

Tornado RCC Open 10 mile Time Trial P164
0900 Sunday 29th September 2019
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 Martin Napier (Sotonia CC)

Course record currently 20.58 by Matthew Buckley on 18/5/2019

AWARDS

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

HEADQUARTERS

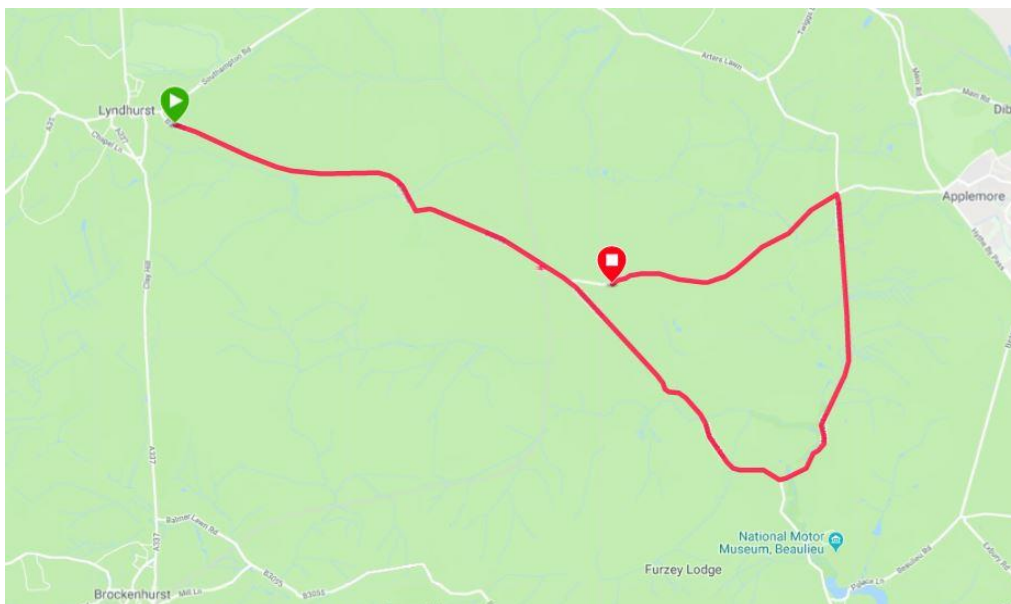
The Cricket Pavilion, Boltons Bench, Lyndhurst. Open from 745am. All the usual facilities including showers. Plenty of parking available by the HQ and it is right near the start. Take the first left after crossing the cattle grid off the A35 and follow the road round to the parking area by the Pavilion.



REACHING THE START FROM THE HQ

Re trace back along the access road to the Pavilion to the B3056 Beaulieu Road, turn left and the start is just few hundred yards down the road.

THE P164 COURSE



START on B3056 (SU3045 0802), 360 metres SE of junction with A35, at SV marker No.4/9. Ride towards Beaulieu passing over railway at Beaulieu Road Station. Continue to Leygreen Farm (9.1km) and turn left. After 3.9km turn left at Ipley Cross Roads. Pass entrance to Ferny Crofts and **FINISH** at bottom of hill approx 400 metres east of junction with B3056, at culvert carrying stream under road.

ROUTE FROM FINISH BACK TO HQ

After finishing, continue to junction of Beaulieu road and turn right with care- oncoming vehicles and riders still competing. Follow the road all the way back, past the start area to turn right just before cattle grid and follow the access road round to the Pavilion (apx' 3 miles)

SAFETY INSTRUCTIONS – RIDERS MUST:

- Beware of forest animals on the road all round the course – and motorists stopping because of them.
- Not do U-turns at the start or finish, within sight of the timekeeper.
- Beware of traffic emerging from Car Parks and campsites around the course.
- Take extra care on Beaulieu Road Station bridge which is narrow with reduced visibility.
- Take care on left turn at Leygreen which has reduced visibility and possibility of gravel.
- Take care on left turn at Ipley crossroads which may have gravel. This is a sharp turn and is very easy to stray over the white line. There may be oncoming traffic!
- After finishing, take care on right turn at Beaulieu Road Junction heading back towards the HQ. There will be two way traffic including riders still competing.

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.

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.

Signing On / Off

Remember 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. 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 AFTER THE 'ON THE DAY COURSE INSPECTION'

Thank you for entering and we wish you a safe, fast time trial!

The awards will be presented as soon as possible after the results and riders are in, so please do stay for a well earned cuppa and applaud the winners.