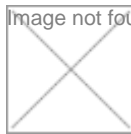


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Hounslow & District Wheelers

01/08/2021 07:00

H100/88

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

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Headquarters

HQ Bentley Memorial Hall, Alton Road, Bentley, GU10 5NB. The event is being run on a socially distanced basis therefore the Hall can be used only for 1) Toilet facilities 2) Signing on 3) Signing back in. **NO times will be given, either at the finish line or at the HQ** immediately after the event. A provisional result will be posted at hdwccycling.co.uk later in the afternoon, with a full result and prize list issued in the usual timeframe.

Route from HQ to start

Getting to the start is a hilly 3.29 miles + 174 feet of climbing, you should leave the HQ area 15 minutes before your start time.

1) (0.00 miles) From Bentley Memorial Hall **GU10 5NB**: Turn right at the cross-roads in a South Westerly direction towards Winchester not Guildford.

2) (0.6 miles) Go past Islington Lane.

3) (0.91 miles) Follow the road up the hill to the right into Lower Froyle, past the Anchor Inn (1.3 miles).

4) (1.85 miles) Turn left at red brick house with thatched roof.

5) Follow long brick wall around housing estate, sharp left turn (at 2.98 miles). Then down the hill to the start area at 3.29 miles. The start is a few yards from the **Hen & Chickens P.H. the postcode of which is GU34 4JH**. Note this is not the post code of the HQ.

Course details

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.0.000 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 roundabout at the junction with the a325.(m2) (1st turn) circle the roundabout (m3,m4) (check) and take the fourth exit to rejoin the a31 south westwards.5.127 proceed via the bentley by-pass, past the start point on the north side to the holybourne roundabout keeping to the lh side (m5)12.240 continue on the a31 to the chawton roundabout (2nd turn) (m6)15.182 circle the roundabout (m7,m8) (check) and take the fourth(m9) exit to rejoin the a31 north eastwards to the holybourne roundabout (m10)(lp20) avoid the first exit left.18.228 take the second exit (m11) and still on the a31 to go past the 'hen and chickens inn to complete the 1st circuit. (tp39 situated in the slip road) 20.181 proceed as follows to complete a second circuit. continue on the a.31 to the rbt at the junct with the a.325 (3rd turn)25.308 retrace on the a.31 to the holybourne rbt. 32.421 keep on the a.31 to the chawton rbt (4th turn)35.363 retrace on the a.31 to the holybourne rbt. 38.409 go straight across on the a.31 to go past the start point. 40.362 proceed as follows to complete a third circuit. continue on the a.31 to the rbt at the junct with the a.325 (5th turn)45.489 retrace on the a.31 to the holybourne rbt. 52.602 keep

on the a.31 to the chawton rbt. (6th turn) 55.544 retrace on the a.31 to the holybourne rbt. 58.590 go straight across on the a.31 to go past the start point. 60.543 proceed as follows to complete a fourth circuit. continue on the a.31 to the rbt at the junct with the a.325 (7th turn)65.670 retrace on the a.31 to the holybourne rbt. 72.783 keep on the a.31 to the chawton rbt (8th turn) 75.725 retrace on the a.31 to the holybourne rbt. 78.771 go straight across on the a.31 to go past the start point. 80.724 proceed as follows to the finish point. continue on the a.31 to the rbt at the junct with the a.325 (9th turn)85.851 retrace on the a.31 to the holybourne rbt. 92.964 keep on the a.31 to the chawton rbt (10th turn) 95.906 retrace to the holybourne rbt. 98.952 go straight across where at the centre of the overhead power lines across the a.31 finish.

Local regulations

- 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.

FOLLOWING CARS must be registered when signing on at HQ.

Organiser contact details

Bruce McMichael
 205 London Road Twickenham
 07503 251549
 0208 891 6066
 mcmichael.205@gmail.com

Time keepers/officials

Timekeeper Mrs K Collard Berry **a3crg**

Assistant Timekeeper Mrs M Golden **a3crg**

Course records

Solo Male

3:27:34
 Kieron Davies
 29-May-16

Solo Female

4:00:38
 Vicky Gill
 26-May-19

Awards/prizes

Fastest Rider on Time	£100 + The Ron Brown Salver to hold for 1 year + Engraved Hounslow Medal
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2nd on Time	£50
3rd on Time	£30
Fastest Woman on Time	£100 + The Rolph Brambleby Trophy to hold for 1 year + Engraved Hounslow Medal
2nd Woman on Time	£50
1st Vet on Standard	£100
2nd Vet on Standard	£50
'Souvenir Trevor Gilbert' Rider closest to 4-18-30	£38 Trevor promoted this race 38 times his PB was 4-18-30.
Fastest Team of 2	£50 Each + Engraved Hounslow Medal

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control 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.

Startsheet

Hounslow & District Wheelers

Start Number	Start Time	Rider	Club	Gender	Category
15	07:15:00	Neil Langley	Hampshire Road Club	Male	Vet
16	07:16:00	Gary Martin	Westerley Cycling Club	Male	Vet
17	07:17:00	John Isard	Hampshire Road Club	Male	Vet
18	07:18:00	Paul Walker	Phoenix Triathlon	Male	Vet
19	07:19:00	Dave Grant	Crystal Palace Triathletes	Male	Senior
20	07:20:00	Lee Heron	Banbury Star Cyclists' Club	Male	Vet
21	07:21:00	Alexander Kew	Kingston Phoenix RC	Male	Vet
22	07:22:00	Pete Christensen	Alton CC/Owens Cycles	Male	Vet
23	07:23:00	Ian Neville	Hart Evolution Race Team	Male	Vet
24	07:24:00	Nick Burton	Newark Castle C C	Male	Vet
25	07:25:00	Luhan Bely	Walden Tri	Male	Espoir
26	07:26:00	Gareth Wood	Hart Veloce	Male	Vet
27	07:27:00	Mael Bely	Walden Tri	Male	Espoir
28	07:28:00	Jay Hookins	BJ cycling	Male	Senior
29	07:29:00	Peter Horsfield	Redmon CC	Male	Vet
30	07:30:00	Billy Dyer	BJ cycling	Male	Vet
31	07:31:00	Richard Pinder	Hillingdon Triathletes	Male	Vet
32	07:32:00	Richard Mellor	Team Bottrill	Male	Vet
33	07:33:00	Lee Walters	Sotonia CC	Male	Vet
34	07:34:00	Gordon Hobbs	Verulam CC	Male	Vet
35	07:35:00	Benoit Bely	Walden Tri	Male	Vet
36	07:36:00	Alan Grant	VTTA (London & Home Counties)	Male	Vet
37	07:37:00	Craig Nilsson	Rye & District Wheelers CC	Male	Senior
38	07:38:00	Louisa Cooper	Bournemouth Jubilee Whs	Female	Senior
39	07:39:00	Paul Couldridge	Phoenix Triathlon	Male	Vet
40	07:40:00	Marianne Holt	Fareham Wheelers CC	Female	Vet
41	07:41:00	Edward Renwick	Oxford City RC	Male	Vet
42	07:42:00	Kevin Baker	Velo Club St Raphael	Male	Vet
43	07:43:00	Adrian Blacker	VTTA (Surrey/ Sussex)	Male	Vet
44	07:44:00	Julian Lockwood	Primera-Teamjobs	Male	Vet

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Start Number	Start Time	Rider	Club	Gender	Category
45	07:45:00	Colin Parkinson	South Western Road Club	Male	Vet
46	07:46:00	Liam Somerville	Bike Jockey CC	Male	Senior
47	07:47:00	Mark Styles	1485 Tri Club	Male	Senior
48	07:48:00	Duncan Emery	Twickenham CC	Male	Vet
49	07:49:00	George Turner	VTTA (London & Home Counties)	Male	Vet
50	07:50:00	Alice Lethbridge	DRAG2ZERO	Female	Senior
51	07:51:00	Alexander Donger	Oxonian CC	Male	Senior
52	07:52:00	Eddie Allen	Redmon CC	Male	Senior
53	07:53:00	Paul Winchcombe	Chippenham & District Wheelers	Male	Vet
54	07:54:00	Mark Bradley	Bristol South Cycling Club	Male	Vet
55	07:55:00	Daniel Ryan	North Road CC	Male	Senior
56	07:56:00	Edward Hales	London Dynamo	Male	Vet
57	07:57:00	Phil Wilks	Sotonia CC	Male	Senior
58	07:58:00	Jon Heaney	Maidenhead & District CC	Male	Senior
59	07:59:00	Gary Lock	New Forest CC	Male	Vet
60	08:00:00	Mark Smith	Crawley Wheelers	Male	Vet