



Bristol South Cycling Club

Open 50 Mile Time Trial

Sunday 06 August 2023

Course U109/50 - Start time 09:01

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

Event secretary: Mark Bradley

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Time Keepers: Rob and Mary-Jane Hutchinson

Welcome	<p>Thank you for entering the Bristol South CC 50 mile open TT on the U109/50 course.</p> <p>Please read the following notes carefully, they've been written to try to make your day as stress-free as possible. Most importantly, if you've ridden this event before you will be used to a different HQ, see below.</p>
HQ	<p>Hawkesbury Upton Village Hall. High Street, Hawkesbury Upton GL9 1AU.</p> <p>THE HQ IS APPROXIMATELY 3.5 MILES FROM THE START AND 3 MILES FROM THE FINISH.</p> <p>The hall will be open from 08:00. There is plenty of parking available at the hall.</p> <p>From the HQ to the start: Turn left out of the car park along Hawkesbury Upton High Street. This becomes France Lane, which you continue to follow all the way to the A46. Turn left onto the A46 for appx 350m to a major fork where you turn right onto the A433 towards Didmarton. (This is the 3rd left turn on the race route, which you will approach from the opposite direction.) You will be turning onto the course at this point when riding from the HQ to the start, so please look out for riders already racing. Follow the A433 all the way through Didmarton village and out the other side. The start is in a layby on the left opposite a minor road to Sopworth.</p>
Signing on and off	<p>You must sign on at race HQ to collect your number and check for any last-minute information regarding the event or course.</p> <p>After you finish please sign out at HQ and return your race number.</p> <p>In line with CTT Rules, if you want it to count remember to sign out!</p>

Course notes	<ul style="list-style-type: none"> • Please do not warm up on the course once the event has started. • Although all the junctions are marshalled, the onus is on you to know the course. It's not overly complicated, there are only 3 left turns per lap: The first one onto Bowldown Road is immediately after the Hare & Hounds Hotel, and it can be quite shaded so watch out for the marshal. The good news is that the whole of Bowldown Road up to the A46 has been recently resurfaced. The 2nd and 3rd ones at the northern end of Bowldown Road and when turning from the A46 onto the A433 are very obvious. • The turn from the A46 onto the A433 is sharp (more than 90°) - please take care not to cross onto the wrong side of the road after the turn. • The course passes through Didmarton Village which may have parked cars and pedestrians on the course. Please take extra care on this part of the course – it is downhill and there is a 30mph speed limit so vehicles may be travelling slower than you. • Avoid making U-turns near to the start or finish of the course. Riders failing to follow this instruction may be disqualified. • After finishing proceed along the course route, continuing along the A46 until appx 350m past the junction with the A433 to take the right turn back to HQ, signposted to Hawkesbury Upton 1 and Hillesley 3.
Safety	<p>Riders are asked to take care while riding the course, and in particular note the following points:</p> <ul style="list-style-type: none"> • The race takes place on public roads with live traffic on the course so competitors must obey the highway code at all times and not impede other road users. • There are marshals located at each of the turns on the course to help indicate direction only, it is the competitor's responsibility to give way to any traffic with right of way at any time on the course. • All bikes must be fitted with a working front and rear light - anyone who does not have these will not be allowed to start the event. • All competitors must wear a hardshell helmet that meets internationally recognised safety standards. • If the weather is bad with poor visibility or other conditions which present a danger to riders the event may be delayed or postponed. • Please keep your head up for a safe ride.
Course details	<p>Start - East of Didmarton on the A433 in a layby sited prior to a BP garage, (M) ST824875. Proceed East on A433 for approx. 2 miles to turn left (M) at minor road, (Bowldown Road), ST863905. Streetview link.</p> <p>Proceed until junction with A46, ST829939, turn left onto main road (M). Streetview link.</p> <p>Proceed along A46 to 'Dunkirk' junction and turn left to join A433. Streetview link.</p> <p>Continue through Didmarton to complete your first circuit. 13.8 miles.</p> <p>After completing 3 full circuits the finish line is sited after a further 8.6 miles of the same lap, at the northern end of a layby adjacent to the minor road junction to Leighterton, Bath Road (M), ST809905.</p> <p>1 circuit is approx. 13.8 miles with the finish leg at 8.6 miles = 50 miles in total.</p> <p>Please SHOUT your number as you cross the finishing line for the final time.</p> <p>After crossing the finish line proceed along the course route, continuing appx 350m past the junction with the A433 to take the right turn back to HQ, signposted to Hawkesbury Upton 1 and Hillesley 3.</p>

<p>Eligibility for the road bike event</p>	<p>There is a standard definition of a road bike in the CTT Regulations: "Road Bike Criteria: the road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinacci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm." In addition the West District has a local regulation which stipulates that aero helmets cannot be used. This means any helmet with a visor and/or the ears are covered is not permitted. Aero socks and skinsuits are allowed.</p>
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Course map and key locations: 50 miles is 3.6 laps of the course.



Prizes - one per person

TT bike event	
Men	Women
1 st - £20	1 st - £20
2 nd - £10	2 nd - £10

Road bike event	
Men	Women
1 st - £20	1 st - £20
2 nd - £10	2 nd - £10

Overall Vet on Age Adjusted Time
1 st - £20
2 nd - £10
3 rd - £10

We are using Resultsheet for this event:
<https://resultsheet.app/rsd/1690386615356x421426477587759100>

Number	Start_time	Firstname	Lastname	Machine	Club	Gender	Category
1	09:01	Joanna	Knight	Road Bike	Bristol South Cycling Club	Female	Veteran
2	09:02	Hayley	Phillips-Hart	Road Bike	Pronto Bikes	Female	Senior
3	09:03	Trevor	Hodges	Road Bike	Stroud Valley Velos	Male	Veteran
4	09:04	Lizzie	Wilkinson	Road Bike	Pronto Bikes	Female	Veteran
5	09:05	Josie	Harcourt	Road Bike	FTP (Fulfil The Potential) Race Team	Female	Senior
6	09:06	Paul	Wilkinson	Road Bike	Pronto Bikes	Male	Veteran
7	09:07	Kate	Parrish	Road Bike	Lewes Wanderers CC	Female	Senior
8	09:08	Michael	Bowering	Road Bike	Newbury Velo	Male	Veteran
9	09:09	Michal	Gniewek	Road Bike	Newport Phoenix CC	Male	Senior
10	09:10	Karl	Norris	Road Bike	360VRT	Male	Veteran

Number	Start_time	Firstname	Lastname	Machine	Club	Gender	Category
13	09:13	Josie	Smailes	TT Bike	VC Venta	Female	Senior
14	09:14	Daniel	Kempe	TT Bike	Bristol South Cycling Club	Male	Veteran
15	09:15	Thomas	Meier	TT Bike	FTP (Fulfil The Potential) Race Team	Male	Espoir
16	09:16	Ian	Dickens	TT Bike	TricentralUk	Male	Veteran
17	09:17	Ashley	Kirkham	TT Bike	Wrekinsport CC	Male	Veteran
18	09:18	Marianne	Day	TT Bike	Swindon Wheelers	Female	Senior
19	09:19	Liz	Kemp	TT Bike	Pronto Bikes	Female	Veteran
20	09:20	Steven	Green	TT Bike	Mendip TRC	Male	Veteran
21	09:21	Isabella	McNally	TT Bike	Pronto Bikes	Female	Senior
22	09:22	Amber	Bullingham	TT Bike	Gloucester City Cycling Club	Female	Senior

23	09:23	Gary	Martin	TT Bike	Westerley Cycling Club	Male	Veteran
24	09:24	Stephen	Clark	TT Bike	PDQ Cycle Coaching	Male	Veteran
25	09:25	Andrea	Ricci	TT Bike	Bristol South Cycling Club	Male	Senior
26	09:26	Natalie	Green	TT Bike	New Forest CC	Female	Senior
27	09:27	Lynsey	Carpenter	TT Bike	Chippenham & District Wheelers	Female	Veteran
28	09:28	Maris	Brugis	TT Bike	Bristol Road Club	Male	Senior
29	09:29	Steven	Rowley	TT Bike	Cheltenham & County Cycling Club	Male	Senior
30	09:30	Arran	Armstrong	TT Bike	FTP (Fulfil The Potential) Race Team	Male	Veteran
31	09:31	Ian	Barrett	TT Bike	Performance Cycles CC	Male	Veteran
32	09:32	Emily Kate	Walton	TT Bike	Bristol South Cycling Club	Female	Senior
33	09:33	Lee	Howarth	TT Bike	Bristol South Cycling Club	Male	Veteran
34	09:34	Simon	Evans	TT Bike	Port Talbot Whs CC	Male	Veteran
35	09:35	Corinne	Clark	TT Bike	Swindon Wheelers	Female	Senior
36	09:36	Michelle	Van Deventer	TT Bike	Cheltenham & County Cycling Club	Female	Veteran
37	09:37	Jordan	Matthews	TT Bike	FTP (Fulfil The Potential) Race Team	Female	Senior
38	09:38	David	English	TT Bike	Chippenham & District Wheelers	Male	Veteran
39	09:39	Maria	Powell	TT Bike	FTP (Fulfil The Potential) Race Team	Female	Veteran
40	09:40	Tom	Burke-Nott	TT Bike	Bristol South Cycling Club	Male	Veteran
41	09:41	Emma	Bexson	TT Bike	Stratford Cycling Club	Female	Veteran

42	09:42	Robert	Gilmour	TT Bike	Hounslow & District Whs	Male	Veteran
43	09:43	Paul	Winchcombe	TT Bike	Chippenham & District Wheelers	Male	Veteran
44	09:44	Aaron	Pascovitch	TT Bike	Bristol South Cycling Club	Male	Senior
45	09:45	Vincent	Douglas	TT Bike	Gloucester City Cycling Club	Male	Veteran
46	09:46	Nick	Livermore	TT Bike	Bristol South Cycling Club	Male	Senior
47	09:47	Tim	Radley	TT Bike	Gloucester City Cycling Club	Male	Veteran
48	09:48	Robert	Francis	TT Bike	Pronto Bikes	Male	Senior
49	09:49	Tony	Chapman	TT Bike	Frome and District Wheelers	Male	Veteran
50	09:50	Daniel	Colman	TT Bike	Pronto Bikes	Male	Senior