



# Bournemouth Arrow CC

## Autumn 10 Mile Time Trial

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

**Course:** P311

**Date:** Sunday 10<sup>th</sup> September 2023

**First Rider:** 8.01am

**Timekeepers:**

**Start** Mr Richard Walter

**Finish** Mr Julian James

**Recorder** Mr Steve Moss

**Event Secretary:**

Peter Fairbank

11 Moors Close

Christchurch

Dorset BH23 6AL

[petercyclismimey@outlook.com](mailto:petercyclismimey@outlook.com)

Mobile: 07941 052341

**The event headquarters are:**

**Greyfriars Community Centre 44 Christchurch Road BH24 1DW**

**Look for the Arrow teardrop banners**

**There is a small free car park at the Centre and a Pay and Display car park just off Christchurch Road, take this turning at the roundabout adjacent to the Centre.**

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

**Route from HQ to the Start:**

**Right out of HQ along Christchurch Road, turn left at the Lidl roundabout approx 500m to the south.**

**Route from Finish to HQ:**

**Continue north along Christchurch Road for 1km.**

**NUMBERS & SIGNON WILL BE AT THE EVENT HEADQUARTERS, NOT AT THE START.**

**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.

**It is mandatory that a WORKING FRONT and REAR LIGHT, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.**

## 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)

### Route from HQ to the Start:

**Right out of HQ along Christchurch Road, turn left at the Lidl roundabout approx. 500m to the south.**

### Route from Finish to HQ:

**Continue north along Christchurch Road 1km to the north.**

## 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:-
  - From start to Moortown Lane – busy with houses and side roads, David Lloyd entrance on right, garage on left, finish on right.
  - Avon Tyrrell Farm - sharp bend with possible gravel.
  - Avon Causeway junction- beware of traffic stopping to turn right or emerging onto course.
  - At the Sopley turn – the road surface is poor over the bridge, we recommend those on TT bikes feather the brakes while you make this turn.

**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 (One prize per rider.)

**TT bikes – men**

**First     £20.00**

**Second   £15.00**

**TT bikes – women**

**First     £20.00**

**Road bikes – men**

**First     £20.00**

**Road bikes – women**

**First     £50.00**

**Team Time Trial**

**First     £20.00 per rider**

**Fastest Vet on Std**

**First man   £20.00**

**First woman  £20.00**

**Lucky Dip prize £15.00**

**Must be present at prizegiving**

**The solo rider with the fastest time will keep the Chris Braiden Cup for a year.**