**Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations**

**GARY DIGHTON MEMORIAL 10 MILE TIME TRIAL**

**SUNDAY 16th June 2024**

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**Organiser: Mark Valentine, 16 Cowper Road, Moordown, Bournemouth BH9 2UJ.**

 **078133 21314 sirmarkavalentine@hotmail.com**

**Timekeepers:**

**Bev Wadsley, Poole Wheelers**

**Ros Spencer Poole Wheelers**

**Recorder Marcia Rendell Poole Wheelers**

**PRIZE LIST TT**

**First man £40 first lady £40**

**Second man £30 second lady £30**

**Third man £20 third lady £20**

**Fourth man £10 fourth lady £10**

**First vet on Std £20 Fastest Vet £20**

**Second vet on Std £15 Second Vet £15**

**First Junior £15**

**Second Junior £10**

**Fastest team £10 each**

**PRIZE LIST ROAD Bikes**

**First Man £20 First Lady £20**

**Second Man £10**

**First Vet £20**

**PLEASE NOTE ONE PRIZE PER RIDER APART FROM THE TEAM PRIZE.**

**A PRIZE PRESENTATION WILL TAKE PLACE AFTER THE EVENT SO PLEASE STAY FOR THAT. WE HAVE TO BE OUT OF THE CENTRE BY 10am.**

**IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT.**

**REMEMBER WORKING REAR AND FRONT LIGHT.**

**All competitors must wear protective hard-shell helmets.**

**P415 COURSE:**

**START at the drain cover near the entrance to the side road adjacent to the AUDI**

**Garage on Old Wareham Road approx 400 yards east of the roundabout at the junction with the A3049 Dorset Way where take first exit to proceed along A3049 via Fleetsbridge flyover to Holes Bay Roundabout. Take 2nd exit (straight on) along A35 to the Bakers Arms roundabout where circle and retrace along A35 and A3049 to finish near the footpath coming through from the Nuffield Industrial Estate.**

**No U turns within sight of the start or finish, no warming up on the course after the event has started please.**

**Please do not cycle round the Audi forecourt; there are cameras and the club have been previously contacted regarding this.**

**There will be noone to push you off and you will have to do a standing start on your own. Rolling starts will not be permitted**

**The fire station emergency lights at Holes Bay Roundabout are operational, any rider observed going through a red light will be disqualified and South DC will be informed.**

**WHEN APPROACHING BAKERS ARMS ROUNDABOUT, COMPETITORS MUST KEEP TO THE LEFT UNTIL THEY HAVE PASSED THE LEFT HAND “REDUCE SPEED NOW” SIGN. RIDERS NOT ADHERING TO THIS RISK BEING DISQUALIFIED.**

**Headquarters:**

**Rossmore Leisure Centre, Herbert Avenue, Parkstone, Poole BH12 4HR.**

**Access to the Centre will be from 6am when signing on etc will commence. Do not forget to SIGN OUT after the event, failure to do so will result in disqualification. Please return and exchange your number for a free tea or coffee at the end.**

**To get to the start (about 1 mile) turn right out of the Leisure Centre and proceed to the end of Herbert Avenue, take the first exit at both the mini roundabouts and travel to the next roundabout on the B3068. At this roundabout take the second exit for Old Wareham Road where the start is located.**



**When you have finished please carry on and cycle along the A3049 Dorset Way to the around about with Old Wareham road and take 2nd exit up old Wareham Road past the start, retracing the above route.**

**Tea/coffe and refreshments will be at the HQ, you can exchange your number for a free drink. Please remember to bring old fashion money to but more tea, coffee and cake; donations greatly received.**