



Hounslow and District Wheelers present The 55th Ron Brown Memorial 100

Timekeeper Mrs M Golden a3crg... ... **Assistant Timekeeper** Mr D Clifford Farnham RC

Sunday 26th May 2024 First Rider **07:01** Course **H100/88** Froyle

HQ address: Bentley Memorial Hall Alton Rd, Bentley GU10 5NB

Hounslow & District Wheelers Awards

Prizes awarded in Open category

Fastest rider £40

+ Engraved Hounslow Medal

2nd Fastest £25

Fastest rider on road bike. 'Souvenir Trevor Gilbert' £38

Prizes awarded in Female category

Fastest rider £40

+ Engraved Hounslow Medal

Fastest rider on road bike. 'Souvenir Trevor Gilbert' £38

Prizes awarded in the Veterans category

1st Vet on Standard £40

Fastest Team of Three (each) £25

+ Engraved Hounslow Medal

We wish you all a pleasant morning's sport.

Bruce McMichael Event Secretary: 205 London Road Twickenham Middlesex TW1 1EJ
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Promoted for and on behalf of Cycling Time Trials Limited under their Rules and Regulations



Hounslow and District Wheelers' Ron Brown Memorial 100:

Sunday 26th May 2024

First Rider 07:10

Course H100/88 Froyle

Bib	START	first	lastname	Club/ Team	Cat
10	07:10	Mary	Corbett	Sotonia CC Tandem Trike	V
		Simon	Hall	Crabwood CC Tandem Trike	V
12	07:12	Christopher	Redmond	Petersfield Triathlon Club	V
13	07:13	Vitali	Jokst	Crawley Wheelers	V
14	07:14	Sien	Van Der Plank	New Forest CC (F)	S
15	07:15	Ian	Cheesman	Worthing Excelsior CC	V
16	07:16	John	Hyde	Velo Club St Raphael	V
17	07:17	Nigel	Vuagniaux	Bath Cycling Club	V
18	07:18	Anita	Turner	Eastbourne Rovers CC (F)	V
19	07:19	Alison	Vuagniaux	Bath Cycling Club (F)	V
20	07:20	Nicky	Wilson	Crawley Wheelers	V
21	07:21	Chris	Shaw	Fenland Clarion CC	V
22	07:22	Joy	Payne	VTTA (London & Home Counties)	V
23	07:23	Colin	Ashcroft	West Kent RC	V
24	07:24	Vernon	Schutte	Farnborough & Camberley CC	V
25	07:25	Naomi	Shinkins	Bournemouth Jubilee Whs (F)	V
26	07:26	Corinne	Clark	360VRT (F)	S
27	07:27	Malcolm	Cox	Velo Club St Raphael	V
28	07:28	Rhys	Van Der Helm	Districts of Hamwic Cyclesport	S
29	07:29	Ian	Dickens	Droitwich Cycling Club	V
30	07:30	Chris	Murray	Army Cycling (F)	V
31	07:31	Andrew	Rivett	Velo Club St Raphael	V
32	07:32	Daren	Austin	Twickenham CC	V
33	07:33	Sven	Sabas	Rapha Cycling Club	S
34	07:34	James	Harris	VTTA (London & Home Counties)	V
35	07:35	David	Parkin	Velotik Racing Team	S
36	07:36	Christian	Geldard	North Hampshire RC	V
37	07:37	Tom	Ridsdale	High Wycombe CC	S
38	07:38	Paul	Tippett	Crawley Wheelers	V
39	07:39	George	Turner	VTTA (London & Home Counties)	V
40	07:40	Alexander	Royle	Manchester Bicycle Club	S
41	07:41	Pat	Wright	Paceline RT	S
42	07:42	Alastair	Luxford	Wightlink Wight Mountain Race Team	V
43	07:43	Daniel	Legg	North Hampshire RC	V
44	07:44	Simon	Butteriss	Ely & District CC/B&T Motor Repairs	V
45	07:45	Christopher	Mcnamara	Sigma Sports Race Team	V
46	07:46	Karl	Norris	360VRT	V
47	07:47	Henry	Farrell	Full Gas Racing Team	S
48	07:48	Richard	Parrotte	Shaftesbury CC	V
49	07:49	Peter	Tomlin	North Hampshire RC	V
50	07:50	Henrik	Persson	FTP (Fulfil The Potential) Race Team	V
51	07:51	Hadyn	James	BPC FLOWBIO race team	V
52	07:52	Edward	Renwick	Dulwich Paragon CC	V
53	07:53	Neal	Beauchamp	Kingston Wheelers CC	S
54	07:54	Adam	Rogers	Eastbourne Rovers CC	V
55	07:55	Lee	Williams	FTP (Fulfil The Potential) Race Team	S
56	07:56	Michael	Barnes	Royal Air Force Cycling Association	S
57	07:57	Gary	Lock	New Forest CC	V
58	07:58	Gary	Francis	Wincanton Wheelers	V
59	07:59	Richard	Tully	Elite Cycling	V
60	08:00	Jake	Sargent	Team Bottrill	S



Hounslow and District Wheelers' Ron Brown Memorial 100:

Sunday 26th May 2024

First Rider 07:10

Course H100/88 Froyle

Course Details : H100/88 : A31 Froyle, Farnham, Chawton .

Start at a point adjacent to TP39 next to a telephone box situated in the slip road from Upper Froyle just east of the 'Hen and Chickens Inn' public house. Proceed eastwards for 135 yards to the junction with the A31. Join the A.31 (M1) (great care) and proceed via the Bentley by-pass to the Coxbridge roundabout at the junction with the A325. (M2) **(1st turn)** 5.127 miles. - Circle the roundabout (M3, M4) (Check) and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side (M5) 12.240 miles. - Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) (M6) **(2nd turn)** 15.182 miles. - Circle the roundabout (M7, M8) (Check) and take the fourth exit (M9) to rejoin the A31 north-eastwards to the Holybourne roundabout (M10) (LP20) 18.228 miles. - Avoid the first exit left. Take the second exit (M11) and still on the A31 to go past the 'Hen and Chickens Inn to complete the 1st circuit. 20.181 miles

*Proceed as follows to begin **START OF SECOND CIRCUIT.** Keep on the A31 to the Coxbridge roundabout at the junction with the A325. **(3rd turn)** 25.308 miles. Circle the roundabout and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side. 32.421 miles. Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) **(4th turn)** 35.363 miles. - Circle the roundabout and take the fourth exit to rejoin the A31 north-eastwards to the Holybourne roundabout 38.409 miles. Avoid the first exit left. Take the second exit and still on the A31 to go past the 'Hen and Chickens Inn to complete the 2nd circuit. 40.362 miles*

*Begin **START OF THIRD CIRCUIT.** Repeat the instructions as above for **SECOND CIRCUIT** incorporating the **(5th turn)** 45.489 miles and the **(6th turn)** 55.544 miles to then go past the 'Hen and Chickens Inn to complete the 3rd circuit at 60.543 miles.*

*Begin **START OF FORTH CIRCUIT.** Repeat the instructions as above for **SECOND CIRCUIT** incorporating the **(7th turn)** 65.670 miles and the **(8th turn)** 75.725 miles to then go past the 'Hen and Chickens Inn to complete the 4th circuit at 80.724 miles.*

*Proceed as follows to begin **START OF FIFTH CIRCUIT.** Keep on the A31 to the Coxbridge roundabout at the junction with the A325. **(9th turn)** 85.851 miles. Circle the roundabout and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side. 92.964 miles. - Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) **(10th turn)** 95.906 miles. - Circle the roundabout and take the fourth exit to rejoin the A31 north-eastwards to the Holybourne roundabout 98.952 miles. Avoid the first exit left. Take the second exit and still on the A31 to go to the centre of the second (smaller) overhead power lines across the A31 opposite the entrance to the Veolia site entrance. 100.00 miles **Finish***



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First Rider 07:10

Course H100/88 Froyle

NEW LOCAL REGULATION 2024

Conduct of riders passing through the A31 width restriction

There is a width restriction, running for 1.6 miles on the A31 eastbound carriageway, **starting opposite the H25/8 start lay-by**, until the junction with Runwick Lane/ River Lane. See map below.

- Within the areas affected by the width restriction, riders **MUST NOT** use the hatched areas for the purpose of overtaking.
- Riders finishing events within the areas affected by the width restrictions **MUST** ensure that they are aware of other riders or motor vehicles approaching the finish at the same time:
- Riders **MUST NOT** move into the path of overtaking motor vehicles or other riders.
- Any rider seen to be **overtaking by using the hatched areas**, or who **forces another rider, or vehicle, to take evasive action** within the areas affected by the carriageway width restrictions **will be disqualified** and reported to the committee of the London West District Council.





Hounslow and District Wheelers' Ron Brown Memorial 100:

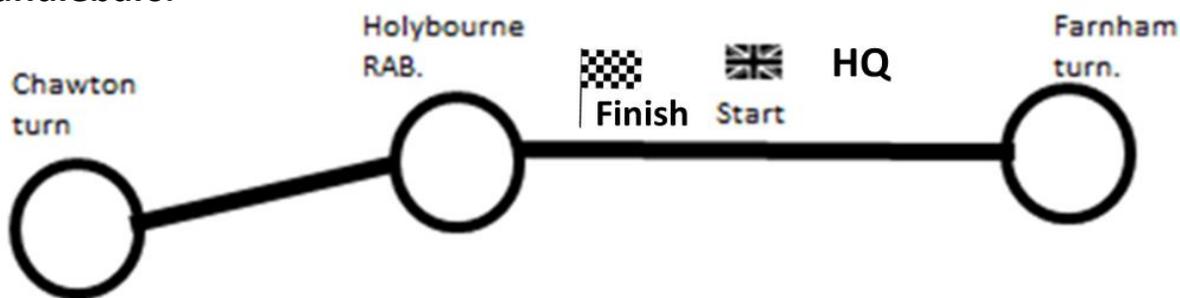
Sunday 26th May 2024

First Rider 07:10

Course H100/88 Froyle

LOCAL REGULATIONS applicable to the H100/88 course.

- **Shoulder numbers** must be prominently displayed on the **LEFT ARM**.
- **Any rider seen crossing the central reservation**, before, during or after the event, except at one of the specific breaks in the reservation made for that purpose may be disqualified and will be reported to the London West DC.
- **Any rider seen steering using their tribars**, when entering, navigating and exiting any part of the Coxbridge (Farnham) roundabout may be disqualified, and will be reported to the London West DC.
- **In the interests of your safety** you must use the **widest part** of your handlebars.



No competitor will be permitted to start, unless the competitor has **both a working rear red light**, affixed to the rear of their machine and a **working front white light**, affixed to the front of their machine. Both lights must be illuminated, either flashing or constant, and in a position that is **clearly visible to other road users**.

All competitors 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, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.



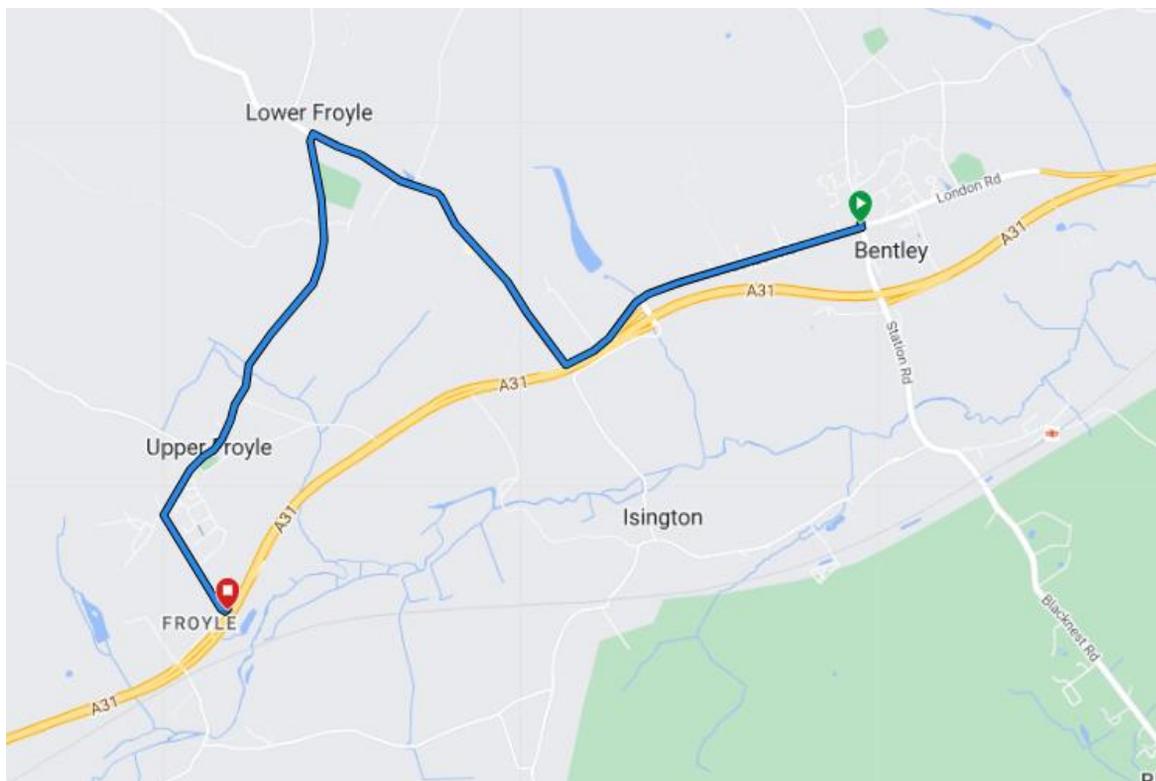
Hounslow and District Wheelers' Ron Brown Memorial 100:

Getting to the START = 15 minutes

<https://connect.garmin.com/modern/course/162094252>



Go to this link for the Garmin route to the start





Hounslow and District Wheelers' Ron Brown Memorial 100:

Getting to the start is a hilly 3.29 Miles + 174 feet of climbing (Allow 15 minutes riding time):

The start is a few yards from the Hen and Chickens P.H. the post code of which is **GU34 4JH**.

Note this is **not** the post code of the HQ

1. From the HQ hall: Turn right at at the cross-roads in south westerly direction.
2. Go past Islington Lane (0.6 miles).
Do not go to the start, or warm up, on the A31, as this may obstruct any earlier riders. You will also be on the Wrong side of the A31 from the start.
3. (0.91 miles) Follow the road up hill to the right into Lower Froyle, past the Anchor Inn (1.3 miles)
4. Continue as far as a red brick house with a thatched roof and turn left (1.85 miles).
5. Long brick wall + new housing estate then sharp left turn at 2.98 miles. Down hill to the start 3.29 miles.





Hounslow and District Wheelers' Ron Brown Memorial 100:

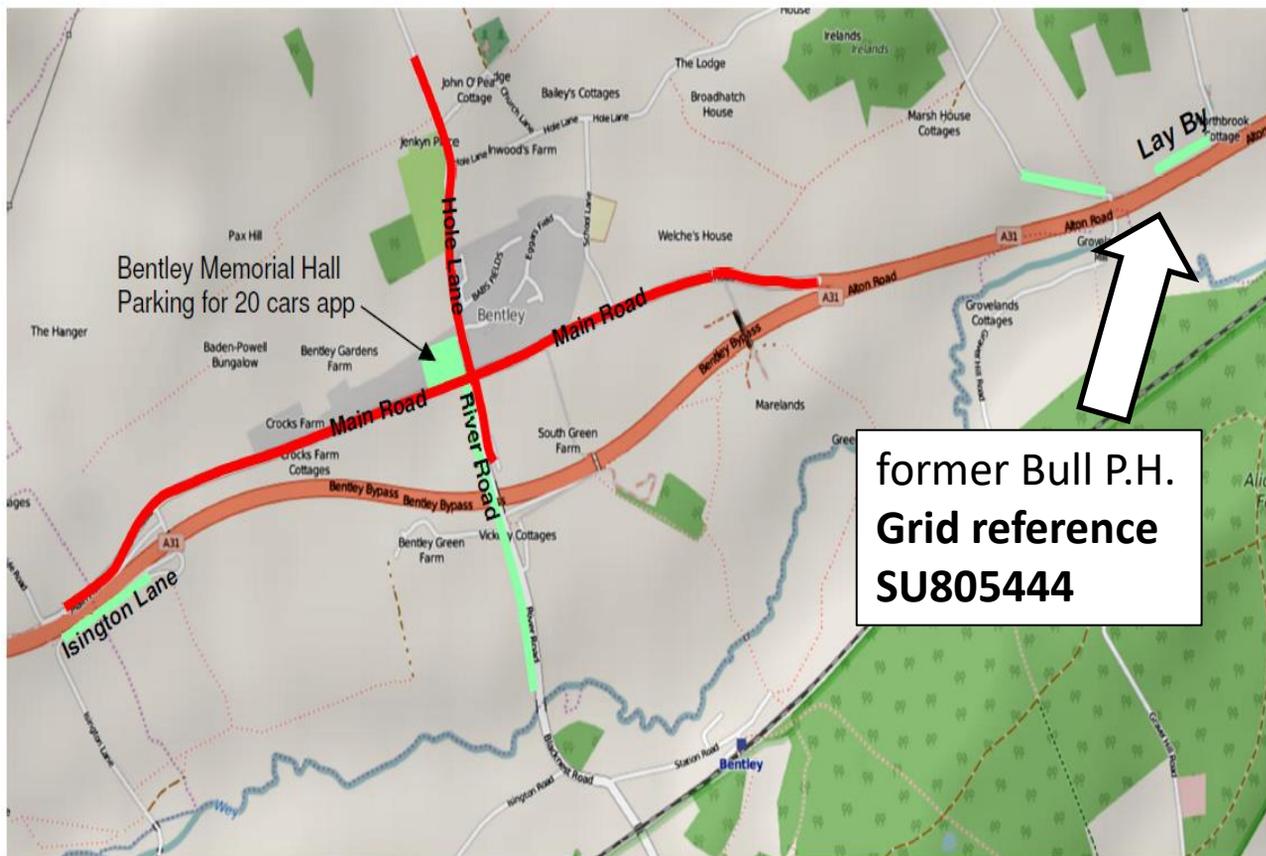




EVENT PARKING

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 considerately 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



Headquarters: **GU10 5NB** Bentley Memorial Hall.

- **NO turbo-training in the car park**
- You must be at least 50 metres **SOUTH** of the crossroads.
- Numbers and signing on will be **at the Headquarters.**



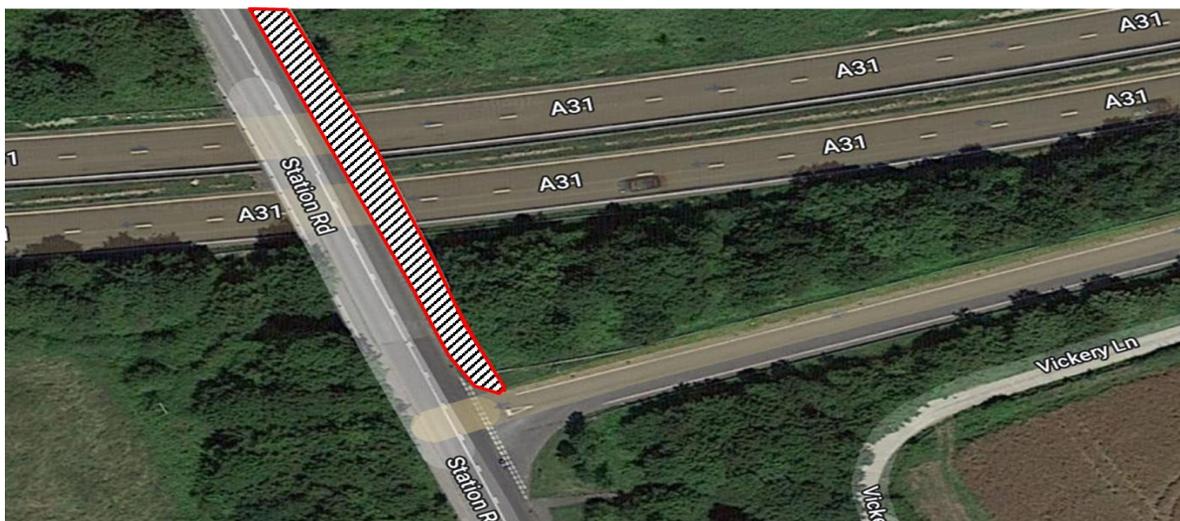
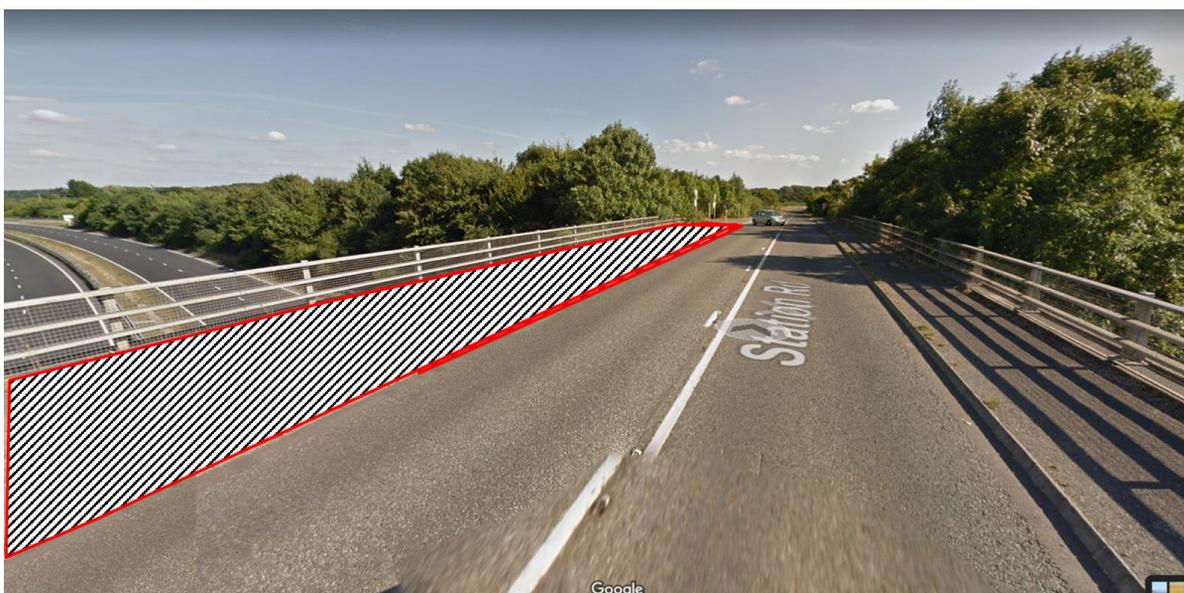
Hounslow and District Wheelers' Ron Brown Memorial 100:

EVENT PARKING

In 2022 several competitors' cars were parked at **this location** resulting in a complaint to the Village Hall and the risk of losing the HQ. Drivers' vision (turning right off the A31 slip road) was obscured

No parking **anywhere** on the bridge please.

If not sure, **park at the lay by** near the former Bull P.H.
Grid reference SU805444

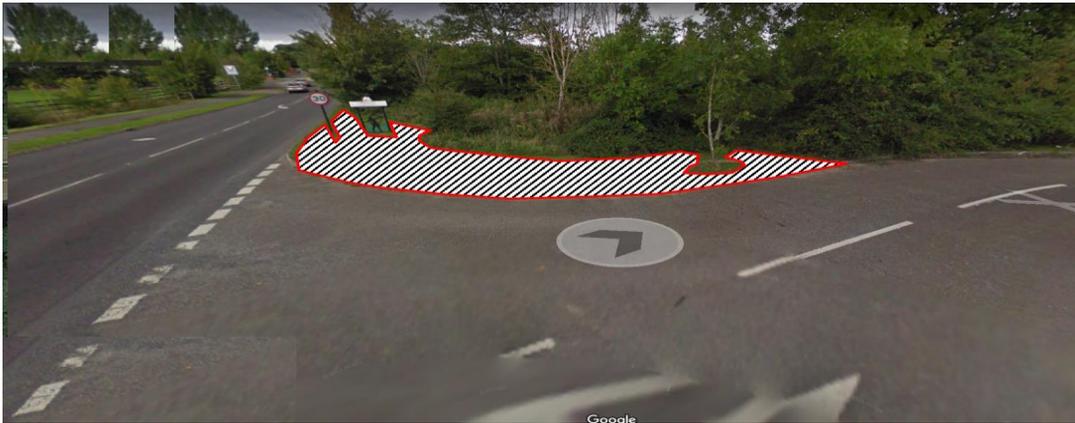
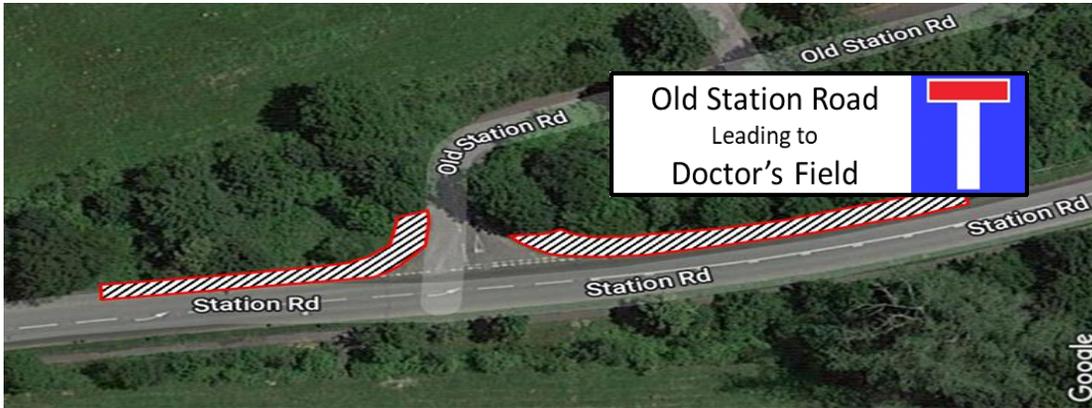




Hounslow and District Wheelers' Ron Brown Memorial 100: EVENT PARKING

In 2022 a single competitor's car was parked at **this location** resulting in a complaint to the Village Hall and the risk of losing the HQ.

No parking **anywhere** on the left hand side of Station Road please.





Registration Form for a vehicle to assist with a competitors **reasonable** feeding and other requirements **as provided for in the Regulations.**



Hounslow 100

Title of Event: _____

Date of Event: Sunday 26th May 2024

Name of Competitor: _____

Competitor's Club: _____

Competitor's Number: _____

A motor vehicle, make, model number and colour: _____

Registration Number: _____

Will be used to assist the above named competitor while taking part in the event as described above.

The name(s) of the driver(s) of the vehicle will be as follows:-

Driver(s): _____

NOTE

THE COMPLETION OF THIS FORM DOES NOT PERMIT YOUR HELPERS TO FOLLOW YOU ALONG THE COURSE.

THEY MAY PASS AT INTERVALS OF NOT LESS THAN 10 MILES

Completed forms must be lodged with the Event Secretary not later than the start time of the competitor.



Hounslow and District Wheelers' Ron Brown Memorial 100:

This event may be subject to a Doping Control

It is your responsibility to check

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

**Remember, it is up to you to check and ensure that
you comply**

If required you must report to Doping Control after finishing without delay

