



FARNHAM ROAD CLUB



Open 10 Mile Time Trial

Saturday, 8th May 2021,

13.00pm Course H10/8

START SHEET



Event Headquarters

Bentley Memorial Hall

Alton Road, Bentley,
Hants GU10 5NB

Please see attached COVID precautions. Come changed ready to ride the event as no changing facilities will be provided. Toilet facilities will be available.

Time Keepers

Jim Brown, Farnham RC
Mike Rice, Farnham RC
Nigel Bicknell Alton CC and David
Clifford Farnham RC

Event Secretary

Jim Parker – 01252 722861
Mobile 07767 788916
E mail jimclareparker@gmail.com

Awards

Category	1st	2nd	3rd
Fastest solo man	50	30	20
Fastest solo woman	50	30	20
Tandems	20		
Ron Wickerson Memorial Prize	30		Fastest Veteran on Standard

Age category prizes £10 for fastest in each of the following age groups

12-18yrs 19-39yrs 40-49yrs 50-59yrs 60-69yrs 70-79yrs 80+yrs

For and on behalf of Cycling Time Trials under their rules and regulations

COVID PRECAUTIONS – PLEASE TAKE CAREFUL NOTE

The following precautions have been introduced to protect yourself and members of Farnham Road Club who are staging this event – please note the following:

- You should not attend or ride the event if you feel ill in any way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road.
- You should not gather together with other competitors in the car park, HQ or at the start.
- You should not leave any personal items with the timekeeper.
- Numbers will be available at the HQ where you will sign on. Please maintain social distancing at the HQ and whilst waiting to start.
- You must not stop at the finish and must not loiter at the HQ / Car Park and you should pack away and leave immediately upon completion of the race.
- Please return your number to the HQ and place it in the bucket provided. You should then sign out.
- No support can be provided if you suffer a mechanical difficulty. It is strongly advised that you carry a spare inner tube / tubular, pump and tyre levers (if required).
- It is strongly advised that you carry a mobile phone and take my number (Jim Parker 07767 788916) with you. Please telephone me if you fail to finish the event.

Course Description:

H10/8

Start at a point in the lead out onto the A31 from the lay-by on the south side at the commencement of the Bentley by-pass, approximately 800 yards west of the Bull Public House on the north side of the A31 and 5 yards beyond the last but one drain grating and 25 yards short of the large road direction sign marked 'Bentley ½m'. Proceed (Care) to join the A31 and continue to go westwards along the Bentley bypass through Froyle to the Holybourne roundabout (Turn) Circle the roundabout (M2, M3, M4) (Check) and take the third exit back on to the A31 to retrace, going through Froyle and along the Bentley by-pass to a point 10 yards beyond the concrete end of a water culvert on the north side and 63 yards short of the Gravel Hill Road minor crossroad and 163 yards short of The Bull to where finish.

Important information – please take the time to read carefully

ATTENTION ALL COMPETITORS

Please note that all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

The dual carriageway of the A31 reduces to a single lane at a point approximately three miles from the start point. The right hand lane is cross-hatched for a distance of 400yds to finish at a point opposite the Petrol Filling station just beyond the “Hen and Chickens” PH situated on the North side of the A31. Returning from the Holybourne Roundabout on the North side the road reduces to a single lane by road cross-hatching on the right hand lane commencing 200yds before the junction to Mill Court on the south side and finishing adjacent to the “Hen and Chickens” PH on the North side.

Competitors are to act in a manner appropriate to competing on a single lane carriageway whilst within the restrictions imposed by the cross hatched area.

DC regulations

Restriction of parking at the Start and Finish

LWDC 4: No vehicles, except those of the timekeepers, shall be parked at the start or finish

Reporting of breaches of local Regulations

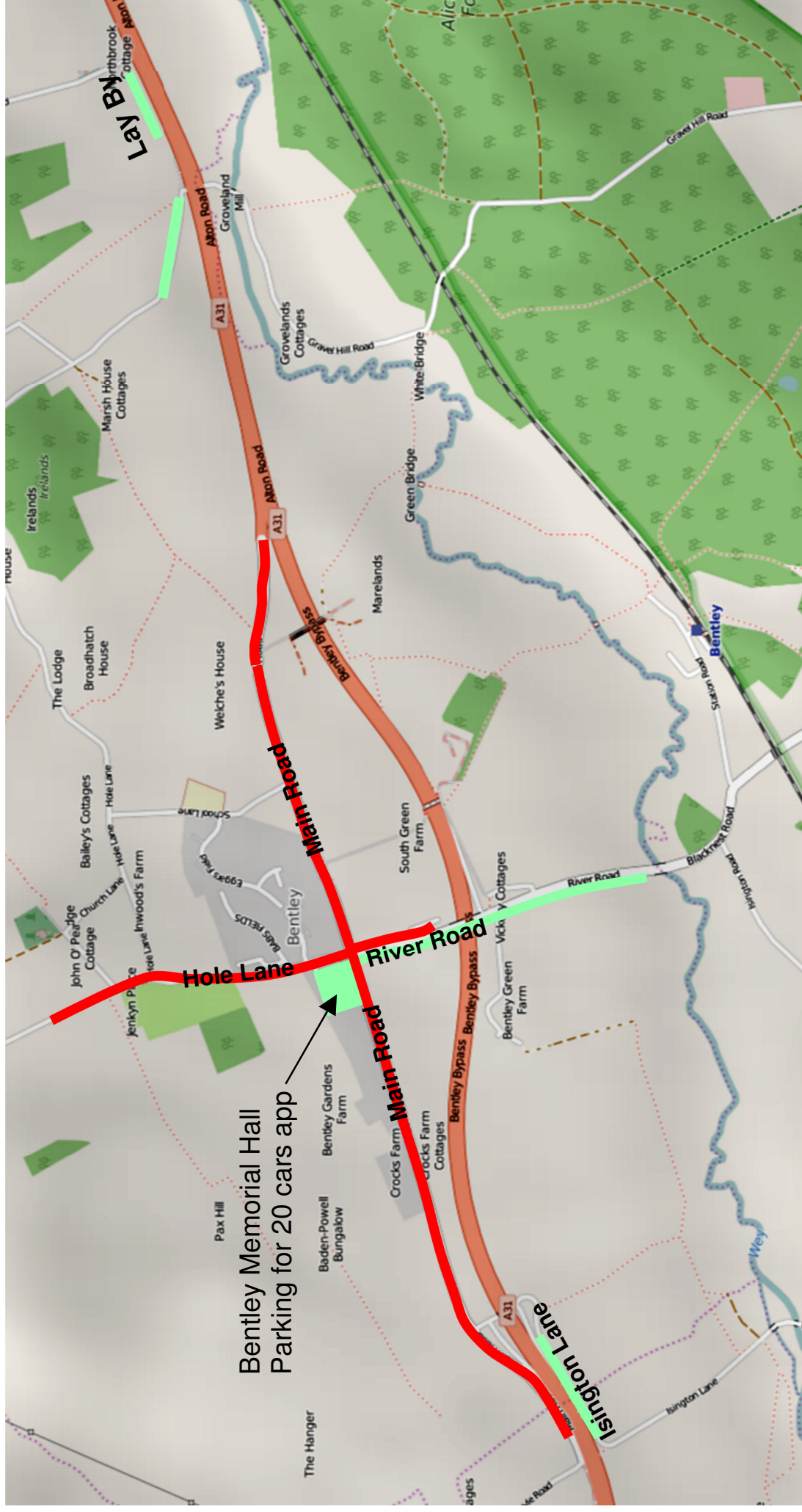
LWDC 5: All breaches of Local Regulations shall be reported in writing to the London West District Secretary

Local Regulations : Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose

Cycling Time Trials and Farnham Road Club strongly advise the use of a hard shell helmet meeting internationally approved safety standards. You must also use a rear light. No rear light no ride.

PARKING AT BENTLEY

Please see map below and details regarding parking at Bentley. This is most important as we want to avoid upsetting any of the local residents. London West District relies on the use of this HQ for approximately 30 events per year which could all be lost if we are unable to use this venue.



LONDON WEST DC

Please park considerably
on these roads

Please DO NOT PARK on
these roads

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerately and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate