



Hounslow and District Wheelers present The 54th Ron Brown Memorial 100

Timekeeper Mrs K Collard Berry a3crg... **Assistant Timekeeper** Mrs M Golden a3crg...

Sunday 28th May 2023 **First Rider 07:19** **Course H100/88** Froyle

HQ address: Bentley Memorial Hall Alton Rd, Bentley GU10 5NB

Hounslow & District Wheelers Awards

Fastest £50
+ Engraved Hounslow Medal

2nd Fastest £30

Fastest Woman £50
Engraved Hounslow Medal

1st Vet on Standard £50

2nd Vet on Standard £30

Fastest Team of Three (each) £30
+ Engraved Hounslow Medal

'Souvenir Trevor Gilbert' £38
Rider's time the closest to 4-18-30.

We wish you all a pleasant morning's sport.

A handwritten signature in cursive script that reads 'Bruce McMichael'.

Bruce McMichael Event Secretary: 205 London Road Twickenham Middlesex TW1 1EJ
(T) 02088916066 (M) 07503251549 (E) mcmichael.205@gmail.com,



Hounslow and District Wheelers' Ron Brown Memorial 100:

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Bib	Start	First	Last name	Club or Team		Category
19	07:19	Will	Bles	TricentralUk	Male	Senior
20	07:20	Kirsty	Wheeler (W)	Mickey Cranks Cycling Club	Female	Senior
21	07:21	Rachel	Waite (W)	North Hampshire RC	Female	Veteran
22	07:22	Michael	Boardman	Salisbury Road and Mountain CC	Male	Veteran
23	07:23	Sien	Van der Plank (W)	New Forest CC	Female	Senior
24	07:24	Gary	Tuskin	Poole Wheelers Cycling Club	Male	Veteran
25	07:25	Michael	Ashcroft	West Kent RC	Male	Senior
26	07:26	Gavin	Hughes	Kingston Phoenix RC	Male	Veteran
27	07:27	Emma	O'Toole (W)	DHC (Districts of Hamwic Cyclesport)	Female	Senior
28	07:28	Colin	Ashcroft	West Kent RC	Male	Veteran
29	07:29	Pete	Bishop	Exeter Whs CC	Male	Veteran
30	07:30	Andrew	Rivett	Velo Club St Raphael	Male	Veteran
31	07:31	Naomi	Shinkins (W)	Bournemouth Jubilee Whs	Female	Veteran
32	07:32	Les	Pick	Poole Wheelers Cycling Club	Male	Veteran
33	07:33	James	Harris	Catford CC Ltd	Male	Veteran
34	07:34	Neil	Adlem	Andover Wheelers	Male	Veteran
35	07:35	Steven	Pink	Poole Wheelers Cycling Club	Male	Veteran
36	07:36	Michael	Barnes	RAF Cycling Association	Male	Senior
37	07:37	Robert	Royle-Evatt	Addiscombe CC	Male	Veteran
38	07:38	Charlie	Godfrey	Oxford University CC	Male	Senior
39	07:39	Peter	Tomlin	North Hampshire RC	Male	Veteran
40	07:40	Mark	Bashford	East Grinstead CC	Male	Senior
41	07:41	Colin	McDermott	Festival Road Club	Male	Veteran
42	07:42	Jon	Heaney	Maidenhead & District CC	Male	Senior
43	07:43	Richard	Tully	Elite Cycling	Male	Veteran
44	07:44	Marcel	Mavronicholas	North Hampshire RC	Male	Veteran
45	07:45	Jon	Elliott	Maidenhead & District CC	Male	Veteran
46	07:46	Phillip	Turner	Fulfil The Potential RT	Male	Veteran
47	07:47	Philip	Jones	Peterborough CC	Male	Veteran
48	07:48	Nicky	Wilson	Crawley Wheelers	Male	Veteran
49	07:49	Jonathan	Pontin	Addiscombe CC	Male	Senior
50	07:50	Sam	Barley	AS Test Team	Male	Senior
51	07:51	Robert	Drake	Addiscombe CC	Male	Senior
52	07:52	Paul	Winchcombe	Chippenham & District Wheelers	Male	Veteran
53	07:53	Paul	Tippett	Crawley Wheelers	Male	Veteran
54	07:54	Nigel	Briggs	South Pennine RC	Male	Veteran
55	07:55	Christian	Geldard	North Hampshire RC	Male	Veteran
56	07:56	Sven	Sabas	Rapha Cycling Club	Male	Senior
57	07:57	Tony	Reeves	GS Stella	Male	Veteran
58	07:58	Malcolm	Cox	Velo Club St Raphael	Male	Veteran
59	07:59	Ian	Boshier	Southampton Triathlon Club	Male	Veteran
60	08:00	Lee	Williams	Fulfil The Potential RT	Male	Senior



Hounslow and District Wheelers' Ron Brown Memorial 100:

Sunday 28th May 2023 **First Rider 07:19** **Course H100/88** Froyle

Course Details : H100/88 : A31 Froyle, Farnham, Chawton .

Start at a point adjacent to TP39 next to a telephone box situated in the slip road from Upper Froyle just east of the 'Hen and Chickens Inn' public house. Proceed eastwards for 135 yards to the junction with the A31. Join the A.31 (M1) (great care) and proceed via the Bentley by-pass to the Coxbridge roundabout at the junction with the A325. (M2) **(1st turn)** 5.127 miles. - Circle the roundabout (M3, M4) (Check) and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side (M5) 12.240 miles. - Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) (M6) **(2nd turn)** 15.182 miles. - Circle the roundabout (M7, M8) (Check) and take the fourth exit (M9) to rejoin the A31 north-eastwards to the Holybourne roundabout (M10) (LP20) 18.228 miles. - Avoid the first exit left. Take the second exit (M11) and still on the A31 to go past the 'Hen and Chickens Inn to complete the 1st circuit. 20.181 miles

*Proceed as follows to begin **START OF SECOND CIRCUIT.** Keep on the A31 to the Coxbridge roundabout at the junction with the A325. **(3rd turn)** 25.308 miles. Circle the roundabout and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side. 32.421 miles. Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) **(4th turn)** 35.363 miles. - Circle the roundabout and take the fourth exit to rejoin the A31 north-eastwards to the Holybourne roundabout 38.409 miles. Avoid the first exit left. Take the second exit and still on the A31 to go past the 'Hen and Chickens Inn to complete the 2nd circuit. 40.362 miles*

*Begin **START OF THIRD CIRCUIT.** Repeat the instructions as above for **SECOND CIRCUIT** incorporating the **(5th turn)** 45.489 miles and the **(6th turn)** 55.544 miles to then go past the 'Hen and Chickens Inn to complete the 3rd circuit at 60.543 miles.*

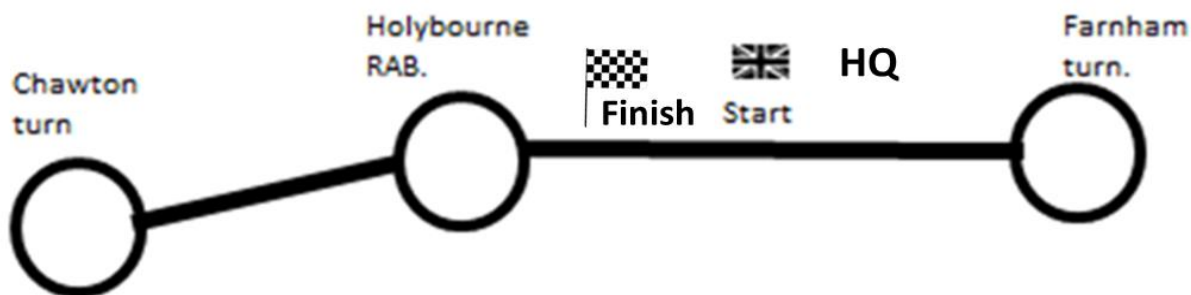
*Begin **START OF FORTH CIRCUIT.** Repeat the instructions as above for **SECOND CIRCUIT** incorporating the **(7th turn)** 65.670 miles and the **(8th turn)** 75.725 miles to then go past the 'Hen and Chickens Inn to complete the 4th circuit at 80.724 miles.*

*Proceed as follows to begin **START OF FIFTH CIRCUIT.** Keep on the A31 to the Coxbridge roundabout at the junction with the A325. **(9th turn)** 85.851 miles. Circle the roundabout and take the fourth exit to rejoin the A31 south- westwards. Proceed via the Bentley by-pass, past the start point on the north side to the Holybourne roundabout keeping to the left-hand side. 92.964 miles. - Continue on the A31 to the Chawton roundabout at the junction of the A32 (Great Care) **(10th turn)** 95.906 miles. - Circle the roundabout and take the fourth exit to rejoin the A31 north-eastwards to the Holybourne roundabout 98.952 miles. Avoid the first exit left. Take the second exit and still on the A31 to go to the centre of the second (smaller) overhead power lines across the A31 opposite the entrance to the Veolia site entrance. 100.00 miles **Finish***



LOCAL REGULATIONS applicable to the H100/88 course.

- **Shoulder numbers** must be prominently displayed on the **LEFT ARM**.
- **Any rider seen crossing the central reservation**, before, during or after the event, except at one of the specific breaks in the reservation made for that purpose may be disqualified and will be reported to the London West DC.
- **Any rider seen steering using their tribars**, when entering, navigating and exiting any part of the Coxbridge (Farnham) roundabout may be disqualified, and will be reported to the London West DC.
- **In the interests of your safety** you must use the **widest part** of your handlebars.



No competitor will be permitted to start, unless the competitor has **both a working rear red light**, affixed to the rear of their machine and a **working front white light**, affixed to the front of their machine. Both lights must be illuminated, either flashing or constant, and in a position that is **clearly visible to other road users**.

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.



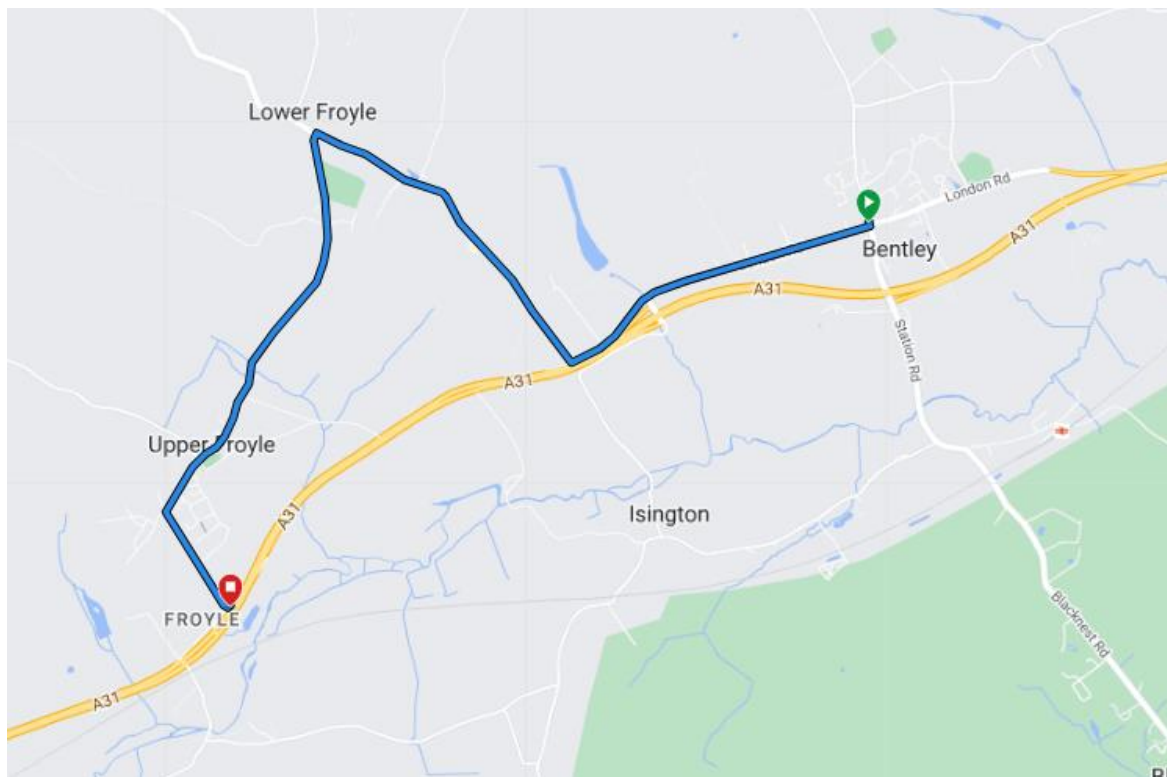
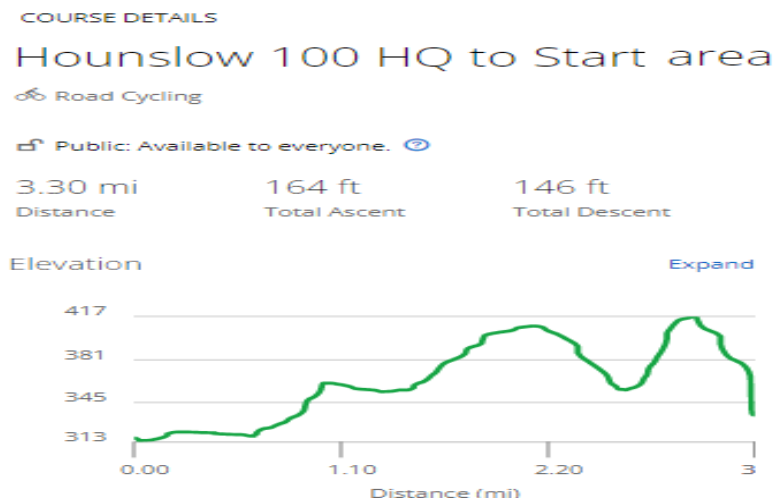
Hounslow and District Wheelers' Ron Brown Memorial 100:

Getting to the START = 15 minutes

<https://connect.garmin.com/modern/course/162094252>



Go to this link for the Garmin route to the start





Hounslow and District Wheelers' Ron Brown Memorial 100:

Getting to the start is a hilly 3.29 Miles + 174 feet of climbing (Allow 15 minutes riding time):

The start is a few yards from the Hen and Chickens P.H. the post code of which is **GU34 4JH**.

Note this is **not** the post code of the HQ

1. From the HQ hall: Turn right at at the cross-roads in south westerly direction.
2. Go past Islington Lane (0.6 miles).
Do not go to the start, or warm up, on the A31, as this may obstruct any earlier riders. You will also be on the Wrong side of the A31 from the start.
3. (0.91 miles) Follow the road up hill to the right into Lower Froyle, past the Anchor Inn (1.3 miles)
4. Continue as far as a red brick house with a thatched roof and turn left (1.85 miles).
5. Long brick wall + new housing estate then sharp left turn at 2.98 miles. Down hill to the start 3.29 miles.





Hounslow and District Wheelers' Ron Brown Memorial 100:

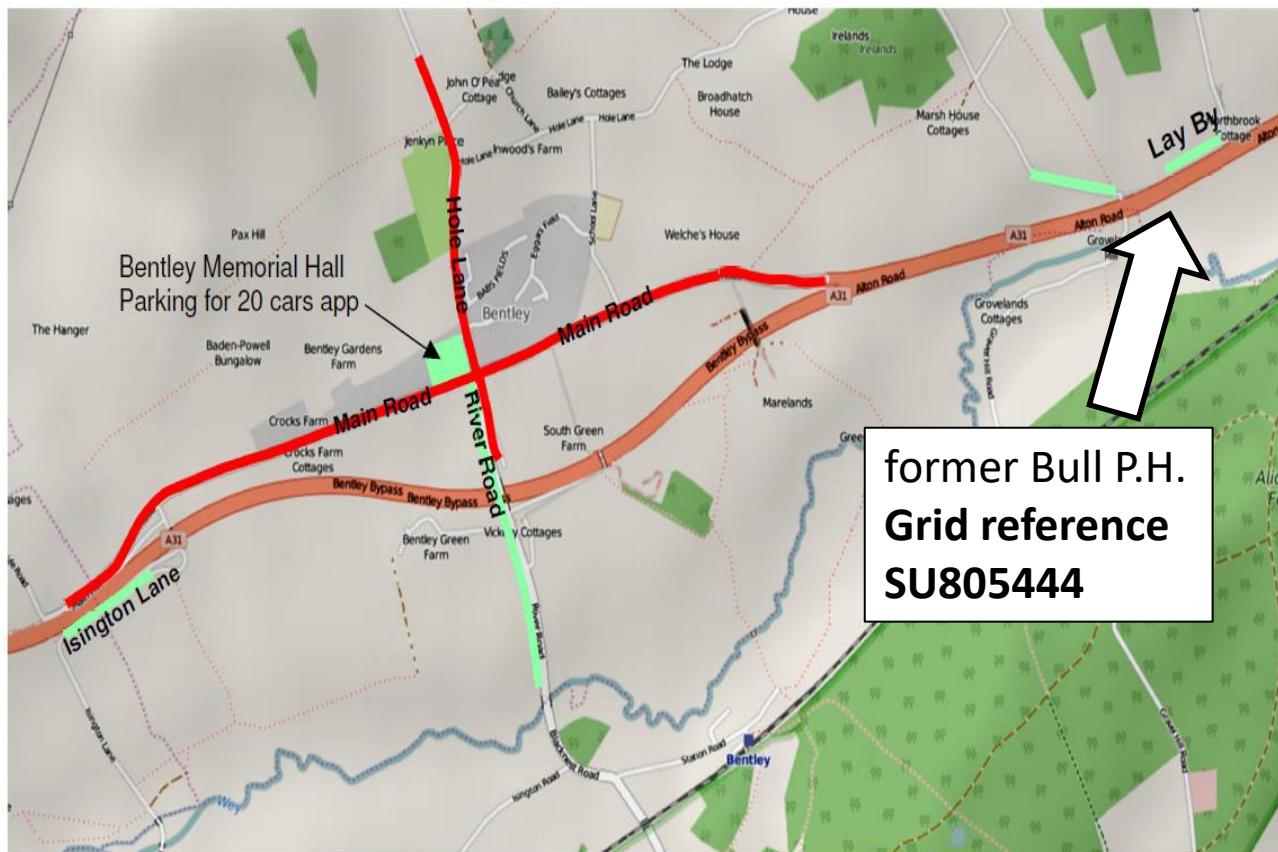




EVENT PARKING

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 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



Headquarters: **GU10 5NB** Bentley Memorial Hall.

- **NO turbo-training in the car park**
You must be at least 50 metres **SOUTH** of the crossroads.
- Numbers and signing on will be **at the Headquarters.**



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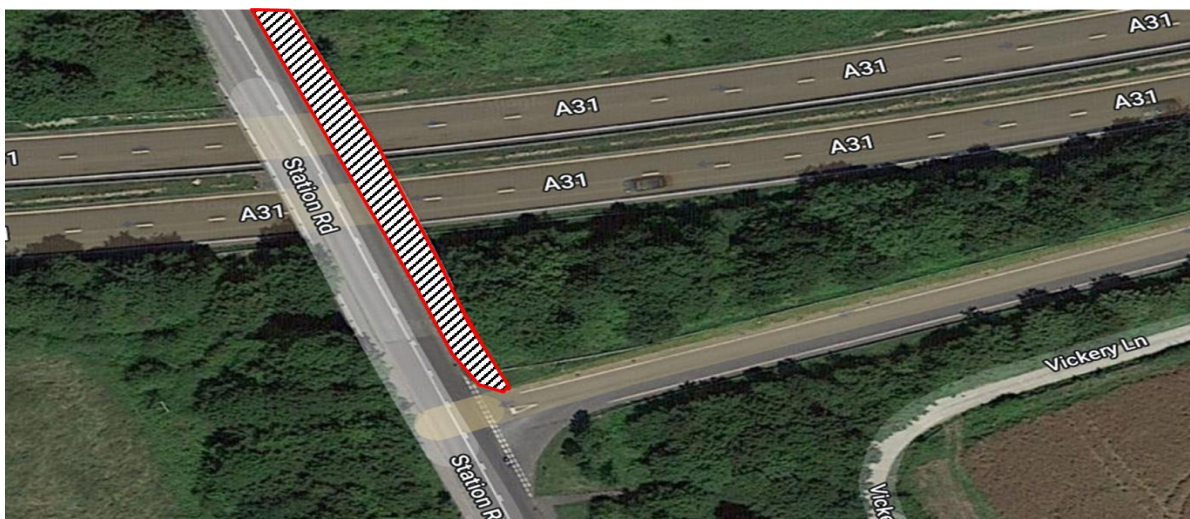
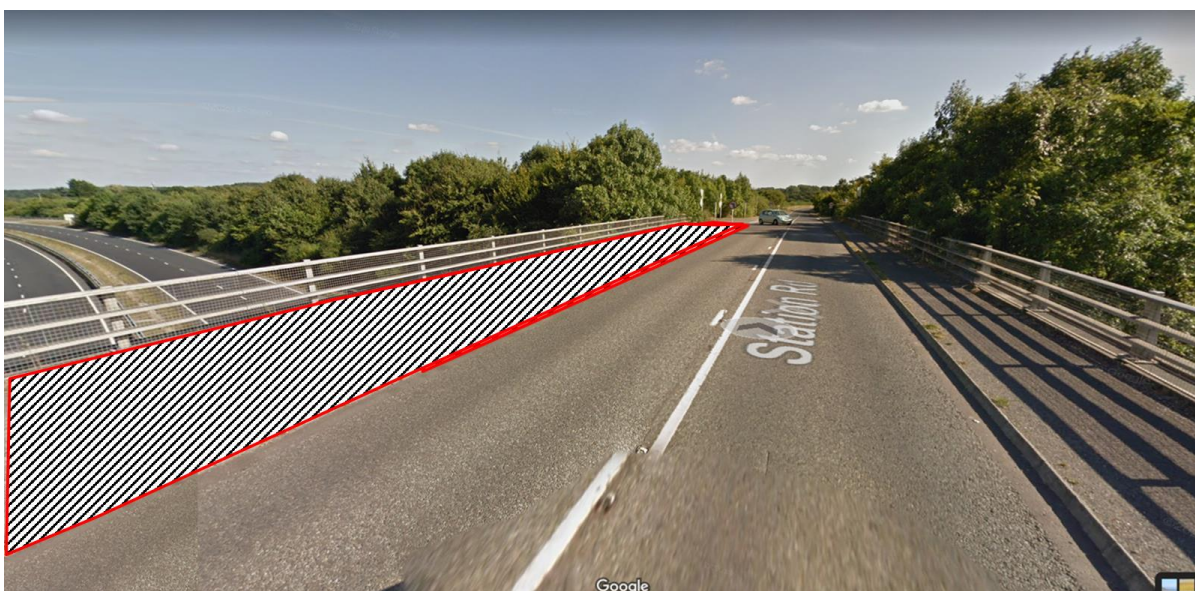
EVENT PARKING

In 2022 several competitors' cars were parked at **this location** resulting in a complaint to the Village Hall and the risk of losing the HQ. Drivers' vision (turning right off the A31 slip road) was obscured

No parking anywhere on the bridge please.

If not sure, **park at the lay by** near the former Bull P.H.

Grid reference SU805444

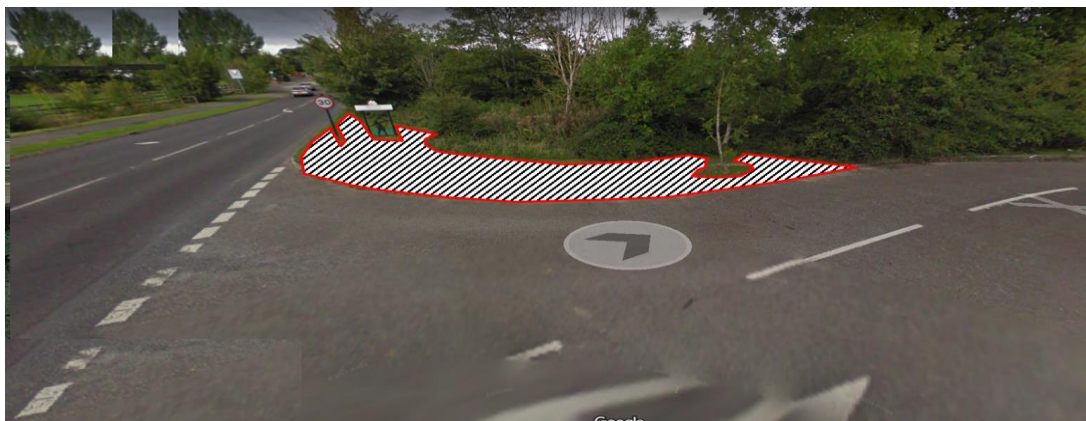
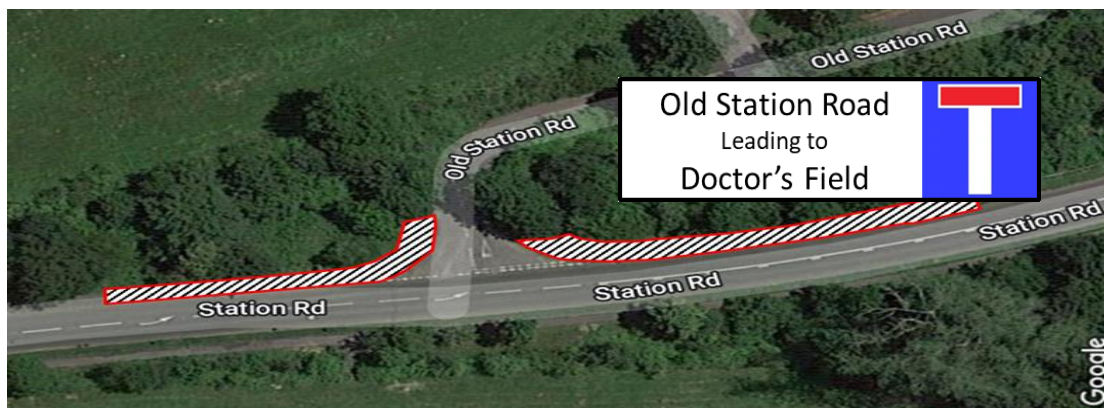




Hounslow and District Wheelers' Ron Brown Memorial 100: EVENT PARKING

In 2022 a single competitor's car was parked at **this location** resulting in a complaint to the Village Hall and the risk of losing the HQ.

No parking **anywhere** on the left hand side of Station Road please.





Registration Form for a vehicle to assist with a competitors **reasonable** feeding and other requirements **as provided for in the Regulations.**

Title of Event:  **Hounslow 100**

Date of Event: **Sunday 28th May 2023**

Name of Competitor: _____

Competitor's Club: _____

Competitor's Number: _____

A motor vehicle, make, model number and colour: _____

Registration Number: _____

Will be used to assist the above named competitor while taking part in the event as described above.

The name(s) of the driver(s) of the vehicle will be as follows:-

Driver(s): _____

NOTE

THE COMPLETION OF THIS FORM DOES NOT PERMIT YOUR HELPERS TO FOLLOW YOU ALONG THE COURSE.

THEY MAY PASS AT INTERVALS OF NOT LESS THAN 10 MILES

Completed forms must be lodged with the Event Secretary not later than the start time of the competitor.



Hounslow and District Wheelers' Ron Brown Memorial 100:

This event may be subject to a Doping Control

It is your responsibility to check

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

**Remember, it is up to you to check and ensure that
you comply**

If required you must report to Doping Control after finishing without delay

