

Tornado RCC Open 10 mile Time Trial – ROAD BIKES

0830 Sunday 25th March 2018

A South DC Sporting Time Trial Spring Cup Series Event



Promoted for and on behalf of Cycling Time Trials
under their rules and regulations

EVENT INFORMATION

Event Organiser : Adrian Watkins
49 Hill View Road, Ensbury Park, Bournemouth BH10 5BH
01202 772254 / 07876246735 / adrianwatkins68@yahoo.co.uk

Timekeepers : Mr David Crocker (Sotonia CC), Mr Alan Sharpen (Sotonia CC)

AWARDS: Medals will be awarded for 1st, 2nd, 3rd overall, 1st, 2nd and 3rd ladies, first Junior and 1st, 2nd, 3rd Vet on Standard. Unfortunately not enough entries were received to allow cash prizes for this event.

THE RULES:

- Road bikes only (aero framed road bikes accepted ie Giant Propel etc)
- No Tri bar extensions
- No deep section wheels over 60mm / no rear disc wheels, no tri or quad spoke wheels.
- No time trial specific helmets (ie Bell Javelin, Kask Bambino etc)
- Skinsuits / shoe covers accepted

THE P337 COURSE

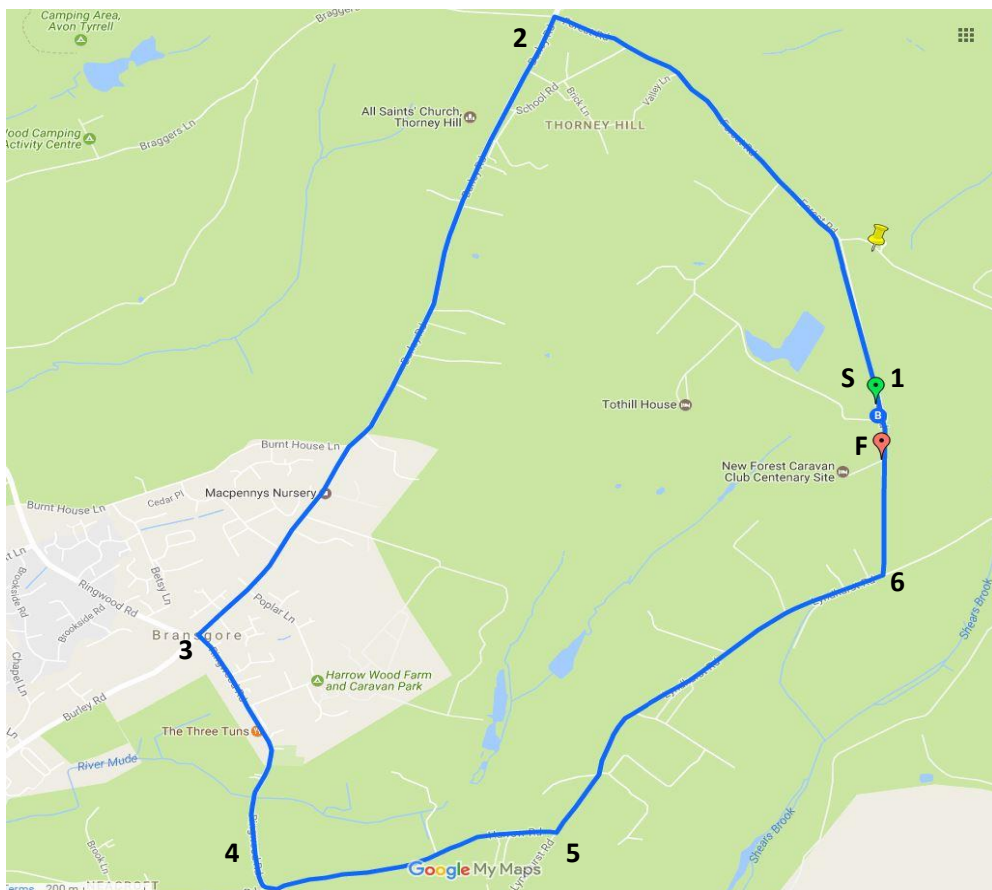
Please visit <http://timetrialcourses.co.uk/course/p337> for a closer look.

The course is situated on the border of the New Forest National Park around Bransgore and is a gem of a sporting course. The best 'drag' being Harrow Road, is nicely sheltered by hedgerows and has been re surfaced. Often overlooked in favour of the 'fast' courses, its actually good fun and the best bit is you get to do it twice as it's a 5 mile circuit. The roads 'roll' pretty well (and are no worse than any other course in the area) with a great start / finish straight. The descent of Thorney Hill can be enjoyed at a good pace, but keep an eye out for the odd rough section of road and allow a safe braking distance for the turn at the bottom.



Course Description: P337 (2 LAPS FOR 10 MILES)

1. **START** at holly bush 38 yards north of exit from Black Lane into Forest Road, Holmsley. Proceed north to junction with Burley Road at Thorney Hill.
 2. Turn left to crossroads in Bransgore.
 3. Turn left, past church to junction with Harrow Road.
 4. Turn left into Harrow Road and continue to junction with Lyndhurst Road.
 5. Turn left into Lyndhurst Road and continue to junction of Forest Road.
 6. Turn left into Forest Road and continue onwards to cross cattle grid and pass start (5.05 miles).
- Repeat** circuit to **FINISH** 20 yards prior to entrance of Holmsley Centenary Campsite, 217 yards prior to start.



Event Headquarters (Open from 0700 am)

Event HQ is the Bransgore Scout Group Hall which can be found by sat nav at 23 Burnt House Lane, Bransgore, Hants BH23 8DD. The site is down the track next to house number 23. Normally the entrance is hard to spot, but it will be clearly marked by a club flag and sign. There will also be signs showing the way at each end of Burnt House Lane on the main roads. The hall which is on the left, is well equipped with toilets and a room to change in if needed. There is parking for a good number of cars at the HQ, most of it on hard standing (good for the turbo!) but bear in mind if it has been raining some areas could be a little muddy. There will be a reserved parking area for officials directly outside the entrance to the hall, so please refrain from parking there. Please also respect the residents nearby by keeping the noise down. We do want to continue using this HQ!



Additional parking is available at the Holmsley campsite off Forest Road, about 2 miles from the HQ. Do not park cars near the start / finish area.

Hot and cold drinks are free to riders on return of number **AND SIGNING OUT** after the event, along with some savouries and of course cake.

Awards will be presented shortly after the last rider has signed out, so please do stay for a well deserved cuppa ☺

Signing On / Off

Signing on and number collection is in the main hall. Remember the requirement to '**Sign out**' in person when you return your number. Failure to do this will result in a DNF being recorded so please do not forget. There will be plenty of notices around as a reminder. The signing on sheet now has an additional line for signing out so make sure you do the right one. *Junior entrants (under 18) must present a signed parental consent form which will have been emailed to you by the organiser.* There will also be forms available for parents to sign on the day.

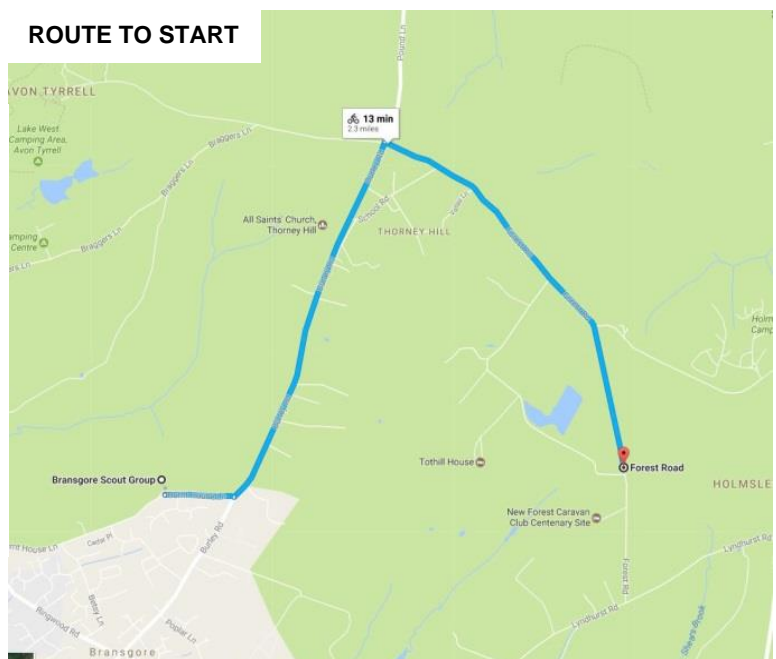
PLEASE MAKE SURE YOU READ THE EVENT NOTICE BOARD BY THE SIGN ON DESK. IT WILL HAVE IMPORTANT RIDER SAFETY AND COURSE INFORMATION ON IT WHICH MAY HAVE BEEN UPDATED.

Route to the Start from HQ

Turn left out of HQ and continue to end of Burnt House Lane. Turn left onto Burley Road and continue up Thorney Hill to the crossroads of Forest Road and turn right. Continue down Forest Road and the start will be on your right. Please turn with care into Black Lane where you can continue a warm up and safely wait to roll round to the start.

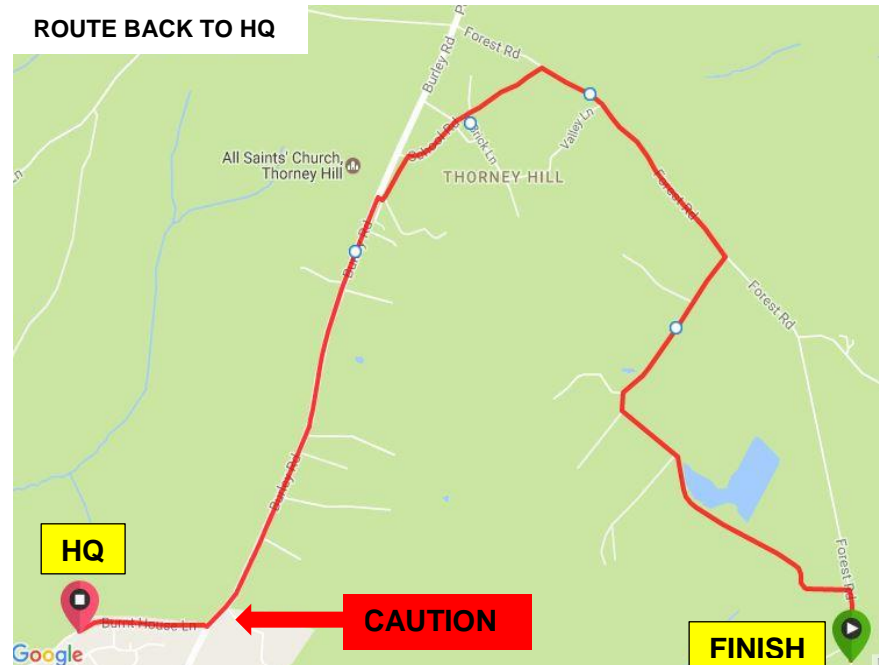
There will be signs on the way out of the HQ pointing you in the right direction.

Please allow 15 minutes to get to the start.



Route back to HQ from the finish

After finishing, carry on over the cattle grid (care) and take first left into Black Lane. Continue to the end of road to turn left onto Forest Road (check for approaching riders still racing). Take second left into School Road. At the end turn left onto Burley Road (check for approaching riders). Continue down Thorney Hill until you reach the right turn back into Burnt House Lane – PLEASE LOOK BEHIND TO MAKE SURE YOU DO NOT MOVE OUT ON DESCENDING RIDERS – IF IN DOUBT SIGNAL, PULL OVER, LOOK, AND THEN GO ACROSS.



This route is recommended to help avoid potential issues of holding up riders on the turn at the end of Forest Road. On the return to HQ please keep in and allow riders still racing to pass safely, and do not impede their progress.

Safety Instructions – Please observe the following :

- Please be aware of animals out on the course including horse riders.
 - Take care on the descent of Thorney Hill (there is a cattle grid and uneven road surface with some raised manhole covers and sunken road repairs).
 - Remember the sharp left turn at Bransgore cross roads at the bottom of Thorney Hill.
 - Be observant of cars entering and exiting the Church car park along Ringwood Road.
 - Please be aware of pot holes and broken tarmac on the edges of the roads around the course and any gravel on the corners.
 - Be observant of vehicles entering or exiting the campsite just after the finish.
 - Vehicles must not be parked on the road near the start and finish except those used by event officials.
 - Late starting riders be aware of competitors passing on their second lap.
 - Take care on the cattle grid after the finish.
 - On finishing please continue on back to event HQ. You will still be on the course so please be vigilant of riders still racing who must have priority.
 - No riders to congregate in the finish area.
 - 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
 - Any rider *observed in 'companion riding' may be disqualified. It is forbidden to ride with, or take pace from any other rider during the race regardless of whether the other rider is competing or not.
- *An official observer may be present at this event.

Safety Helmets and Rear Lights

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise competitors to wear a hard shell helmet that meets internationally accepted safety standards. Under CTT regulations, ALL competitors under the age of 18 must wear a hard shell helmet.

Cycling Time Trials and the event promoters strongly advise the use of a working rear light either flashing or fixed, positioned on the bike to be clearly visible to following road users.

Anti Doping Please be aware that doping control may be present at this event. Instructions will be on the event notice board near the signing on desk.

****RIDERS IN THIS ROAD BIKE ONLY EVENT WILL BE STARTING BEFORE RIDERS ON TIME TRIAL BIKES****

Thank you for supporting this event, and we look forward to seeing you on the Day.