





Welcome!

Thanks for joining us at the 2022 New Forest Autumn 10 on P128/10
- the fastest course in the forest!

This document should contain all the information you need to ensure a safe and smooth ride at the event - if you have any queries or need any more information, don't hesitate to contact the event secretary (Phill Brown) by email nfcc1934@gmail.com or by calling **07540 576 878**.

This event is being promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.

Please note that new CTT regulations have come into force from December 2021 and will apply to this event:

- ALL riders must use a front light attached to their machine. [Regulation14(j)].
(Please note that you should already have a rear light.)
- ALL riders now must wear a helmet. [Regulation15].

Any rider without a front and rear light, and a helmet, will not be able to start the event.

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.



Key Details

Event Secretary

Phill Brown – New Forest CC

07540 576 878

Time Keepers

Maggie Bracher – New Forest CC

John Burridge – New Forest CC

Event HQ

Copythorne Parish Hall,

Pollards Moor Rd,

Copythorne,

Southampton.

SO40 2NZ





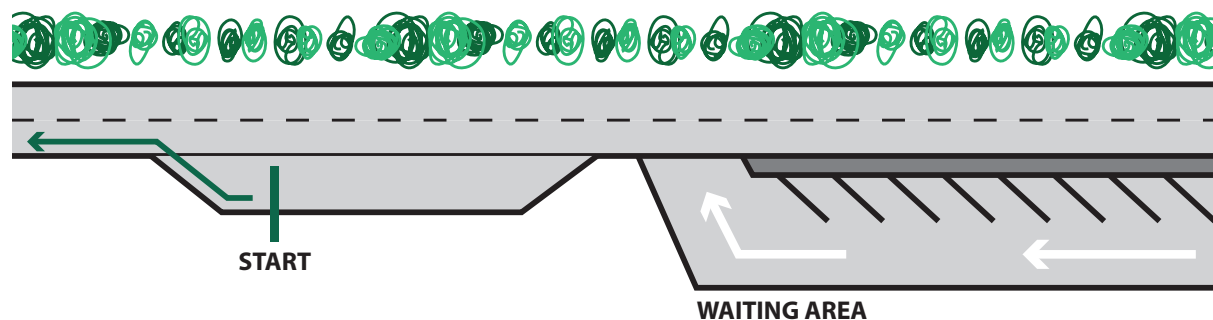
Riding to the start

The course is easily access and will be signed from the HQ. Upon leaving the car park, turn left to join Pollards Moor Road and continue for 750m to crossroads. At the crossroads, turn right and continue for 550m where the start is in a lay-by on the opposite side of the road.

TAKE CARE when turning left at the crossroads, riders who have already started may be approaching from the right.

RIDERS MUST wait for their start in the parking area outside the Junior School and advance to the start when necessary - please ensure the road and pavements are kept clear for public access.

RIDERS MUST NOT make any u-turns in sight of the timekeepers. Please respect the one-way system in the parking area outside the Junior School and be aware of oncoming riders when joining/exiting the carriageway.





The course: P128/10

P128/10 is one of the fastest courses in the area and regularly produces the fastest times of the NFCC Evening Time Trial campaign. Starting at a higher elevation than which it finishes, some say the course is all downhill...

Starting in a lay-by just west of Copythorne CofE School, the course continues to along Romsey Road (A31) to a roundabout where riders take the first exit onto Southampton Road (A336). Following this road for approximately 3 miles, riders will pass the finish line for the first time and continue to Goodies Roundabout where they will take the first exit onto A326.

After approximately half a mile, riders will approach a roundabout and continue straight ahead (2nd exit) to continue on the A326. **NOTE:** The next section of road is a dual carriageway. Riders are advised to stay in the left lane and avoid crossing the solid white line that marks the edge of the carriageway to avoid any debris or hazards that may be present.

Taking the first slip road and leaving the A326 after approximately 1 mile, riders will approach a small roundabout where care must be given to vehicles approaching with priority from the right. Riders will take the second exit at the roundabout and join Salisbury Road for approximately half a mile before taking a left turn.

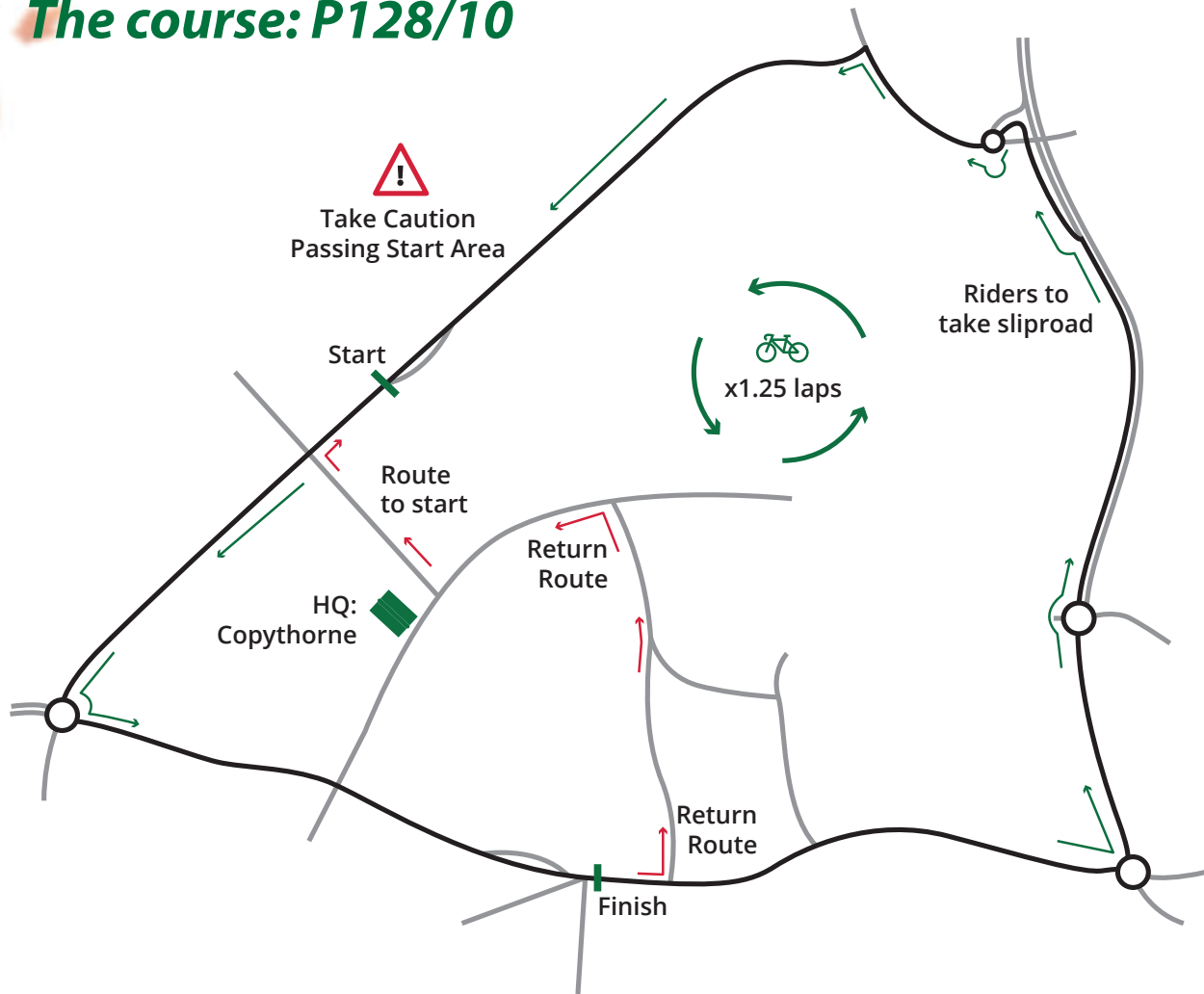
Riders will now be back on the A31 where they will follow the road for approximately 2.5 miles, **RIDERS MUST** take extra care when passing the start area for other riders who may be setting off. Upon reaching first roundabout riders encountered after starting, and again taking the first exit, riders will follow the Southampton Road for approximately 1.3 miles to the finish.

MAP & GPX





The course: P128/10





Returning to the HQ

All riders are required to return to the HQ following their ride to return their number and sign-out. Failure to do so may lead to riders being disqualified from the event. There will be a marked 2.5 mile safe route to follow back to the HQ, starting with a left turn just after half-a-mile beyond the finish line.

Please follow the **RED & BLACK ARROWS** to return to the HQ.



PLEASE NOTE: after you have crossed the finish line, there may be riders approaching from behind who are still in the middle of their ride - be sure to indicate clearly that you are leaving the course at the designated point.

RIDERS MUST NOT make any u-turns in sight of the timekeepers.



Thank you!

Any queries, questions, comments or feedback should be directed to the Event Secretary at the earliest opportunity.

Phill Brown – New Forest CC

07540 576 878 nfcc1934@gmail.com

Results will be posted on a board within the Event HQ at the earliest opportunity, but this may not be immediate due to the distance between the Event HQ and the finish line.

Keep up to date with the latest news, events and general goings-on from NFCC on social media:

 @NewForestCyclingClub

 /NewForestCyclingClub

