

NORTH HAMPSHIRE ROAD CLUB.

North Hampshire Road Club 10 Miles Time Trial.

For and on behalf of Cycling Time Trials under its rules and regulations.

Saturday 9th July 2022

Time of Start 14:00

Event Secretary: Michael Harrison
27 Heron Way.
Basingstoke.
RG22 5QF
Mobile- 07815 734691
Or 07801 441172 (Alison also there on day)

Please use my mobile number on the day
Email- mj.harrison32@gmail.com

Timekeepers: Maggie Smith, NHRC
Maria Golden, A3crg

Event Headquarters: Farnham Town Football club.
The Club House Mead Lane, Farnham GU9 7DY

Open from 12.30.

IMPORTANT NOTES

- **Please respect the local residents of Farnham by parking considerately.** Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance about the parking. If we receive complaints, we may lose this as an option for the HQ.
- Please **respect** the volunteers from NHRC and the timekeepers who are giving up their time to help out.
- **Please sign on and collect your numbers from the headquarters.**
- Position your main number so that it is visible from the rear when in the racing position.
- This event **may be subject to a Doping Control** - It is your responsibility to check by returning to the HQ and signing in as soon as possible after you finish.
- **No cleats or bikes in in the hall.**
- **Please allow at least 15 minutes to get to the start.**
- **Head-down riding kills** – if dangerous riding is witnessed it will be investigated and reported.
- No vehicles, except those of the timekeepers, shall be parked at the start or finish.

Attention all competitors.

Before heading to the start remember your: number, helmet and working front and rear light.

Remember to return your number and sign out before leaving.

Competitors are requested not to warm up on the course after the first competitor has started

Please note that for all competitors are required personally to sign the signing out sheet when returning their number.

Failure to do will result in the competitor being recorded as DNF.

The HQ has toilet facilities and changing rooms Both male and female

Parking

- Car parking is available at the HQ (the football ground approx. 40 cars).
- Farnham Memorial hall Carpark- first come first serve (approx. 5 min walk **Do not walk across the pitch**)
- and in the lay-bys past the finishing line on A31 (**do not use the carpark at the Bull Inn, this is private property**).

The preferred and safe route to the start: Turn left upon leaving the HQ out of Mead Lane and take the second exit at the mini roundabout, west Street and proceed on this road, take the 3rd exit on coxbridge roundabout onto the A31 and proceed for 2.5 miles to start lay-by

The preferred and safe route back to the HQ: After the finish proceed to coxbridge roundabout and take the first exit, proceed along west street, take the first exit at mini roundabout to return to HQ and car park.

DISTRICT REGULATIONS

No vehicles, except those of the timekeepers', shall be parked at the start or finish.

Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

IN THE INTEREST OF YOUR OWN SAFETY

In the interest of your safety, *Cycling Time Trials* and the promoter strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

Prize List.

Men	Ladies
1st £20.00	1st £20.00
2nd £15.00	2nd £15.00
3rd £10.00	3rd £10.00

Vet on Standard

1st £20.00
2nd £15.00
3rd £10.00

£10 spot prize's for 10th, 20th, 30th & 40th positions

Prizes will be presented at the conclusion of the event.

One prize per competitor (highest value only)

Please stay for the presentation at the end if you can.

Home made cakes will be on offer, donations going to St Michael Hospice

COURSE H10/8 BENTLEY

OS Ref		Distance
796442	START at a point in the lead out onto the A31 from the lay-by on the South side at the commencement of the Bentley by-pass, approximately 800 yards West of the Bull Public House on the North side of the A31 and 5 yards beyond the last but one drain grating and 25 yards short of the large road direction sign marked "BENTLEY 1/2m"	0.000
736403	Proceed (care) to join the A31 and continue to go Westwards along the Bentley by-pass through Froyle to the Holybourne roundabout (Turn)	4.702
802443	Circle the roundabout (M2, M3, M4) and take the third exit back on to the A31 to retrace, going through Froyle and along the Bentley bypass to a point 10 yards beyond the concrete end of a water culvert on the North side and 63 yards short of the Gravel Hill Road minor crossroads and 163 yards short of The Bull to where FINISH	10.000
	(Distance between start and finish is 697 yards)	

number	start_time	First name	Last name	club
1	14:01	Stu	Carver	North Hampshire RC
2	14:02	Mike	Anderson	CC Moncontour
3	14:03	Duncan	Folkes	Kingston Phoenix RC
4	14:04	John	Froud	Festival Road Club
5	14:05	Richard	Llewellyn	Imperial Racing Team
6	14:06	Jon	Shillingford	Thames Velo
7	14:07	Oliver	Roberts	PBscience.com
8	14:08	Richard	Williams	Farnham RC
9	14:09	Rachel	Green	Cheltenham & County Cycling Club
10	14:10	James	Cadman	Hounslow & District Whs
11	14:11	Jason	Davies	Royal Air Force Cycling Association
12	14:12	Danuta	Tinn	Maidenhead & District CC
13	14:13	Virginia	McGee	...a3crg
14	14:14	David	Butler	Charlotteville Cycling Club

15	14:15	Richard	Gifford	trainSharp
16	14:16	Lawrence	Wintergold	Hounslow & District Whs
17	14:17	Mark	Thomas	Bigfoot CC
18	14:18	Ben	Payne	Maidenhead & District CC
19	14:19	Agata	Kapuscinska	Dorking Cycling Club
20	14:20	Chris	Loake	AeroCoach
21	14:21	Nicolas	Stagg	Hounslow & District Whs
22	14:22	David	Marshall	Hemel Hempstead CC
23	14:23	John	Allen	Redmon CC
24	14:24	Jorj	James	LFGSS CC
25	14:25	Martin	O'Sullivan	Teddington and Turing Velo
26	14:26	Nolan	Heather	Horsham Cycling
27	14:27	Andrew	Payne	Maidenhead & District CC
28	14:28	Eva	Zsigoova	...a3crg
29	14:29	Les	Gardner	Maidenhead & District CC
30	14:30	Kevin	Tye	VeloRefined Rule 5
31	14:31	Scott	Warden	Charlotteville Cycling Club
32	14:32	Daniel	Legg	North Hampshire RC
33	14:33	Demetrius	Onoufriou	Alton CC/Owens Cycles
34	14:34	Steve	Davies	Farnham RC
35	14:35	Ian	Patterson	Utag RT
36	14:36	Edward	Renwick	Oxford City RC
37	14:37	Tom	Cosgrove	VTTA (London & Home Counties)
38	14:38	Michael	Naulls	Velo Club Venta
39	14:39	Trystan	MacDonald	Tandem Club
40	14:40	James	Boyman	Hoops Velo
41	14:41	Graham	Harman	Sotonia CC
42	14:42	Alan	Allcock	Didcot Phoenix CC
43	14:43	Rob	Vessey	Pankhurst Cycles
44	14:44	Peter	Owen	Norwood Paragon CC
45	14:45	Edward	Mellor	Mapperley CC
46	14:46	Angus	MacInnes	Charlotteville Cycling Club