



## Open 12 Hour Time Trial

Sunday 11 June 2017 at 07:00  
Course: H12hr/8

---

*The event is being run for and on behalf of Cycling Time Trials under their rules and regulations*

### Event Secretary

Rachael Elliott  
6 Pindar Place  
Newbury  
Berkshire RG14 2RR

### Event Headquarters

Beech Village Hall  
Wellhouse Road  
Beech  
Alton  
Hampshire GU34 4AD

**Chief Timekeeper:** Don Ashton (Farnborough & Camberley CC)

**Finishing Circuit Timekeepers:** Mark Ashton (Farnborough & Camberley CC), Kathleen Collard-Berry (...a3crg), Maria Golden (...a3crg), Norman Harvey (Sotonia CC), Bob Lyle (Newbury RC), Maggie Smith (North Hampshire RC)

---

**Sign on/sign out:** It is compulsory for all riders to both sign on AND sign out when you hand your number back after riding. Numbers (including arm numbers) will be available at the event HQ at Beech Village Hall (**NOTE NEW HQ THIS YEAR!**) from 05:30am. There should be sufficient parking at HQ. As the event starts so early and the HQ is located in a rural village, please do be considerate of residents when using turbos.

**Drinks and Nutrition:** We appreciate some riders will be riding unsupported. There will be a car leaving HQ at 06:30 and transporting riders' numbered bottles to the feeding station just east of The Bull pub. The feeding station will be manned and we will try and ensure your bottles are easy to locate. It would be helpful if you could let us know in advance if you plan to take advantage of this by emailing rachael.elliott@gmail.com so we can plan the table layout.

The feedstation is located towards the eastern end of the course in the layby just past the Bull pub. It is indicated with the following symbol on the course map:



Emergency water supplies and (moreorless unlimited) homemade flapjack for all riders will be available at the feedstation.

**First aid:** If you need first aid assistance at any time, please call 07931 722817 and we will ensure you get the help you need. **For emergencies, always dial 999 in the first instance.**

**Finishing circuit:** The 12 hour course consists of one large lap of 20.181 miles and a finishing circuit (which is within the large lap) of 14.394 miles. **Riders will be moved to the finishing circuit after around eight hours.** Please ensure your supporters are aware of this, and be ready to circle the Holybourne (middle) roundabout (when instructed) to enter the finishing circuit any time after around 15:30.

**Post-race:** Please hand in your number at race HQ in return for a free drink and cake and remember to sign out.

**Support vehicles:** As the distance is over 100km in length, supporting vehicles are allowed on the course. However, you must make sure that the vehicle does not pass you more than once every 10 miles. The vehicle should be driven at normal traffic speed when on the road, and should not impede or annoy other competitors as this could lead to disqualification. All accompanying vehicles must be registered on a form in HQ prior to starting.

### **Safety**

- Riders *must not* use aero bars when circumnavigating the Coxbridge roundabout at the eastern end of the course. This is a district rule, and we will have no choice but to disqualify any riders who are caught doing this.
- Always give priority to traffic from your right when negotiating roundabouts.
- Signal clearly to other road users the course you intend to take.
- Safety - not your performance - is the first priority at all times.
- CTT regulations require competitors under 18 years of age to wear a helmet of hard/soft shell construction and recommends the use helmets by all other competitors.

### **District regulations applicable to all events**

- **LWDC 4** No vehicles, except those of the timekeepers, shall be parked at the start or finish
- **LWDC 5** All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

### **Prizes**

- Prize information is located on the final page of this document. Please note we **do not** plan to work out prizes on the night due to the difficulties in calculating final distances quickly and the opportunities for error.

## Course Details

*After starting the first riders, the Timekeeper will move to the starting point of the finishing circuit and continue from there for the remainder of the event. Thus the first lap will be 23.437 miles. As soon as practicable following the completion of the first placed competitor riding 200 miles, riders will be turned at Holybourne roundabout to commence the finishing circuit.*

| H12hr/8 Bentley Bypass 12 Hour Time Trial Course (May 2014) |   |                |              |
|---|---|----------------|--------------|
| OS Ref  | Description   | First lap only | Main Circuit |
| SU704374  | Start at a point in the lead out from the lay-by on the north side of the A31, approximately 10 yards east of the Chawton roundabout.   | 0.000          |              |
| SU736403  | <b>START OF MAIN CIRCUIT.</b> Proceed (Care) to join the A31 and proceed eastward along the A31 to the Holybourne roundabout.   | 3.17           | 0.000        |
| SU828459  | Take the second exit, keeping on the A31, continue via the Bentley bypass to the Coxbridge roundabout at the junction with the A325. (Great care needed).   | 10.038         | 6.868        |
| SU736403  | Circle the roundabout (Check) and take the fourth exit to retrace along the A31 to the Holybourne roundabout. Keep to the LEFT hand lane at the roundabout.   | 17.053         | 13.983       |
| SU704374  | Take the first exit, keeping on the A31, continue ahead to the Chawton roundabout. Circle the roundabout taking the fourth exit, to retrace along the A31 passing the start point.  | 20.095         | 16.925       |
| SU736403  | Proceed (Care) to join the A31 and proceed eastward along the A31 to the Holybourne roundabout. <b>END OF MAIN CIRCUIT</b>  | 23.251         | 20.181       |
|   | Repeat the loop until requested to follow the finishing circuit.<br>Distances (including the 3.17 extra miles in starting lap):<br>43.432, 63.613, 83.794, 103.975, 124.156, 144.337, 164.518, 184.699, 204.880, 225.061) |                |              |
| <b>Finishing Circuit</b>                                    |   |                |              |
| SU737406  | The first layby on the north side of the A31 constitutes the start of the finishing circuit.  |                | 0.00         |
| SU828459  | Continue along the A31 to the Coxbridge roundabout (turn)   |                | 6.868        |
| SU736403  | Continue Westwards along the Bentley bypass through Froyle to the Holybourne roundabout, keeping to the RIGHT hand lane. Circle Holybourne roundabout and take third exit back onto A31 (repeat circuit)                  |                | 14.294       |

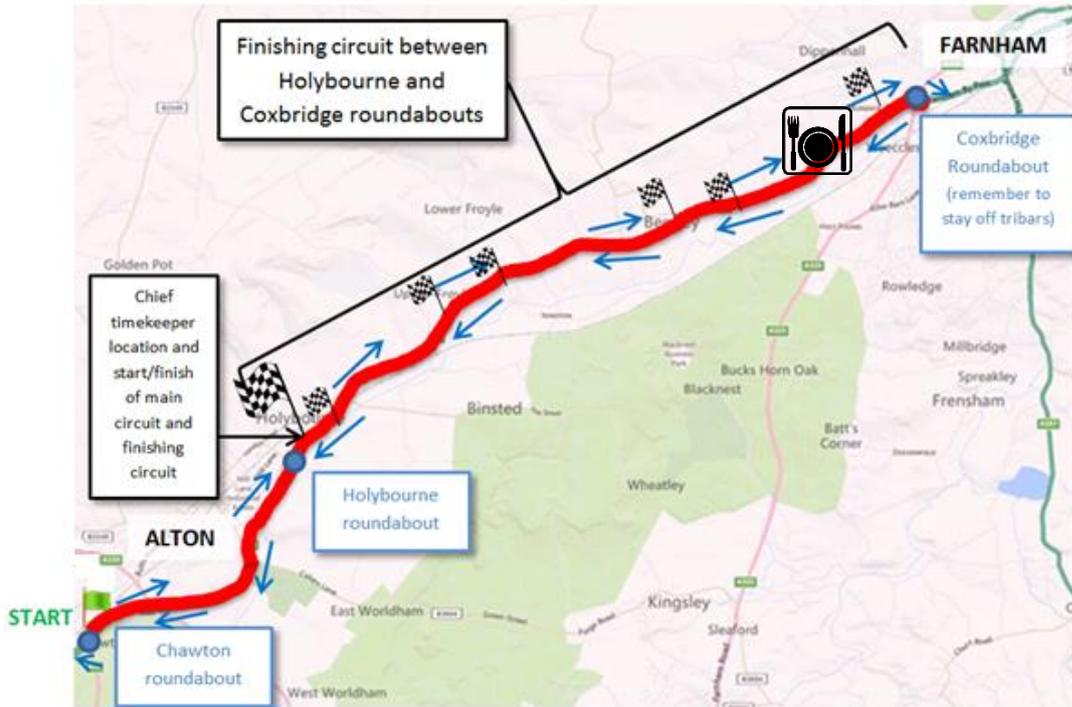
The course is a simple 20.181 mile circuit. Riders start at the Chawton roundabout in Alton and the main loop starts and finishes at the Holybourne roundabout (the middle roundabout of the three). This means the first lap will be measured 3.17 miles longer to allow for the extra distance between the start and the Holybourne roundabout.

When the first placed rider has completed 200 miles, we plan to move riders onto the finishing circuit which is the 14.294 mile stretch between the Holybourne and Coxbridge roundabouts. We anticipate this to be at around 16:00.

Your distance will be noted by the final timekeeper you pass before your 12 hours is up and you should continue to the next timekeeper.

***Please make sure you go STRAIGHT ON at the Holybourne roundabout (the middle roundabout on the course) until you are signalled to go onto the finishing circuit. We had a number of riders turn early here last year.***

# Course Map



## Getting to the start from HQ

The HQ is located in **Beech Village Hall** which is just north of Alton. Unfortunately, new management at the old headquarters meant they could no longer open early for us. Beech makes for a more pleasant alternative though.

Beech Village Hall is located **2.1 miles** from the start, so please allow at least 10 minutes to cycle there. From the village hall, ride down Medstead Road and turn right onto the A339. After approx half a mile **you will need to turn right to stay on the A339** (even though you're staying on the same road). Ride through the residential area and turn right towards the leisure centre down Chawton Park Road. Follow the unclassified road round to the start. ***I really recommend driving to the start before riding if you can - it will save undue stress later on!***



## STARTSHEET

| Start Time   | No.       | Name                    | Club                                     | Age       | Veteran standard | Cat       |
|--------------|-----------|-------------------------|--|-----------|------------------|-----------|
| 07:02        | 2         | Michael Fountain        | Didcot Phoenix CC                        | 76        | 150.54           | VM        |
| 07:03        | 3         | Jane Moore              | Willesden CC                             | 49        | 169.37           | TRIKE     |
| 07:04        | 4         | Katja Rietdorf          | Born to Bike - Bridgtown Cycles          | 46        | 172.41           | VW        |
| <b>07:05</b> | <b>5</b>  | <b>Suzanne Shaw</b>     | <b>Kingston Phoenix RC</b>               | <b>50</b> | <b>181.54</b>    | <b>VW</b> |
| 07:06        | 6         | Virginia McGee          | Charlotteville Cycling Club              | 53        | 178.19           | VW        |
| 07:07        | 7         | Jasmijn Muller          | Born to Bike - Bridgtown Cycles          | 38        |                  | SW        |
| 07:08        | 8         | Andrea Turner           | Worcester St. Johns CC                   | 51        | 180.44           | VW        |
| 07:09        | 9         | Kate Bradley            | Didcot Phoenix CC                        | 39        |                  | SW        |
| <b>07:10</b> | <b>10</b> | <b>Jill Wilkinson</b>   | <b>Chester RC</b>                        | <b>43</b> | <b>189.37</b>    | <b>VW</b> |
| 07:11        | 11        | Martin Sigrist          | Newbury RC                               | 57        | 190.63           | VM        |
| 07:12        | 12        | Tom Morris              | Portsmouth North End CC                  | 30        |                  | SM        |
| 07:13        | 13        | Donald Field            | Walsall Roads Cycling Club               | 63        | 181.17           | VM        |
| 07:14        | 14        | Tom Rebhan              | Plymouth Corinthian CC                   | 25        |                  | SM        |
| <b>07:15</b> | <b>15</b> | <b>Garry Drew</b>       | <b>Royal Navy &amp; Royal Marines CA</b> | <b>52</b> | <b>197.21</b>    | <b>VM</b> |
| 07:16        | 16        | Robert Taylor           | Bec CC                                   | 36        |                  | VW        |
| 07:17        | 17        | Peter Baker             | Lewes Wanderers CC                       | 59        | 187.71           | VM        |
| 07:18        | 18        | Gary Boyd               | Hub Velo                                 | 48        | 202.08           | VM        |
| 07:19        | 19        | Brian Hygate            | Fareham Wheelers CC                      | 79        | 140.73           | VM        |
| <b>07:20</b> | <b>20</b> | <b>Andy Jackson</b>     | <b>SLL Racing Team</b>                   | <b>41</b> | <b>211.12</b>    | <b>SM</b> |
| 07:21        | 21        | Jack Schofield          | Congleton CC                             | 23        |                  | SM        |
| 07:22        | 22        | Nick Austin             | Sotonia CC                               | 40        | 212.59           | VM        |
| 07:23        | 23        | Matthew Kimber          | Essex Roads CC                           | 27        |                  | SM        |
| 07:24        | 24        | Robin Vessey            | Mickey Cranks Cycling Club               | 54        | 194.68           | VM        |
| <b>07:25</b> | <b>25</b> | <b>Steve Ayres</b>      | <b>Bronte Whs</b>                        | <b>38</b> |                  | <b>SM</b> |
| 07:26        | 26        | Robert Bullyment        | Catford CC                               | 44        | 207.05           | VM        |
| 07:27        | 27        | Nigel Briggs            | South Pennine RC                         | 56        | 192.02           | VM        |
| 07:28        | 28        | Vernon Schutte          | Farnborough & Camberley CC               | 63        | 181.17           | VM        |
| 07:29        | 29        | Paul Dytham             | Wessex Road Club                         | 38        |                  | SM        |
| <b>07:30</b> | <b>30</b> | <b>Jonathan Shubert</b> | <b>Arctic Tacx RT</b>                    | <b>30</b> |                  | <b>SM</b> |

|              |           |                          |                                   |           |               |           |
|--------------|-----------|--------------------------|-----------------------------------|-----------|---------------|-----------|
| 07:31        | 31        | Nicolas Stagg            | Hounslow & District Whs           | 46        | 204.53        | VM        |
| 07:32        | 32        | Paul Jackson             | Team Bottrill / HSS Hire          | 51        | 198.44        | VM        |
| 07:33        | 33        | Simon Healey             | Andover Wheelers                  | 44        | 207.05        | VM        |
| 07:34        | 34        | Hector Kidds             | Dulwich Paragon CC                | 40        | 212.59        | VM        |
| <b>07:35</b> | <b>35</b> | <b>Gregory Woodford</b>  | <b>Reading CC</b>                 | <b>56</b> | <b>192.02</b> | <b>VM</b> |
| 07:36        | 36        | Matthew Parfitt          | Charlotteville Cycling Club       | 35        |               | SM        |
| 07:37        | 37        | Gerry McGarr             | Gloucester City Cycling Club      | 65        | 177.49        | VM        |
| 07:38        | 38        | Bob Richards             | Royal Navy & Royal Marines CA     | 59        | 187.71        | VM        |
| 07:39        | 39        | Andy Cook                | Chippenham & District Wheelers    | 54        | 194.68        | VM        |
| <b>07:40</b> | <b>40</b> | <b>Richard Bideau</b>    | <b>Pendle Forest CC</b>           | <b>46</b> | <b>204.53</b> | <b>VM</b> |
| 07:41        | 41        | Tim Bayley               | Arctic Tacx RT                    | 43        | 208.35        | VM        |
| 07:42        | 42        | John Forbes              | Birkenhead North End CC           | 52        | 197.21        | VM        |
| 07:43        | 43        | Byron Buck               | Derby Mercury RC                  | 33        |               | SM        |
| 07:44        | 44        | David Walters            | Ogmore Valley Wheelers CC         | 38        |               | SM        |
| <b>07:45</b> | <b>45</b> | <b>Michael Broadwith</b> | <b>Arctic Tacx RT</b>             | <b>39</b> |               | <b>SM</b> |
| 07:46        | 46        | Andy Warby               | AeroCoach                         | 25        |               | SM        |
| 07:47        | 47        | Chris Herbert            | Lovelo Cinelli RT                 | 31        |               | SM        |
| 07:48        | 48        | Alexander Kew            | Kingston Phoenix RC               | 46        | 204.53        | VM        |
| 07:49        | 49        | Malcolm Borg             | West Suffolk Whs & Triathlon Club | 41        | 211.12        | VM        |
| <b>07:50</b> | <b>50</b> | <b>Peter Harrison</b>    | <b>AS Test Team</b>               | <b>35</b> |               | <b>SM</b> |

## PRIZES

Scratch Men:           1st:    £50 + £20 bonus if course record broken  
                               2nd:    £35  
                               3rd:    £20

Scratch Women:       1st:    £50 + £20 bonus if course record broken  
                               2nd:    £35

Vets on standard:    1st:    £50  
                               2nd:    £35  
                               3rd:    £20

## COURSE RECORDS

Men:                     316.74 miles (Mark Holton; 2015)  
 Women:                 269.85 miles (Jill Wilkinson; 2015)

*Please direct any enquiries relating to the day to Rachael Elliott by emailing rachael.elliott@gmail.com or calling 07931 722817.*

***Have a safe and enjoyable ride!***