 laps turn left at the (hopefully dry) watersplash at Moyles Court
- At Ocknell Plain turn Left at to Stoney Cross
- At Stoney Cross T-junction turn Left
- At Fritham take left hand fork
- At crossroads turn left onto the B3078 to Fordingbridge
- Negotiate cattle grid and Pinch Points with care at Godshill
- Fast Descent from Godshill to Fordingbridge TAKE CARE IT'S A BIT BUMPY!
- Turn Left at Fordingbridge Fuel Station
- Immediately Left Again (DO NOT GO ONTO A338!)
- Over cattle grid and climb to Frogham
- Turn Right just before Pub at crossroads (marshalled)
- Take Care on Descent (narrow & bumpy)
- SLOW DOWN for Left Turn to Gorley
- Caution through Water splash should be dry unless prolonged rain!

Repeat another lap as above

- Return to the start point at Moyles Court for your 4th time Slow to dismount then cross right (on foot) to T2

Bike Cut – off Time: 10 hours from race/wave start.

Competitors finishing the bike after this time will not be permitted to start the run.

Cycling Rules

- All roads are open to traffic.
- Highway Regulations must be obeyed at all times.
- You will not have priority at junctions, be prepared to Give Way / STOP!

- Cycle on the left-hand side of the road at all times unless overtaking slower riders, pull in to the left once passed allowing faster cyclists and traffic to overtake you.
- Do not cross the centre white line on any road, including at junctions.
- Side-by-side riding & Drafting & riding in packs is forbidden - time penalty for 1st offence, DQ for a 2nd offence
- Marshals must be obeyed. They will NOT stop traffic for you.
- Dangerous Riding will be penalised with a DQ without recourse to appeal
- This event is held under British Triathlon Federation Rules. It is your responsibility to know them – www.britishtriathlon.org

Caution:

On New Forest Roads you will encounter ponies, cows, pigs, deer & Sunday Drivers—all of which have no road sense!

Also watch out for horse riders, please shout a warning ahead and give a wide berth when passing.

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

BIKE COURSE AID STATIONS

There will be a Tailwind energy drink & water top up available for your water bottle on Janesmoor Plain layby -after 23 miles then passed again every lap. Plus one at Ringwood (2nd lap only) Bananas & energy bars also available.

So aid stations are at 23miles, 40miles, 58miles, 78miles, 98miles

If you wish you can have family or friends place a bottle of your own energy drink at Janesmoor for you to collect. Cyclists must STOP (foot down) at this aid station in order to collect a drink. Bottles will not be handed out. The roads are too narrow to enable this to be done safely.