

# Sotonia Leg Loosener TT

9am, Sunday 20 March 2022

Promoted by **Sotonia CC** for and on behalf of **Cycling Time Trials** under their rules and regulations. Your individual start time can be found at the end of this document.

## EVENT HQ, OPEN FROM 8AM

**Bramshaw Village Hall**

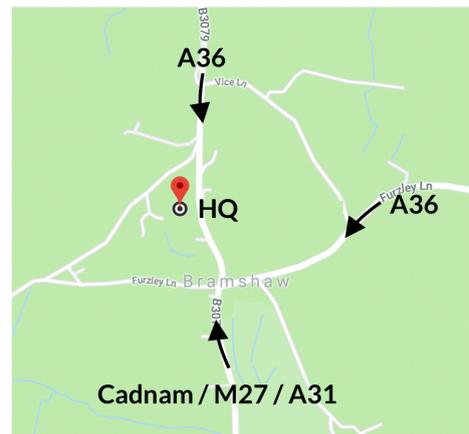
**SO43 7JE**

(On the B3079)

## EVENT SECRETARY

Phil Wilks  
Boleyn Cottage  
Forest Road  
Nomansland  
SP5 2BW

On the day mobile number: **07790 779572**



**SOTONIA**  
CYCLING CLUB

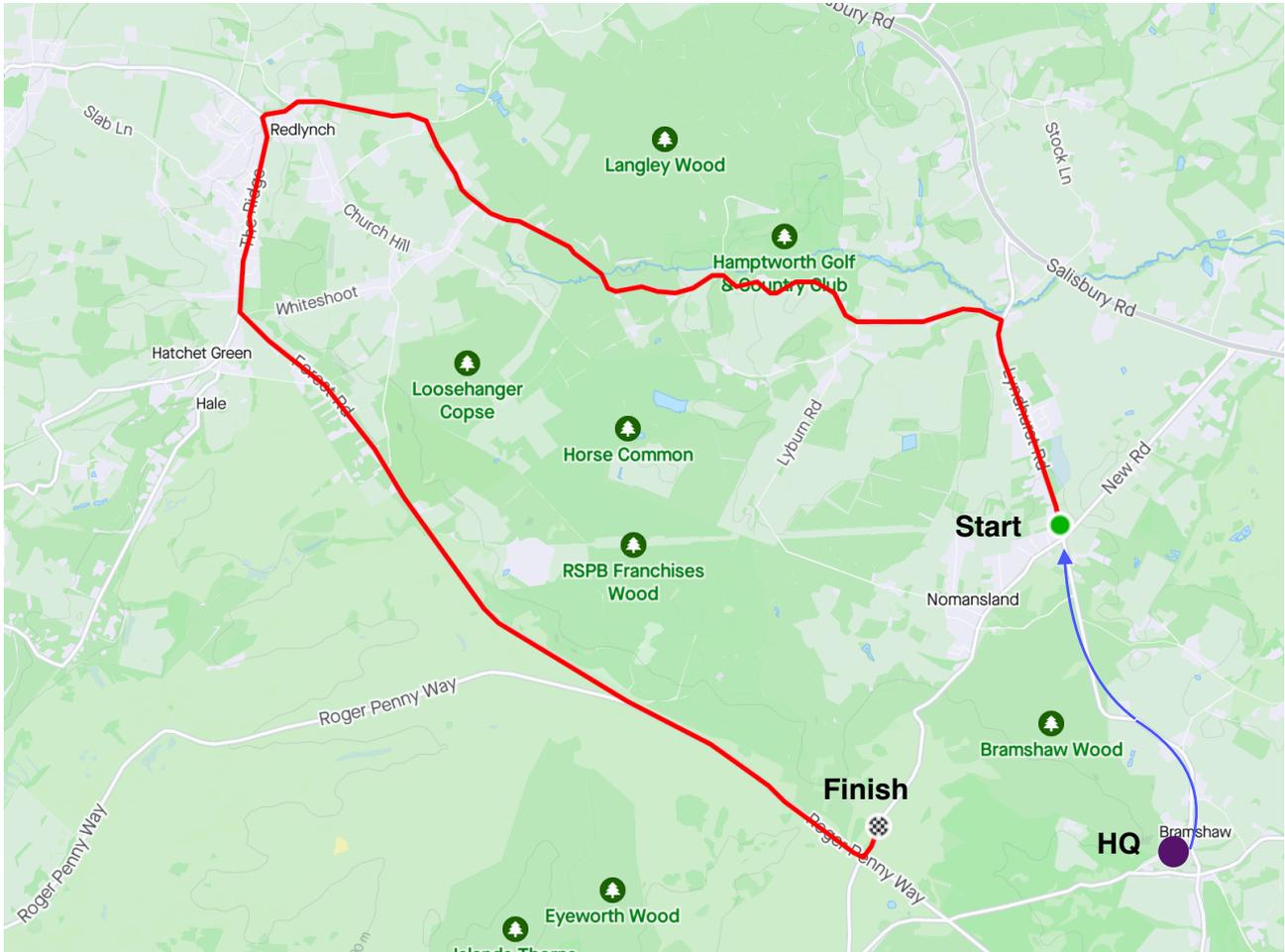
## TIMEKEEPERS

Alan Sharpen (start), Martin Napier (finish), Julian Gee (finish assistant).

## COURSE MAP

Course code: P182

Distance: 10 miles



**P182 Strava route with GPX file:** [www.strava.com/routes/2816417347342932634](http://www.strava.com/routes/2816417347342932634)

To get to the start from the HQ, simply turn left out of the car park and follow the road for about 2 miles (blue line on the map above). The start is just after the crossroads near Nomansland.

**Route from HQ to the start with GPX file:** [www.strava.com/routes/2938764577384172592](http://www.strava.com/routes/2938764577384172592)

If you arrive at the start early please do not ride past the start onto the course, or make U-turns in the vicinity of the start.

## CALL YOUR NUMBER AT THE FINISH

Please call your number at the finish to help the time keepers, especially for riders from VC St Raphael as there are loads of you! 😊

## HQ RESTRICTIONS

HQ will be open from 8:00am. There is plenty of car parking.

There are neighbours very close to the HQ car park, so please be respectful and keep noise to a minimum.

No turbo trainers before 8:00am please.

**No cycling shoes** inside the main hall.

## PRIZES & PRESENTATION

Please stay for the prize presentation if you can, which will be done as soon as we can after the TT event has finished. Any prizes not collected at the event will be put back into the pot for next year.

We will be awarding prizes for the top 3 in each category...

- Men's road bike
- Women's road bike
- Men's TT bike
- Women's TT bike

## SAFETY INSTRUCTIONS: PLEASE OBSERVE THE FOLLOWING

### Riders must...

- Not make U-turns within sight of the start or finish.
- Be careful at cattle grids – especially when wet.
- Beware of animals on the road including horse riders. You may need to slow down or stop for wild animals in the last 2 miles of the course which are in the New Forest national park.
- After finishing, return to HQ, but take great care descending Pipers Wait (steep hill, sharp bend and poor road surface).
- Vehicles must not be parked or stopped near the start, except for those used by event officials.
- 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.
- Riders must keep to the left-hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.
- Riders must not ride with their head down.

## Helmet, Front Light and Rear Light are now required



No competitor shall be permitted to start the event unless they have affixed to the rear of their machine a **working rear red light** either flashing or constant, that it is illuminated and in a position that is clearly visible to other road users.

No competitor shall be permitted to start the event unless they have affixed to the front of their machine a **working front white light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

All competitors must wear a properly affixed **helmet**. It is the responsibility of the rider to select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing. It is the responsibility of the rider to ensure that the helmet is properly fitted, is undamaged and in good condition.

**NO FRONT AND REAR LIGHT = NO RIDE**

## Signing On and Race Numbers

Riders must sign the official signing on sheet at the event HQ to obtain their race number  
All riders **must sign out in person** when returning their number to HQ.

## Road Bike Category Rules

- No tri bars
- Wheels maximum of 80mm depth, no disc wheels, no tri-spokes, no quad-spokes
- No time trial helmets
- Skinsuits are allowed

## **COURSE DETAILS - P182**

Start at SU260180 at the bus stop at the southern end of Landford on the B3079. Proceed through Landford and turn left into Hamptworth Road (1 mile). Continue to Redlynch and Woodfalls and turn left onto the B3080 (5 miles). At Telegraph Junction turn left to join the B3078 (8.5 miles). At the Longcross Plain crossroads turn left towards Nomansland (9.8 miles) to finish at a damaged crab apple tree on the edge of a clump of hollies, opposite a small clump of hollies SU245156 (10 miles).

There is currently a yellow line painted on the road at the finish.

### **Recommended route to the start (approx 1.8 miles)**

From HQ turn left out of car park onto B3079.

Keep riding until you pass the crossroads for Nomansland / New Road and the start will be just beyond this.

### **Recommended route from the finish**

Please do not stop at the finish. Continue on and go down the Pipers Wait hill and pass the The Lamb pub back to the cross roads near the start. Take a right onto the B3079 and ride until you get back to the HQ at Bramshaw Village Hall.

**SOTONIA**  
**C Y C L I N G C L U B**

## START TIMES

Num	Start time	First name	Last name	Club	Category
1	09:01:00	Mike	Anderson	CC Moncontour	Road bike
2	09:02:00	Phil	Morris	Fareham Wheelers CC	Road bike
3	09:03:00	Robert	York	Christchurch Bicycle Club	Road bike
4	09:04:00	Daniel	Mahony	Velo Club Venta	Road bike
5	09:05:00	Sien	Van der Plank	New Forest CC	Road bike
6	09:06:00	Nigel	Powell	Velo Club St Raphael	Road bike
7	09:07:00	Lee	Shirley	Sotonia CC	Road bike
8	09:08:00	Rebecca	Pearce	Ridgeway Riders	Road bike
9	09:09:00	Vernon	Schutte	Farnborough & Camberley CC	Road bike
10	09:10:00	Jason	Harrison	Sotonia CC	Road bike
11	09:11:00	Stephen	Skinner	Velo Club St Raphael	Road bike
12	09:12:00	William	Simmons	Christchurch Bicycle Club	Road bike
13	09:13:00	Malcolm	Cox	Velo Club St Raphael	Road bike
14	09:14:00	Emma	O'Toole	DHC (Districts of Hamwic Cyclesport)	Road bike
15	09:15:00	John	Hyde	Velo Club St Raphael	Road bike
16	09:16:00	Ian	Sherin	3C Cycle Club	Road bike
17	09:17:00	Les	Liddiard	GS Vecchi	Road bike
18	09:18:00	Sam	Dorkings	Salisbury Road and Mountain CC	Road bike
19	09:19:00	James	Plumb	Velo Club Venta	Road bike
20	09:20:00	Dave	Dent	GS Stella	Road bike
21	09:21:00	Ed	Cox	Sotonia CC	TT bike
22	09:22:00	Andrew	Rivett	Velo Club St Raphael	TT bike
23	09:23:00	Ruth	Jones	GS Mossa	TT bike
24	09:24:00	Michael	Naulls	Velo Club Venta	TT bike
25	09:25:00	Stuart	Peckham	Velo Club St Raphael	TT bike
26	09:26:00	Kirsty	McSeveney	...a3crg	TT bike
27	09:27:00	Stuart	Thompson	Velo Club St Raphael	TT bike
28	09:28:00	Paul	Martin	NAUT Cycling	TT bike
29	09:29:00	Martin	Beale	Velo Club St Raphael	TT bike
30	09:30:00	Jamie	Franklin	Velo Club Venta	TT bike
31	09:31:00	William	Sawyer	Velo Club St Raphael	TT bike
32	09:32:00	Antonio	Maschio	Sotonia CC	TT bike
33	09:33:00	Matthew	Buckley	Velo Club St Raphael	TT bike
34	09:34:00	Paul	Morris	Fareham Wheelers CC	TT bike
35	09:35:00	Craig	Haslam	Velo Club St Raphael	TT bike
36	09:36:00	Jordan	Giles	Primera-Teamjobs	TT bike