

TRIATHLON

FAREHAM LEISURE CENTRE

SUNDAY 16 MAY 2010

3PM REGISTRATION 4PM EVENT STARTS

SWIM 400M, CYCLE 27KM
RUN 10KM AND RAISE
MONEY FOR THE
RAINBOW CENTRE

THE RAINBOW CENTRE (established 1990) is a registered charity, offering Conductive Education services to children with disabilities such as Cerebral Palsy. It also helps adults with conditions such as multiple sclerosis, Parkinson's disease and those recovering from strokes, gain greater mobility and independence.

* Registration forms are available on request. £3.00 payable on the day for all individuals who are not members of the British Triathlon Association for a day licence to cover insurance during the event.

**TO BOOK YOUR PLACE
CALL NOW 01329 233652**

Fareham Leisure Centre
Park Lane, Fareham, Hampshire PO16 7JU



FAREHAM BOROUGH COUNCIL
www.fareham.gov.uk

SLM manage this facility in partnership with Fareham Borough Council



Registered charity number: 1096603

www.everyoneactive.com



IN AID OF
THE RAINBOW
CENTRE



ENTRY FEE
ONLY £15 PER
INDIVIDUAL OR
TEAM*

everyone
ACTIVE

Feel better for it

TRIATHLON CYCLE ROUTE 2010

- Out of the main entrance and turn left
- Turn left into Miller Drive and right into Maylings Farm Road
- Turn left onto Kiln Road and down Funtley Hill which becomes River Lane
- Follow River Lane to the end and turn right onto Titchfield Lane
- Follow Titchfield Lane as far as the traffic lights and turn left onto the A334 towards Shedfield and Botley.
- Turn left at Shedfield Common which is actually staying on the A334
- Follow the road down Kitnocks Hill, onto Wickham Road and down Station Hill past Botley train station.
- Turn left onto the A3051 Botley Road towards Curbridge and into Swanwick
- Turn left into Yew Tree Drive via the limited access link – bus route and pedestrians only
- Follow Yew Tree Drive past Whiteley doctors surgery, right at the roundabout, past a small parade of shops and upto Rookery Avenue.
- Turn left onto Rookery Avenue, past the Solent Hotel on the left and left at the roundabout into Whiteley Way
- Follow this to the roundabout and go all the way around and back up Whiteley Way
- Turn left into Parkway , across two mini roundabouts and then turn left into Leafy Lane. Please be aware of speed bumps.
- Turn right onto Bleriot Crescent and into Bader Way
- Turn left at the roundabout onto Whiteley Lane and right onto Lee Ground
- Turn right into Springles Lane, up to the cycle access only barriers
- Stay on Springles Lane until the end and turn left on Funtley Road.
- Turn right onto River Lane and follow the road into Funtley
- Turn right into Maylings Farm Road
- Turn left into Miller Drive
- Turn right into the Leisure Centre via the access from Miller Drive into the side entrance to the park.
- Return cycles to the racking area, dismounting by the bin store.

TRIATHLON RUN ROUTE 2010

- Follow the path around the edge of the Park alongside the leisure centre parallel with Park Lane and alongside Colenso Road
- At tennis courts drop on the steps into Colenso Road
- Turn right onto Gordon Road
- Follow footpath out the end of Gordon Road onto the Avenue next to the fire station
- Stay on the pavement down to Gudge Heath Lane
- Turn right up Gudge Heath Lane and stay on the right all the way to the far end.
- Turn right into Highlands Road.
- Turn right onto Kiln Road.
- Cross the road at the marshall point and join the footpath
- Follow the footpath to the end and turn left across the grass
- Follow this footpath and exit right at the gate. Turn left and follow the edge of the field.
- Stay on the footpath until a row of trees on the left hand side
- Turn left at the row of trees and follow the edge of the field next to the tree line
- Exit through the gate and turn right then left over the railway bridge
- Turn left off the bridge and follow the footpath down the side of the railway (take care uneven ground, tree roots etc)
- Cross under the motorway and turn immediately left up the steps onto the footpath down the side of the motorway and past the bridge over the motorway
- Keep following the path behind the houses and it leads onto Thames Drive
- Run past the end of Lechlade Gardens/Sunbury Court and Marlow Close onto Red Barn Lane
- Turn right onto the footpath through the woods and in towards the houses
- Take the exit on the left hand corner and stay to the left of the green area back into the woods.
- Take the right fork which leads out to the scout hut on Highlands Road
- Cross Highlands road and take the left fork which leads into Miller Drive
- Follow to the end and take the path into the side of the leisure centre back to the coach park to finish.