

Ringwood Triathlon Cycle Route



The Transition Area will be situated at the rear of the Sports Centre.

All athletes will exit the swimming pool from the rear doors and mount their bikes on Kingsfield Road and follow the route below.

1. At the Junction with Hightown Road turn right.
2. Turn left onto the B3347 Christchurch Road.
3. Proceed to Sopley One Way System following the road round bearing left towards Winkton.
4. Take a sharp left at the Fishermans Haunt Hotel into Burley Road.
5. Continue through Bransgore.
6. Proceed up Thorney Hill - take care as you go over the Cattle Grid.
7. You are now in the New Forest, be aware of the free roaming ponies, cattle and donkeys.
8. Proceed across the heathland on Pound Lane into Burley.
9. At the Crossroads turn right taking caution.
10. Turn left by the Queens Head Hotel into Lyndhurst Road.
11. Stay on this road as its name changes to Chapel Lane then back into Lyndhurst Road.
12. Continue to the Junction with the A35, beware of the Cattle Grid and turn left onto the A35
13. Take the first turning on the left into Bolderwood Arboretum Ornamental Drive, beware of the Cattle Grid.
14. Follow the road through and go under the A31 Trunk Road.
15. Turning sharp left at Broomy Plain.
16. Follow the road which takes a sharp right at Linwood.
17. Proceed to the junction at Rockford.
18. Turn left into High Wood Lane follow the road to North Poulner.
19. Staying on this road as it changes to Gorley Road.
20. At the next junction take care turning right into Southampton Road.
21. Follow this road over the A31 Trunk road.
22. Take the first left into Parsonage Barn Lane.
23. Proceed past the Sports Centre Entrance.
24. Turn right into Manor Road.
25. Turn right into the Transition Area.

The Cycle Route will be sign posted with black arrows on yellow signs, with 35" by 24" Caution Cyclist Signs at appropriate places along the route.

There will be marshals at all road junctions wearing yellow fluorescent jackets, holding red flags to warn the cyclists of other road users/dangers (animals).

There will be a motorbike draft buster circulating the route, the marshals will also be taking the numbers of any cyclists drafting or cycling dangerously.

Drafting is not allowed during the event.

All athletes are required to adhere to the Highway Code, be aware of any animals, cattle grids and any other hazards.

www.resultstriathlon.co.uk

or call: 01202 861063

