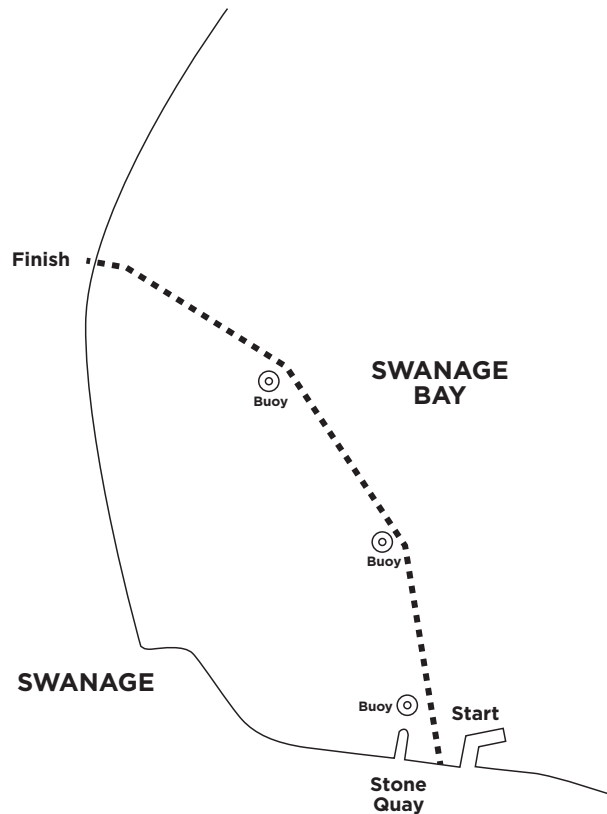




# SWANAGE BAY TRIATHLON

## Swim Route



## 20km Cycle Route

The Transition Area for the event will be based at Sandpit Field, athletes will be allowed to start racking bikes from 0530am with the first swim wave leaving Stone Quay at 7am.

The Cycle Route will be sign posted with black arrows on yellow signs.

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.

It is included in the race briefing and race information that drafting is not allowed during the event.

Athletes are also reminded that they need to adhere to the Highway Code, other road users and any other hazards in the Race Briefing.

Athletes will exit the sea, cross Shore Road and enter Sandpit Field from the Steps. They will then exit Sandpit Field on DeMoulham Road, mount their bicycle in Beachside Court.

continued...



# ***SWANAGE BAY TRIATHLON***

1. At the Junction with Northbrook Road turn left onto the A351 - Victoria Avenue.
2. Turn left onto the B3069 proceed along this road to the Scott Arms.
3. At the Scott Arms bear left, remaining on the B3069.
4. Proceed with care down Kingston Hill.
5. Turn left onto the A351.
6. Proceed past Corfe Castle to the Norden Park & Ride roundabout.
7. Go round the roundabout heading back towards Corfe Castle.
8. Take the first turning on the left past the National Trust Shop onto the B3351.
9. Follow the B3351 past the Isle of Purbeck Golf Club.
10. Take the next turning on the right into Ulwell Road which is a very sharp right hand turn.
11. Follow Ulwell Road back into Swanage
12. Turn right into Seaward Road.
13. Turn Left into DeMoulham Road
14. Dismount Bike at dismount line, preparing to enter Sandpit Field.

## **5km Run Route**

The Run Route will be sign posted with black arrows on yellow signs.

Athletes are also reminded that they need to remain on footpaths where appropriate Briefing.

1. Exit transition turning right onto DeMoulham Rd.
2. Turn right onto Seaward Road.
3. Turn left onto Ulwell Road
4. Turn left onto Whitecliff Road
5. Turn right onto Darkie Lane, then first left onto Washpond Lane.
6. Stay on Washpond Lane passing Herston Leisure on your left.
7. Turn left onto the A351 Victoria Avenue.
8. Turn left into DeMoulham Road
9. Turn right into the finish on Sandpit Field.