

NORTH HAMPSHIRE ROAD CLUB.

North Hampshire Road Club 10 Miles Time Trial.

For and on behalf of Cycling Time Trials under its rules and regulations.

Saturday 27nd May 2023

Time of Start 14:00

Event Secretary: Michael Harrison
27 Heron Way.
Basingstoke.
RG22 5QF
Mobile- 07815 734691
07801 441172 Alison (also there on day)

Please use my mobile number on the day
Email- mj.harrison32@gmail.com

Timekeepers: Maria Golden, A3crg
Christina Gustafson, Reading RC

**Event Headquarters: Bentley Memorial Hall,
Alton Rd, Bentley GU10 5NB
Open from 12.30.**

IMPORTANT NOTES

- **Please respect the local residents of Bentley by parking considerately.** Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.
- Please **respect** the volunteers from NHRC and the timekeepers who are giving up their time to help out.
- Please sign on and collect your numbers from the headquarters.
- Position your main number so that it is visible from the rear when in the racing position.
- This event **may be subject to a Doping Control** - It is your responsibility to check by returning to the HQ and signing in as soon as possible after you finish.
- **No cleats or bikes in in the hall.**
- Please allow at least 10 minutes to get to the start.
- The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. Anyone seen doing so will be disqualified from the event.
- **Head-down riding kills** – if dangerous riding is witnessed it will be investigated and reported.
- No vehicles, except those of the timekeepers, shall be parked at the start or finish

Attention all competitors.

Prizes will be presented on the day straight after the completion of the event. Please hang around and sample our cakes and clap and cheer the winners of the days race.

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

- If you feel at all unwell or are showing signs of Covid 19 DO NOT come to this event
 - Please check that you have your number attached.
 - Have a working front and rear light.
 - Are wearing a helmet.

If Any of these are missing, you will not be permitted to race.

Prize List.

Men	Women	Vets on Std	Tandem	Spot prize, closest to
1st £20	1st £20	1st £20	1st £20	24 minutes £10
2nd £15		2nd £15		25 minutes £10
3rd £10		3rd £10		26 minutes £10

Car Parking

ADDITIONAL NOTES.

Car parking is available at the HQ and in the lay-bys past the finishing point. Please read and make note of the parking rules below.



- Please park considerably on these roads
- Please DO NOT PARK on these roads

LONDON WEST DC

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 considerably 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

DISTRICT REGULATIONS

No vehicles, except those of the timekeepers', shall be parked at the start or finish.

Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

Additional notes

To reach the Headquarters at the Bentley Memorial Hall riders must only cross over to the other side of the A31 by using one of the breaks in the central reservation provided for that purpose. Any person associated with the event that is observed crossing to the other side by any other means will be reported to the police and the London West District Committee of the CTT.

To reach the start from the headquarters in Bentley, go eastwards through the village to join the A31 to cross to the right hand lane after 850 yards (there are lane markings) and cross over to the south side of the A31 at the Gravel Hill road junction and continue for 760 yards to the lay-by start point.

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards and along the Bentley By-pass to fork left onto the slip road signposted 'BENTLEY'. Go right at the 'T' junction and the Bentley Memorial Hall is ahead of you.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters require you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. It is also compulsory that WORKING FRONT & REAR LIGHTS, either flashing or constant, are fitted to the machine in a position visible to following road users and are active while the machine is in use at all times.

COURSE H10/8 BENTLEY

OS Ref		Distance
796442	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 1/2m"	0.000
736403	Proceed (care) to join the A31 and continue to go Westwards along the Bentley by-pass through Froyle to the Holybourne roundabout (Turn)	4.702
802443	Circle the roundabout (M2, M3, M4) 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 crossroads and 163 yards short of The Bull to where FINISH	10.000
	(Distance between start and finish is 697 yards)	