



Alton Cycling Club/Owens Cycles



Open 10 Mile Time Trial

Saturday 22nd June 2019 14:00 Start

Headquarters: Bentley Memorial Hall GU10 5LP

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

Event Secretary: Charlie Williams
26 Medstead Rd.
Beech
Alton
Hampshire GU34 4AD
01420 542649 (Home)
07824 968991 (Race Day Only)

Timekeepers: Kathy Collard-Berry - ...a3crg
Chris Thomas - ...a3crg

Awards:

Men	1 st : £50	2 nd : £30	3 rd : £20
Ladies	1 st : £30	2 nd : £20	3 rd : £10
Team (3 riders)	1 st : £30		
Vets on Std 40-49	1 st : £15	2 nd : £10	
Vets on Std 50-59	1 st : £15	2 nd : £10	
Vets on Std 60-69	1 st : £15	2 nd : £10	
Vets on Std 70+	1 st : £15	2 nd : £10	
Tandem	1 st : £20		

Competitor Notes:

Numbers at HQ; please return numbers to HQ when you sign out.

U-turns are not permitted within sight of the start or finish points.

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

All breaches of local regulations shall be reported in writing to the London West District Secretary

Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose

No bicycles or shoes with plates or cleats to be taken into the hall

No parking in Hole Lane adjacent to the hall

There are two lay-bys that can be used for car parking, sited 300 yards and approximately 1000 yards beyond the finish on the same side.

No times will be given at the finish.

At the request of Bentley Parish Council – There is No Parking allowed within 50 meters of the crossroads and particularly not on the grass verge on the south side of the main road. Also there is to be no parking in Hole Lane on the footpath area in front of the Hall or in the Private access to the west side of the Hall.

Course: H10/8 Bentley - Holybourne -10 miles (OS Landranger Map 186)

OS Ref 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 ½ m"

OS Ref 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 miles)

OS Ref 802443 -- 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 a point 10 yards beyond the concrete end of a water culvert on the north side and 63 yards short of the Gravel Hill minor road cross roads and 163 yards short of "The Bull" to where **FINISH** (The distance between start and finish is 697 yards) (10.000 miles)

CROSSING THE A31: This major road is a dual carriageway

- a) Riders must only cross over to the other side of the A31 by using one of the breaks in the central reservation. **There are no gaps between "the Bull" and "The Hen and Chicken" at Froyle (approx 3 miles).**
- b) To reach the start from the HQ, turn right out of the HQ, at the crossroads turn left, continue and join the A31. Move to the right hand lane after 850 yards (**OBSERVE TRAFFIC AND RIDERS FROM BEHIND**) and cross over to the south side of the A31 at Gravel Hill road junction and continue for 760 yards to the lay by start point. Allow sufficient time to reach the start.
- c) After finishing, riders must not stop but continue to one of the central breaks, cross over with great care and go westwards and along the Bentley by-pass, past the start point, (**give way to riders who may be starting**) to fork left onto the slip road sign posted "Bentley". Go right at the junction, cross over the A31, straight over at the crossroads in the centre of Bentley and retrace to the HQ. **NUMBERS WILL BE AT THE HEADQUARTERS** - collect after signing on - return when signing off.

Any breaches of the DC Regulations or complaints of non co-operation of any person associated with the event regarding parking, noise, etc, reaching the event secretary will result in that person being reported to the London West DC.

In the interests of your own safety Cycling Time Trials and the event promoter advise strongly you 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
It is recommended that a working rear light, either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Please note that for 2019 all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do will result in the competitor being recorded as DNF.