

LEG LOOSENER TIME TRIAL 2019

Sunday 14 April | 8am | Nomansland, New Forest

Start sheet and rider information

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

EVENT HQ (FROM 6:45AM)

Hamptworth Golf Club
Hamptworth Road
SP5 2DU

EVENT SECRETARY

Phil Wilks
Boleyn Cottage
Forest Road
Nomansland
SP5 2BW

On the day mobile number: 07790 779572



TIMEKEEPERS

Martin Napier, David Crocker, Norman Harvey, Mary Corbett.

Please **call your number at the finish** to help the time keepers and avoid delays in calculating times.

COURSE MAP



Strava activity: <https://www.strava.com/activities/672359344>

If you arrive at the start early then we recommend you use New Road to warm up on, to the east of the start. The roads in the other directions are all part of the course.

HQ LOCATION

HQ will be open from 6:45am.

We will be in the room at the **rear** of the building. Follow the gravel car park all the way around and the doors will be open at the back of the building where the event secretary will be eagerly waiting to sign you on and give you your number.



HQ FACILITIES

There are nice changing rooms and toilets at the club. These are on the east end of the building, next to the signing on room.

Unfortunately we are not allowed to serve cake at the HQ. Hopefully there will be tea and coffee.

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 on the corner at the top of Pipers Wait. **Tell your friends to come along too!**

PRIZES & PRESENTATION

Please stay for the prize presentation if you can, which will be done as soon as we can after the TT event has finished. Any prizes not collected at the event will be put back into the pot for next year.

Road Bike event

1st place:	£25
2nd place:	£20
3rd place:	£15
4th place:	£10
5th place:	£5

1st woman:	£25
2nd woman:	£20
3rd woman:	£15
4th woman:	£10

TT Bike event

1st place:	£25
2nd place:	£20
3rd place:	£15
4th place:	£10
5th place:	£5

1st woman:	£25
2nd woman:	£20
3rd woman:	£15
4th woman:	£10

Special Prizes

10th place overall in each category: £10
Last place in each category: Wine

SAFETY INSTRUCTIONS: PLEASE OBSERVE THE FOLLOWING

Riders must...

- Not make U-turns within sight of the start or finish.
- Be careful at cattle grids – especially when wet.
- Beware of animals on the road including horse riders.
- Take extra care on the fast descent of Bramble hill between GR SU252151 and SU263154.
- After finishing, return to HQ, but 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 between SU260179 and the finish – there are parked cars, pedestrians and other competitors riding to the start and from the finish.
- Vehicles must not be parked or stopped within 1 mile 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.

- Any Rider observed in "companion riding" may be disqualified. It is forbidden to ride with another rider during the race regardless of whether the other rider is racing or not.

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
All riders **must sign out in person** when returning their number to HQ.

Anti Doping

Please be aware that doping control may be present at this event and that you may be required to submit a sample for analysis.

Road Bike Category Rules

- No tri bars
- Wheels maximum of 70mm depth, no disc wheels, no tri-spokes, no quad-spokes
- No time trial helmets
- Skinsuits are allowed

COURSE DETAILS - P183A

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 (approx 2 miles)

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 2 miles to Hamptworth Road. Turn left and then right into Hamptworth Golf Club. Please note you will be riding on the course for around 500m, so be aware and considerate of competitors on the course.

COURSE VIDEO



We've produced a 14 minute video showing the route from the HQ to the start, the main features of the course, and the route back to HQ from the finish.

www.youtube.com/watch?v=8z7AU_IGW5U

All turns on the course will have direction signs as long as some joker doesn't remove them. Most turns will have a volunteer from Sotonia marshalling, but not all of them.

Please watch this video if you haven't ridden this event before as last year we had one person get lost on the way to the start and another person miss the first left turn on the course.

START LIST: ROAD BIKE EVENT

Bib	Start Time	First name	Last name	Club	Gender
1	8:01 am	Mike	Anderson	Club Cycliste Moncontourais	Male
2	8:02 am	Rob	Crutchfield	Southampton Tri Club	Male
3	8:03 am	Colin	Mooney	Portsdown Hill CC	Male
4	8:04 am	Matt	Todd	Poole Whs	Male
5	8:05 am	Wayne	Prevett	Sotonia CC	Male
6	8:06 am	Tim	Mason-desave	DHCyclesport Cycling Club	Male
7	8:07 am	David	Brazier	Sarum Velo	Male
8	8:08 am	Phil	Morris	Fareham Wheelers CC	Male
9	8:09 am	Martin	Balk	3C Cyclexperience	Male
10	8:10 am	Steve	Reed	Sotonia CC	Male
11	8:11 am	Sien	Van Der Plank	University of Southampton RC	Female
12	8:12 am	James	Davenport	Nieuw Bos	Male
13	8:13 am	Simon	Lock	Poole Whs	Male
14	8:14 am	Vernon	Schutte	Farnborough & Camberley CC	Male
15	8:15 am	Guy	Chappelle	...a3crg	Male
16	8:16 am	Rick	Evans	Racing Club Ravenna	Male
17	8:17 am	Jeremy	Hubbard	Hargroves Cycles CC	Male
18	8:18 am	Lucy	Mitchell	Petersfield Triathlon Club	Female
19	8:19 am	Henry	Salmon	University of Southampton RC	Male
20	8:20 am	William	Simmons	Christchurch Bicycle Club	Male
21	8:21 am	Robert	Pretorius	...a3crg	Male
22	8:22 am	Michelle	Walter	Bournemouth Arrow CC	Female
23	8:23 am	Edward	Scarrow	VC Norwich	Male
24	8:24 am	Damon	Payne	Royal Navy & Royal Marines CA	Male
25	8:25 am	Stephen	Skinner	Velo Club St Raphael	Male
26	8:26 am	Richard	Bradley	3C Cyclexperience	Male
27	8:27 am	Andrew	Mayfield	Bournemouth Arrow CC	Male
28	8:28 am	James	Horan	South Downs Bikes / Casco Pet	Male
29	8:29 am	Ian	Sherin	3C Cyclexperience	Male
30	8:30 am	Cameron	Taylor	Sotonia CC	Male
31	8:31 am	Mike	Garner	...a3crg	Male
32	8:32 am	Callum	Dunford	JAM Cycle Race Team coached by BPC	Male
33	8:33 am	Andy	Self	North Hampshire RC	Male
34	8:34 am	Jerry	Bromyard	...a3crg	Male
35	8:35 am	Joshua	Lahiri	Portsdown Hill CC	Male
36	8:36 am	Richard	Porter	CC Weymouth	Male
37	8:37 am	Angela	Carpenter	...a3crg	Female
38	8:38 am	Richard	Hamilton	Sarum Velo	Male
39	8:39 am	Thom	Hayward	Velo Club Venta	Male

Bib	Start Time	First name	Last name	Club	Gender
40	8:40 am	Brook	Elgie	Sotonia CC	Male
41	8:41 am	Matt	Harris	...a3crg	Male
42	8:42 am	David	Dalton	Fareham Wheelers CC	Male
43	8:43 am	Jamie	Franklin	Velo Club Venta	Male
44	8:44 am	Jamie	Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford	Male
45	8:45 am	James	Peckham	Sotonia CC	Male
46	8:46 am	Mitchell	Webber	Andover Wheelers	Male
47	8:47 am	Samuel	Wadsley	Primera-Teamjobs	Male
48	8:48 am	Craig	Wallington	Sarum Velo	Male
49	8:49 am	Neil	Mackley	...a3crg	Male
50	8:50 am	Ed	Slot	Sotonia CC	Male
51	8:51 am	Dave	Dent	GS Stella	Male
52	8:52 am	James	Horton	Velo Club St Raphael	Male

START LIST: TT BIKE EVENT

Bib	Start Time	First name	Last name	Club	Gender
53	8:53 am	Paul	Edmonds	Southampton Tri Club	Male
54	8:54 am	Lili	McClean	Andover Wheelers	Female
55	8:55 am	Gary	Roberts	Portsmouth Triathletes	Male
56	8:56 am	Martin	Beale	Velo Club St Raphael	Male
57	8:57 am	Philip	Dickson	Poole Whs	Male
58	8:58 am	Rebecca	Stubbs	Sotonia CC	Female
59	8:59 am	Harry	Johnson	Velo Club St Raphael	Male
60	9:00 am	Patrick	Brennan	...a3crg	Male
61	9:01 am	Andrew	Rivett	Velo Club St Raphael	Male
62	9:02 am	Arthur	Boulton	Vision Innovative Leisure Racing Team	Male
63	9:03 am	Stuart	Thompson	Velo Club St Raphael	Male
64	9:04 am	Kirsty	McSeveney	...a3crg	Female
65	9:05 am	Nick	Austin	Sotonia CC	Male
66	9:06 am	Michelle	Lock	GS Stella	Female
67	9:07 am	Simon	Berogna	Velo Club St Raphael	Male
68	9:08 am	James	Goward	Farnborough & Camberley CC	Male
69	9:09 am	Brendan	Reese	Army Cycling	Male
70	9:10 am	Andy	Smith	Velo Club St Raphael	Male
71	9:11 am	Nick	Tarmey	Velo Club Venta	Male

SOTONIA

C Y C L I N G C L U B

Thanks for supporting the event and we look forward to seeing you on the day.