

Sotonia Cycling Club

Open 10 mile Time Trial

Incorporating

The Tandem Tart Ten



To be held on Sunday 23rd June 2023 on the P164 R2

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

First rider off at 8:01

Organiser

Mary Corbett

28 The Meadows

Lyndhurst

SO43 7EL

Email: mary.corbett7@btinternet.com

Telephone: 07837 551768

Timekeepers

David Crocker (Sotonia CC)

Martin Napier (Sotonia CC)

Maria Golden (a3crg)

Nigel Sign (Fareham Wheelers)

Contact on the day, Mary on 07837 551768 or Claire on 07720 977752

Competition and age-related records will not be recognised on this course.

Course Records – all set at the Tandem Tart 10 on 25 June 2023

Solo Open	Alex Rowling	21.47	Solo Female	Izzy Sharp	21.57
Solo Open Junior	Samuel Ridgment	30.10	Solo Female Junior	Izzy Sharp	21.57
Tandem	Rachael Elliott	21.20	2up TTT	Matthew Buckley	21.34
	Ian Greenstreet			Andrew Rivett	

Race Instructions

Please take the time to read through these instructions, especially if it is your first time trial.

Awards

I am delighted that Tony Britton, the ME Associations Senior Fundraising Consultant will be presenting the prizes. Please stay for the presentation which will take place as soon as possible after the event. Everyone who completes the course will receive a prize. There will be plenty of refreshments to keep you going.

Headquarters and Signing On

HQ is at the Lyndhurst Community Centre, Main Car Park, Lyndhurst SO43 7NY which will be available from 7 am. You will be required to sign on, collect your number and sign back in after you have completed the time trial. Toilets are available in the HQ and in the car park. There will be plenty of parking in the main car park (charges apply), however please do not use the private car park adjacent to the Centre.

Refreshments

Please bring plenty of cash with you. There will be a wonderful assortment of delicious cakes on offer, plus tea, coffee and cold drinks. All of your cash will be donated to the ME Association's Ramsay Research Fund.

Warming Up

Please do not warm up on the course once the event has started.

Getting To the Start

Proceed North through the car park and turn right into the one-way system. Continue straight along the High Street turning right using the filter lane onto the B3056 Beaulieu Road. Take care over the cattle grid. The start is just over the rise and down the hill at the entrance to Parc Pale car park. Please do not block the entrance to Parc Pale car park whilst awaiting your start but wait on the far side of the car park entrance. A start marshal will be in place so give them a cheery smile.

The Course

START on the B3056 approximately 700 yards SE of junction with A35 at south side of entrance/exit of Parc Pale car park at the point where roadside ditch becomes a culvert. Continue SE on B3056 towards Beaulieu passing over the humped railway bridge at Beaulieu Road Station (3 miles). Extra care here as the bridge is narrow and visibility poor. There may be Forest ponies on the other side of the bridge. Continue straight on the B3056 (do not take the left hand turn after the bridge) to Leygreen Farm (5.2 miles), care on bends approaching the turn, to turn left into Marchwood Road/North Lane approximately 1 mile north of Beaulieu. This is a tight turn so please take extra care. The visibility is poor and debris on the road. Crossing Hartford Bridge, continue north for 2.5 miles to turn left at Ipley Cross Roads (which is now a staggered junction). Pass entrance to Ferny Croft before passing over culvert at the bottom of the hill to FINISH at designated marked point, approximately 300 yards east of T junction with B3056.

The finish

Please call out your number as you cross the chequered board. The stopping distance between the finish and the T junction at Beaulieu Road Station has been reduced. Please do not stop at the finish but make your way back to the HQ where times will be displayed. Please do not congregate around the finish area and definitely no vehicles to be parked at the finish. Failure to adhere to this request may jeopardise the future of this course.

Route back to the HQ

After finishing, continue to the junction at Beaulieu Road and turn right with care. There may be oncoming riders still competing and vehicles. Follow the B3056 Beaulieu Road to go past the start and back over the rumbling cattle grid. Turn left at the junction with the A35 High Street. Proceed into the one-way system getting yourself quickly into the right hand lane, to turn shortly right back into the car park.

Safety Instructions

- Beware of Forest animals on the road the whole time and motorists stopping because of them. Beautiful new born foals are now on the scene so please be aware that they are not used to seeing us cyclists yet.
- No U turns at the start and finish in sight of the timekeepers.
- Beware of traffic emerging from the Forest car parks, hotels and campsites along the course.
- Take extra care at Beaulieu Road Station bridge which is narrow and has reduced visibility.
- Take extra care on the left turn at Leygreen Farm which has reduced visibility and debris on the road. There are very often animals frequenting this blind bend too.
- After finishing, take care at the right turn at Beaulieu Road Junction heading back to the HQ. There is two way traffic and riders may still be competing.

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 and Cycling Time Trials.

Additional Instructions

Please make sure you read the 'on the day' notice at the signing on desk. It will have announcements relating to important rider safety and course information which may have been updated after the start sheets have been sent out.

Safety Helmets and Lights

No competitor shall be permitted to start the event without a **front and rear working light**.

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.

Signing on/off and Parental Consent Forms

Please remember to sign on when collecting your number and to 'sign back in' when you get back to the HQ to return your number. Junior/juvenile competitors must present a signed parental consent form when signing on.

Helpers

I'm extremely grateful to the following people who kindly offered to help. Without them this event would not be able to take place. Timekeepers David Crocker, Maria Golden, Martin Napier and Nigel Sign. Marshals Anne and Simon Daw, Glenn Longland, Lee Shirley and Claire Johnson. Course signage and finish Graham Harman. HQ administration Claire Newman and Bob Bending. HQ setup Mike and Cathy Anderson. Refreshments Janet Burnage, Karon Bending, Cathy Anderson, Joy England and the numerous cake bakers. Norman Harvey for everything. Paul Hammond with his camera (see below) and Brian Hancock looking after our Guest of Honour Tony Britton.

Smile

Our wonderful photographer Paul Hammond will be positioned somewhere along the course, possibly on the short sharp climb at Denny Wood. Make sure you smile. His photos will be available to download free of charge after the event.

And finally.....

Thank you so much for entering. All profits arising from this event will be donated to the ME Associations Ramsay Research Fund.

Sponsors

I am extremely grateful to Andrews Butchers (Verwood) Ltd and Tesco for providing some of the prizes.

Live Results from Resultsheet

QR code



<u>Number</u>	<u>Start Time</u>	<u>Name</u>		<u>Club</u>	<u>Machine</u>	<u>Category</u>
<u>2 Up</u>						
5	00:08:06	Simon	Blankley	Sotonia CC	Road Bike	O Vet
6	00:08:06	James	Blankley	Sotonia CC	Road Bike	Youth 14
7	00:08:08	Olenka	Snell	Sotonia CC	Road Bike	F Vet
8	00:08:08	John	Snell	Sotonia CC	Road Bike	O Vet
9	00:08:10	Andrew	Rivett	Velo Club St Raphael	TT Bike	O Vet
10	00:08:10	Adrian	Talley	Velo Club St Raphael	TT Bike	O Vet
11	00:08:12	Rachel	Waite	Andover Wheelers	TT Bike	F Vet
12	00:08:12	Neil	Adlem	Andover Wheelers	TT Bike	O Vet
13	00:08:14	Lucy	Greehy	New Forest CC	Road Bike	F Sen
14	00:08:14	Phillip	Grant	New Forest CC	Road Bike	O Vet
15	00:08:16	Simon	Berogna	Velo Club St Raphael	TT Bike	O Vet
16	00:08:16	Stuart	Peckham	Velo Club St Raphael	TT Bike	O Vet
17	00:08:18	Michael	Harrison	North Hampshire RC	Road Bike	O Vet
18	00:08:18	Alison	Hitchcock	North Hampshire RC	Road Bike	Vet
19	00:08:20	Max	Webber	Andover Wheelers	Road Bike	O Sen
20	00:08:20	Mitchell	Webber	Andover Wheelers	Road Bike	Sen
21	00:08:22	Darren	Pike	Sotonia CC	Road Bike	O Vet
22	00:08:22	Benjamin	Pike	Sotonia CC	Road Bike	Youth 14
<u>Solo</u>						
23	00:08:23	Mike	Anderson	CC Moncontour	Road Bike	O Vet
24	00:08:24	James	Doel	Sotonia CC	Road Bike	O Vet
25	00:08:25	Daniel	Branford	Poole Wheelers Cycling Club	Road Bike	O Yth 14
26	00:08:26	Emin	Akbay	Sotonia CC	Road Bike	O Sen
27	00:08:27	Frankie	Colling	Sotonia CC	Road Bike	F Vet
28	00:08:28	Larry	Cooley	Sotonia CC	Road Bike	O Vet
29	00:08:29	Lily	Coull	Sotonia CC	Road Bike	F Sen
30	00:08:30	Darren	Anderson	Fareham Wheelers CC	TT Bike	O Vet
31	00:08:31	Barry	Hards	New Forest CC	TT Bike	O Vet
32	00:08:32	Jeff	Deacon	Sotonia CC	Road Bike	O Vet
33	00:08:33	Sharon	Ardley	Sotonia CC	Road Bike	F Vet
34	00:08:34	Claire	Deacon	Sotonia CC	Road Bike	F Vet
35	00:08:35	Katie	Horton	Sotonia CC	Road Bike	F Sen
36	00:08:36	Fiona	Coull	Sotonia CC	Road Bike	F Vet
37	00:08:37	Jeremy	Hubbard	Sotonia CC	TT Bike	O Sen
38	00:08:38	Murray	Quiney	Southdown Velo	Road Bike	O Vet
39	00:08:39	David	England	Crabwood Cycling Club	TT Bike	O Vet
40	00:08:40	Gary	Chiverton	Bournemouth Jubilee Whs	TT Bike	O Vet
41	00:08:41	Steve	Willcocks	Portsmouth North End CC	Road Bike	O Vet
42	00:08:42	Emma	Harrison	Sotonia CC	Road Bike	F Jun 17
43	00:08:43	Brian	Burgess	GS Vecchi	Road Bike	O Vet
44	00:08:44	Martin	Beale	Velo Club St Raphael	TT Bike	O Vet
45	00:08:45	Jason	Harrison	Sotonia CC	Road Bike	O Vet
46	00:08:46	Chris	Summers	Sotonia CC	TT Bike	O Vet
47	00:08:47	Lewis	Marsh	Portsmouth Triathletes	TT Bike	O Vet

48	00:08:48	Peter	Pike	Sotonia CC	Road Bike	O Vet
49	00:08:49	Bryce	Dyer	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	TT Bike	O Vet
50	00:08:50	Jonathan	Legg	Sotonia CC	TT Bike	O Vet
51	00:08:51	James	Kenward	Portsmouth North End CC	TT Bike	O Vet
52	00:08:52	Clare	Harris	Sotonia CC	Road Bike	F Esp
53	00:08:53	Colin	Witt	Crabwood Cycling Club	TT Bike	O Vet
54	00:08:54	Jake	Prior	Velo Club St Raphael	TT Bike	O Vet
55	00:08:55	William	Simmons	Christchurch Bicycle Club	TT Bike	O Vet
56	00:08:56	Beverley	Hards	New Forest CC	Road Bike	F Vet
57	00:08:57	Niclas	Olley	Sotonia CC	Road Bike	O Jun 16
58	00:08:58	Justin	Olley	Sotonia CC	Road Bike	O Vet
59	00:08:59	Stuart	Hourigan	VeloRefined Rule 5	TT Bike	O Vet
60	00:09:00	Dougi	Hall	Border City Whs CC	TT Bike	O Vet
61	00:09:01	Janine	Pattison	Zoom Triathlon Club	Road Bike	F Vet
62	00:09:02	Steve	Dines	Wight Tri	TT Bike	O Vet
63	00:09:03	Jane	Barker	Wincanton Wheelers	Road Bike	F Vet
64	00:09:04	Oliver	Hitchings	Velo Club Venta	TT Bike	O Sen
65	00:09:05	Eamonn	Deane	Bournemouth Jubilee Whs	Road Bike	O Vet
66	00:09:06	John	Phillips	Sotonia CC	Road Bike	O Vet
67	00:09:07	Ruby	Tulett	Wincanton Wheelers	Road Bike	F Sen
68	00:09:08	Alexander	Paul	NAUT Cycling	TT Bike	O Vet
69	00:09:09	Matthew	Buckley	Velo Club St Raphael	TT Bike	O Sen
70	00:09:10	Devon	Badman	NAUT Cycling	Road Bike	O Sen
71	00:09:11	Gordon	Scott	CC Weymouth	Road Bike	O Vet

Tandems

73	00:09:14	Jonathan	Cox	Tandem Club	Road Bike	O Vet
74	00:09:14	Tessa	Cox	Tandem Club	Road Bike	C2
75	00:09:16	Steve	Walker	Leamington C & AC	TT Bike	O Vet
76	00:09:16	Christine	Walker	Leamington C & AC	TT Bike	F Vet
77	00:09:18	Brian	Reid	Banbury Star Cyclists' Club	Road Bike	O Vet
78	00:09:18	Anna	Traer	Banbury Star Cyclists' Club	Road Bike	F Vet
79	00:09:20	Mary	Corbett	Sotonia CC	Tricycle	F Vet
80	00:09:20	Paul	Burnage	Sotonia CC	Tricycle	O Vet
81	00:09:22	Ned	Prideaux	Tandem Club	Road Bike	O Vet
82	00:09:22	Melanie	Prideaux	Tandem Club	Road Bike	F Vet
83	00:09:24	Jill	Ford	Sotonia CC	Road Bike	O Vet
84	00:09:24	Jonathan	Ford	Thornbury Cycling Club	Road Bike	O Vet
85	00:09:26	Norman	Harvey	Sotonia CC	Tricycle	O Vet
86	00:09:26	Malcolm	Cox	Velo Club St Raphael	Tricycle	O Vet
87	00:09:28	Tony	Herlihy	Tandem Club	Road Bike	O Vet
88	00:09:28	Vivienne	Oliver	Tandem Club	Road Bike	F Vet
89	00:09:30	Barbara	Russell	Salisbury Road and Mountain CC	Road Bike	F
90	00:09:30	Michael	Sneddon	Salisbury Road and Mountain CC	Road Bike	O Vet
91	00:09:32	John	O'Brien	Bournemouth Jubilee Whs	Road Bike	O Vet
92	00:09:32	Tracey	Colquhoun	Bournemouth Jubilee Whs	Road Bike	O Vet

93	00:09:34	Caroline	Carpenter	Tandem Club	Road Bike	F Vet
94	00:09:34	Terry	Carpenter	Tandem Club	Road Bike	O Vet
95	00:09:36	Michael	Marsh	Sotonia CC	Road Bike	O Vet
96	00:09:36	Adrian	Robinson	Sotonia CC	Road Bike	O Vet
97	00:09:38	Richard	Abbott	Tandem Club	Road Bike	O Vet
98	00:09:38	Hilary	Abbott	Tandem Club	Road Bike	Vet
99	00:09:40	Patrick	Lafford	Crabwood Cycling Club	Road Bike	O Vet
100	00:09:40	Stephen	Skinner	Velo Club St Raphael	Road Bike	O Vet
101	00:09:42	Jim	Ledger	Tandem Club	Road Bike	O Vet
102	00:09:42	Kate	Ledger	Tandem Club	Road Bike	F Vet
103	00:09:44	Emma	Shepherd	New Forest CC	Road Bike	F Sen
104	00:09:44	Joe	Shepherd	New Forest CC	Road Bike	O Sen
105	00:09:46	Julian	Gee	Sotonia CC	Road Bike	O Vet
106	00:09:46	Sien	Van Der Plank	New Forest CC	Road Bike	F Sen
107	00:09:48	Mark	Noble	Tandem Club	Road Bike	O Vet
108	00:09:48	Elizabeth	Noble	Tandem Club	Road Bike	O Vet
109	00:09:50	Rachael	Elliott	Newbury Velo	TT Bike	F Tan
110	00:09:50	Ian	Greenstreet	Newbury Velo	TT Bike	O Vet