

Event Secretary	<p>Paddy Brennan 54 High View Road Guildford Surrey GU2 7RT</p> <p>M: 07967223619 E: paddy@a3crg.co.uk</p>	Notes to Competitors	<p>Please take time to read and digest the notes on the back of the Start Sheet. Riders must sign on in person at the headquarters.</p> <p>Any further instructions and information on hazards will be available at signing on.</p>
Headquarters	<p>Sports Hall (Block D), Bohunt School Longmoor Road Liphook GU30 7NY</p> <p>The hall will be open from 6am. Please enter by the Visitors entrance, NOT the Service entrance. Please park considerately – the parking spaces are for cars not turbos. There will be parking marshals to assist.</p> <p>The HQ and the start and finish areas are in a residential area and the majority of your ride will be in the South Downs National Park. Please respect our environment and the local residents by keeping noise to a minimum, not dropping litter and not urinating (or worse!) outside. Competitors spotted having a ‘wild’ toilet break will be disqualified.</p>	District and Championship Regulations	<p>Hampshire Police Constabulary and ...a3crg request that all riders have a flashing rear light when racing.</p> <p>No cars, except those of race officials are allowed in the section of Longmoor Road used for the start.</p> <p>No cars associated with the event are to park on Longmoor Road or anywhere on the course.</p> <p>Strictly NO parking around the MOD site at Longmoor.</p> <p>No warming up on the course once the event is underway.</p>
Timekeepers & Officials	<p>Start Line: Mike Marchant (Southdown Velo), Trevor Beauchamp</p> <p>10 Mile Point: Raymond Gregory (Portsmouth North End CC), Matt Harris</p> <p>Finish Line: Kathleen Collard-Berry, Maria Golden, Lizzy Yates (Andover Wheelers)</p>	Route to the Start	<p>Turn left out of school car park onto Longmoor Road. Please note this road is a single carriageway in each direction so please be aware of other road users. Continue along this road, go straight across the roundabout at the Oak Park - a new housing development - continue past the turning on the left to Old Thorns and the Deers Hut, then take the next left into Longmoor Road.</p> <p>DO NOT stop in Pines Road (on your left) but continue along Longmoor Road to join the coned area. The start is in a residential road so please be aware of other road users and be considerate to residents.</p>
Start Line Crew	Nick Burton, John Sadler, Nigel Harley.		

Course Description P884C

START at the junction opposite Pine Road on Longmoor Road and turn left onto Longmoor Road. PROCEED to the Entry Slip Road to A3 at Griggs Green Interchange (SU 817317) South West to join A3 (signposted Petersfield and Portsmouth). Proceed on A3 passing exit slip road at Longmoor Interchange (Signposted A325 Farnham) to Ham Barn RAB (SU 772295).

At Ham Barn Roundabout (3.4) take the second exit towards Petersfield, passing the exit for West Liss at 5 mile, the Midhurst exit (A272) and the Winchester (A272) and take the Buriton exit at 9.9miles.

Follow slip road and take first exit on roundabout (10.1 miles) to re-join A3 north. Keep left here and take care to re-join A3 towards London Guildford and continue along A3 passing exit for Winchester (A272) the Midhurst exit (A272) and the exit for West Liss, to Ham Barn Roundabout (16.9 miles).

Approaching Ham Barn Roundabout stay in the middle lane, take 2nd Exit and proceed North on A3 passing the exit slip road at Longmoor Interchange (signposted A325 Farnham), Griggs Green.

At the third turning (21.9 miles) take the left turn signposted Haslemere/Liphook B2131, and continue over the flyover and next left onto the slip road to re-join the A3 in a southerly direction (signposted Petersfield/Portsmouth).

Retrace along A3 southbound towards the Ham Barn Roundabout passing the Griggs Green turning (23.9 mile) to FINISH adjacent to Clearway Sign four metres north of from Highways Direction Sign indicating turning for Farnham A325, 25 Miles.

Return to HQ

In the interest of not interfering with other competitors rides, upon finishing, please exit the A3 at the next junction (Longmoor) and then use the cycle path to return north to the headquarters. You will pass the finish timekeepers whilst on the cycle path; please pass them quickly and do not stop to ask for your time. You will come to a gate at the end of the cycle path that runs parallel with the A3. Go through this gate and close it behind you, follow the road to the end, where you will find the start, turn right at the end to make your way back to the headquarters.

REMEMBER to sign back in and CHECK to see if you are required to report to the Doping Control. If you are please do so immediately.

Technical problems whilst racing

If you have a technical problem whilst racing, please use the hard shoulder. There will be officials patrolling the course and if you are unable to ride back you will be picked up. Under NO circumstances must you cross the A3.

Num	Rider	Squadra/Team/Club	Start Time
1	Andrew Bradbury	Paceline RT	07:01
2	B Xavier Disley	AeroCoach	07:02
3	Mark Sanders	Mid Devon CC	07:03
4	Kevin Plummer	South Downs Bikes / Casco Europe	07:04
5	Nick Clarke	Lovelo Cinelli RT	07:05
6	Simon Berogna	Velo Club St Raphael	07:06
7	Michael Schofield	York Cycleworks	07:07
8	Richard Weatherstone	C and N Cycles RT	07:08
9	Richard Smith	Army Cycling Union	07:09
10	Matthew Alder	Fairly United Cycling Team	07:10
11	Richard Tully	Elite Cycling	07:11
12	Terry Icke	Poole Whs	07:12
13	Mark Hudson	Bristol South Cycling Club	07:13
14	Andy Newham	Lincoln Wheelers CC	07:14
15	Brett Davis	Lewes Wanderers CC	07:15
16	Paul French	Bedfordshire Road RT	07:16
17	David Wells	Petersfield Triathlon Club	07:17
18	Andrew Newey	Ribble Valley C&RC	07:18
19	Matt Meek	West Suffolk Wheelers	07:19
20	David Pollard	In-Gear Quickvit Italy Bike Tours RT	07:20
21	Matt Harris	...a3crg	07:21
22	David Dalton	Fareham Wheelers CC	07:22
23	James Goward	Farnborough & Camberley CC	07:23
24	Peter Younghusband	Petersfield Triathlon Club	07:24
25	Tim Kingston	GS Invicta - Eye Level Optical-Herbert Cycles	07:25
26	Neil Mackley	Fareham Wheelers CC	07:26
27	Julian Middlewick	Hampshire Road Club	07:27
28	Paul Byford	Crawley Wheelers	07:28
29	Stuart Stow	Twickenham CC	07:29
30	Andrew Thomas	...a3crg	07:30
31	Alex Allen	Royal Navy & Royal Marines CA	07:31
32	Phil Wilks	Sotonia CC	07:32
33	Dyfan Evans	Wrexham RC	07:33
34	Jack Rebours	Caesarean CC (Jersey)	07:34
35	Ant Gritton	Sotonia CC	07:35

Num	Rider	Squadra/Team/Club	Start Time
36	Matthew Parfitt	Charlottesville Cycling Club	07:36
37	Nik Allen	Worthing Excelsior CC	07:37
38	Matt Kuwertz	Southborough & Dist. Whs	07:38
39	Andy Smith	Velo Club St Raphael	07:39
40	Gareth Williams	Twickenham CC	07:40
41	Tim Beaven	Bicester Millennium CC	07:41
42	Ryan Kenworthy	LeisureLakesBikes.com	07:42
43	James Fawcett	Hampshire Road Club	07:43
44	Adam Robertson	University of Bath Cycling Club	07:44
45	Mark Stafford	Portsmouth North End CC	07:45
46	Gavin Tillson	cyclisme du loup solitaire	07:46
47	Nicholas Fennell	Thanet RC	07:47
48	Rich Hunt	Army Cycling Union	07:48
49	Simon Bowler	AS Test Team	07:49
50	Dan Martin	University of Bath Cycling Club	07:50
51	Richard Gifford	trainSharp	07:51
52	Ian Greenstreet	AeroCoach	07:52
53	Steven Pink	Poole Whs	07:53
54	Nathan Gosling	Guernsey Velo Club	07:54
55	Andrew Grant	Cambridge CC	07:55
56	Keith Dorling	Team Bottrill / Vanguard	07:56
57	Adrian Lane	Loughborough Students C C	07:57
58	Russ Danckert	Army Cycling Union	07:58
59	Andrew Meilak	VeloRefined.com Aerosmiths	07:59
60	Patryk Witkowski	Poole Whs	08:00
61	Dan Sadler	RT 316	08:01
62	Christopher Mcnamara	Nuun-Sigma Sport-London RT	08:02
63	James Cook	Radeon-Cycology RT	08:03
64	Felix Barker	Cambridge University CC	08:04
65	Robert Moore	Nuun-Sigma Sport-London RT	08:05
66	William Perrett	University of Derby Cycling Club	08:06
67	Matt Peel	C and N Cycles RT	08:07
68	Leon Wright	Race Hub	08:08
69	Ben Elliott	Paceline RT	08:09
70	Andy Langdown	Blazing Saddles	08:10
71	Daniel Northover	Finsbury Park CC	08:11

Num	Rider	Squadra/Team/Club	Start Time
72	James Wright	Charlotteville Cycling Club	08:12
73	Richard Sharp	Team Swift	08:13
74	Thomas Whatley	Paceline RT	08:14
75	Howard Bayley	Blazing Saddles	08:15
76	Matthew Buckley	Andover Wheelers	08:16
77	Nicholas Cooper	Rossendale RC	08:17
78	Nicholas Cousins	Derby Mercury R C	08:18
79	Samuel Wadsley	Primera-Teamjobs	08:19
80	Nick Dwyer	Lewes Wanderers CC	08:20
81	Toby Cowell	Cambridge University CC	08:21
82	Richard Harrison	DRAG2ZERO	08:22
83	Henry Latimer	Nuun-Sigma Sport-London RT	08:23
84	Robert Willcocks	Royal Air Force Cycling Association	08:24
85	Chris Goodfellow	DRAG2ZERO	08:25
86	Joseph Dobson	Manchester Bicycle Club	08:26
87	David Harding	Chelmer CC	08:27
88	Christopher Fennell	The Independent Pedaler	08:28
89	Gavin Hinxman	DRAG2ZERO	08:29
90	Patrick Dunn	CC Weymouth	08:30
91	Hadyn James	Velolife	08:31
92	Jonathan Wears	NOPINZ	08:32
93	Paul Hart	Southend Wheelers	08:33
94	Mark Jones	DRAG2ZERO	08:34
95	Neil Lauder	PMR @ Toachim House	08:35
96	Simon Mcnamara	South Downs Bikes / Casco Europe	08:36
97	Colin Ward	Essex Roads CC	08:37
98	Jeremy Archer	RT 316	08:38
99	Jonathan Gates	Royal Air Force Cycling Association	08:39
100	James Boyman	Hoops Velo	08:40
101	Kevin Tye	VeloRefined.com Aerosmiths	08:41
102	George Evans	Team Bottrill / Vanguard	08:42
103	Liam Maybank	Twickenham CC	08:43
104	Gary Chambers	NOPINZ	08:44
105	Pat Wright	Paceline RT	08:45
106	Brett Harwood	Team Bottrill / Vanguard	08:46
107	Chris Bartley	AS Test Team	08:47

Num	Rider	Squadra/Team/Club	Start Time
108	James Rix	Team Bottrill / Vanguard	08:48
109	Phil Williams	Liverpool Phoenix CC (Aintree)	08:49
110	Tom Ward	Langdale Lightweight R T	08:50
112	Kieron Davies	DRAG2ZERO	08:52
114	Matt Langworthy	Saint Piran	08:54
116	Chris Boddy	Didcot Phoenix CC	08:56
118	Matthew Smith	DRAG2ZERO	08:58
120	Simon Wilson	Ribble Pro Cycling	09:00
122	Stuart Travis	Team Bottrill / Vanguard	09:02
124	John Archibald	Ribble Pro Cycling	09:04
126	Ryan Perry	DRAG2ZERO	09:06
128	Marcin Bialoblocki	NOPINZ	09:08
130	Dan Bigham	Ribble Pro Cycling	09:10

Reserve Riders

So that reserve riders know whether they have a ride or not, emails will be sent out during the week leading up to the Championships advising of DNS's from the main field. On Saturday 4th August, those reserve riders with a spot will be advised of their start time. Please use your race number listed below rather than the number you are replacing.

131	James Garner	...a3crg	
132	Tom Simpson	Brixton Cycles Club	
133	Phil Barnes	Team Swift	
134	Shaun Smart	Southdown Velo	
135	Rob Vessey	Didcot Phoenix CC	
136	Adrian Murray	Bournemouth Jubilee Whs	
137	Nigel Pratt	Andover Wheelers	
138	Liam Somerville	Bike Jockey CC	
139	Nigel Sign	Fareham Wheelers CC	
140	Stuart Bettis	South Downs Bikes / Casco Europe	
141	Stephen Tierney	Team Bottrill / Vanguard	
142	Nick Andrews	Portsmouth North End CC	
143	Chris Dyason	Cambridge CC	
144	Raymond Claridge	New Forest CC	
145	Graham Harman	Sotonia CC	

HEADS UP AND HAVE A SAFE RIDE

Start Facilities	Any clothing, bottles etc left at the start will be returned to HQ every 30-40 minutes. Spare pins, a track pump and tools will be available.
Spectators	<p>Please familiarise yourself with Rule 22 <i>Use of Motor Vehicles</i> where the use of following vehicles will not be allowed.</p> <p>The following bridges are good spectator galleries:</p> <ul style="list-style-type: none">• B2171 at Liphook. This is the most northerly part of the course where riders turn.• Griggs Green which is beyond the start• Princes Bridge (the exit to Liss and Garden Centre) <p>Please ensure that spectators do not park illegally or irresponsibly and are considerate to residents.</p>
Refreshments	Friends and family of ...a3crg will be serving drinks and cakes at the HQ. These are free of charge and there will be a collection for the Stoke Association should you wish to donate.
Results	Results will be displayed in the HQ and coordinated by Martin Whitty (...a3crg) and Stewart Smith (CTT National Secretary (Competitions and Development))
Prizes and Exhibitors	<p>Thank you to the following for contributing to the prizes or exhibiting at our event:</p> <ul style="list-style-type: none">• Secret Training• NoPinz• Four4th• Aerocoach• Liphook Cycles• Paul Jones – I Like Alf• Ray Pascoe – Alf Engers “The King”

Prize Giving

Alf Engers is Guest of Honor and will be awarding the prizes alongside Sheila Hardy. It will be 40 years to the day since Alf broke the 50 minute barrier for 25 miles with a time of 49:24! There will be a spot prize of a limited edition “drillium” edition of I Like Alf to the rider closest to Alf’s time.

The presentation is due to **start at 11am** (subject to time keeper checks) so please stay to congratulate the victors. Results sheets will be available for you to take home at the end of the presentation.

Alf will be available throughout the morning to speak to people and sign some postcards. The film “The King” produced by Ray Pascoe gives an unforgettable portrait of Alf and his ten year dream of a 30mph time-trial. It includes rare film footage and interviews and will be available to buy in the HQ.