

Weekend Schedule:

Registration – Saturday 25th 1-4pm

Members of British Triathlon must show a current licence or pay an extra £5 for a Day Licence. Non members will have already paid for a Day Licence which can be downloaded from our website from around 10-14 days before the race, another form of Photo ID will be required.

You'll be given a pack containing race numbers, ankle strap & timing chip, a sheet of labels, swim hat, 3 kit bags for your swim, cycling and running gear

Race Briefing – Sat 25th 4pm (attendance compulsory)

Will give you full details of the race to ensure you have the best day possible!

Car Parking – Sat 25th 1-5pm & Sunday 26th open from 4am

Free parking onsite for competitors & spectators – just follow signs & marshals on arrival.

Bike Racking – Transition open Sunday 26th from 4am -5am Forestman & until 6am for Boskman & Forestman Middle

Forestman Full – Start 5.30am

Boskman & Middle Start: 6.30am

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| Cut-off times: | Swim (at the lake): | 7.30am for Forestman |
| | | 8am for Boskman & Middle |
| | Bike Course: | 3.30pm |
| | Run Course: | 10pm anyone judged not able to make this time will not be allowed to start the final lap from the Abbotswell/Frogham aid station on the run course |

Finishers: 11am - 10pm

Finishline food available plus other caterers will be onsite serving hot food and hot drinks. At the finish we'll collect your ankle timing chip (lost or unreturned ones are charged for at £25 each) & give you your race medal!!

Massage: Available post –race in the sports hall.

Results: provisional printed finish times will be followed by full results later on our website www.racnewforest.co.uk & www.tri247.com

Transition Areas

Moyles Court School: we'll have a change tent plus the bike park open from 4am on 26th. Only the kit bags supplied are permitted within transition (no other bags or boxes). All bike & run kit bags will be placed in numbered order in the change tent. The bike park is a clear area – nothing on the ground. Shoes & helmets may be attached to your bike. There will be portaloos just outside the change tent accessible before, during & after the race.

Remember that the swim venue is separate from the main transition! We recommend you change into your wetsuit (remember hat & goggles!) then walk to the lake in the shoes you will run back in. Allow yourself a good 15minutes to walk to the lake. Take your swim kit bag to put your wet gear in before you start your Transition Run.

Ellingham Waterski Lake: the swim transition area will be marked off – only running shoes should be left here in/on your swim kit bag whilst you swim then place your wetsuit, hat & goggles in your kit bag after the swim and drop your bag into the collection areas at the exit. These bags will be brought back to Moyles Court for your collection after the race.

Foresterman Accommodation

Nearby campsites are Red Shoot Camping 01425 473789, Monkey Island Camping, North Gorley - <http://www.monkeyislandcamping.co.uk/> Forestry Commission sites at Stoney Cross tel 0845 130 8224 to book

For more campsites and B&B's see www.thenewforest.co.uk or Lyndhurst TIC Ringwood & Fordingbridge are both fairly handy for the race.

We hope to arrange some camping onsite at the school – please contact us if you want to book in & we'll get details asap

Spectating

- Free car parking onsite at Moyles Court School throughout race weekend. Please follow event parking signs.
- Please only use official car parks out in the Forest, do not park on the verges.
- Please do not obscure sight lines at junctions or around the aid stations.
- Dogs are not permitted onsite at the school.
- Catering will be onsite throughout the weekend. Alice Lisle & Red Shoot pubs are nearby