



Bournemouth Arrow CC

Chris Braiden 10 Mile Time Trial

(Incorporating the South DC Championship)

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

Course: P311

Event Secretary: Matt Blythe,

Date: Sunday 3 October 2021

10 Patrick Row,

First Rider: 8:01am

Poole,

Timekeepers. Start: Mr Joey Blythe

BH17 8AD

Finish: Mr Julian James

E-mail: matt.blythe.mb@gmail.com

Recorder: Mr Peter Fairbank

Mobile: 07946 447669

The event headquarters are:

Greyfriars Community Centre, 44 Christchurch Road, Ringwood, Hampshire BH24 1DW

see <https://www.greyfriarsringwood.org.uk>

The HQ is approx. 500 metres from the start. Toilets are available but sadly refreshments won't be this year as we're a bit light on numbers.

NUMBERS & SIGNING-ON WILL BE AT THE EVENT HEADQUARTERS, NOT AT THE START. ONCE YOU HAVE FINISHED YOUR RACE, PLEASE RETURN YOUR NUMBER AND **REMEMBER TO SIGN OUT. FAILURE TO DO SO WILL NULLIFY YOUR RESULT**

DUE TO COVID AND LIMITED NUMBERS OF VOLUNTEERS WE HAVE DECIDED TO **NOT** HAVE RESULTS AND PRIZE-GIVING AT THE HQ. THESE WILL BE POSTED IN THE USUAL PLACES AFTER THE EVENT.

Please use the Blynkbonnie Car Park (accessed via a signed access road from Christchurch Road and is next to the Greyfriars Centre) or The Furlong Car Park. (See <https://www.ringwood.gov.uk/town/car-parking/>) Please bear in mind these are pay and display public car parks and consider your warm-up plans.

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.

A working rear light, either flashing or constant, **must** be fitted to the machine in a position visible to following road users and is active while the machine is in use. This is now a compulsory requirement, any rider not having a rear light will not be able to start the event.

DO NOT FORGET A WORKING REAR LIGHT

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:

Right out of HQ. Head South along Christchurch Road, straight over the first roundabout and then left at Lidl Roundabout onto Wellworthy Road.

Start is almost opposite Lidl car park entrance.

Safe Route from Finish to HQ:

Continue past finish on Christchurch Road and retrace steps above.

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 1st 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.
- Bumpy surface on bridge at Sopley turn and at entrance to wooded section on outward leg.
- Gravel on side of road just after finish.

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	£30	First lady	£30	First junior/juvenile:	£10
Second	£20	Second Lady	£20	First Tandem:	£20 (per team)
Third	£15	Third Lady	£15		