

Tornado RCC Open 10 mile Time Trial
0900 Sunday 30th September 2018
A South DC Sporting Time Trial Series Event



Promoted for and on behalf of Cycling Time Trials
under their rules and regulations

EVENT INFORMATION

Event Organiser : **Adrian Watkins**
49 Hill View Road, Ensbury Park, Bournemouth BH10 5BH
01202 772254 / 07876246735 / adrianwatkins68@yahoo.co.uk
Timekeepers : **Mr David Crocker (Sotonia CC), Mr Alan Sharpen (Sotonia CC)**

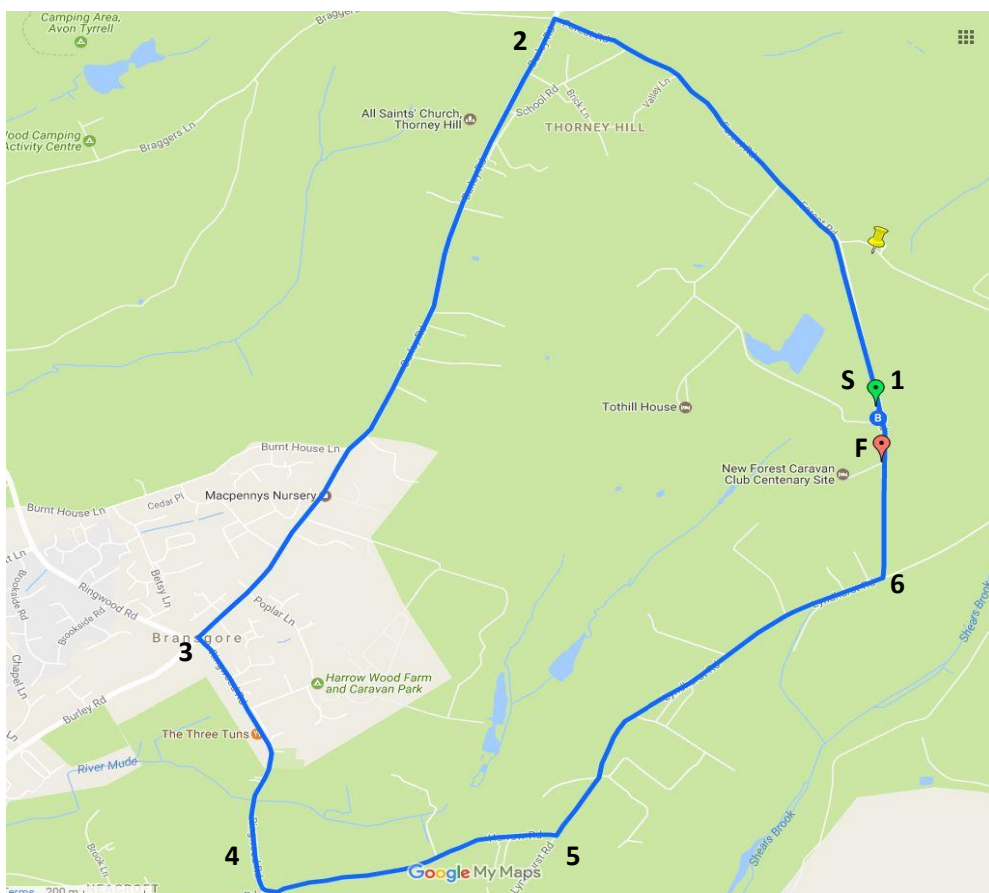
Course record currently 22.05 by James Boyman of Hoops Velo set 01/10/2017

AWARDS

Subject to sufficient entries, there will be cash prizes for:
Overall – 1st, 2nd, 3rd / Ladies – 1st, 2nd, 3rd / 1st Junior / Fastest Vet on Standard / Fastest Team of Three
& New Course Record.

THE P337 COURSE

Please visit <http://timetrialcourses.co.uk/course/p337> for a closer look.



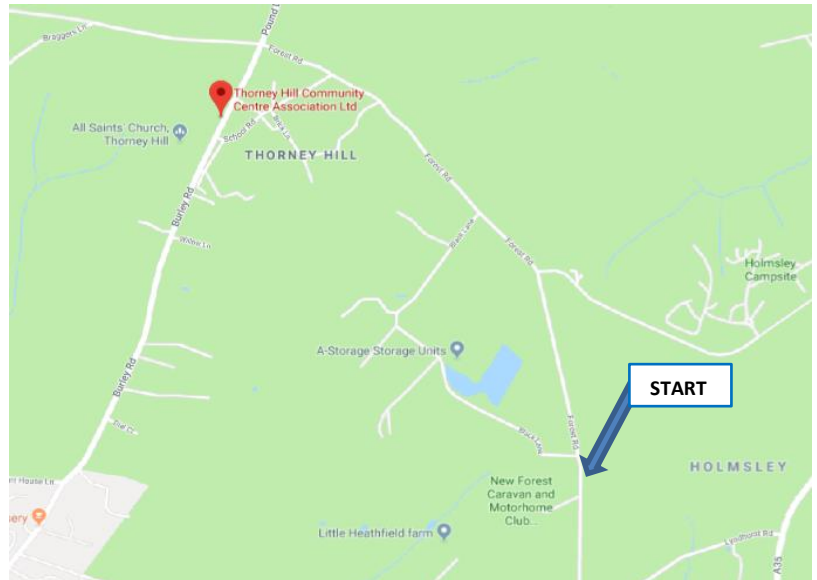
Course Description: P337 (2 LAPS FOR 10 MILES)

- 1.START** at holly bush 38 yards north of exit from Black Lane into Forest Road, Holmsley. Proceed north to junction with Burley Road at Thorney Hill.
- 2.** Turn left to crossroads in Bransgore.
- 3.** Turn left, past church to junction with Harrow Road.
- 4.** Turn left into Harrow Road and continue to junction with Lyndhurst Road.
- 5.** Turn left into Lyndhurst Road and continue to junction of Forest Road.
- 6.** Turn left into Forest Road and continue onwards to cross cattle grid and pass start (5.05 miles).

Repeat circuit to **FINISH** 20 yards prior to entrance of Holmsley Centenary Campsite, 217 yards prior to start.

Event Headquarters (Open from 7:30 am)

We have a new HQ for this event, the Thorney Hill Community Centre, 254 Burley Road, Bransgore, Christchurch. BH23 8DR. There is parking for a number of cars at the HQ.



Additional parking is available at the Holmsley campsite off Forest Road. Do not park cars near the start / finish area.

Hot and cold drinks are free to riders on return of number AND SIGNING OUT after the event, along with some savouries and of course cake.

Awards will be presented as soon as possible after the event so please do stay for a well deserved cuppa ☺

Signing On / Off

Signing on and number collection is in the main hall. Be aware of the requirement to 'Sign out' in person when you return your number. Failure to do this will result in a DNF being recorded so please do not forget. There will be plenty of notices around as a reminder. The signing on sheet now has an additional line for signing out so make sure you do the right one. *Junior entrants (under 18) must present a signed parental consent form which will have been emailed to you by the organiser.* There will also be forms available for parents to sign on the day.

PLEASE MAKE SURE YOU READ THE EVENT NOTICE BOARD BY THE SIGN ON DESK. IT WILL HAVE IMPORTANT RIDER SAFETY AND COURSE INFORMATION ON IT WHICH MAY HAVE BEEN UPDATED.

Route to the Start from HQ

Turn left out of the HQ and proceed to the junction of Forest Road. Turn right and simply keep going until you see the start area. Please do not warm up on the course after the event has started. You can safely wait in Black Lane and roll round to the start when ready. *Be vigilant for riders and other traffic when turning right into Black Lane.* There will be a container at the start to collect any bottles, jackets etc which will be taken back to the HQ for collection.

Route back to HQ from the finish

After finishing please turn left into Black Lane after the cattle grid where you can keep going until you exit left onto Forest Road (look for approaching riders). Take the second left into School Road to the end where the HQ will be on Burley Road to the right. If you decide to 'follow the course' back to the HQ, **DO NOT IMPEAD THE PROGRESS OF RIDERS STILL COMPETING!**

Safety Instructions – Please observe the following :

- Please be aware of animals out on the course including horse riders.
 - Take care on the descent of Thorney Hill (there is a cattle grid and uneven road surface with some raised manhole covers and sunken road repairs).
 - Remember the sharp left turn at Bransgore cross roads at the bottom of Thorney Hill.
 - Be observant of cars entering and exiting the Church car park along Ringwood Road.
 - Please be aware of pot holes and broken tarmac on the edges of the roads around the course and any gravel on the corners.
 - Be observant of vehicles entering or exiting the campsite just after the finish.
 - Vehicles must not be parked on the road near the start and finish except those used by event officials.
 - Late starting riders be aware of competitors passing on their second lap.
 - Take care on the cattle grid after the finish.
 - On finishing please continue on back to event HQ. You will still be on the course so please be vigilant of riders still racing who must have priority.
 - No riders to congregate in the finish area.
 - 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, or take pace from any other rider during the race regardless of whether the other rider is competing or not.
- *An official observer may be present at this event.

Safety Helmets and Rear Lights

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise competitors to wear a hard shell helmet that meets internationally accepted safety standards. Under CTT regulations, ALL competitors under the age of 18 must wear a hard shell helmet.

Cycling Time Trials and the event promoters strongly advise the use of a working rear light either flashing or fixed, positioned on the bike to be clearly visible to following road users.

Anti Doping Please be aware that doping control may be present at this event. Instructions will be on the event notice board near the signing on desk.

Wishing you a safe and enjoyable time trial. We look forward to seeing you on the day.