

Sotonia Cycling Club

Open 10 mile Time Trial

Incorporating

The Tandem Tart Ten



To be held on Sunday 19th June 2022 on the P164 R2
Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations
First rider off at 8:01

Organiser

Mary Corbett
28 The Meadows
Lyndhurst
SO43 7EL
Email: mary.corbett7@btinternet.com
Telephone: 07837 551768

Timekeepers

David Crocker (Sotonia CC)
Martin Napier (Sotonia CC)
Alan Sharpen (Sotonia CC)

On the day, please phone either Mary on 07837 551768 or Claire on 07720 977752

Course records are up for grabs on the new P164 R2 as this is the first open event held since it was revised. Competition and age-related records will not be recognised on this course.

Race Instructions

Please take the time to read through these instructions, especially if it is your first time trial. They are not as long as the usual T's and C's but essential in making the running of the event as smooth as possible.

Awards

I am delighted that Nicola Anson, a Trustee of the ME Association will be presenting the prizes. Please stay for the presentation as everyone who completes the course are winners and will all be presented with a memento. There will also be spot prizes generously donated by our sponsors.

Headquarters and Signing On

The HQ is Lyndhurst Community Centre, Main Car Park, Lyndhurst SO43 7NY which will be available from 7 am. You will be required to sign on, collect your number and sign back in after you have completed the time trial. We will be using the Pine Room, entrance to the left of the main doors or through the main door themselves. Toilets are available in the HQ and in the car park. There will be plenty of parking in the main car park (charges apply). Please do not use the private car park adjacent to the Centre.

Refreshments

Please bring loads of cash with you. There will be a wonderful assortment of scrummy cakes on offer, plus tea, coffee and cold drinks. All of your cash will be donated to the ME Associations Ramsey Research Fund.

Warming Up

Please do not warm up on the course once the event has started. Thank you.

Getting To the Start

Proceed North through the car park and turn right onto the High Street which is one way. Proceed along the High Street and continue straight on past the Lamborghini show room ensuring that you are not tempted to produce your credit card. Take the first right turn using the filter lane onto the B3056 Beaulieu Road and take care over the cattle grid which really does rattle the bones. The start is just over the rise and down the hill at the entrance to Parc Pale car park. Please do not block the entrance whilst awaiting your start but wait on the far side of the car park entrance. Our start marshal Phil will be there so give him a cheery smile.

The Course

START on the B3056 approximately 700 yards SE of junction with A35 at south side of entrance/exit of Parc Pale car park at the point where roadside ditch becomes a culvert. Continue SE on B3056 towards Beaulieu passing over the humped railway bridge at Beaulieu Road Station (3 miles). Extra care here as the bridge is narrow and visibility poor. There may be Forest ponies on the other side of the bridge. Continue straight on the B3056 (do not take the left hand turn after the bridge) to Leygreen Farm (5.2 miles), care on bends approaching the turn, to turn left into Marchwood Road/North Lane approximately 1 mile north of Beaulieu. This is a tight turn so please take extra care. The visibility is poor and debris on the road. Crossing Hartford Bridge, continue north for 2.5 miles to turn left at Ipley Cross Roads (which is now a staggered junction). Pass entrance to Ferny Croft before passing over culvert at the bottom of the hill to FINISH at designated marked point, approximately 300 yards east of T junction with B3056.

The finish

Please call out your number as you cross the chequered board. This will help our timekeeper and recorder enormously. The stopping distance between the finish and the T junction at Beaulieu Road Station has been reduced. Please do not stop at the finish but make your way back to the HQ where times will be displayed. Please do not congregating around the finish area and definitely no vehicles to be parked at the finish. Failure to adhere to this request may jeopardise the future of this course.

Route back to the HQ

After finishing, continue to the junction at Beaulieu Road and turn right with care. There may be oncoming riders still competing and vehicles going about their business. Follow the B3056 Beaulieu Road to go past the start and back over the rumbling cattle grid. Turn left at the junction with the A35 High Street. Proceed into the one-way system getting yourself quickly into the right hand lane, to turn shortly right back into the car park.

Safety Instructions

- Beware of Forest animals on the road the whole time and motorists stopping because of them. Beautiful new born foals are now on the scene so please be aware that they are not used to seeing us cyclists yet.
- No U turns at the start and finish in sight of the timekeepers.
- Beware of traffic emerging from the Forest car parks, hotels and campsites along the course.
- Take extra care at Beaulieu Road Station bridge which is narrow and has reduced visibility.
- Take extra care on the left turn at Leygreen Farm which has reduced visibility and debris on the road. There are very often animals frequenting this blind bend too.
- After finishing, take care at the right turn at Beaulieu Road Junction heading back to the HQ. There is two way traffic and riders may still be 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 and Cycling Time Trials.

Additional Instructions

Those new to time trialling please be aware that you are not permitted to take pace from another rider unless you are competing in the 2 up event. If overtaken, drop back and do not sit on their wheel. Please fix your number at the bottom left of your cycling top so that your number can be clearly seen. Also ensure you are wearing a helmet and have front and rear lights attached to your machine as stated below.

Please make sure you read the 'on the day' notice at the signing on desk. It will have announcements relating to important rider safety and course information which may have been updated after the start sheets have been sent out.

Safety Helmets and Lights

No competitor shall be permitted to start the event unless they have 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.

No competitor shall be permitted to start the event unless they have 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.

All competitors must wear a properly affixed helmet. It is the responsibility of the rider to select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing. It is the responsibility of the rider to ensure that the helmet is properly fitted, is undamaged and in good condition.

Signing on/off and Parental Consent Forms

Please remember to sign on when collecting your number and to 'sign back in' when you get back to the HQ to return your number. We have seen too many DNF's being recorded for failing to adhere to this requirement. Junior/juvenile competitors must present a signed parental consent form when signing on.

After signing off, visit the refreshment table where there will be an abundance of scrummy home baked cakes on offer. Please bring an abundance of cash as we cannot accept card payments.

Smile

Our wonderful photographer Paul Hammond will be positioned somewhere along the course, possibly on the short sharp climb at Denny Wood. Make sure you turn that grimace into a smile whilst he snaps you for prosperity. His photos will be available to download free of charge after the event.

And finally.....

Thank you so much for entering. There will be some competitors who are experiencing the delights of their first time trial. Please don't be put off by the above instructions. For those of you who are old hands at this, please offer your support and encouragement to your fellow competitors.

All profits arising from this event will be donated to the ME Associations Ramsay Research Fund.

Sponsors

After much begging and grovelling I am extremely grateful to the following sponsors. Prime, Stuart Grace, The Woods Cyclery (Lyndhurst) and Up & Running (Chandlers Ford) who have generously donated spot prizes which will be presented after the event.

prime | Never accept ordinary



<u>Number</u>	<u>Start Time</u>	<u>Name</u>		<u>Club</u>	<u>Category</u>
Road Bikes					
1	00:08:01	Thomas	Allen	Sotonia CC	M Juv
2	00:08:02	Mark	Allen	Sotonia CC	M Vet
3	00:08:03	Larry	Cooley	Sotonia CC	M Vet
4	00:08:04	Charlie	Shepherd	Solent Pirates Youth Cycling Club	M Juv
5	00:08:05	Stephen	Shepherd	Solent Pirates Youth Cycling Club	M Vet
6	00:08:06	Sharon	Ardley	Sotonia CC	F Vet
7	00:08:07	Rebecca	Roberts	Sotonia CC	F Vet
8	00:08:08	Neil	Dyble	Bournemouth Arrow CC	M Vet
9	00:08:09	Stephen	Skinner	Velo Club St Raphael	M Vet
10	00:08:10	Jason	Harrison	Sotonia CC	M Vet
11	00:08:11	Vernon	Schutte	Farnborough & Camberley CC	M Vet
12	00:08:12	Steve	Willcocks	Portsmouth North End CC	M Vet
13	00:08:13	Tony	Stanley-Adams	Royal Navy & Royal Marines CA	M Sen
14	00:08:14	James	Cooper	Sotonia CC	M Vet
15	00:08:15	Jamie	Franklin	Velo Club Venta	M Sen
2 Up TTT					
<u>Number</u>	<u>Start Time</u>	<u>Name</u>		<u>Club</u>	<u>Category</u>
16	00:08:16	Darren	Pike	Sotonia CC	M Vet
17	00:08:16	Benjamin	Pike	Sotonia CC	M Juv
18	00:08:18	Simon	Berogna	Velo Club St Raphael	M Vet
19	00:08:18	Andrew	Rivett	Velo Club St Raphael	M Vet
20	00:08:20	Simon	Blankley	Sotonia CC	M Vet
21	00:08:20	James	Blankley	Sotonia CC	M Juv
22	08:08:22	Alison	Hitchcock	North Hampshire RC	F Vet
23	08:08:22	Doug	Hitchcock	North Hampshire RC	M Vet

24	00:08:24	Philip	Carline	Sotonia CC	M Vet
25	00:08:24	Poppy	Carline	Sotonia CC	F Juv
26	00:08:26	Alan	Vidow	3C Cycle Club	M Vet
27	00:08:26	Rebecca	Vidow	Sotonia CC	F Sen
28	00:08:28	Jonathan	Hall	Sotonia CC	M Vet
29	00:08:28	Isabella	Hall	Sotonia CC	F Juv
30	00:08:30	George	Connell	Sotonia CC	M Juv
31	00:08:30	Niclas	Olley	Sotonia CC	M Juv
32	00:08:32	Robert	Jolliffe	New Forest CC	M Vet
33	00:08:32	David	England	Crabwood Cycling Club	M Vet
34	00:08:34	Rachel	Waite	North Hampshire RC	F Vet
35	00:08:34	Michael	Boardman	Salisbury Road and Mountain CC	M Vet
36	00:08:36	Alison	Brashier	North Hampshire RC	F Vet
37	00:08:36	Philip	Watts	North Hampshire RC	M Vet
38	00:08:38	Philip	Dickson	Poole Wheelers Cycling Club	M Sen
39	00:08:38	Stephen	Morphew	Poole Wheelers Cycling Club	M Sen
<u>TT Bikes</u>					
<u>Number</u>	<u>Start Time</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	
40	00:08:40	Helen	Oldridge	Fareham Wheelers CC	F Sen
41	00:08:41	Samuel	Ridgment	Sotonia CC	M Juv
42	00:08:42	Jonathan	Stevens	Sotonia CC	M Sen
43	00:08:43	Steve	Dines	Wight Tri	M Vet
44	00:08:44	Martin	Balk	3C Cycle Club	M Vet
45	00:08:45	Michael	Banfield	DHC (Districts of Hamwic Cyclesport)	M Vet
46	00:08:46	Craig	Weston	Poole Wheelers Cycling Club	M Vet
47	00:08:47	Jonathan	Legg	Sotonia CC	M Vet
48	00:08:48	Lizzy	Stocker	Bournemouth Jubilee Whs	F Sen
49	00:08:49	Jon	Dudley	Sotonia CC	M Vet
50	00:08:50	Michelle	Walter	Bournemouth Arrow CC	F Vet
51	00:08:51	Malcolm	Cox	Velo Club St Raphael	M Vet
52	00:08:52	Gary	Chiverton	Bournemouth Jubilee Whs	M Vet

53	00:08:53	Pete	Wilson	Bournemouth Arrow CC	M Vet
54	00:08:54	Scott	Warden	Charlotteville Cycling Club	M Sen
55	00:08:55	Stuart	Peckham	Velo Club St Raphael	M Vet
56	00:08:56	Bobby	Buenfeld	Velo Club Venta	M Juv
57	00:08:57	Darren	Anderson	Fareham Wheelers CC	M Vet
58	00:08:58	Michael	Harrison	North Hampshire RC	M Vet
59	00:08:59	William	Sawyer	Velo Club St Raphael	M Vet
60	00:09:00	Paul	Jones	Primera-Teamjobs	M Vet
Tandems					
Number	Start Time	Name		Club	Category
62	00:09:02	Tessa	Cox	Tandem Club	F C2
62	00:09:02	Jonathan	Cox	Tandem Club	M Vet
63	00:09:03	Terry	Carpenter	Tandem Club	M Vet
63	00:09:03	Caroline	Carpenter	Tandem Club	F Vet
64	00:09:04	Tim	Hall	Tandem Club	M Vet
64	00:09:04	Vicky	Scutt	Tandem Club	F Vet
65	00:09:05	Ned	Prideaux	Tandem Club	M Vet
65	00:09:05	Melanie	Prideaux	Tandem Club	F Vet
66	00:09:06	Mark	Noble	Tandem Club	M Vet
66	00:09:06	Elizabeth	Noble	Tandem Club	F Vet
67	00:09:07	Norman	Harvey	Sotonia CC	M Vet
67	00:09:07	Frankie	Colling	Sotonia CC	F Vet
68	00:09:08	John	O'Brien	Bournemouth Jubilee Whs	M Vet
68	00:09:08	Tracey	Colquhoun	Bournemouth Jubilee Whs	F Vet
69	00:09:09	Lucy	Greehy	Sotonia CC	F Sen
69	00:09:09	Phillip	Grant	New Forest CC	M Vet
70	00:09:10	Michael	Sneddon	Salisbury Road and Mountain CC	M Vet
70	00:09:10	Barbara	Russell	Salisbury Road and Mountain CC	F Vet
71	00:09:11	Richard	Abbott	Tandem Club	M Vet
71	00:09:11	Hilary	Abbott	Tandem Club	F Vet

72	00:09:12	Steve	Walker	Leamington C & AC	M Vet
72	00:09:12	Christine	Walker	Leamington C & AC	F Vet
73	00:09:13	Gemma	Wilks	Sotonia CC	F Sen
73	00:09:13	Thomas	Wilks	Sotonia CC	M Juv
74	00:09:14	Jo	Bissett	Andover Wheelers	F Vet
74	00:09:14	Simon	Hall	Crabwood Cycling Club	M Vet
75	00:09:15	Guy	Preece	Gloucester City Cycling Club	M Vet
75	00:09:15	Victoria	Preece	Gloucester City Cycling Club	F Vet
76	00:09:16	Geoff	Booker	Oxonian CC	M Vet
76	00:09:16	Mary	Corbett	Sotonia CC	F Vet
77	00:09:17	Stuart	Martingale	Sotonia CC	M Vet
77	00:09:17	Skye	Martingale	Sotonia CC	F Juv
78	00:09:18	Julian	Gee	Sotonia CC	M Vet
78	00:09:18	Nadeem	Mughal	Born to Bike - Bridgtown Cycles	M Tan
79	00:09:19	Jim	Ledger	Tandem Club	M Vet
79	00:09:19	Kate	Ledger	Tandem Club	F Vet
80	00:09:20	Michael	Stevens	Fareham Wheelers CC	M Vet
80	00:09:20	Diana	Stevens	Fareham Wheelers CC	F Vet
81	00:09:21	Edric	Hobbs	VTTA West Group	M Vet
81	00:09:21	Caroline	Hobbs	VTTA West Group	F Vet
82	00:09:22	Patrick	Lafford	Crabwood Cycling Club	M Vet
82	00:09:22	Simon	Wheeler	Crabwood Cycling Club	M Vet
83	00:09:23	Joe	Shepherd	New Forest CC	M Sen
83	00:09:23	Emma	Shepherd	New Forest CC	F Sen
84	00:09:24	Tim	May	PDQ Cycle Coaching	M Vet
84	00:09:24	Bradley	Gauntlett	Born to Bike - Bridgtown Cycles	M Tan
85	00:09:25	Ian	Greenstreet	Newbury Velo	M Vet
85	00:09:25	Rachael	Elliott	Newbury Velo	F Vet