



# LEG LOOSENER TIME TRIAL

## Start sheet and rider information

Promoted by **Sotonia CC** for and on behalf of **Cycling Time Trials** under their rules and regulations.

### EVENT SECRETARY

Dan Edwards  
8 Brick Lane  
Romsey  
SO51 8LG

On the day mobile number for **urgent matters** only: 07878 980626 (Dan Edwards)  
07790 779572 (Phil Wilks)

### OFFICIAL TIMEKEEPERS

Norman Harvey, Mary Corbett, Dave Crocker, Mark Compton.

### EVENT HQ (OPEN FROM 7AM)

Hamptworth Golf & Country Club  
Hamptworth Road  
Salisbury  
SP5 2DU

## PRIZES & PRESENTATION

Due to the large number of entries we are delighted to be able to offer more prizes than originally planned.

**Please stay for the presentation** as we have a couple of surprises! This will take place promptly after the last rider has finished and everyone has been given enough time to get back to HQ.

### Road Bike event

1st place: £20  
2nd place: £15  
3rd place: £10

1st woman: £20  
2nd woman: £15  
3rd woman: £10

1st junior: £20

### TT Bike event

1st place: £20  
2nd place: £15  
3rd place: £10

1st woman: £20  
2nd woman: £15  
3rd woman: £10

1st junior: £20

### Special Prizes

Pipers Wait timed section: T-Shirt  
Big Ring Beast™ award: T-Shirt (see Rider Photos below)  
Flamme Rouge road and TT: Wine  
Quickest puncture: Inner tube

No rider who wins a cash prize will be eligible for the special prizes.  
T-Shirts kindly donated by Vint Vélo ([vintvelo.com](http://vintvelo.com)) who happen to have a September Sale on at the moment.



## RIDER PHOTOS

All participants will get a **free photo**, which will be made available on the Sotonia Facebook page. Our photographer will be positioned towards the top of Pipers Wait on the steepest part.

If you are in the big ring as you are photographed (most won't be) then you will be eligible for the Big Ring Beast™ award, which will then be judged based on completely arbitrary criteria by the event organisers. Please be aware that the climb is very steep at the top.

## SHOW YOUR SUPPORT

After you have finished and observed the safety instructions below, cheer some of your fellow competitors on. The best viewing point is next to our photographer on Pipers Wait. **Tell your friends to come along too!**

# SAFETY INSTRUCTIONS AND REGULATIONS

## Riders must...

- Not make **U-turns** within sight of the start or finish. Instead of making a U-turn at the start, dismount and cross the road **on foot**, or turn left into **New Road** to the east and turn safely there.
- Be careful over **cattle grids** – especially when wet.
- Beware of **animals** on the road. Do not put yourself or the animals in danger. If passing a horse rider, please shout a warning and give plenty of room.
- Take extra care on the **fast descent** of Bramble Hill between GR SU252151 and SU263154, and at the crossroads at the bottom.
- After finishing, continue on to the signed U-turn point, and then take great care descending Pipers Wait (steep hill, sharp bend and poor road surface) and beware competitors still on the course. Stay to the left please.
- Take extra care in **Nomansland village** between SU260179 and the finish – there are parked cars, pedestrians and other competitors riding to the start and from the finish.
- When riding back to HQ, be aware that you will be riding on the course for a short time on Hamptworth Road in the same direction as other riders who are in the middle of their race.
- Vehicles must not be parked or stopped within **2 miles** of the start, except for those used by event officials.
- 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 of Cycling Time Trials.

## Safety Helmets and Rear Lights

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise competitors to wear a **hard shell helmet** that meets an internationally accepted safety standard. Cycling Time Trials regulations require all competitors under the age of 18 to wear a hard shell helmet. In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise competitors that a working rear light, either flashing or fixed and on, is fitted to your machine in a position clearly visible to following road users.

## Signing On and Race Numbers

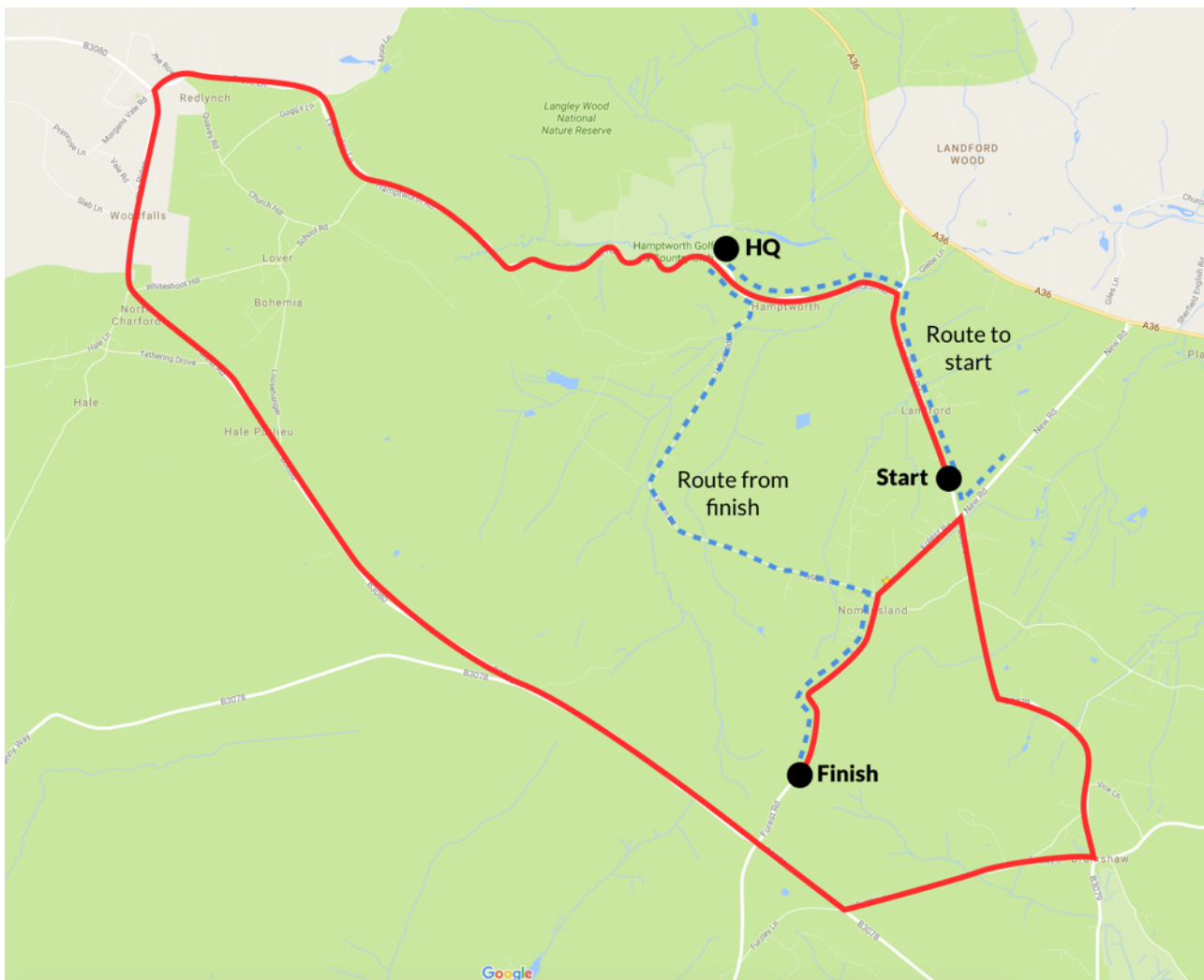
Riders must sign the official signing on sheet at the event HQ to obtain their race number.

## Road Bike Category Rules

No tri bars. Wheels maximum of 60mm depth. No disc wheels. No time trial helmets. Skinsuits are allowed. No trip socks. Bikes will be checked on the start line.

## COURSE DETAILS - "P183 (AMENDED)"

**START** SU260180 at the bus stop at the southern end of Landford on the B3079. Proceed through Landford and turn left into Hamptworth Road (1.7 km). Continue to Redlynch and Woodfalls where left onto B3080 (8.14km) at Bramshaw Telegraph join B3078. At the Longcross crossroads turn left towards Bramshaw (16.9km). At Stocks Cross left on to B3079 towards Landford. At crossroads at southern end of Landford turn left into Forest Road and continue through Nomansland and up Pipers Wait to **FINISH** SU250 166 (23km approximately).



### Recommended route to the start

From Hamptworth Golf Club turn left out of the entrance then second right onto the B3079. Continue past the start and turn left into New Road. When safe to do so, perform a U-turn and retrace back to the course start on the B3079.

### Recommended route from the finish

Perform a U-turn when safe to do so. Retrace course to Nomansland where left just after the Lamb Inn turn left into Lyeburn Lane. Continue for 3km to Hamptworth Road. Turn left and then right into Hamptworth Golf Club.

## START LIST: ROAD BIKE EVENT

No	Start	First name	Surname	Club	Gender	Category
1	09:01	Steve	Wilks	Sotonia CC	Male	Veteran
2	09:02	kyle	dear	100% ME	Male	Juvenile
3	09:03	Gemma	Wilks	Sotonia CC	Female	Senior
4	09:04	Matt	Doherty	DHCyclesport	Male	Senior
5	09:05	Drew	Hosie	a3crg	Male	Veteran
6	09:06	Paul	Mustow	100% ME	Male	Senior
7	09:07	Justin	Priest	DHCyclesport	Male	Senior
8	09:08	Tom	Smith	100% ME	Male	Juvenile
9	09:09	Sean	Holehouse	Sotonia CC	Male	Veteran
10	09:10	Craig	Wallington	Andover Wheelers	Male	Senior
11	09:11	Ben	Coward	Southampton University Road Club	Male	Espoir
12	09:12	Jonathan	Ashby	34 Nomads CC	Male	Veteran
13	09:13	luke	dear	100% ME	Male	Juvenile
14	09:14	Chris	Wood	Sotonia CC	Male	Senior
15	09:15	liam	somerville	IOW Cycling Club	Male	Senior
16	09:16	Chris	Wolton	Southborough & Dist. Whs	Male	Senior
17	09:17	Red	Walters	Sotonia CC	Male	Junior
18	09:18	Tom	Butler	New Forest CC	Male	Senior
19	09:19	Tim	Mason-Hambidge	DHCyclesport	Male	Senior
20	09:20	Ray	Claridge	G A Cycles	Male	Veteran
21	09:21	Jacob	Enness	100% ME	Male	Juvenile
22	09:22	Darryl	Strong	DHCyclesport	Male	Veteran
23	09:23	Chris	Mccombie	Velo Club Venta	Male	Senior
24	09:24	Oliver	Townsend	Sotonia CC	Male	Senior
25	09:25	Kim	Little	Gillingham and District Wheelers	Male	Senior
26	09:26	Stewart	Ward	New Forest CC	Male	Senior
27	09:27	Sophie	Herbert	Southampton University Road Club	Female	Senior
28	09:28	Stephen	Skinner	New Forest CC	Male	Veteran
29	09:29	James	Gill	DHCyclesport	Male	Senior
30	09:30	Bob	Richardson	Bournemouth Jubilee Whs	Male	Veteran
31	09:31	Matt	Bourne	Huddersfield Star Whs	Male	Senior
32	09:32	Warren	Peters	a3crg	Male	Veteran
33	09:33	William	Enness	100% ME	Male	Veteran
34	09:34	Roelie	Hempel	Southampton Tri Club	Female	Senior
35	09:35	Rob	Sherrin	a3crg	Male	Veteran
36	09:36	Stephen	Wood	Antelope Racing Team	Male	Veteran
37	09:37	stuart	peckham	New Forest CC	Male	Veteran
38	09:38	david	mainstone	100% ME	Male	Veteran
39	09:39	Andrew	Rushmer	Velo Club Venta	Male	Senior
40	09:40	Paul	Lockyer	DHCyclesport	Male	Senior
41	09:41	Darryl	Barr	a3crg	Male	Veteran
42	09:42	Martin	Balk	3C Cyclexperience	Male	Veteran
43	09:43	Ed	Slot	Sotonia CC	Male	Senior
44	09:44	Dave	Ellis	Devizes Town Cycling Club	Male	Veteran
45	09:45	Mrs Sarah	Matthews	a3crg	Female	Veteran
46	09:46	David	Dalton	Fareham Wheelers CC	Male	Veteran

## START LIST: TT BIKE EVENT

No	Start time	First name	Surname	Club	Gender	Category
51	09:51	colin	crocker	Sotonia CC	Male	Veteran
52	09:52	Gavin	Robinson	New Forest CC	Male	Senior
53	09:53	Caroline	Light	Sarum Velo	Female	Veteran
	09:54			Gap (don't ask)		
55	09:55	Jamie	Franklin	Velo Club Venta	Male	Senior
56	09:56	Paul	Morris	Fareham Wheelers CC	Male	Senior
57	09:57	Rich	Heath	Oxted Cycle Club	Male	Senior
58	09:58	martin	beale	Velo Club St Raphael	Male	Veteran
59	09:59	Caitlin	Peters	i-Team CC	Female	Juvenile
60	10:00	Andy	Smith	Velo Club St Raphael	Male	Veteran
61	10:01	Vaughan	Marris	Fareham Wheelers CC	Male	Juvenile
62	10:02	Simon	Craig-McFeely	a3crg	Male	Veteran
63	10:03	Jonathan	Wren	Sotonia CC	Male	Senior
64	10:04	ken	rayson	a3crg	Male	Veteran
65	10:05	John	Sibley	VeloRefined.com Aerosmiths	Male	Veteran
66	10:06	William	Fleming	Velo Club Venta	Male	Veteran
67	10:07	Stuart	Thompson	Andover Wheelers	Male	Veteran
68	10:08	Faye	Faber	IOW Cycling Club	Female	Senior
69	10:09	Billy	Dyer	Devizes Town Cycling Club	Male	Veteran
70	10:10	Stephen	Whitewick	VeloRefined.com Aerosmiths	Male	Veteran
71	10:11	Mike	Anderson	Velo Club St Raphael	Male	Veteran
72	10:12	Jason	Hayles	IOW Cycling Club	Male	Espoir
73	10:13	Michelle	Walter	Bournemouth Arrow CC	Female	Veteran
74	10:14	John	Burrows	Poole Whs	Male	Veteran
75	10:15	James	Peckham	Sotonia CC	Male	Senior
76	10:16	Andrew	Rivett	Velo Club St Raphael	Male	Veteran
77	10:17	Nick	Jones	Bournemouth Jubilee Whs	Male	Veteran
78	10:18	Craig	Haslam	Tri UK	Male	Veteran
79	10:19	zoe	taylor	a3crg	Female	Veteran
80	10:20	Greg	Parker	Velo Club St Raphael	Male	Veteran
81	10:21	Mike	Boyce	a3crg	Male	Veteran
82	10:22	Nicholas	Cooper	Andover Wheelers	Male	Veteran
83	10:23	Christopher	Mullett	Gillingham and District Wheelers / V	Male	Senior
84	10:24	Martin	Jones	Fareham Wheelers CC	Male	Veteran
85	10:25	Simon	Healey	Andover Wheelers	Male	Veteran
86	10:26	Patrick	Brennan	a3crg	Male	Senior
87	10:27	Simon	Berogna	Velo Club St Raphael	Male	Veteran
88	10:28	Richard	Moore	Wyndymilla	Male	Veteran
89	10:29	Gary	Chambers	Fareham Wheelers CC	Male	Senior
90	10:30	eva	nyirenda	a3crg	Female	Senior
91	10:31	Tobie	Muir	Bournemouth Arrow CC	Male	Senior
92	10:32	James	Boyman	Farnham RC	Male	Senior