

New Forest Rattler Endurance Weekender – The Swim!

The Swim will take place at the stunning Ellingham Water Ski lake and has three routes to choose from. Ideal for the experienced swimmer looking for a quick time or those training for long distance triathlons and is also perfect for those getting into open water swimmer.

The swim is a part of the New Forest Rattler Endurance Weekender so why not enter the bike or run and make a massive weekend of it!

Event will be timed.

Bespoke medal awaits each swimmer at the finish line!

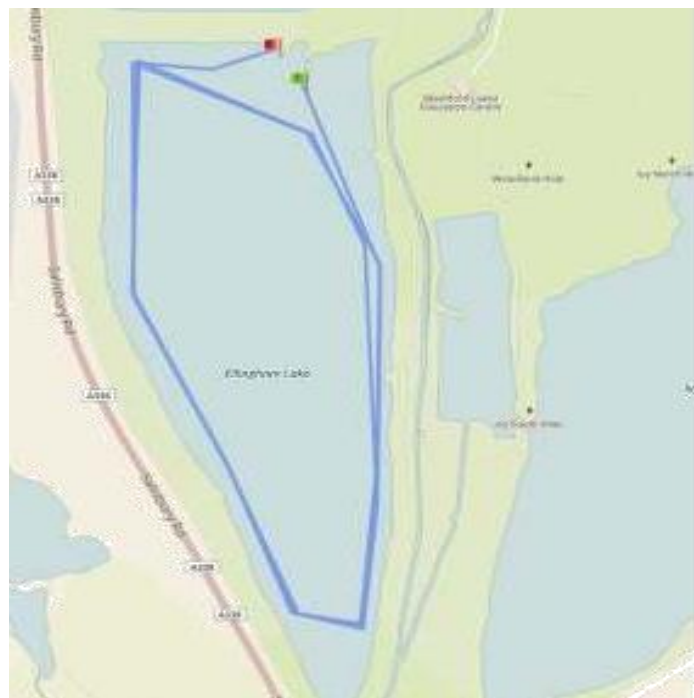
DATE & TIME

Sunday 25th August 2019

Registration 5:15am – 5:45am

Event	Start Time	Distance	Laps	Cut Off
Epic	6:15am	2.4miles / 3.8km	3	8am
Standard		1.6miles / 2.5km	2	
Half		0.9miles / 1.4km	1	

Wetsuits are compulsory unless the water temperature is over 22 degrees. Neoprene hoods & booties allowed.



Directions to Ellingham Water Ski Lake

From The South East / London: From M3 continue onto M27 Westbound. M27 eventually becomes A31 – continue Westbound to Ringwood. Exit at Ringwood and turn right at Roundabout following A338 Salisbury & Fordingbridge. On the edge of Ringwood (after approx 1.5m) just after passing the speed de-regulation signs, turn Right into Ellingham Drove – look for brown signs to “Ellingham Waterski”.

From The West / Bournemouth: Follow A31(A338) Eastbound and exit at Ringwood and turn left at Roundabout onto A338 Salisbury & Fordingbridge – follow as above.

From Salisbury / North: Take A338 Southbound from Salisbury towards Ringwood. Continue past Fordingbridge and Ibsley, then look for brown signs to “Ellingham Waterski” on your left just after the big lake & Quarry also on your left.

Car Parking at Ellingham Lake

Parking is very limited at the lake and will be reserved for those with restrict mobility.

The main car park will be at Moyles Court School. Moyles Court, Ringwood BH24 3NF . Please follow the signs.

It is about a 1KM walk to the lake from the car park. It will be fully signed.

Please obey the No Parking Cones, parking only where permitted. This is for the safety of competitors! Please do not park in the entrance to Ellingham Water ski club

Spectators can view the Swim Course 5.30am – 7.45am

A footpath follows the perimeter of the lake giving many places from which to view – it starts at the gated entrance to the waterski club. There are also viewing areas at the start and exit of the swim course. Please keep clear of the taped / fenced routes in and out of the finish area. For security reasons only competitors are allowed within the finish compound.

Swim Safety

The swim is a clockwise circuit in the lake. The course will be clearly marked with buoys and explained at the race briefing at the start. There will be several Rescue Canoes and a Safety Boat. If you get into difficulty during the swim turn onto your back and raise one arm in the air, assistance will come to you.

Competitors are reminded that no inland waterways in Britain are considered safe for swimming.

Do not swim if you have an open wound, feel unwell or are recovering from a virus or infection, as your immune system may not be strong enough to ward off infections. In the event of illness after swimming, medical advice and treatment should be sought from your GP.

To avoid the possible spread of weed between bodies of water, athletes should always ensure that their wetsuits are rinsed thoroughly dried between swims at different venues.