

# NORTH HAMPSHIRE ROAD CLUB.

## North Hampshire Road Club 25 Miles Time Trial.

For and on behalf of Cycling Time Trials under their rules and regulations.

**17<sup>th</sup> August 2019.**

**Time of Start 14:01**

**Event Organiser:**

**Phill Marsden**

**27 St Anne Gardens, Basingstoke, Hampshire, RG24 9QE**

**07780991389, phillmarsden@gmail.com**

**Timekeepers:**

**Don Ashton , Farnborough & Camberley**

**Maggie Smith, North Hants Road Club**

**Event Headquarters: Bentley Memorial Hall, Alton Rd, Bentley GU10 5NB**

**Open from 12.30.**

**IMPORTANT NOTES**

- **Please respect the local residents of Bentley by parking considerably.** Do not park on the road near the headquarters, 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 up to 20 open events on the course during the year.
- 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 10 minutes to get to the start.
- 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 from the event.
- **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

**ADDITIONAL NOTES**

Car parking is available at the HQ and in the lay-bys past the finishing point.



- Please park considerably 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 considerably 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

## 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.

### Additional notes

To reach the Headquarters at the Bentley Memorial Hall riders must only cross over to the other side of the A31 by using one of the breaks in the central reservation provided for that purpose. Any person associated with the event that is observed crossing to the other side by any other means will be reported to the police and the London West District Committee of the CTT.

To reach the start from the headquarters in Bentley, go eastwards through the village to join the A31 to cross to the right hand lane after 850 yards (there are lane markings) and cross over to the south side of the A31 at the Gravel Hill road junction and continue for 760 yards to the lay-by start point.

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 and along the Bentley By-pass to fork left onto the slip road signposted 'BENTLEY'. Go right at the 'T' junction and the Bentley Memorial Hall is ahead of you.

## 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.

## COURSE H25/8 BENTLEY

OS Ref	Distance
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796442	START at a point in the lead out onto the A31, from the lay-by on the South side at the start of the Bentley by-pass approximately 800 yards West of The Bull public House on the North side of the A31, 10 yards short of the last road drain at the lay-by exit (Western end)	0.000
736403	Join the A31 (care) and proceed along the Bentley by-pass through Froyle and Neatham to the Holybourne roundabout (Turn)	4.704
828459	Circle the roundabout (M1, M2, M3) (Check) and take third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past The Bull to the Farnham roundabout at the junction with the A325 (Turn)	11.907
736403	Circle the roundabout (M4, M5, M6) (Check) and take the fourth exit back onto the A31 to retrace past the start point (14.294 miles) to go along the Bentley by-pass to the Holybourne roundabout (Turn)	18.998
813448	Circle the roundabout (M1, M2, M3) (Check) and take the third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past The Bull (24.405 miles) to a point 70 yards beyond the county boundary line and 23 yards beyond the start of a tarmac path on the North side where FINISH.	25.000

### DC Regulations.

Riders' numbers shall be issued from the event headquarters.

Riders are reminded they are now required to also sign out failing to do so will result in disqualification.

No vehicles, except those of the timekeepers', shall be parked at the start or finish.

#### Advisory Notes

- Helmets – any competitor under the age of 18 years and/or juniors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, AUS/NZS 2063:96, DIN 33-954, CPSC OR EN 1078. Cycling Time Trials strongly recommends ALL competitors to wear such a helmet
- Competitors machines – It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

### NEW REGULATION

For safety reasons, riders' hands MUST be on the widest part of the handlebar whilst rounding the Coxbridge Roundabout at the Farnham end of the A31.

Those seen contravening this regulation will be reported to the Event Secretary and disqualified.

## Prize List

### Men

- 1<sup>st</sup> £30.00
- 2<sup>nd</sup> £20.00
- 3<sup>rd</sup> £10.00

### Ladies

- 1<sup>st</sup> £30.00
- 2<sup>nd</sup> £20.00
- 3<sup>rd</sup> £10.00

### Vet on Standard

- 1<sup>st</sup> £30.00
- 2<sup>nd</sup> £20.00
- 3<sup>rd</sup> £10.00

Bib	Start Time	First Name	Last Name	Club	Gender	Category
1	14:01:00	Mark	Wright	Velo Club Godalming & Haslemere	Male	Veteran
2	14:02:00	Lenka	Vackova	Rapha Cycling Club	Female	Senior
3	14:03:00	Colin	Gray	Norwood Paragon CC	Male	Veteran
4	14:04:00	David	Fleming	Exeter Whs CC	Male	Veteran
5	14:05:00	Evan	Jardine-skinner	Sotonia CC	Male	Veteran
6	14:06:00	Matthew	Butler	Charlotteville Cycling Club	Male	Senior
7	14:07:00	Ian	Neville	Hart Evolution Race Team	Male	Veteran
8	14:08:00	Peter	Rowe	Southborough & Dist. Whs	Male	Veteran
9	14:09:00	Brian	James	Brighton Mitre CC	Male	Veteran
10	14:10:00	Jeff	Roberts	High Wycombe CC	Male	Veteran
11	14:11:00	Paul	Blamire	Amersham Road Cycling Club	Male	Veteran
12	14:12:00	Neal	Beauchamp	Rapha Cycling Club	Male	Senior
13	14:13:00	Martin	Koester	Pure Motion Cycling Club	Male	Veteran
14	14:14:00	John	Froud	Festival Road Club	Male	Veteran
15	14:15:00	Mark	Ellis	Addiscombe CC	Male	Senior
16	14:16:00	Richard	Miles	Bognor Regis CC	Male	Veteran
17	14:17:00	Luke	De Quay	East Grinstead CC (Merlin Cycle Coaching)	Male	Senior
18	14:18:00	Christopher,	Rosam	Epsom CC	Male	Veteran
19	14:19:00	Kate	Vergette	Elite Cycling	Female	Veteran
20	14:20:00	Martin	O'sullivan	Teddington and Turing Velo	Male	Veteran
21	14:21:00	Adriano	Dos Santos	Swindon Road Club	Male	Veteran
22	14:22:00	Christopher	Evans	Thames Turbo Triathlon Club	Male	Senior
23	14:23:00	Tony	Longhurst	Oxted Cycle Club	Male	Veteran
24	14:24:00	Nicholas	Bland	Didcot Phoenix CC	Male	Senior
25	14:25:00	Jennifer	George	Torelli	Female	Senior
26	14:26:00	Lee	Heron	Banbury Star Cyclists' Club	Male	Veteran
27	14:27:00	John	Isard	Hampshire Road Club	Male	Veteran
28	14:28:00	Jill	Bartlett	Hounslow & District Whs	Female	Veteran
29	14:29:00	Chris	Summers	Sotonia CC	Male	Veteran
30	14:30:00	Gareth	Williams	Twickenham CC	Male	Veteran
31	14:31:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran
32	14:32:00	Chris	Jolliffe	Crawley Wheelers	Male	Veteran
33	14:33:00	Vince	Freeman	Brighton Triathlon Club	Male	Senior
34	14:34:00	Abi	Vyner	Rapha Cycling Club	Female	Veteran
35	14:35:00	Keir	Odonnell	VTTA (Surrey/ Sussex)	Male	Veteran
36	14:36:00	Simon	Smythe	Norwood Paragon CC	Male	Veteran
37	14:37:00	Paul	Thompson	Twickenham CC	Male	Veteran
38	14:38:00	Kym	Mcconnell	Oxonian CC	Male	Veteran
39	14:39:00	Richard	May	Islington Cycling Club	Male	Veteran
40	14:40:00	Mark	Brambleby	Northover VT / Rudy Project / SCS	Male	Veteran
41	14:41:00	Paul	Thompson	Epsom CC	Male	Veteran
42	14:42:00	Jock	Mcorist	Cowley Road Condors CC	Male	Senior
43	14:43:00	Paul	Cannon	Epsom CC	Male	Veteran
44	14:44:00	Jorj	James	Maidenhead & District CC	Male	Veteran
45	14:45:00	James	Cadman	Hounslow & District Whs	Male	Senior
46	14:46:00	Jim	Ford	Horsham Cycling	Male	Veteran

47	14:47:00	Russell	Thorne-jones	Crawley Wheelers	Male	Veteran
48	14:48:00	John	Eames	Chippenham & District Wheelers	Male	Veteran
49	14:49:00	Heather	Larson	VTTA (London & Home Counties)	Female	Veteran
50	14:50:00	Richard	Gifford	trainSharp	Male	Veteran
51	14:51:00	Duncan	Emery	Twickenham CC	Male	Veteran
52	14:52:00	Colin	Barton	Worthing Excelsior CC	Male	Veteran
53	14:53:00	Jack	Hambleton	Clapham Chasers	Male	Senior
54	14:54:00	Gemma	Freeman	Brighton Triathlon Club	Female	Senior
55	14:55:00	Richard	Tully	Elite Cycling	Male	Veteran
56	14:56:00	Jonathan	Thomas	Epsom CC	Male	Veteran
57	14:57:00	Colin	Toppin	Worthing Excelsior CC	Male	Veteran
58	14:58:00	Terry	Belbin	Poole Whs	Male	Veteran
59	14:59:00	Aly	Mugford	Epsom CC	Male	Veteran
60	15:00:00	Liam	Maybank	Twickenham CC	Male	Veteran
61	15:01:00	Pete	Christensen	Alton CC/Owens Cycles	Male	Senior
62	15:02:00	John	Sellars	London Phoenix CC	Male	Veteran
63	15:03:00	David	Butters	...a3crg	Male	Veteran
64	15:04:00	Claire	Rushton	Kent Valley RC	Female	Veteran
65	15:05:00	Robert	Taylor	Army Cycling	Male	Senior