Sotonia CC

**Open 10 Mile Time Trial**

**Sunday 1st August 2021**

**Course P164/10 Revised**

**Event headquarters: Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY**

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

**Timekeepers:** David Crocker and Julian Gee, Sotonia CC

**Organiser:** Graham Harman 16 Woodman Close, Sparsholt, Winchester, Hants, SO21 2NT

Mobile 07769 347843

**Please bring your own pen to sign in and sign out.**

**It is compulsory to have a working rear light fitted to the bike.**

**Prizes: No prizes will be presented at the HQ**

**Solo Male Female Juvenile Juvenile Vets on STD Vets on std
 Male Female Male Female**

1st  £ 15 £15 £15 £15 £15 £15

2nd £10 £10 £10 £10

3rd. £ 5 £ 5 £ 5 £ 5

**One prize per rider.**

# Course description – P164/10 Revised

**START** on B3056, approx 700 yards SE of junction with A35, at south side of entrance/exit to Parc Pale Car Park (Event HQ), at point where roadside ditch becomes a culvert.

Continue SE on B3056 towards Beaulieu, passing over humped railway bridge at Beaulieu Road Station (3 miles).

Continue SE on B3056 to Leygreen Farm (5.2 miles), (*care on bends approaching turn*), to TURN left into Marchwood Road/North Lane (approx 1 mile north of Beaulieu).

Crossing Hartford Bridge, continue north for 2.5 miles to TURN left at Ipley Cross Roads. Pass entrance to Ferny Croft before passing over culvert at bottom of hill (the old finish point), to (new) **FINISH** at designated marked point, approx 300 yards east of T-junction with B3056.

**Please note the following:**

**.** Sotonia CC would be grateful if riders could respect our decision to continue to follow social distancing. No refreshments will available after the event.

* Parking is available in the public car park but is chargeable. There is free parking available at Boltons Bench and Parc Pale though spaces may be in short supply.
* Competitors should not attend if they feel ill in ANY way or if family members hav any symptoms.
* An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
* All warm-ups should be done on the road. Static warm-ups are prohibited.
* Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
* Competitors on finishing MUST NOT stop at the finish, MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
* No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
* It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

