

Tornado RCC Open 10 mile Time Trial
0830 Sunday 17th March 2019 for Road Bikes
A South DC Sporting Time Trial Series Spring Cup 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

Some prizes for this event are being kindly supplied by Estrella Bikes for fastest rider overall, fastest lady, and best veteran on standard. There will be awards for 2nd overall £15, 3rd overall £10, fastest Junior £10 & New course record £30 (this is across both events)

THE EVENT RULES

- Road bikes only (aero framed bikes accepted ie Giant Propel etc)
- No Tri Bar extensions
- No deep section wheels over 60mm. No disc wheels, tri or quad spoke wheels.
- No time trial specific helmets either long tail (ie Bell Javelin) or stubby (ie Kask Bambino)
- Skinsuits and shoe covers are permitted.

THE P337 COURSE

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.

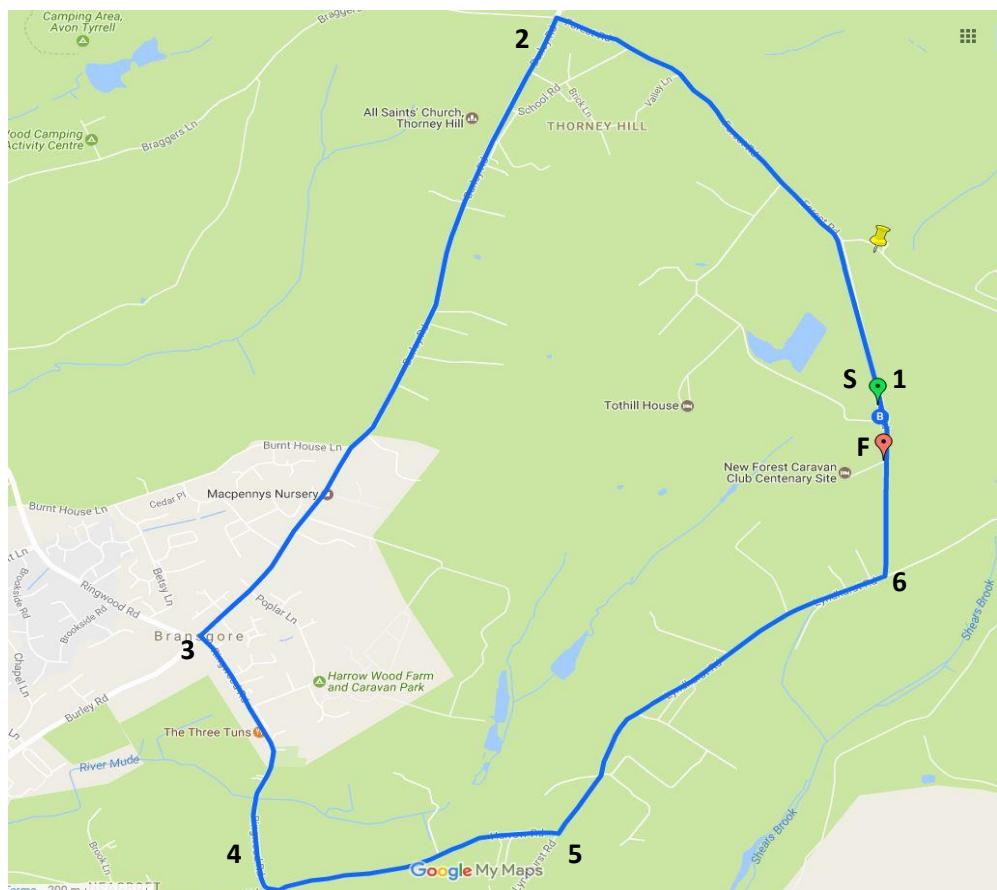
3. Turn left, past church to junction with Harrow Road.

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.

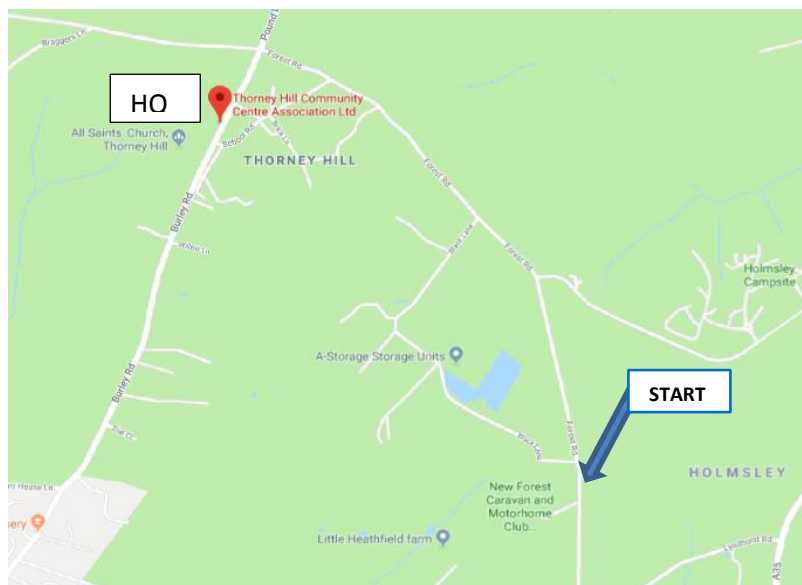
6. Turn left into Forest Road and continue onwards to cross cattle grid and pass start (5.05 miles).

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



Event Headquarters (Open from 7:15 am)

The HQ for this event is the Thorney Hill Community Centre, 254 Burley Road, Bransgore, Christchurch. BH23 8DR. There is parking for a some cars at the HQ. Toilets are available within the centre.



Additional parking is available at the Holmsley campsite off Forest Road and by the start in Black Lane by the Airfield Memorial . Do not park cars near the start / finish area or on the course.

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.

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. There may also be the odd parked car along this section of 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. This will be marshalled
- 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.

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.

The prizes will be awarded as soon as possible after the event, so please do stay to applaud the winners and enjoy a well deserved cuppa!

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

PS - Don't forget our event on the P164 on 29th September it's another counting event for the South DC Sporting TT series competition!