



# Bournemouth Arrow CC

## Good Friday 10 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Supported by:



Bournemouth Arrow CC would like to thank David Lloyd Ringwood for their kind support in hosting this event and donating prizes.

**Course:** P311

**Date:** Friday 19<sup>th</sup> April 2019

**First Rider:** 2.01pm **Last Rider:** 3.24pm

**Timekeepers:**

**Start** Mr George Bolton

**Finish** Mr Julian James

**Recorder** Mrs Jennie Stain

**Event Secretary:**

Peter Fairbank

3 Stour Way

Christchurch

Dorset BH23 2PF

[petercyclismimey@outlook.com](mailto:petercyclismimey@outlook.com)

Mobile: 07941 052341

**The event headquarters are: David Lloyd Club 242 Christchurch Road Ringwood Hampshire BH24 3AS.**

**The HQ is approx 400 metres and equidistant from the start and finish.**

**Refreshments including food can be purchased from the Club. Changing rooms are available, plus free use of the heated indoor pool, please bring your costume.**

**NUMBERS & SIGNING ON WILL BE IN THE RESTAURANT AT THE EVENT HEADQUARTERS, NOT AT THE START.**

**Please use the David Lloyd club car park via the main entrance and park in the area to the left. Riders must not park to the right, this area is for members. Take a signed turning off Christchurch Road approx. 400m south of the start roundabout, look out for the Arrow club teardrop banners. There is no parking space at the finish.**

### **IN THE INTERESTS OF YOUR OWN SAFETY,**

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15, ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is recommended that a WORKING REAR LIGHT, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

## P311 Course Description:



**START** at first lamp post in Wellworthy Road, proceed west for 30m to new roundabout at Ringwood on B3347.(SU153044)

Turn left onto Christchurch Road, proceed south via Bisterne and Avon to Sopley one-way system. (5.2m)

Turn right over bridge at the Woolpack and retrace to Ringwood via Avon and Bisterne to

**FINISH** at drain 10 yds south of junction with Hampshire Hatches Lane at Moortown Green. (SU153038)

### Safe Route from HQ to the Start:

Left out of HQ along Christchurch Road, turn right at the new roundabout approx. 400m to the north.

### Safe Route from Finish to HQ:

Continue north along Christchurch Road, David Lloyd club is approx. 400m to the north.

## SAFETY INSTRUCTIONS

Riders must:

- Not make U turns in the vicinity of the Start or Finish
- Not warm up on the Course.
- Not stop at the Finish but continue to the event Headquarters.
- Not cut the corner at Sopley one-way system on 1<sup>st</sup> right turn as the road is two-way at this point.
- Take Extra Care:-
  - From start to Moortown Lane – busy with houses and side roads, busy garage on left, finish on right.
  - Avon Tyrrell Farm - sharp bend with possible gravel.
  - Avon Causeway - beware of traffic stopping to turn right or emerging onto course.

**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.**

### PRIZES (One prize per rider.)

First	£40.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£20.00
Sixth	£20.00
Seventh	£20.00

**First lady £30.00**

First male vet on standard handicap	£25.00
Second male vet on standard handicap	£20.00
Third male vet on standard handicap	£20.00
First lady vet on standard handicap	£25.00
Second lady vet on standard handicap	£20.00