

Tornado RCC Open 10 mile Road Bike Time Trial
Course P164, 0900 Sunday 15th March 2020
A South DC Sporting Time Trial Series & Spring Cup 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)

Course record currently 20.58 by Matthew Buckley on 18/5/2019

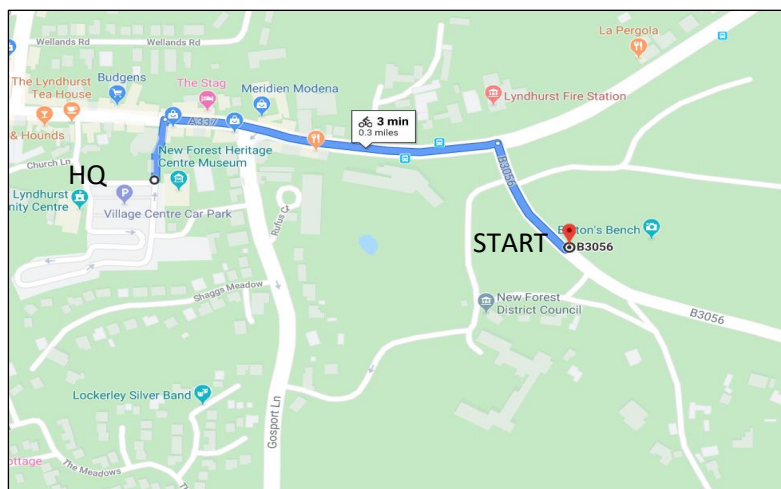
AWARDS

Subject to sufficient entries, there will be cash prizes for:
Overall – 1st, 2nd, 3rd / Ladies – 1st, 2nd, 3rd / 1st Junior / Fastest Veteran on VTTA Standard
Fastest Team of Three

HEADQUARTERS

The Lyndhurst Community Centre, Main Car Park, Lyndhurst SO43 7NY. Signing on will be in the Pine Room, enter to the left of the main entrance. Toilets are available at the HQ and in the main car park.

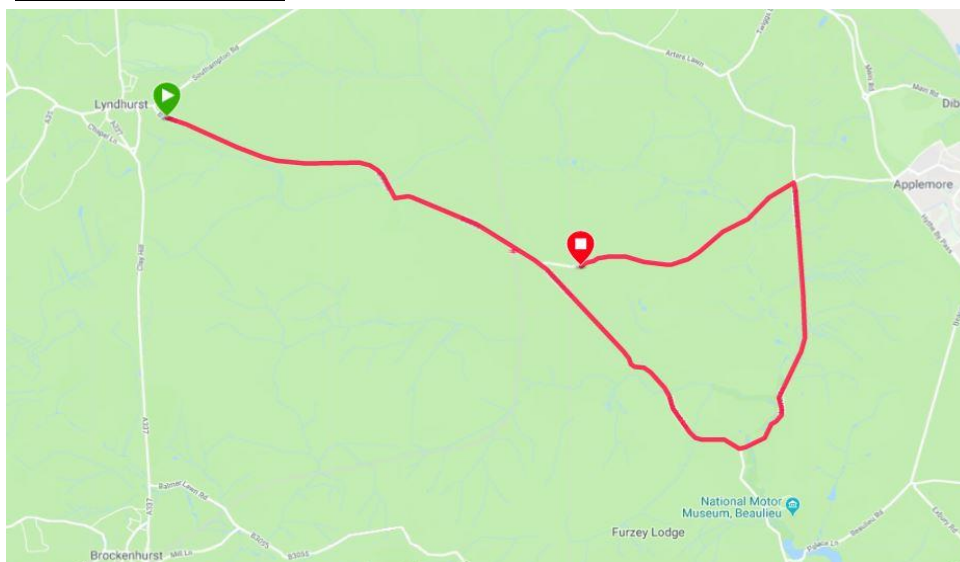
Plenty of parking in the main car park (charges are in place for Sundays) with alternative parking near the start at Boltons Bench and Parc Pale public car parks.



REACHING THE START FROM THE HQ

Proceed North out of the Community Centre exit onto the High Street and turn right (with care) into the one way system. Proceed along the High Street being mindful of pedestrians, and continue straight on (past the 'posh' car garage) to then turn right (with care) over the cattle grid into Beaulieu Road B3056. The start is a few hundred yards up on the left. Please allow 5 minutes journey time.

THE P164 COURSE



START on B3056 (SU3045 0802), 360 metres SE of junction with A35, at SV marker No.4/9. Ride towards Beaulieu passing over railway at Beaulieu Road Station. Continue to Leygreen Farm (9.1km) and turn left. After 3.9km turn left at Ipley Cross Roads. Pass entrance to Ferny Crofts and **FINISH** at bottom of hill approx 400 metres east of junction with B3056, at culvert carrying stream under road.

ROUTE FROM FINISH BACK TO HQ

After finishing, continue to junction of Beaulieu road and turn right with care (oncoming vehicles and riders still competing). Follow the B3056 Beaulieu Road all the way back past the start area. With care, go over the cattle grid to turn left onto the A35 High Street. Proceed to bear left into the one way system keeping to the right hand lane where take the first right turn back into the main car park / Community Centre.

SAFETY INSTRUCTIONS – RIDERS MUST:

- Beware of forest animals on the road all round the course – and motorists stopping because of them.
- Not do U-turns at the start or finish, within sight of the timekeeper.
- Beware of traffic emerging from Car Parks and campsites around the course.
- Take extra care on Beaulieu Road Station bridge which is narrow with reduced visibility.
- Take care on left turn at Leygreen which has reduced visibility and possibility of gravel.
- Take care on left turn at Ipley crossroads which may have gravel. This is a sharp turn and is very easy to stray over the white line. There may be oncoming traffic!
- After finishing, take care on right turn at Beaulieu Road Junction heading back towards the HQ. There will be two way traffic including riders still 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 of Cycling Time Trials.

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.

You must now use a working rear light either flashing or fixed, positioned on the bike to be clearly visible to following road users. This is now a compulsory requirement, any rider not having a rear light will not be able to start the event. It is the rider's responsibility to adhere to this regulation, so please do not expect lights to be supplied on the start line by the event organiser.

Signing On / Off

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. The signing on sheet 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 AFTER THE 'ON THE DAY COURSE INSPECTION'

The Road Bike Rules :

- No tri bar aero extensions.
- No wheels with a rim depth over 70mm. No disc or tri spoke wheels.
- No TT specific aero helmets that cover the ears and have visors ie Bell Javelin, Kask Bambino.
- The use of skinsuits, shoe covers & calf guards is permitted.
- As per the new regulation, a working rear light must be fitted to the bike.

Thank you for entering and we wish you a safe, fast time trial!

The awards will be presented as soon as possible after the results and riders are in, so please do stay for a well earned cuppa and applaud the winners.