



## **The Sandy Balls Duathlon 25<sup>TH</sup> October 2009**

### **Competitor Information**

If you have any queries prior to race day please contact [team@racenewforest.co.uk](mailto:team@racenewforest.co.uk).

**Venue:** Sandy Balls Holiday Park, Godshill, Fordingbridge SP6 2JZ (see map for directions or go to website [www.sandy-balls.co.uk](http://www.sandy-balls.co.uk)). Race registration and body marking will take place in the Bistro. The Race Office will also be in this building on race day. **Registration from: 6.30am.** Collect your timing chip at Registration. BTF Members please bring your BTA licence to Registration. Failure to produce a current BTA licence on race day will result in a £5 non member levy being charged for a day licence.

### **Start Time: 8.00AM**

There will be a compulsory race briefing for all competitors 15 mins before the start in Transition, Woodside Courtyard if fine (indoors if wet)

**Presentation & Post Race:** Presentations will be made at approx 10am depending on last finishers. Results will be posted from tea-time on [www.racenewforest.co.uk](http://www.racenewforest.co.uk) or [www.tri247.com](http://www.tri247.com)

**Facilities:** Plenty of toilets are available. If staying on site take advantage of the showers, pool, massage suite and sauna! Tea, Coffee & snacks available to purchase.

**Accommodation:** contact Sandy Balls direct to book. [www.sandy-balls.co.uk](http://www.sandy-balls.co.uk) or tel 0845 2702248. Camping, caravanning pitches to static van hire and log cabins.

### **Course Details**

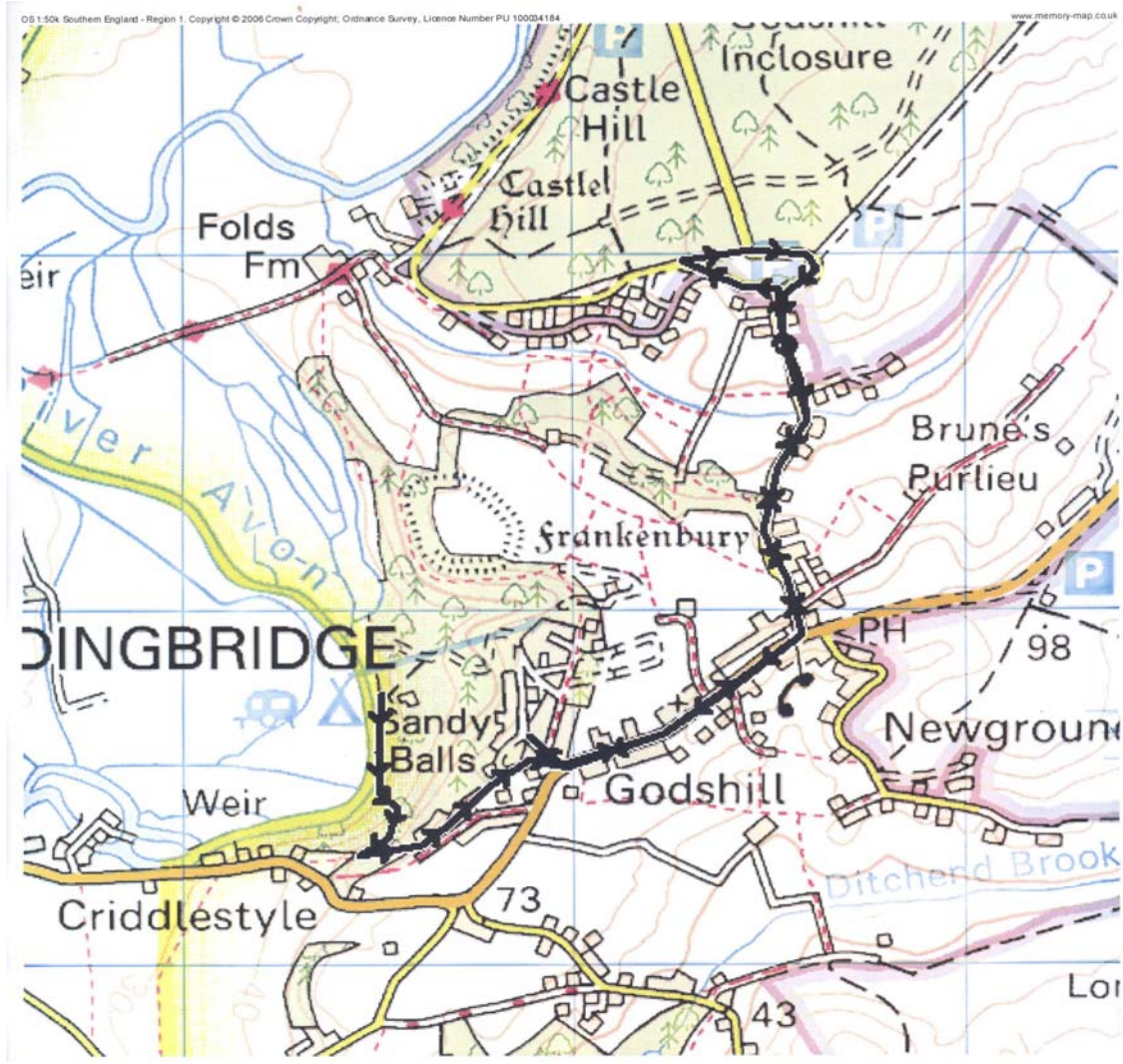
The cycle and sections of the run take place on New Forest Roads. These roads are narrow in places with traffic calming measures such as pinch points and rumble strips. Please take care and be aware of other road users at all times. **It is the sole responsibility of competitors to familiarise themselves with the course prior to the race.** Failure to complete the full course as specified will result in a DQ. The Race Organisers will not be held responsible for competitors deviating from the specified route due to competitor error or directional signs having been tampered with or removed. It is intended that marshals will be placed at key points along the course but competitors should not rely on these Marshals being in place at all times.

**Race Numbers and Timing:** numbers to be visible on the front when running and on the back when cycling. Race Belts are permitted. Please do not cut down or fold your number. Your timing chip should be worn around your ankle. No chip = No Time! Remember to hand in your chip at the finish line as non-returned / lost chips will be charged for (£25).

**Drinks Stations:** There will be a drinks table with water at Transition. Please drop used cups within 10m. Please do not litter the course or we may not be allowed to hold future events.

**This Race is sanctioned and held under British Triathlon Rules.** For a full list go to [www.britishtriathlon.org](http://www.britishtriathlon.org) or refer to the current BTA handbook. Drafting is not permitted (7m rule). Cycle helmets are compulsory. *The use of mobile phones & personal headphones etc whilst racing is prohibited.* There will be a BTA Race Referee and Draft Busters at this event.

## **The Sandy Balls Duathlon Run Route 5.5k(approx)**

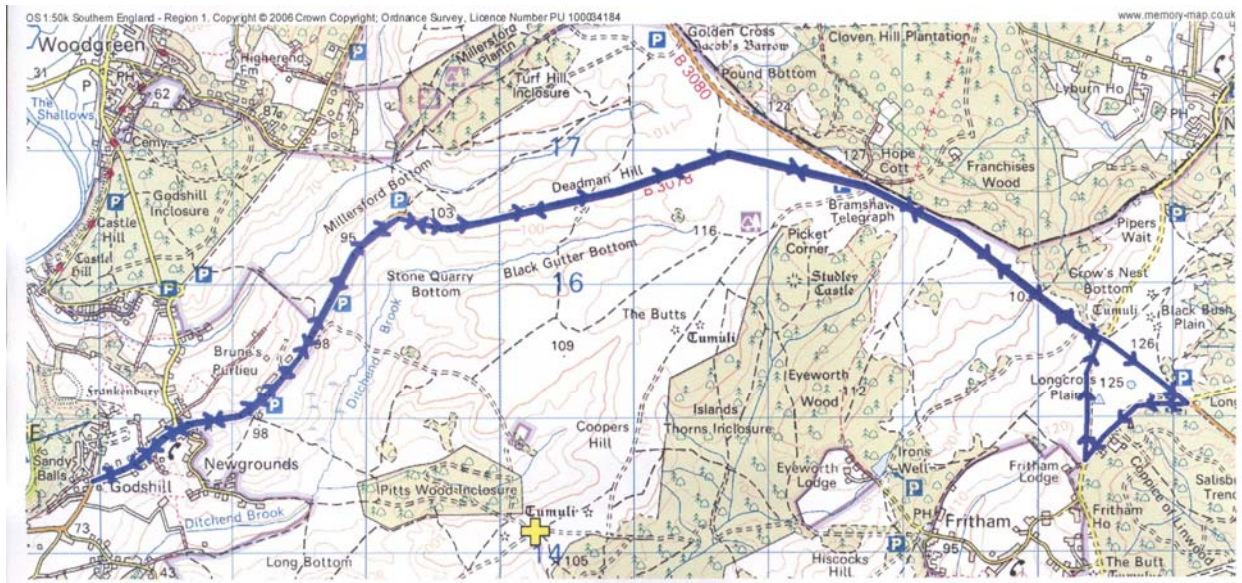


### **DIRECTIONS:**

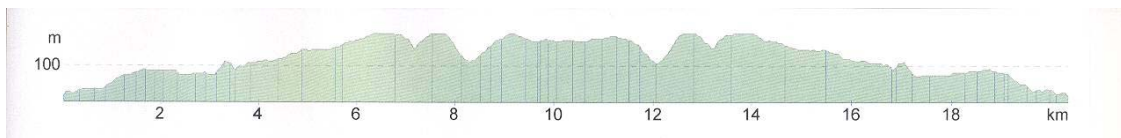
- Starting by the river follow the trail up and through the site and onto the footpath at the site entrance (watch for traffic at entrance)
- Keep on the footpath and keep left offsite
- After marshalled cattlegrid/gate turn left alongside the Fighting Cocks pub
- Continue downhill to the watersplash (watch out for traffic-very narrow lane)
- Climb to the Castle Hill lane and turn left
- Turn right onto the obvious gravel track
- Rejoin tarmac lane and follow around to the right
- Descend back to the watersplash and retrace your route back continuing into Sandy Balls main entrance and follow signs to Transition

Please watch out for dog-walkers and horseriders in the New Forest! If approaching horseriders from behind please call a warning ahead to let them know you are there!

## Cycle Route for Sandy Balls Duathlon (20k approx: road – map below)



### Profile of Bike Course:



### DIRECTIONS

Turn left to exit Sandy Balls

Use caution through the pinch points and over cattlegrid

Continue along B3078 across heathland all the way over past Telegraph Junction, the 2 dips to:

Turn Right at the 2<sup>nd</sup> crossroads and continue to next junction

Turn very sharp right – you may have to stop here – very tight turn!

Turn left back onto B3080 at the next crossroads

Keep on same road which becomes B3078 to retrace your route back to Sandy Balls

Caution over cattlegrid and through the pinch points

SLOW DOWN for Right turn into Sandy Balls

Follow signs to Transition and dismount as directed – watch out for runners and other site traffic.

**\*\*\*\*\*WARNING!\*\*\*\*\***

**All roads are open to traffic. Highway Regulations must be obeyed at all times. Cyclists must ride on the left side of the road. You will not have priority at junctions, be prepared to Give Way / STOP! Dangerous Riding will be penalised with a DQ.**

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.

**Side by side riding is forbidden.** If you are not overtaking keep in to the left hand side of the

road allowing faster cyclists to overtake you. On A-roads do not cross the centre white line. 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. No riding in the transition areas – listen to the marshals you must mount and dismount at the designated lines.

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.

## **The Sandy Balls Duathlon Run 2 (5k approx)**

***-see map above. Route as per run 1 minus the river start***

### **DIRECTIONS:**

- Follow run out route from transition – caution when crossing incoming cyclists! Follow the exit from the driveway and onto the footpath as run 1
- After marshalled cattlegrid/gate turn left alongside the Fighting Cocks pub
- Continue downhill to the watersplash (watch out for traffic-very narrow lane)
- Climb to the Castle Hill lane and turn left
- Turn right onto the obvious gravel track
- Rejoin tarmac lane and follow around to the right
- Descend back to the watersplash and retrace your route back continuing into Sandy Balls main entrance and follow signs to The Finish.

Please watch out for dog-walkers and horseriders in the New Forest! If approaching horseriders from behind please call a warning ahead to let them know you are there!

## **How to find us:**

### **Directions To Sandy Balls Holiday Park, SP6 2JZ**

**From The South East / London:** From M3 continue onto M27 Westbound. Exit M27 at junction 1 and follow the B3079 to Brook. In Brook turn left onto B3078 and continue towards Fordingbridge. You will find Sandy Balls on your right in the village of Godshill shortly after passing The Fighting Cocks pub on your right.

**From The West / Bournemouth:** Follow the A31 (A338) Eastbound and exit at Ringwood and turn left at Roundabout following A338 as far as Fordingbridge. Leave A338 via left sliproad in Fordingbridge and turn right at the t-junction following signs to Godshill and Sandy Balls. You will find the holiday park on your left at the top of the hill in Godshill.

**From The North / Salisbury:** Leave Salisbury on A338 as far as Fordingbridge, where you should turn left onto the flyover - sliproad signed to Godshill and Sandy Balls. Turn right at the t-junction at the fuel station and continue up the hill to Godshill where you will find the holiday park on your left.

**Once on site, follow event car parking signs to the Activity Field.**