

## Race Information For The Woody Triathlons 2015

Wild Boar Events would like to welcome you to the Woody triathlons 2015. We want everybody to have a successful and enjoyable event so we ask you to read the following information before race day. Any questions you still have will be answered at the race briefing.

### Race HQ

The event is based at Taurus Crafts in Lydney, Gloucestershire, GL15 6BU.  
<http://www.tauruscrafts.co.uk/>

### Car parking

On arrival, please park in the field next to race HQ and not in the public car park; this is reserved for visitors to the craft centre. There will be signs to direct you.

### Camping

Free camping is available on Friday and Saturday night next to the events field. You don't need to book but please note that this is a temporary camping site and so offers basic facilities. There will be a couple of toilets and a shower brought in for the event. There are toilet facilities and a café on site which can be used whilst the centre is open.

### Race Registration

You can register between 2 – 9 pm on Friday 28th August. This will be in the marquee at the venue.  
**Please note there will be no registration on Saturday.**

At registration you will be given your race bag. It contains:

- 3 plastic, drawstring bags, one each for swim, bike and run kit
- Timing chip and neoprene strap.
- An A4 sheet of stick-on race numbers for your 3 bags, your seat post and your cycle helmet
- Your race number. Safety pins will be available if you're not using a race belt
- Swim cap. Black for Big Woody swimmers and green for Little Woody swimmers
- Pasta party ticket. Guest can purchase additional tickets from registration. These are £5 each

### Relay Registration

Only one member from each relay team is required to register for the event. You will be given 1 numbers. The cyclist will wear the number on their back and the runner will wear it on their front.

There will be one timing chip per team which must be exchanged between the team members in transition.

### Split Transition

The Woody's have T1 and T2 at different venues.

T1 is at the swim venue at the diving centre so you need to ensure you take your bike kit with you when you go to the swim. Your run kit needs to stay at Taurus Crafts where T2 is situated. You may leave your run kit in the marquee at race HQ on Friday after registration or on Saturday morning.

When you enter T2, your bike will be taken from you and you will be handed the bag you left at HQ containing your run kit. **Ensure your run kit bag has your race number label on it.**

### Bike Racking

You can rack your bike at the swim venue any time after you register on Friday. Unfortunately, there is no sheltered racking so your bike will be open to the elements. There will be members of the Wild Boar team on site all night for security.

### **Race Briefing**

This is at 6pm at the registration tent. We urge every athlete to attend this as we will be giving you vital safety information and informing you of any updates. You'll also be able to ask questions at this time.

The pasta party is straight after the race briefing in the Taurus Crafts café.

### **Electronic Timing**

Athletes are asked to wear the microchip on their ankle. We recommend the left ankle as this will ensure it doesn't get caught on your chain when you cycle. **NO CHIP = NO TIME**  
Please check that you still have your chip round your ankle after each part of the race. If it has come off let someone in transition know.

Once you have received your timing chip, do not cross the timing mats unless you are racing

Athletes will be able to see their times on the screen situated near the timing team. Results will go live to our website:

<http://wildboar.racetecresults.com/>

Once you've finished you must return your timing chip or you will be charged £15 for a replacement.

### **Transport to the Swim Venue**

The swim and transition 1 are at the National Diving & Activity Centre, approximately 8 miles from race HQ.

<http://www.ndac.co.uk/>

For those that need transport from Taurus Crafts to the swim start, there will be a minibus shuttle between 4.30 – 6.30 am. It will do the round trip every 20 minutes; please give yourself plenty of time to set up your transition and to get to the swim start.

### **The Big Woody starts at 06.30 and The Little Woody at 07.30 and the whittle Woody at 07.45**

Transition 1 is by the Diving Centre buildings. It's a fairly steep run up from the swim so you may want to bring footwear to slip on to get you up to T1.

When you enter T1, locate your bike, remove your wetsuit and swimwear and put it into the plastic duffle you were given at registration. It should be labelled with your sticky number marked 'swim'. You'll also have your empty bag marked 'bike' so if it won't all fit into one bag, use both.

Do not remove your bike from the rack until you have your helmet on and secured. Run with your bike to the exit of transition. Do not mount your bike until instructed to do so by the marshal.

All transition bags will be returned to T2 from the swim venue while you're on the bike.

### **The Bike Route**

## **Big and Little Woody**

The route leaves NDAC and turns left onto the A48. Follow this toward Lydney. When you pass Taurus Crafts on your left you will start the bike lap.

Follow the A48 all the way past Lydney, through, Blakeney and Newnham. Turn left onto a minor road signed for Flaxley . Follow this road to Mitcheldean

Go left and then at the roundabout go right, into Mitcheldean.

Opposite the large factory turn left signed for Lea and Ross on Wye.

Carry on until you get to the T-junction with the A40. Turn left and follow until you reach the left turn to Pontshill.

Stay on this road to the village of Walford. Turn left and follow the B4234 to the Village of Lower Lydbrook.

Passing the Courtfield Arms pub on your left, you will see straight on, past the junction to your left, 'road ahead closed' signs. Go through these and at the road block take the left fork. Follow this road.

**Feed Station** is at the top of this climb - approx 2 miles

Turn left onto the A4136, follow for 1 mile.

**Caution steep down hill** with right turn at Junction.

Follow the B4234 to Cannop Crossroad

Turn left and go to Speech House Hotel on your right

Turn Right at the Hotel

At the next T Junction Turn Right towards Parkend

Go through Parkend and pass Whitemead Holiday Park on your left.

Turn left to Bream.

Turn right at T Junction signed for Coleford.

After exiting Bream turn left

Follow this road, take the left fork towards Hewelsfield.

At T-junction turn left to Alvington. Turn Left onto A48. This takes you back to towards Taurus Crafts and the Race HQ.

A link to the bike route can be found here:

<http://www.wildboarevents.co.uk/bikelap.html>

**Little Woody athletes complete 1 lap and Big Woody athletes complete 2 laps.**

## **Whittle Woody Bike Lap**

From the NDAC follow the A48 all the way to Blakeney. As you enter Blakeney turn Left signed for Parkend. (also go ape sign). Follow this road all the way to Parkend.

Go through Parkend and pass Whitemead Holiday Park on your left.

Turn left to Bream.

Turn right at T Junction signed for Coleford.

After exiting Bream turn left

Follow this road, take the left fork towards Hewelsfield.

At T-junction turn left to Alvington. Turn Left onto A48. This takes you back to towards Taurus Crafts and the Race HQ.

## **Transition 2**

On returning to Taurus Crafts and T2, DO NOT undo or remove your helmet until your bike has been taken from you. You will be given your run bag - place all of your cycle kit back into this bag. You can collect it from the transition area once you've finished your race

## **The Run Route**

Please ensure your race number is showing to the front.

The run is an out and back route on the Lydney Park Estate, 6 complete laps for The Big Woody and 3 for The Little Woody.

2 Laps for the Whittle Woody  
You will collect a wrist band at the end of each lap.

There will be a feed station at either end of the run route and will be well stocked with food and drinks.  
Please ensure litter is left at feed stations and isn't dropped on other sections of the route.

### **Night Running**

If you are expecting to finish later into the evening then we suggest that head torches are worn after 8pm. We also allow you to have a support runner to run with you after 8pm.

### **Important**

Be aware that the Lydney Park Estate is a working farm. Please be courteous to other walkers on the path and also any farm vehicles that come up and down the route - just move to the side - there is room for the vehicle to pass without you having to stop.

### **Prizes**

Prizes will be awarded to:

First 3 males and females, Big & Little Woody  
First male and female vet, Big and Little Woody  
First relay team

### **First Aid**

There will be a medical team available throughout the day at race HQ, at the swim venue and out on the bike course.

If you have any known medical conditions please ensure that you have notified us by email prior to the event or at registration. The medical team will be briefed accordingly. This is for your safety and any information will not be passed on to anyone other than the events and medical teams.

**We look forward to meeting everyone on Friday. Good Luck!**

