

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 21st May 2022

Time of Start 14:00

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

Please use my mobile number on the day
Email- hitchcock_alison@hotmail.com

Timekeepers: Maria Golden, A3crg
Christina Gustafson Reading CC

Event Headquarters: Farnham Town Football club.
The Club House Mead La, 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

Prizes will be presented at the conclusion of the event.

One prize per competitor (highest value only)

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

1st £25.00

2nd £15.00

3rd £10.00

Ladies

1st £25.00

2nd £15.00

3rd £10.00

Vet on Standard

1st £25.00

2nd £15.00

3rd £10.00

1st Tandem £25

£10 spot prize's for 10th, 20th, 30th, 40th & 50th positions

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)	