

SOTONIA LEG LOOSENER 2018

Start sheet and rider information

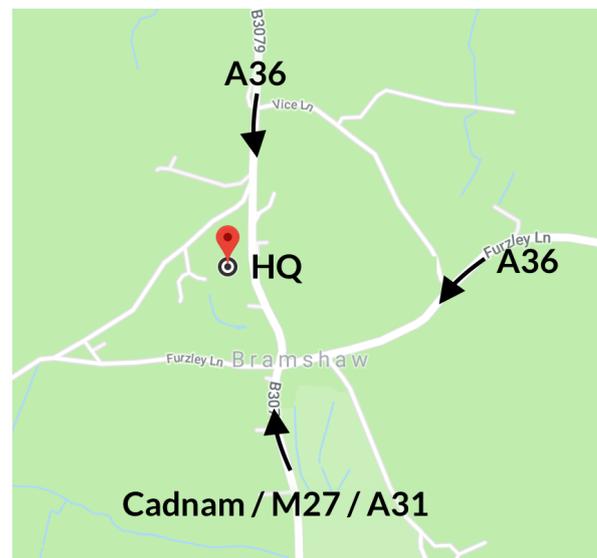
Promoted by Sotonia CC for and on behalf of Cycling Time Trials under their rules and regulations.

EVENT HQ (FROM 7:45AM)

Bramshaw Village Hall
SO43 7JE
(On the B3079)

EVENT SECRETARY

Phil Wilks
Boleyn Cottage
Forest Road
Nomansland
SP5 2BW



On the day mobile numbers for urgent matters only: 07790 779572 or 07989 415761.

TIMEKEEPERS

Martin Napier, David Crocker, Norman Harvey, Mary Corbett.

Please **call your number at the finish** to help the time keepers and avoid delays in calculating times.

PLEASE NOTE: HQ RESTRICTIONS

HQ will be open **from 7:45am**.

There are neighbours very close to the HQ car park, so please be respectful and keep noise to a minimum. **No turbo trainers before 8:00am** and **no cycling shoes** inside the main hall or they won't let us use it again!

PRIZES & PRESENTATION

Please stay for the prize presentation if you can, which will be done as soon as we can after the TT event has finished. Any prizes not collected at the event will be put back into the pot for next year.

Road Bike event

1st place: £30
2nd place: £20
3rd place: £15
4th place: £10
5th place: £5

1st woman: £30
2nd woman: £20
3rd woman: £15
4th woman: £10
5th woman: £5

1st junior: £10

TT Bike event

1st place: £30
2nd place: £20
3rd place: £15
4th place: £10
5th place: £5

1st woman: £30
2nd woman: £20
3rd woman: £15
4th woman: £10
5th woman: £5

Special Prizes

20th place in each category: £10
Last place in each category: Wine
Quickest puncture: Inner tube

SHOW YOUR SUPPORT

After you have finished and observed the safety instructions below, cheer some of your fellow competitors on. The best viewing point is on the corner at the top of Pipers Wait. **Tell your friends to come along too!**

SAFETY INSTRUCTIONS: PLEASE OBSERVE THE FOLLOWING

Riders must...

- Not make U-turns within sight of the start or finish
- Be careful at cattle grids – especially when wet
- Beware of animals on the road including horse riders
- Take extra care on the fast descent of Bramble hill between GR SU252151 and SU263154
- After finishing, return to HQ, but take great care descending Pipers Wait (steep hill, sharp bend and poor road surface) and beware competitors still on the course -stay to the left please.
- Take extra care in Nomansland between SU260179 and the finish – there are parked cars, pedestrians and other competitors riding to the start and from the finish.
- Vehicles must not be parked or stopped within 2 miles of the start, except for those used by event officials
- Any Rider observed riding in a manner which may jeopardise his or her own safety, the safety of others and the future of the sport will be disqualified and reported to the South District Council of Cycling Time Trials.
- Any Rider observed in "companion riding" may be disqualified. It is forbidden to ride with another rider during the race regardless of whether the other rider is racing or not.

Safety Helmets and Rear Lights

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise competitors to wear a **hard shell helmet** that meets an internationally accepted safety standard. Cycling Time Trials regulations require all competitors under the age of 18 to wear a hard shell helmet. In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise competitors that a working rear light, either flashing or fixed and on, is fitted to your machine in a position clearly visible to following road users.

Signing On and Race Numbers

Riders must sign the official signing on sheet at the event HQ to obtain their race number
All riders must sign out in person when returning their number to HQ.

Anti Doping

Please be aware that doping control may be present at this event and that you may be required to submit a sample for analysis.

Road Bike Category Rules

- No tri bars
- Wheels maximum of 60mm depth, no disc wheels, no tri-spokes, no quad-spokes
- No time trial helmets
- Skinsuits are allowed

COURSE DETAILS - P183A

START SU260180 at the bus stop at the southern end of Landford on the B3079. Proceed through Landford and turn left into Hamptworth Road (1.7 km). Continue to Redlynch and Woodfalls where left onto B3080 (8.14km) at Bramshaw Telegraph join B3078. At the Longcross crossroads turn left towards Bramshaw (16.9km). At Stocks Cross left on to B3079 towards Landford. At crossroads at southern end of Landford turn left into Forest Road and continue through Nomansland and up Pipers Wait to **FINISH** SU250 166 (23km approximately).

Recommended route to the start (approx 3.5 miles)

From HQ **turn right** out of car park onto B3079 taking great care as competitors may be coming from your right. Take the **next left** onto Furzley Lane and follow this road for 1 mile until you reach a **cross road** where you will **turn left**.

Keep following this road until you reach a T-Junction with the B3079 where you will **turn right** – you are **now on the course**, please be aware of riders who will be competing and give way to them. Keep riding until you pass the crossroads for Nomansland / New Road and the start will be just beyond this.

If you are one of the first 20 riders then feel free to ride straight to the start by turning left out of the HQ along the B3079 as there won't be any competitors on that section of the course yet.

Recommended route from the finish

Perform a U-turn when safe to do so. Retrace course to Nomansland where right just in front of The Lamb pub onto a minor road, follow to the end where right onto B3079 taking great care as competitors may be coming from your right, retrace the course in reverse until right into HQ at Bramshaw Village Hall.

COURSE VIDEO

We've produced a 14 minute video showing the route from the HQ to the start, the main features of the course, and the route back to HQ from the finish.

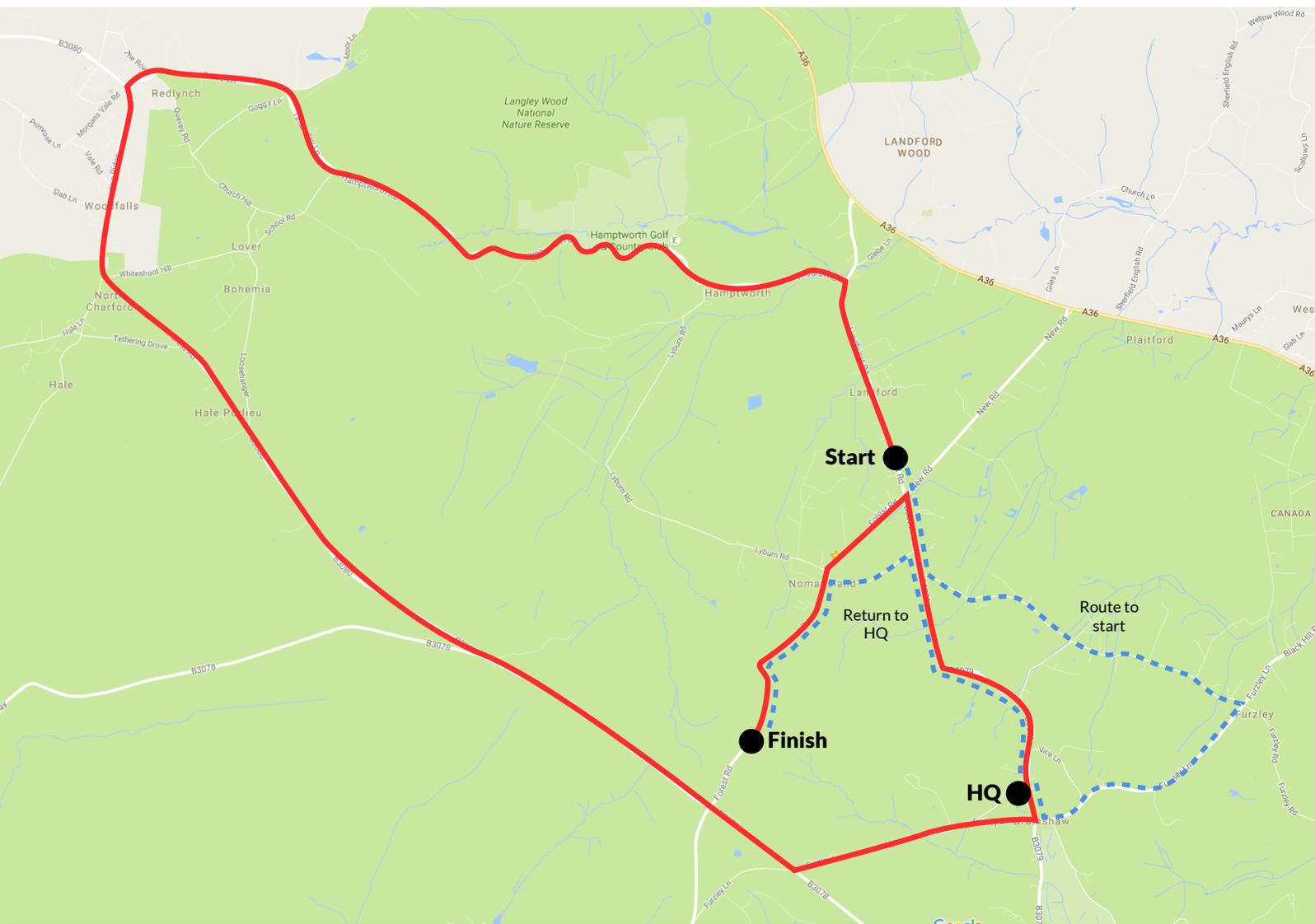
All turns on the course will have direction signs as long as some joker doesn't remove them. Most turns will have a volunteer from Sotonia marshalling, but not all of them.

Please watch this video if you haven't ridden this event before as last year we had one person get lost on the way to the start and another person miss the first left turn on the course.

<https://youtu.be/cvic7hS7Uzs>

COURSE MAP

Strava activity: <https://www.strava.com/activities/672359344>



START LIST: ROAD BIKE EVENT

	Start time	First name	Last name	Club
1	9:01 am	Joffrey	Carlier	Sotonia CC
2	9:02 am	Mike	Anderson	Velo Club Venta
3	9:03 am	Tim	Mason-hambidge	DHCyclesport
4	9:04 am	Jason	Harrison	Sotonia CC
5	9:05 am	Nicholas	Hale	Farnborough & Camberley CC
6	9:06 am	Patrick	Stumpf	Sotonia CC
7	9:07 am	Steve	Robertson	Andover Wheelers
8	9:08 am	Keith	Loudon	Portsmouth Triathletes
9	9:09 am	David	Mitchell	3C Cyclexperience
10	9:10 am	Stephen	Shepherd	Sotonia CC
11	9:11 am	Tom	Jojc	Sarum Velo
12	9:12 am	Elliot	Chilton	New Forest CC
13	9:13 am	Bob	Richardson	Bournemouth Jubilee Whs
14	9:14 am	Leon	Maidment	Sotonia CC
15	9:15 am	Tony	Hamilton	Salisbury Road and Mountain CC
16	9:16 am	Lara	Clarke	Team Athlete Lab CC
17	9:17 am	Matthew	Whelan	DHCyclesport
18	9:18 am	Lizzie	Gerard	Southdown Velo
19	9:19 am	Nicholas	Ullett	Royal Navy & Royal Marines CA
20	9:20 am	Emily	Warner	3C Cyclexperience
21	9:21 am	Michael	Banfield	DHCyclesport
22	9:22 am	Jon	Chapman	Sotonia CC
23	9:23 am	Kym	Harvey	Fareham Wheelers CC
24	9:24 am	Ben	Butterworth	Poole Whs
25	9:25 am	Steve	Bancroft	Sotonia CC
26	9:26 am	James	Wells	University of Bath Cycling Club
27	9:27 am	John	Pennington	Team Athlete Lab CC
28	9:28 am	John	Phillips	Sotonia CC
29	9:29 am	Robert	Tutt	Velo Club Venta
30	9:30 am	John	Way	...a3crg
31	9:31 am	Julian	Sheppard	New Forest CC
32	9:32 am	Martin	Balk	3C Cyclexperience
33	9:33 am	Philip	Godfrey	Sotonia CC
34	9:34 am	Robert	Pretorius	...a3crg
35	9:35 am	David	West	Salisbury Road and Mountain CC

Continues...

	Start time	First name	Last name	Club
36	9:36 am	Andrew	Mayfield	Bournemouth Arrow CC
37	9:37 am	William	Simmons	Christchurch Bicycle Club
38	9:38 am	James	Davenport	VTTA (Wessex Group)
39	9:39 am	Richard	Bradley	3C Cyclexperience
40	9:40 am	Adrian	Watkins	Tornado Road Cycling Club
41	9:41 am	Stephen	Skinner	Velo Club St Raphael
42	9:42 am	Ian	Sherin	3C Cyclexperience
43	9:43 am	Rick	Evans	Racing Club Ravenna
44	9:44 am	Rupert	Silman	Bournemouth Jubilee Whs
45	9:45 am	Richard	Burch	Sotonia CC
46	9:46 am	Callum	Dunford	Sarum Velo
47	9:47 am	Stewart	Ward	New Forest CC
48	9:48 am	Robert	Gilmour	Hounslow & District Whs
49	9:49 am	Jerry	Bromyard	...a3crg
50	9:50 am	Harry	Parsons	Sotonia CC
51	9:51 am	Chrissie	Slot	IRIS Race Team
52	9:52 am	Angela	Carpenter	...a3crg
53	9:53 am	Marcus	Attridge	Bike Jockey CC
54	9:54 am	Patrick	Brennan	...a3crg
55	9:55 am	Liam	Somerville	Bike Jockey CC
56	9:56 am	Jamie	Franklin	Velo Club Venta
57	9:57 am	Ed	Slot	Sotonia CC
58	9:58 am	Dave	Dent	GS Stella
59	9:59 am	Nick	Jones	Bournemouth Jubilee Whs
60	10:00 am	Phil	Wilks	Sotonia CC
61	10:01 am	Ben	Skinner	Rule 5
62	10:02 am	—	—	(no rider on number 62)

START LIST: TT BIKE EVENT

	Start Time	Firstname	Lastname	Club
63	10:03 am	Ian	Hatch	Sotonia CC
64	10:04 am	Michelle	Lock	GS Stella
65	10:05 am	Debbie	Hallett	Bournemouth Arrow CC
66	10:06 am	Darren	Cole	Bike Jockey CC
67	10:07 am	Adam	Graves	Southampton Tri Club
68	10:08 am	Faye	Faber	Bike Jockey CC
69	10:09 am	Tom	Smith	Velo Club Venta
70	10:10 am	Lee	Rutland	Bike Jockey CC
71	10:11 am	Neil	Dyble	Bournemouth Arrow CC
72	10:12 am	Claire	Newman	Crabwood CC
73	10:13 am	Michelle	Walter	Bournemouth Arrow CC
74	10:14 am	Damon	Payne	Royal Navy & Royal Marines CA
75	10:15 am	Oliver	Berney	Royal Sutton CC
76	10:16 am	Kirsty	Mcseveney	Fareham Wheelers CC
77	10:17 am	Ray	Claridge	New Forest CC
78	10:18 am	Martin	Beale	Velo Club St Raphael
79	10:19 am	David	Triska	Velo Club Godalming & Haslemere
80	10:20 am	Michael	Naulls	Velo Club Venta
81	10:21 am	William	Sawyer	Andover Wheelers
82	10:22 am	Andrew	Rivett	Velo Club St Raphael
83	10:23 am	Shawn	Gray	Gillingham and District Wheelers / Wheels Cycles
84	10:24 am	James	Fox	Velo Club Venta
85	10:25 am	James	Goward	Farnborough & Camberley CC
86	10:26 am	David	Dalton	Fareham Wheelers CC
87	10:27 am	Julian	Lockwood	Primera-Teamjobs
88	10:28 am	Brendan	Reese	Army Cycling Union
89	10:29 am	James	Horton	Velo Club St Raphael
90	10:30 am	Ant	Gritton	Sotonia CC
91	10:31 am	Peter	Younghusband	Petersfield Triathlon Club
92	10:32 am	Andy	Smith	Velo Club St Raphael
93	10:33 am	Paul	Lockyer	New Forest CC
94	10:34 am	Paul	Morris	Fareham Wheelers CC
95	10:35 am	Hayley	Simmonds	Team WNT Pro Cycling
96	10:36 am	Lee	Morgan	Team Bottrill / Vanguard
97	10:37 am	Gary	Chambers	NOPINZ

SOTONIA

C Y C L I N G C L U B

Thanks for supporting the event and we look forward to seeing you on the day.