



Bournemouth Jubilee Wheelers present

Open 10-mile time trial

Sunday 21st July 2024

8 am



Promoted for and on behalf of Cycling Time Trials and South District under their rules and regulations on the P311 course

Event Organiser: Bob Richardson

Headquarters: Ringwood Library, The Greyfriars Community Centre

Christchurch Road, Ringwood, Hampshire BH24 1DW

Parking: There is plenty of parking available in the Car Park at Greyfriars, where there will be ample space for riders to warm up on rollers/turbo trainers.

Some riders may want to park opposite the start area on the Trading Estate. Riders who do so, do so at their own risk. The area should be quiet early on a Sunday morning but we have no official permission to use this site. Please do NOT park in the Lidl car park adjacent to the start (despite the fact they won't be open)

Numbers: Will be at the HQ an hour before the first start. When you return your number and sign out you will get a free cuppa!

Toilets - Changing and toilets will be available in the Centre

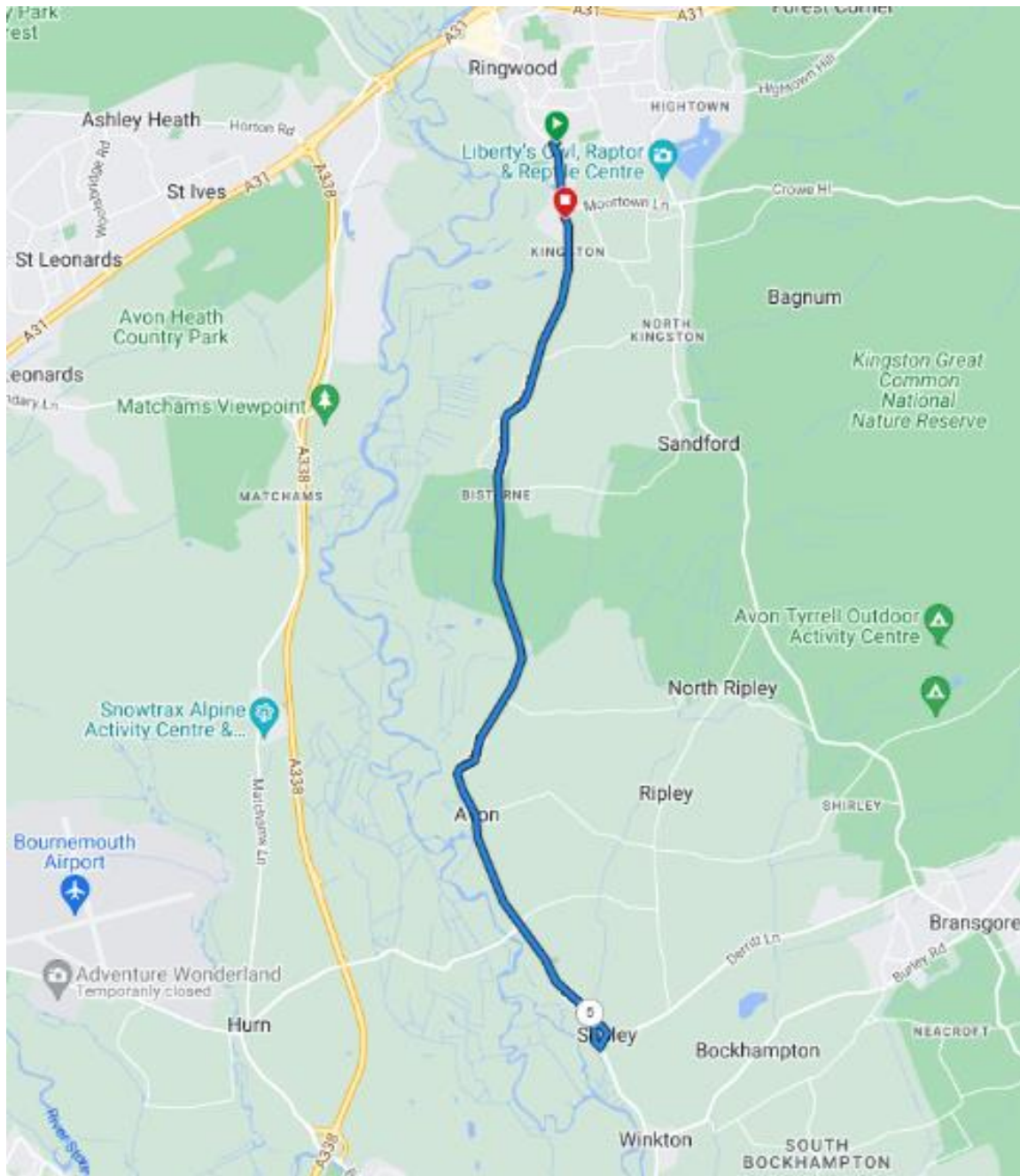
No parking at the finish or on the road close to the start.

HQ to the start. (approx. 5 mins)

- Turn right out of the main car park at the HQ onto the roundabout on the Christchurch Rd (B3347), turning right (2nd exit) at the roundabout.
- Follow the road south for 800m - past the Fire Station - until roundabout with Castleman Way.
- Take second exit - continue on Christchurch Rd for 400m
- At the roundabout next to Lidl take first exit onto Wellworthy Way
- The start is 25m along Wellworthy way

Warming up: The usual regulation of not warming up along the course by competitors once the event has started. There is space in the car park for rollers/turbo trainers. For those who want to warm up on the road, a good place to warm up is along Castleman Way (see route to the start above)

Course: the event is held on the P311 course.

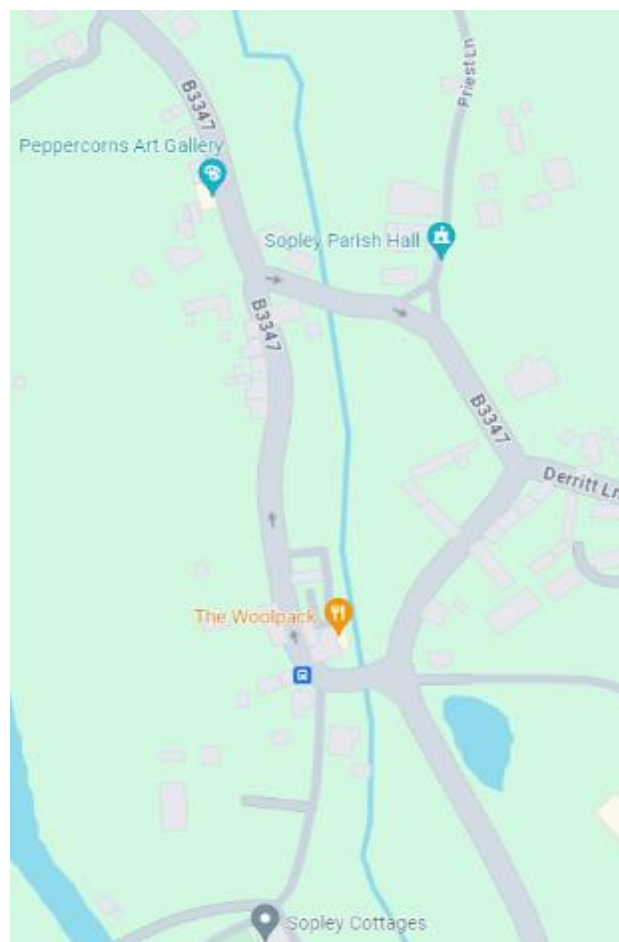


- START at the first lamp post in Wellworthy Road
- Proceed west for 32 yards to the roundabout on B3347.
- Turn left (CARE – You MUST give way to oncoming traffic) onto Christchurch Road (B3347).
- Proceed south along B3347 via Kingston, Bisterne and Avon to Sopley one-way system. (5.05m). SEE BELOW.
- Turn right over bridge at the Woolpack pub and retrace to Ringwood via Kingston, Avon and Bisterne
- FINISH at drain 10 yds south of junction with Hampshire Hatches Lane at Moortown Green.

A Strava link for the course <https://www.strava.com/segments/1190777?hl=en-GB>

Sopley 'One-Way system'

The B3347 splits as you enter the village of Sopley. The road takes riders left and you enter a one way-system. However, you MUST stay left, as you will find oncoming traffic again as you approach the junction with Derritt Lane↑ where the road becomes two way again. BE AWARE traffic may be attempting to turn across you into Derritt Lane.



As you turn at The Woolpack pub to head back north along the B3347, there will be traffic approaching on the B3347 from the south. Traffic should give way to you but be AWARE traffic may turn in either direction.

Please also be aware there is some very poor road surface over the small bridge at The Woolpack.

Finish

After you have passed the finish line continue northwards along the B3347 until you reach the mini roundabout at Wellworthy Way/Lidl supermarket where the start is located. From here retrace your route to the start back to the HQ.

Course records

Solo Male: 19:28 Jamie Witcher - Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek

Solo Female: 22:33 Holly Ramsey - Tofauti Everyone Active

Lights: Just a reminder that CTT regs. require a functioning rear and front light. This is compulsory: no lights = no start. If you discover yours isn't working, ask Sign On (not the timekeeper) as the club has a small supply of spare lights. This is of importance given there are a number of shady parts to the course, which - especially on a gloomy morning - make lights essential.

Cycling helmets: CTT and the event promoter strongly advise you to wear a hard-shell helmet that meets internationally accepted safety standards.

Officials

Timekeepers: Roz Spencer (Poole Wheelers)

Starter: Kev Ridge

Sign In: Richard Eastham

Marshalls: Mark Hitchcott (Derritt Lane), Rob Pilato (The Woolpack), Others tbc.

Contact Details

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