

FOREST BEATER TIME TRIAL

18:30pm Friday 11th August 2023



Final Event Information



Making Multi-Sport Fun!

Email: info@canbuttri.co.uk

Web: www.canbuttri.co.uk

INTRODUCTION

Thank you for entering the Forest Beater TT, We hope it's going to be a great evening, and you all enjoy it!

Please take a few minutes to read the information in this pack – There won't be a briefing on the night.

KEY TIMINGS

17:15pm	Registration opens
18:00pm	HL entrance barriers locked
18:15pm	Registration closes
18:30pm	First rider starts
19:30pm	Last rider starts (Max 60)
20:15pm	Prize giving (ASAP)

LOCATION

High Lodge, Brandon. Suffolk IP27 0AR.

PARKING

There is plenty of on-site parking near to the start/finish.

You get reduced car parking fees of £3.00 (Discount code will be displayed at registration).

Please note: If you are not through the entrance barriers by 6pm you won't be able to get in.

REGISTRATION

You must be registered by 18:15pm at the latest (Open from 17:15pm).

The registration desk will be next to the start zone (Beginning of Heritage Trail) on the main green and close to parking. See map and look for our Can But Tri flags!



You will be given a number board and 4 zip-ties. Please attach the board securely to the front of your bike so it is clearly visible to our timekeepers.

EVENT FORMAT

Riders will start at 30-second intervals and complete the course as a solo effort. Times will be taken as riders cross the finish line.

Riders are not seeded (See start list).

RULES

The main rules are: -

- You must wear a helmet.
- Your bike must be suitable for the event (MTB, gravel, cross or hybrid with off-road tires) and be in good order.
- You must complete the course as directed (We will have a marshal checkpoint).
- No drafting – Be at least 10m's behind the rider in front or be overtaking. If you don't make it past then drop back again.
- Ride on the left of the track where able..
- Overtake on the right where able.
- Overtaking must be done in a safe manner (be nice to each other!).
- Be mindful of the public – We can't close most of the route to the public.
- No littering (DQ if witnessed).

COURSE

The course is a clockwise loop of about 11km's using the Beater (short) route and other tracks.

The Beater trail is very twisty in places, but it's not super technical depending on how fast you go!

The wider trails will allow more opportunities for passing, but if you get stuck behind a rider on one of the single-track sections, please be patient and only pass where safe to do so.

The surface is mixed with grass, gravel, sand and mud. There are some tree rooted sections too that will require caution.

Oh, and it's not entirely flat either...

See map for more details.

SPARES

Bring any spares/tools you might need – you will need to be self-sufficient.

SPECTATORS

Spectators are welcome but should keep off the course itself, including the start/finish.

REFRESHMENTS

Please bring any drinks/food you may need before or during the event.

There will be water available at the finish.

CHANGING FACILITIES

There are no changing facilities, so please come ready to race.

TOILETS

There are toilets on-site near to the start/finish.

BAGS

We are not operating a bag drop. Please leave anything you don't need for the race in your vehicle.

If you cycle to the event, you can leave a small bag under the registration desk entirely at your own risk (this won't be supervised once the event starts).

FIRST AID

Should you need medical assistance please let one of our event team know. First aid will be available at the Start/Finish, but if you have a problem on the course, we will get assistance to you as soon as possible.

TIMING

We will be using app-based timing for this event.

RACE RESULTS

We will only have preliminary times on Friday to allow the awards to be presented.

Full results will be posted on our website at www.canbuttri.co.uk and on our Facebook page later in the evening or on Saturday at the latest.

PRIZES

Prize-giving will take place ASAP after the last rider has finished.

This will be held in the café's outdoor seating area on the main green.

Prizes will be awarded to the 1st, 2nd and 3rd place Female and Male/Open category riders.

Please note: We won't be posting trophies out if not collected.

SOCIAL MEDIA

For up-to-date posts about all our events please follow us on Facebook at

<https://www.facebook.com/Can-But-Tri-1935212143454463>

OTHER EVENTS

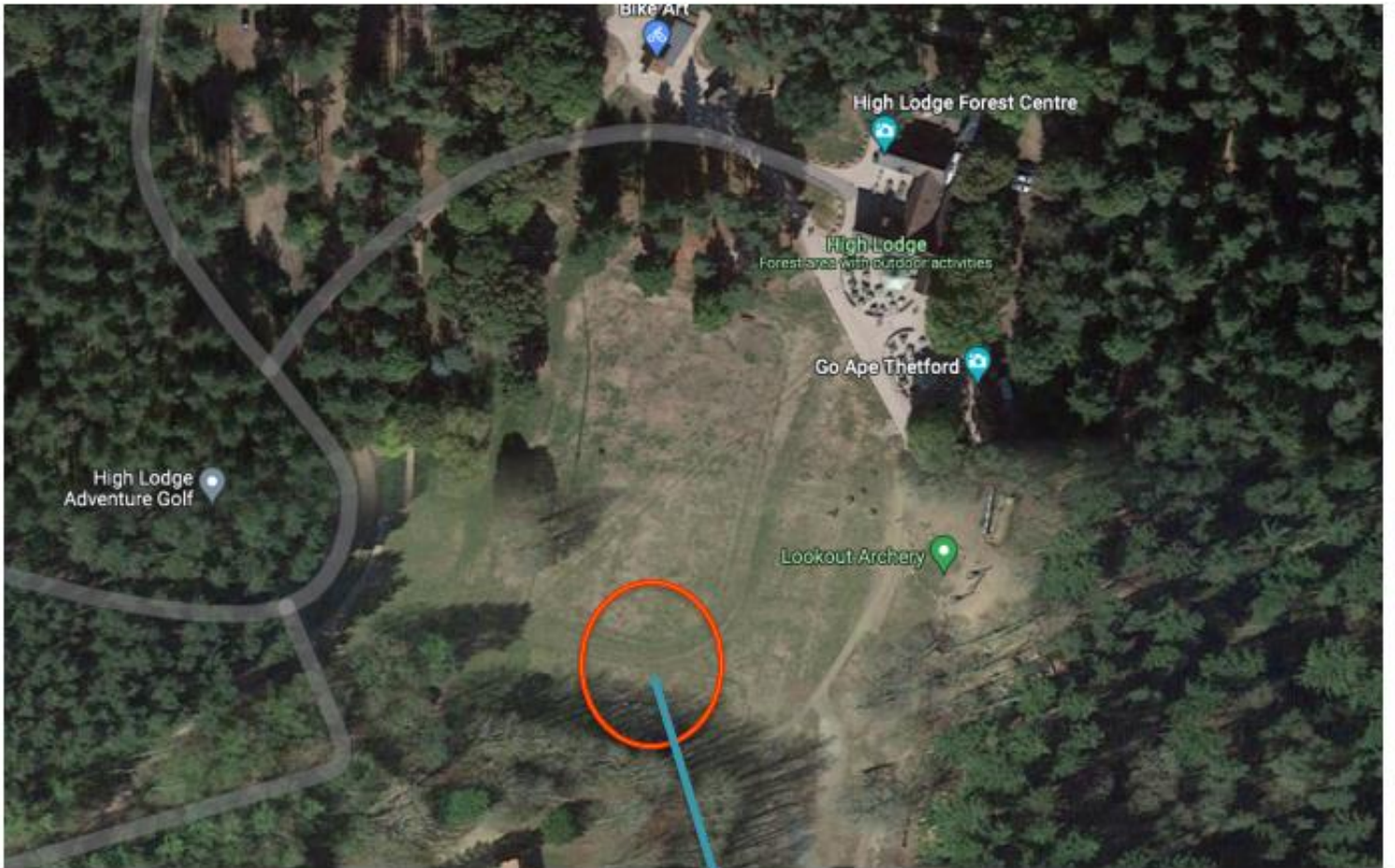
We offer a range of other events suitable for both adults and juniors in both Thetford Forest and Stradbroke. See our calendar here: www.canbuttri.co.uk/events/



Forestry
England

Held in association with Forestry England

SITE MAP



Registration/Start

COUSE MAP



Riders largely follow the Beater Short route signs. These are blue with white arrows.

We deviate off the Beater for a few KM's – this is marked with our large yellow signs as shown below. We will have a few additional yellow signs out too around the Beater.

