

NORTH HAMPSHIRE ROAD CLUB

North Hampshire Road Club 10 Miles Time Trial.

For and on behalf of Cycling Time Trials under its rules and regulations.

Saturday 18th May 2024

Time of Start 14:00

Event is being held on H10/8 Course

**Event Secretary: Peter Tomlin
30 Winchester Street
Overton
BASINGSTOKE
RG25 3HS**

Mobile- 07887 684033

**Please use my mobile number on the day
Email- p.tomlin@btinternet.com**

**Timekeepers: Maria Golden, A3crg
Donald Ashton, Farnborough & Camberley Cycling Club**

**Event Headquarters: Bentley Memorial Hall,
Alton Rd, Bentley GU10 5NB**

Open from 12.30pm for sign on.

IMPORTANT NOTES

- **Please respect the local residents of Bentley by parking considerately.** Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.
- Please **respect** the volunteers from NHRC and the timekeepers who are giving up their time to help out.
- Please sign on and collect your numbers from the headquarters.
- Position your main number so that it is visible from the rear when in the racing position.
- This event **may be subject to a Doping Control** - It is your responsibility to check by returning to the HQ and signing in as soon as possible after you finish.
- **No cleats or bikes in in the hall.**
- Please allow at least 10 minutes to get to the start.
- The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. Anyone seen doing so will be disqualified from the event.
- **Head-down riding kills** – if dangerous riding is witnessed it will be investigated and reported.
- No vehicles, except those of the timekeepers, shall be parked at the start or finish.

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

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

- If you feel at all unwell or are showing signs of Covid 19 DO NOT come to this event
 - **Please check that you have your number attached.**
 - **Have a working front and rear light.**
 - **Are wearing a helmet.**

If Any of these are missing, you will not be permitted to race.

Prize List

Open	Women	Vets on Age Adjusted Time (AAT)	Spot prize, closest to:
1st £20	1st £20	1st £20	23 minutes £10
2nd £15		2nd £15	24 minutes £10
3rd £10		3rd £10	26 minutes £10

Attention all competitors.

Prizes will be distributed after the results are confirmed and uploaded to the CTT Website . The winners will be contacted by email and prizes distributed by BACS transfer.

Everyone is welcome to sample our refreshments at HQ after the event and when signing back out.



- Please park considerably on these roads
- Please DO NOT PARK on these roads

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

Car Parking Rules

Parking at Bentley Memorial Hall, Hampshire

Riders must NOT park in the following locations:

- Anywhere on the old A31 (Main Road through the village running East-West) within the section bounded by the Bentley Village signs to the west and east of the village.
- On Hole Lane to the south of the Bentley Village sign (the road alongside the Memorial Hall).
- On the East side of River Road (also named Station Road on some maps) between the crossroads and the bridge over the Bentley Bypass (left hand side of the road leading away from the crossroads at the Memorial Hall). At all times riders and officials must park with consideration for residents and other road users.

Approved Parking Locations

- The Memorial Hall car park can accommodate about 20 vehicles. BEWARE OF THE HEIGHT RESTRICTION AT THE ENTRANCE, WHICH CAN CAUSE DAMAGE TO BIKES ON ROOFRACKS.
- On the right-hand side of River Road (Station Road) leading away from the crossroads by the HQ. DO NOT OBSTRUCT THE BUS-STOP or PAVEMENT

Further Parking is Available

- On Isington Lane (exit the village to the West, turn LEFT UNDER the A31 and continue round the corner, where road straightens and runs parallel to the A31 Bentley bypass).
- In the layby beside the A31 beyond the former 'Bull' public house to the East of the village.
- In the area behind the bus-stop just after the crossroads near the finish of H10/8 to the East of the village (before the former 'Bull' public house).
- In Marsh Lane to the East of the village (turn left at the crossroads near the finish of H10/8, before the former 'Bull' public house and go up the short rise: some space is available on the left-hand side).

ADDITIONAL NOTES.

To reach the Headquarters at the Bentley Memorial Hall riders must only cross over to the other side of the A31 by using one of the breaks in the central reservation provided for that purpose. Any person associated with the event that is observed crossing to the other side by any other means will be reported to the police and the London West District Committee of the CTT.

To reach the start from the headquarters in Bentley, go eastwards through the village to join the A31 to cross to the right hand lane after 850 yards (there are lane markings) and cross over to the south side of the A31 at the Gravel Hill road junction and continue for 760 yards to the lay-by start point.

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards and along the Bentley By-pass to fork left onto the slip road signposted 'BENTLEY'. Go right at the 'T' junction and the Bentley Memorial Hall is ahead of you.

DISTRICT REGULATIONS

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

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

All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

Conduct of riders passing through the A31 width restriction

LWDC 11 – Conduct of riders passing through the A31 width restriction

There is a width restriction 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 attached map.

- 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.

Map of the A31 eastbound width restriction



IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters require you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. It is also compulsory that WORKING FRONT & REAR LIGHTS, either flashing or constant, are fitted to the machine in a position visible to following road users and are active while the machine is in use at all times.

COURSE H10/8 BENTLEY

OS Ref		Distance
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 1/2m"	0.000
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
802443	Circle the roundabout (M2, M3, M4) and take the third exit back on to 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 Road minor crossroads and 163 yards short of The Bull to where FINISH	10.000
	(Distance between start and finish is 697 yards)	