



**THE BIG WOODY
&
THE LITTLE WOODY**

27th August 2011



forestleisure 



Big and Little Woody

**3800m Swim, 180km Bike, Run 42km (or)
1900m Swim, Bike 98km, Run 21km**

FIVE ACRES—Forest of DEAN

Welcome to The Big Woody. Situated in the stunning Forest of Dean, the Big and Little Woody offers a challenge to all athletes

Below is the information you require to have an successful day. Please ensure that you have read all of the information before the race.

We look forward to seeing you in the Forest of Dean and hope you have an enjoyable day.

Directions:



Race HQ is Situated at the Five Acres site which includes, Lakers School, The Royal Forest of Dean College, Forest of Dean Gymnastics and Fitness Centre and Five Acres Leisure Centre. It is located on the main A4136 road through the Forest of Dean.

There is a bigger location map at the end of the info.

Car Parking:

Car parking is situated behind the Royal Forest of Dean College.

What You Need To Bring:

At any event you will get novice athletes through to athletes of all abilities. There will be bikes and equipment worth thousand of pounds right through to the borrowed bike. However you will need a few essential items. A swimming costume, a wetsuit, a road worthy bike, an ANSI/BS approved helmet and some trainers. Things like goggles, elastic laces and number belts will help but are not essential. www.3-to-tri.co.uk will be in attendance for last minute buys and should you require anything in advance you can contact them at sales@3-to-tri.co.uk

Accommodation:

Camping will be available at the race HQ. This is situated on the school field. There will be toilets and showers available, but please be aware that this is a school

Registration:

Registration will be available from 2pm till 9pm on Friday. Registration will be situated in the sports hall. BTF members will be required to produce their licence or will be required to pay £5 for a day licence.

PLEASE NOTE - NO REGISTRATION ON SATURDAY

You will be given your goody bag that will contain the following:

- 2 Race Numbers
- Helmet Sticker
- Bike Sticker
- Swim Bag - white
- Bike Bag - Blue
- Cycle Bag - Red
- Sponsors' Information
- Pasta Party Ticket
- Timing Chip
- Swim Cap

Race Brief:

There will be a race brief at 6.00pm for any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

Relay:

Only one person from the team is required to register for the relay event. You will get 2 numbers. The cyclist will wear the number on their back and the runner will wear the number on their front. You will also have a timing chip. The swimmer will need to wear this on their ankle. After the swim, the swimmer will run into transition and hand the timing chip to the cyclist. This must be attached to the cyclist's ankle before they leave transition. At the end of the cycle leg, the cyclist will hand the timing chip to the runner who will attach it to their ankle before exiting transition.

Electronic Timing:

All of the athletes will be required 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. 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 in the timing van. Once you have finished you must return your timing chip or you will be charged £25 for a replacement. If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME



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SWIM:

The swim will take place at the National Diving and Activity Centre. NDAC. It will start by the pontoon and go in an anti clockwise direction around the marked course.
2 laps for the Little Woody
4 Laps for the Big Woody

TRANSITION 1:

Transition 1 is situated at the lake . Please ensure that you have left all of your run equipment at the Race Hq which is situated at Five Acres.

On entering T1 after the swim, locate where you left your bike. Remove your wetsuit and swimwear and place it in the bag you were given at registration, this will be returned to T2 for you. Do Not remove your bike from the racks until you have your helmet on and securely done up. Run with your bike to the exit of transition. Do not mount your bike until instructed to by the marshal.

BIKE:

The Bike route will leave from the NDAC and turn left onto the A48. Turn left to the village of Tidenham. Follow the road that takes you up to the B4228 and turn left towards Coleford. There will be a new section to take you around Coleford and avoid the traffic lights. This will be announced shortly and will take you back to race HQ. Ride through race Hq and Feedstation 1. Left onto the A4136. Follow for 3 miles. **Caution steep down hill, with Right turn at Junction.** Follow the B4234 to Parkend. Turn right into the village. Follow past the holiday park. Turn left to Bream. Turn right at T Junction signed for Coleford. After exiting Bream Turn left signed Alvington. Follow this road, take the left fork towards Hewelsfield. At T Junction turn left to Alvington. Turn Left onto A48. Follow the A48 all the way past Lydney, through, Blakeney and Newnham. Turn left onto minor road signed for Flaxley. Follow this road to Mitcheldean. Feedstation 2. Go left and then at the roundabout go right, into Mitcheldean. Opposite large factory turn left signed for Lea and Ross on Wye. Follow till you get to the T junction with the A40. Turn left and follow to the left turn to Pontshill. Follow this road to the Village of Walford. Turn left and follow the B4234 to the Village of Lower Lydbrook. From here follow the road to English Bicknor and then on to Christchurch. Shortly after Christchurch church, turn left onto park road. This takes you back to Five Acres and the race HQ. The Big Woody would then continue to complete another lap of the course.

TRANSITION :

On returning to transition, DO NOT undo or remove your helmet until your bike has been taken from you. Locate your run bag and place all of your cycle kit back into this bag. It will be returned to you at the end of your race.

RUN:

The run route is 4 complete laps for the Big Woody and 2 for the Little Woody. Please ensure your number is showing to the front.

RACE RULES:

The race is run under British Triathlon rules and as such you should make yourself aware of these. They are available at www.britishtriathlon.org. If you would like further information on the rules please contact them 01509 226161.

There will be a British Triathlon referee in attendance and any penalties will be issued in accordance with the rules. If you wish to appeal any decision or result this must be done within one hr of the penalty being issued and accompanied by £15 (refundable if the penalty is upheld). It is the athlete's responsibility to keep an eye on the penalty board.

PRIZES:

Prizes will be awarded to the first 3 male and female athletes.

Also the first athletes in the following categories.

1st m/f 40+

1st m/f 50+

1st m/f 60

Also the first relay team.

Prize giving will take place continuously during the afternoon.

First Aid:

Should you require any medical attention on the day, St Johns Ambulance Coleford will be in attendance.

Medical Conditions:

If you have any pre existing medical conditions before you begin please ensure that you have notified either registration or St Johns Ambulance. This information will be kept strictly confidential.



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RESULTS:

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at www.blacksheepsports.co.uk

MARSHALS:

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. It's great fun and lets them feel involved in the day. They will be given a drink and food and also receive an event top. For further information on marshal opportunities please contact us at events@blacksheepsports.co.uk

EVENT OFFICE:

Please note that the event office will be closed from Tuesday the 26th to 31st August as the team will be on site setting up. Please do not email or leave messages.

FUTURE EVENTS:

Please check our website for future events.

BLACK SHEEP SPORTS EVENTS:

Please keep an eye on the website for the 2011 calendar which will be available shortly.

All race information and entries are available at www.blacksheepsports.co.uk





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LOCATION

Five Acres, Coleford, Gloucestershire, GL16 7QW



SWIM

Location - National Diving and Activity Centre
Tidenham
Chepstow
Gloucestershire
NP16 7LH





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BIKE MAP



For a google map please see www.thebigwoody.org.uk



Big and Little Woody

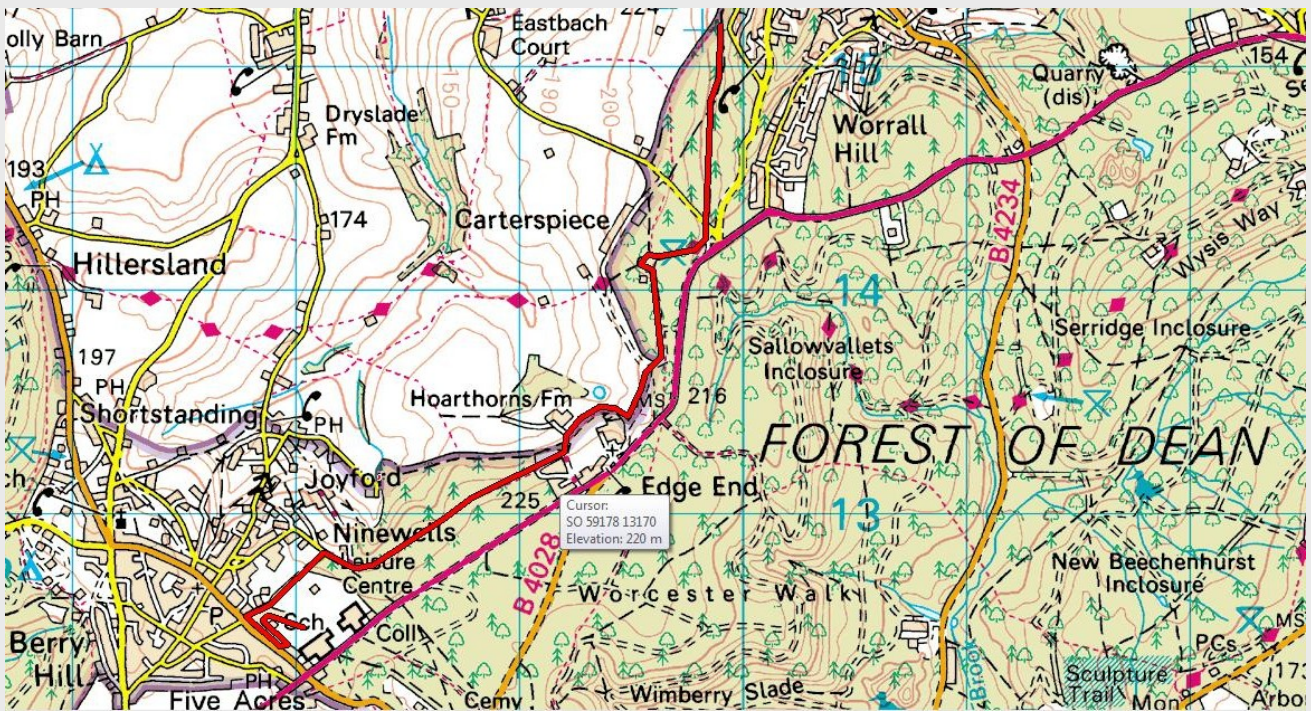
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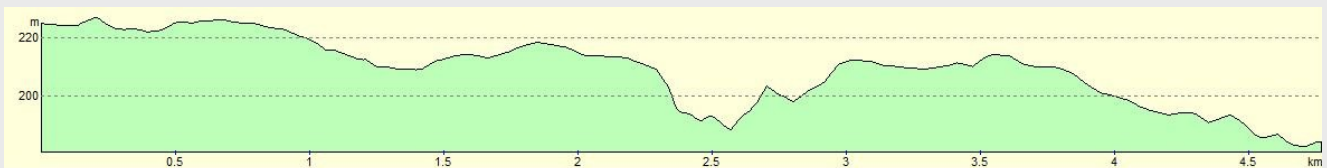
BIKE PROFILE



RUN MAP



BIG WOODY—4 laps out and back
LITTLE WOODY—2 laps out and back



Run elevation for the outward section of the run, reverse it for the return leg.