

Ringwood Triathlon 10k Run Route

The course is marked with black arrows on yellow signs.

Where there are footpaths please use them.

1. As you leave the transition area you will turn left onto Kingsfield, staying on this road as it changes to Manor Road.
2. At the end of Manor Road turn left onto Parsonage Barn Lane.
3. Parsonage Barn Lane turns sharp left at this point you will turn right and join a footpath that runs parallel with the A31.
4. At the end of the path take care crossing the road and carry straight on to the mini roundabout on Eastfield Lane.
5. Go down the hill as if heading to the A31, turn right onto Nouale Lane.
6. Follow Nouale Lane past the farm to the T-Junction.
7. Turn right onto Hightown Road.
8. By the Elm Tree Pub turn left onto Crowe Lane.
9. Follow this road up to the cross roads.
10. At the cross roads turn left on to Moortown Lane then first right onto Crowe Lane going through Upper Kingston to North Kingston.
11. At North Kingston you turn right and right again past the farm and Ringwood Football Club on Long Lane.
12. At the T-Junction at the end of Long Lane, turn right onto Moortown Lane.
13. Take the first left onto Crowe Lane.
14. Take the first left onto Crowe Arch Lane follow this road up & over the bridge to Hightown Road.
15. Turn right into Hightown Road.
16. Turn left into Parsonage Barn Lane.
17. Turn left into Manor Road.
18. Turn right into Finish.

www.resultstriathlon.co.uk

or call: 01202 861063

