To be held on Sunday 25th June 2023 on the P164 R2

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

First rider off at 8:01

**Organiser** **Timekeepers**

Mary Corbett Maggie Bracher (New Forest CC)

28 The Meadows John Burridge (New Forest CC)

Lyndhurst David Crocker (Sotonia CC)

SO43 7EL Martin Napier (Sotonia CC)

Email: [mary.corbett7@btinternet.com](mailto:mary.corbett7@btinternet.com)

Telephone: 07837 551768

**Contact on the day, Mary on 07837 551768 or Claire on 07720 977752**

Competition and age-related records will not be recognised on this course.

**Race Instructions**

Please take the time to read through these instructions, especially if it is your first time trial.

**Awards**

I am delighted that Stuart Grace will be presenting the prizes. Stuart has a long history of fundraising for many charities, most notably the Jens Voigt “Shutup Legs” charity ride.

Please stay for the presentation which will take place as soon as possible after the event. Everyone who completes the course will receive a prize.

**Headquarters and Signing On**

HQ is at the Lyndhurst Community Centre, Main Car Park, Lyndhurst SO43 7NY which will be available from 7 am. You will be required to sign on, collect your number and sign back in after you have completed the time trial. Toilets are available in the HQ and in the car park. There will be plenty of parking in the main car park (charges apply), however please do not use the private car park adjacent to the Centre.

**Refreshments**

Please bring plenty of cash with you. There will be a wonderful assortment of delicious cakes on offer, plus tea, coffee and cold drinks. All of your cash will be donated to the ME Association’s Ramsay Research Fund.

**Warming Up**

Please do not warm up on the course once the event has started.

**Getting To the Start**

Proceed North through the car park and turn right into the one-way system. Continue straight along the High Street taking the first right turn using the filter lane onto the B3056 Beaulieu Road. Take care over the cattle grid. The start is just over the rise and down the hill at the entrance to Parc Pale car park. Please do not block the entrance to Parc Pale car park whilst awaiting your start but wait on the far side of the car park entrance. A start marshal will be in place so give him a cheery smile.

**The Course**

START on the B3056 approximately 700 yards SE of junction with A35 at south side of entrance/exit of Parc Pale car park at the point where roadside ditch becomes a culvert. Continue SE on B3056 towards Beaulieu passing over the humped railway bridge at Beaulieu Road Station (3 miles). Extra care here as the bridge is narrow and visibility poor. There may be Forest ponies on the other side of the bridge. Continue straight on the B3056 (do not take the left hand turn after the bridge) to Leygreen Farm (5.2 miles), care on bends approaching the turn, to turn left into Marchwood Road/North Lane approximately 1 mile north of Beaulieu. This is a tight turn so please take extra care. The visibility is poor and debris on the road. Crossing Hartford Bridge, continue north for 2.5 miles to turn left at Ipley Cross Roads (which is now a staggered junction). Pass entrance to Ferny Croft before passing over culvert at the bottom of the hill to FINISH at designated marked point, approximately 300 yards east of T junction with B3056.

**The finish**

Please call out your number as you cross the chequered board. This will help our timekeeper and recorder enormously. The stopping distance between the finish and the T junction at Beaulieu Road Station has been reduced. Please do not stop at the finish but make your way back to the HQ where times will be displayed. Please do not congregate around the finish area and definitely no vehicles to be parked at the finish. Failure to adhere to this request may jeopardise the future of this course.

**Route back to the HQ**

After finishing, continue to the junction at Beaulieu Road and turn right with care. There may be oncoming riders still competing and vehicles. Follow the B3056 Beaulieu Road to go past the start and back over the rumbling cattle grid. Turn left at the junction with the A35 High Street. Proceed into the one-way system getting yourself quickly into the right hand lane, to turn shortly right back into the car park.

**Safety Instructions**

* Beware of Forest animals on the road the whole time and motorists stopping because of them. Beautiful new born foals are now on the scene so please be aware that they are not used to seeing us cyclists yet.
* No U turns at the start and finish in sight of the timekeepers.
* Beware of traffic emerging from the Forest car parks, hotels and campsites along the course.
* Take extra care at Beaulieu Road Station bridge which is narrow and has reduced visibility.
* Take extra care on the left turn at Leygreen Farm which has reduced visibility and debris on the road. There are very often animals frequenting this blind bend too.
* After finishing, take care at the right turn at Beaulieu Road Junction heading back to the HQ. There is two way traffic and riders may still be 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 and

Cycling Time Trials.

**Additional Instructions**

Those new to time trialling please be aware that you are not permitted to take pace from another rider unless you are competing in the 2 up event. If overtaken, drop back and do not sit on the overtaking rider’s wheel. Please fix your number at the bottom left of your cycling top so that your number can be clearly seen. Also ensure you are wearing a helmet and have front and rear lights attached to your machine.

Please make sure you read the ‘on the day’ notice at the signing on desk. It will have announcements relating to important rider safety and course information which may have been updated after the start sheets have been sent out.

**Safety Helmets and Lights**

No competitor shall be permitted to start the event without a **front and rear working light**.

All competitors must wear a properly affixed **helmet**. It is the responsibility of the rider to select a helmet that offers protection against head injury and does not restrict the rider’s vision or hearing. It is the responsibility of the rider to ensure that the helmet is properly fitted, is undamaged and in good condition.

**Signing on/off and Parental Consent Forms**

Please remember to sign on when collecting your number and to ‘sign back in’ when you get back to the HQ to return your number. Junior/juvenile competitors must present a signed parental consent form when signing on.

After signing off, visit the refreshment table where there will be an abundance of scrummy home baked cakes on offer.

**Smile**

Our wonderful photographer Paul Hammond will be positioned somewhere along the course, possibly on the short sharp climb at Denny Wood. Make sure you smile. His photos will be available to download free of charge after the event.

**And finally……**

Thank you so much for entering. There will be some competitors who are experiencing the delights of their first time trial. Please don’t be put off by the above instructions. For those of you who are old hands at this, please offer your support and encouragement to your fellow competitors.

All profits arising from this event will be donated to the ME Associations Ramsay Research Fund.

**Sponsors**

I am extremely grateful to Prime, Kalas and Jane Hodge who have generously donated prizes which will be presented on the day.





|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2 Up TTT** | |  |  |  |  | **VTTA** |
| **Number** | **Start Time** | **Name** |  | **Club** | **Category** | **Std** |
| 1 | 00:08:01 | Wout | Davidse | Sotonia CC | M Vet |  |
| 2 | 00:08:01 | Marit | Davidse | Sotonia CC | F Juv |  |
| 3 | 00:08:03 | Mitchell | Webber | Andover Wheelers | M Sen |  |
| 4 | 00:08:03 | Max | Webber | Andover Wheelers | M Sen |  |
| 5 | 00:08:05 | James | Coleman | Rogue Racing | M Sen |  |
| 6 | 00:08:05 | Tavis | Walker | Rogue Racing | M Vet |  |
| 7 | 00:08:07 | Simon | Blankley | Sotonia CC | M Vet |  |
| 8 | 00:08:07 | James | Blankley | Sotonia CC | M Juv |  |
| 9 | 00:08:09 | Matthew | Buckley | Velo Club St Raphael | M Sen |  |
| 10 | 00:08:09 | Andrew | Rivett | Velo Club St Raphael | M Vet |  |
| 11 | 00:08:11 | Thomas | Wilks | Sotonia CC | M Juv |  |
| 12 | 00:08:11 | Thomas | Allen | Sotonia CC | M Juv |  |
| 13 | 00:08:13 | Philip | Dickson | Poole Wheelers Cycling Club | M Sen |  |
| 14 | 00:08:13 | Stephen | Morphew | Poole Wheelers Cycling Club | M Sen |  |
| 15 | 00:08:15 | Paul | Longman | ...a3crg | M Vet |  |
| 16 | 00:08:15 | Ollie | Mitchell | GS Mossa | M Vet |  |
| 17 | 00:08:17 | Rachel | Waite | North Hampshire RC | F Vet |  |
| 18 | 00:08:17 | Michael | Boardman | Salisbury Road and Mountain CC | M Vet |  |
|  |  |  |  |  |  |  |
| **Road Bikes** | |  |  |  |  |  |
| 19 | 00:08:19 | Samuel | Ridgment | Sotonia CC | M Juv |  |
| 20 | 00:08:20 | Les | Liddiard | GS Vecchi | M Vet |  |
| 21 | 00:08:21 | Murray | Quiney | Southdown Velo | M Vet |  |
| 22 | 00:08:22 | Ella | Ridgment | Sotonia CC | F Juv |  |
| 23 | 00:08:23 | Frankie | Colling | Sotonia CC | F Vet |  |
| 24 | 00:08:24 | Larry | Cooley | Sotonia CC | M Vet |  |
| 25 | 00:08:25 | Justin | Ridgment | Sotonia CC | M Vet |  |
| 26 | 00:08:26 | Claire | Deacon | Sotonia CC | F Vet |  |
| 27 | 00:08:27 | Jeff | Deacon | Sotonia CC | M Vet |  |
| 28 | 00:08:28 | Sharon | Ardley | Sotonia CC | F Vet |  |
| 29 | 00:08:29 | James | Doel | Sotonia CC | M Vet |  |
| 30 | 00:08:30 | Mike | Anderson | Velo Club St Raphael | M Vet |  |
| 31 | 00:08:31 | Lee | Shirley | Sotonia CC | M Vet |  |
| 32 | 00:08:32 | Jack | Martin | Velo Club Venta | M Sen |  |
| 33 | 00:08:33 | Beverley | Hards | New Forest CC | F Vet |  |
| 34 | 00:08:34 | Charles | Coleman | Rogue Racing | M Sen |  |
| 35 | 00:08:35 | Joseph | Wynne | Sotonia CC | M Sen |  |
| 36 | 00:08:36 | Charlie | Shepherd | Solent Pirates Youth Cycling Club | M Juv |  |
| 37 | 00:08:37 | Emma | Harrison | Sotonia CC | F Jun |  |
| 38 | 00:08:38 | Mark | Riley | Sotonia CC | M Sen |  |
| 39 | 00:08:39 | Stephen | Shepherd | Solent Pirates Youth Cycling Club | M Vet |  |
| 40 | 00:08:40 | Adam | Kiernan | Brownlee Fitness | M Sen |  |
| 41 | 00:08:41 | Jason | Harrison | Sotonia CC | M Vet |  |
| 42 | 00:08:42 | George | Connell | Sotonia CC | M Juv |  |
| 43 | 00:08:43 | Jonathan | Carr | Boost Bike Hub RC | M Sen |  |
| 44 | 00:08:44 | George | Terry | Poole Wheelers Cycling Club | M Juv |  |
| 45 | 00:08:45 | Daniel | Gray | Sotonia CC | M Sen |  |
| 46 | 00:08:46 | Pep | Niemeijer | Poole Wheelers Cycling Club | M Vet |  |
| 47 | 00:08:47 | Lewis | Avenell | Boost Bike Hub RC | M Esp |  |
| 48 | 00:08:48 | John | O'Brien | Bournemouth Jubilee Whs | M Vet |  |
| 49 | 00:08:49 | Chris | Wright | Alton CC/Owens Cycles | M Vet |  |
|  |  |  |  |  |  |  |
| **Tandems** | |  |  |  |  |  |
| 50 | 00:08:50 | Jeremy | Lambert | Sotonia CC | M Vet |  |
| 50 | 00:08:50 | James | Cooper | Sotonia CC | M Vet |  |
| 51 | 00:08:51 | Ray | Bennett | Reading CC | M Vet |  |
| 51 | 00:08:51 | Wendy | Bennett | Reading CC | F Vet |  |
| 52 | 00:08:52 | Steve | Brown | Bournemouth Jubilee Whs | M Vet | 30.43 |
| 52 | 00:08:52 | Mary | Corbett | Sotonia CC | F Vet | 30.43 |
| 53 | 00:08:53 | Mark | Noble | Tandem Club | M Vet |  |
| 53 | 00:08:53 | Elizabeth | Noble | Tandem Club | F Vet |  |
| 54 | 00:08:54 | Tim | Hall | Tandem Club | M Vet |  |
| 54 | 00:08:54 | Vicky | Scutt | Tandem Club | F Vet |  |
| 55 | 00:08:55 | Jim | Ledger | Tandem Club | M Vet |  |
| 55 | 00:08:55 | Kate | Ledger | Tandem Club | F Vet |  |
| 56 | 00:08:56 | Simon | Hall | Crabwood Cycling Club | M Vet |  |
| 56 | 00:08:56 | Catherine | Pascoe | New Forest CC | F Vet |  |
| 57 | 00:08:57 | Brian | Reid | Banbury Star Cyclists' Club | M Vet |  |
| 57 | 00:08:57 | Anna | Traer | Banbury Star Cyclists' Club | F Vet |  |
| 58 | 00:08:58 | Michael | Sneddon | Salisbury Road and Mountain CC | M Vet |  |
| 58 | 00:08:58 | Barbara | Russell | Salisbury Road and Mountain CC | F Vet |  |
| 59 | 00:08:59 | Michael | Stringfellow | Sotonia CC | M Vet |  |
| 59 | 00:08:59 | Mary | Stringfellow | Sotonia CC | F Vet |  |
| 60 | 00:09:00 | Andrew | Hutchison | Ride Harder | M Vet |  |
| 60 | 00:09:00 | Catherine | Hutchison | Ride Harder | F Vet |  |
| 61 | 00:09:01 | Joe | Shepherd | New Forest CC | M Sen |  |
| 61 | 00:09:01 | Emma | Shepherd | New Forest CC | F Sen |  |
| 62 | 00:09:02 | Sadie | Laker | Poole Wheelers Cycling Club | F Sen |  |
| 62 | 00:09:02 | Leighton | Smith | Poole Wheelers Cycling Club | M Vet |  |
| 63 | 00:09:03 | John | Jowitt | Sotonia CC | M Sen |  |
| 63 | 00:09:03 | Emma | Jowitt | Sotonia CC | F Sen |  |
| 64 | 00:09:04 | Bob | Bending | Tandem Club | M Vet |  |
| 64 | 00:09:04 | Karon | Bending | Tandem Club | F Vet |  |
| 65 | 00:09:05 | Bradley | Gauntlett | Born to Bike - Bridgtown Cycles | M Tan |  |
| 65 | 00:09:05 | Tim | May | PDQ Cycle Coaching | M Vet |  |
| 66 | 00:09:06 | Stuart | Barrow | Southampton Triathlon Club | M Vet |  |
| 66 | 00:09:06 | Felix | Barrow | Para-T | M C2 |  |
| 67 | 00:09:07 | Norman | Harvey | Sotonia CC | M Vet |  |
| 67 | 00:09:07 | David | Lamb | Sotonia CC | M Sen |  |
| 68 | 00:09:08 | Ned | Prideaux | Tandem Club | M Vet |  |
| 68 | 00:09:08 | Melanie | Prideaux | Tandem Club | F Vet |  |
| 69 | 00:09:09 | Terry | Carpenter | Tandem Club | M Vet |  |
| 69 | 00:09:09 | Caroline | Carpenter | Tandem Club | F Vet |  |
| 70 | 00:09:10 | Rachael | Elliott | Newbury Velo | F Tan |  |
| 70 | 00:09:10 | Ian | Greenstreet | Newbury Velo | M Vet |  |
| 71 | 00:09:11 | Mark | Fraser | Full Moo Cycling | M Vet |  |
| 71 | 00:09:11 | Anna | Fraser | CC Ashwell | F Vet |  |
| 72 | 00:09:12 | Julian | Gee | Sotonia CC | M Vet |  |
| 72 | 00:09:12 | Natalie | Jamieson | Born to Bike - Bridgtown Cycles | F Tan |  |
| 73 | 00:09:13 | Lucy | Greehy | New Forest CC | F Sen |  |
| 73 | 00:09:13 | Phillip | Grant | New Forest CC | M Vet |  |
| 74 | 00:09:14 | Sandy | Ciccognani | Tandem Club | F Vet |  |
| 74 | 00:09:14 | Mark | Farrow | Tandem Club | M Vet |  |
| 75 | 00:09:15 | Patrick | Lafford | Crabwood Cycling Club | M Vet |  |
| 75 | 00:09:15 | Stephen | Skinner | Velo Club St Raphael | M Vet |  |
| 76 | 00:09:16 | Stuart | Martingale | Sotonia CC | M Vet |  |
| 76 | 00:09:16 | Skye | Martingale | Sotonia CC | F Juv |  |
| 77 | 00:09:17 | Jon | Saunders | Charlotteville Cycling Club | M Sen |  |
| 77 | 00:09:17 | Elizabeth | Jordan | Storey Racing | F Tan |  |
|  |  |  |  |  |  |  |
| **TT Bikes** | |  |  |  |  |  |
| 78 | 00:09:18 | Oliver | Hitchings | Velo Club Venta | M Sen |  |
| 79 | 00:09:19 | Chris | Summers | Sotonia CC | M Vet | 29.31 |
| 80 | 00:09:20 | Ian | Patterson | Utag RT | M Vet | 27.30 |
| 81 | 00:09:21 | Kirsty | McSeveney | ...a3crg | F Vet | 28.42 |
| 82 | 00:09:22 | Tom | Cox | Saint Piran | M Vet | 29.08 |
| 83 | 00:09:23 | Pete | Wilson | Bournemouth Arrow CC | M Vet | 29.19 |
| 84 | 00:09:24 | Alan | Bigwood | Crabwood Cycling Club | M Vet |  |
| 85 | 00:09:25 | William | Sawyer | Velo Club St Raphael | M Vet | 27.37 |
| 86 | 00:09:26 | Holly | Ramsey | Tofauti Everyone Active | F Jun |  |
| 87 | 00:09:27 | Gary | Chiverton | Bournemouth Jubilee Whs | M Vet | 27.58 |
| 88 | 00:09:28 | Philip | Connell | Sotonia CC | M Vet |  |
| 89 | 00:09:29 | Andrew | Hoiles | VTTA (Wessex Group) | M Vet | 27.51 |
| 90 | 00:09:30 | Alex | Rowling | Poole Wheelers Cycling Club | M Sen |  |
| 91 | 00:09:31 | Jake | Prior | Velo Club St Raphael | M Vet | 27.51 |
| 92 | 00:09:32 | Rupert | Silman | Bournemouth Jubilee Whs | M Vet |  |
| 93 | 00:09:33 | Robert | Jolliffe | New Forest CC | M Vet | 29.19 |
| 94 | 00:09:34 | Antonio | Maschio | Sotonia CC | M Vet |  |
| 95 | 00:09:35 | Peter | Perrin | Bournemouth Arrow CC | M Vet | 27.24 |
| 96 | 00:09:36 | Martin | Beale | Velo Club St Raphael | M Vet | 26.51 |
| 97 | 00:09:37 | Jon | Dudley | Sotonia CC | M Vet |  |
| 98 | 00:09:38 | William | Simmons | Christchurch Bicycle Club | M Vet | 29.30 |
| 99 | 00:09:39 | Martin | Balk | 3C Cycle Club | M Vet | 28.13 |
| 100 | 00:09:40 | Nigel | Pratt | Velo Club St Raphael | M Vet | 26.56 |
| 101 | 00:09:41 | Stuart | Peckham | Velo Club St Raphael | M Vet |  |
| 102 | 00:09:42 | Emma | O'Toole | DHC (Districts of Hamwic Cyclesport) | F Sen |  |
| 103 | 00:09:53 | Rufus | King | Poole Wheelers Cycling Club | M Juv |  |
| 104 | 00:09:44 | David | England | Crabwood Cycling Club | M Vet | 31.39 |
| 105 | 00:09:45 | Izzy | Sharp | DRAG2ZERO | F Jun |  |
| 106 | 00:09:46 | Grace | Reynolds | SURC | F Esp |  |
| 107 | 00:09:47 | Mark | Valentine | Poole Wheelers Cycling Club | M C5 |  |
| 108 | 00:09:48 | Barry | Hards | New Forest CC | M Vet |  |
| 109 | 00:09:49 | Sian | McPherson | Poole Wheelers Cycling Club | F Sen |  |
| 110 | 00:09:50 | Neil | Mackley | ...a3crg | M Vet | 27.44 |
| 111 | 00:09:51 | Tavis | Walker | Rogue Racing | M Vet |  |
| 112 | 00:09:52 | Jonathan | Legg | Sotonia CC | M Vet |  |
| 113 | 00:09:43 | James | Coleman | Rogue Racing | M Sen |  |