

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Open 25 Time Trial

Sunday 29th September 2024 8am
On Bentley H25/88 course





Organiser: Daniel Arthur. Ewell, Epsom KT17 1NU daniel@epsomcc.co.uk Mobile: 07985 414490

Timekeepers: Donald Ashton & Michael Rice

HQ: Bentley Memorial Hall Hole Lane Bentley GU10 5NB



 Please park considerately on these roads

 Please DO NOT PARK on these roads

LONDON WEST DC

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerately and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate

IMPORTANT NOTES

- Numbers to be collected from the HQ where you must sign on & SIGN OUT. Numbers can be exchanged for a drink when returned.
- The HQ is in a residential area, please be considerate to the people who live there and keep noise to a minimum. **Note areas where you can park on map above.** Please **respect the local residents of Bentley by parking considerately.**
- Do not park on the road near the HQ, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of events on the course.
- From HQ information: there have been complaints of cyclists shouting from the A31 bridge to other competitors. Observers and supporters – please refrain!
- Please **respect** the volunteers and the timekeepers who are giving up their time to help out.
- Please sign on and collect your numbers from the headquarters and return numbers after **& sign out**. Position your main number so that it is visible from the rear when in the racing position. Please return to the HQ and sign out as soon as possible after you finish.
- **No cleats or bikes in in the hall.**
- **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.

Route from HQ to Start and return after Finish

Proceed East from Bentley to join the A31 and proceed 2 miles to Runwick Lane. Pull over to side and cross the carriageway over to River Lane when safe to do so. **Please allow at least 15 minutes to get to the start as it is 2.5 miles from the hall.** The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. **Anyone seen doing so will be disqualified.**

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards passing the start point lay-by and along the Bentley by-pass to fork left onto the slip road signposted 'Bentley'. Turn right at the 'T' junction to the Bentley Memorial Hall which you can see ahead of you.

Course Map (downloadable as GPX): <https://www.plotaroute.com/route/3071>. There will be marshals and checkers but it your responsibility to make sure you know the course. If you do have any further questions regarding the course or getting to the start please do not hesitate to ask.

A31 Width restrictions & LWDC Regulation 11

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching areas:

1. The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately 19.5 miles from the start, returning from the Holybourne roundabout on the north side of the A31. The road has been reduced to a single lane by road cross-hatching on the right-hand lane commencing approximately 220 yards before the junction to Mill Court on the south side and finishing adjacent to the Hen & Chicken Public House on the north side.
2. Please also note the LWDC A31 width restriction Regulation 11 – see box below – for the last ~1.5 miles of the course, after the Bentley junction.

LWDC 11 – Conduct of riders passing through the A31 width restriction

There is a width restriction for 1.6 miles on the A31 eastbound carriageway, starting opposite the H25/8 start lay-by, until the junction with Runwick Lane/ River Lane. See attached map.

- Within the areas affected by the width restriction, riders **MUST NOT** use the hatched areas for the purpose of overtaking.
- Riders finishing events within the areas affected by the width restrictions **MUST** ensure that they are aware of other riders or motor vehicles approaching the finish at the same time:
- Riders **MUST NOT** move into the path of overtaking motor vehicles or other riders.
- Any rider seen to be overtaking by using the hatched areas, or who forces another rider, or vehicle, to take evasive action within the areas affected by the carriageway width restrictions will be disqualified and reported to the committee of the London West District Council.

Map of the A31 eastbound width restriction



For a larger map, see: https://www.londonwestdc.co.uk/files/ugd/067d8e_4605bc3ce93442a0a2770250465ad005.pdf

For clarification, **what this means for overtaking manoeuvres** is:

*Subject to the rules of the road, if in the judgement of the faster rider it is possible to overtake safely, whilst **BOTH** using the unhatched carriageway **AND** where they can do so, without moving into the path of an overtaking motor vehicle/ rider, in these circumstances riders may overtake inside the width restriction, where it is safe to do. If in doubt riders should not overtake.*

IN THE INTERESTS OF YOUR OWN SAFETY:

1. HARD SHELL HELMETS that meet an internationally accepted safety standard are compulsory
2. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
3. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

OS Ref	Course Description	Dist
822455	START in the lead out from the River Lane / Runwick Lane cross roads on the south side at a point adjacent to the second road drain just before joining the A.31.	00.00
736403	Proceed westwards along the Bentley By-pass, through Froyle (Dual carriageway reduced to a single lane for approx half a mile) and proceed on the A.31 to the Holybourne Roundabout.	06.50
704374	Keeping to the LEFT lane take the first exit (M) straight ahead) and continue on the A.31 to the roundabout at Chawton (approach in the RIGHT lane) (M2) at the junction with the A.32. (1st TURN).	09.40
734403	Circle the roundabout (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne Roundabout.(Keep to the RIGHT lane) (M6). Great care, downhill approach. Circle the roundabout (M7/8) (2nd TURN) to take the third exit (M1) back on the A.31 keeping to the left lane.	12.48
704374	Continue on the A.31 to the Chawton roundabout at the junction with the A.32 (M2). Circle the roundabout (3rd TURN) (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne roundabout,(Keep to the left lane to go straight ahead) downhill approach (Great care). (avoid first exit) (M7)	15.54
734403	At Holybourne roundabout take the second exit (M8) (straight ahead) keeping on the A.31 to go through Froyle (Dual carriageway reduced to a single lane for approx half a mile) continue along the Bentley By-pass	18.60
820454	Continue to a point on the north side, 1108yds beyond the County boundary stone,85yds beyond the centre of the gateway to Bunces Farm and 245 yds short of the Start point (on the south side) where FINISH.	25.00

Prizes

Ratified results will be posted to CTT as soon as possible.

We will have live provisional results at

<https://resultsheet.app/rsd/1723106549846x723703728393683000>

No prizes awarded on the day. All prizes will be notified & awarded after the event by bank transfer.

No rider can win more than one award.

Epsom CC would like to thank Bob Stapley of Epsom CC for his generous donation of £100 for the Best Improvement Prizes of £50, £30, £20 for riders outside 1:00:00 in the last three seasons.

1. Road bike category: 1st: £20
2. Open: Fastest Rider £30, 2nd £20
3. Women: 1st: £30, 2nd: £20
4. Age categories 20-39 1st £20
5. 40-49 1 st £20
6. 50-69 1 st £20
7. 70+ 1st £20

SOLO START SHEET

No	Start time	First name	Last name	Club	Machine
1	08:01	Robin	Johnson	Brighton Mitre CC	TT
2	08:02	Mary	Cooper	Chichester Triathlon Club	TT
3	08:03	Peter	Wilson	Bath Cycling Club	TT
4	08:04	Youssef	Talal	Epsom CC	RB
5	08:05	Daniel	Legg	North Hampshire RC	TT
6	08:06	Gina	Brown	VTTA (London & Home Counties)	TT
7	08:07	Philip	Burgin	Newbury Velo	TT
8	08:08	Peter	Horsfield	Redmon CC	TT
9	08:09	Simon	Carson-Jones	Farnham RC	RB
10	08:10	Chris	Jones	Bynea Cycling Club	TT
11	08:11	Tony	Dodsworth	Audax UK	TT
12	08:12	Ben	Skelton	London Dynamo	TT
13	08:13	Dominic	Paul	Total Tri Training	TT
14	08:14	Robert	Gilmour	Hounslow & District Whs	RB
15	08:15	Karl	Boehm	Ful-on Tri	TT
16	08:16	Oliver	Berney	Utag RT	TT
17	08:17	Mike	Cooper	Chichester Triathlon Club	TT
18	08:18	Nat	Orpen-Palmer	Dulwich Paragon CC	TT
19	08:19	Johnny	Garrett	Clapham Chasers	TT
20	08:20	Karl	Norris	360VRT	TT
21	08:21	Nicholas	Coe	Verulam Really Moving	TT
22	08:22	Ian	Cheesman	Worthing Excelsior CC	TT
23	08:23	Raif	Oz	Kingston Wheelers CC	RB
24	08:24	Andrew	Halliday	Westerley Cycling Club	TT
25	08:25	Edward	Renwick	Dulwich Paragon CC	TT
26	08:26	Simon	Brace	Bath Cycling Club	TT
27	08:27	Neal	Beauchamp	Kingston Wheelers CC	TT
28	08:28	Nicolas	Stagg	Hounslow & District Whs	TT
29	08:29	Matt	Phipps-Taylor	Paceline RT	RB
30	08:30	Pat	Wright	Paceline RT	TT
31	08:31	Paul	Haywood	Epsom CC	TT