



# Bournemouth Arrow CC

## 10 Mile Time Trial

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

**Course:** P311  
**Date:** Saturday 21 August 2021  
**First Rider:** 8:01am  
**Last Rider:** 8:40am

**Timekeepers:**  
**Start** Mr Joey Blythe  
**Finish** Mr Julian James  
**Recorder** Mr Peter Fairbank

**Event Secretary:**  
Matt Blythe,  
10 Patrick Row,  
Poole,  
BH17 8AD  
E-mail: [matt.blythe.mb@gmail.com](mailto:matt.blythe.mb@gmail.com)  
Mobile: 07946 447669

**The event headquarters are:**

**Greyfriars Community Centre**  
**44 Christchurch Road, Ringwood, Hampshire BH24 1DW**

see <https://www.greyfriarsringwood.org.uk>

The HQ is approx. 500 metres from the start. Toilets and refreshments will be available.

**NUMBERS & SIGNING-ON WILL BE AT THE EVENT HEADQUARTERS, NOT AT THE START. ONCE YOU HAVE FINISHED YOUR RACE, PLEASE RETURN YOUR NUMBER AND REMEMBER TO SIGN OUT. FAILURE TO DO SO WILL NULLIFY YOUR RESULT**

Please use the Blynkbonnie Car Park (accessed via a signed access road from Christchurch Road and is next to the Greyfriars Centre) or The Furlong Car Park. (See [https://www.ringwood.gov.uk/town/car\\_parking/](https://www.ringwood.gov.uk/town/car_parking/)) Please bear in mind these are pay and display public car parks and consider your warm-up plans.

**There is no parking space at the finish.**

**IN THE INTERESTS OF YOUR OWN SAFETY,**

Cycling Time Trials and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted safety standard.

In accordance with Regulation 15, **ALL** junior competitors **must** wear protective hard-shell helmets.

A working front and rear light, either flashing or constant, **must** be fitted to the machine in a position visible to road users and are active while the machine is in use. This is now a compulsory requirement. Any rider not having a front and rear light will not be able to start the event.

**DO NOT FORGET A WORKING FRONT AND REAR LIGHT**

## P311 Course Description:



**START** at first lamp post in Wellworthy Road, proceed west for 30m to new roundabout at Ringwood on B3347.(SU153044)

Turn left onto Christchurch Road, proceed south via Bisterne and Avon to Sopley one-way system. (5.2m)

Turn right over bridge at the Woolpack and retrace to Ringwood via Avon and Bisterne to

**FINISH** at drain 10 yds south of junction with Hampshire Hatches Lane at Moortown Green. (SU153038)

### Safe Route from HQ to the Start:

Right out of HQ/roundabout. Head South along Christchurch Road, straight over the first roundabout continuing on Christchurch Road. Left at the next (Lidl) roundabout onto Wellworthy Road. Start is opposite Lidl car park.

### Safe Route from Finish to HQ:

Continue past finish on Christchurch Road and retrace steps above.

## SAFETY INSTRUCTIONS

### Riders must:

- Not make U turns in the vicinity of the Start or Finish
- Not warm up on the Course.
- Not stop at the Finish but continue to the event Headquarters.
- Not cut the corner at Sopley one-way system on 1<sup>st</sup> right turn as the road is two-way at this point.

### Take Extra Care:

- Roundabout immediately after start - give way to traffic from right.
- From start to Moortown Lane – busy with houses and side roads, busy garage on left, finish on right.
- Large bump at entrance to wooded section on outward leg.
- Avon Tyrrell Farm - sharp bend with possible gravel.
- Avon Causeway - beware of traffic stopping to turn right or emerging onto course.
- Bumpy surface on bridge at Sopley turn
- Gravel on the side of the road just after the finish.

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 of Cycling Time Trials.

## PRIZES

<b>Category</b>	<b>Position</b>	<b>Prize</b>
Solo TT M	First	£20
	Second	£10
Solo TT F	First	£20
	Second	£10
Solo Road M	First	£20
	Second	£10
Solo Road F	First	£20
	Second	£10
2-up TTT	First Team	£40
	Second Team	£20
Tandem	First Team	£40
	Second Team	£20