

Sotonia CC on behalf of South District

Present:

CTT Classic Series

Sunday 17th March 2024

START SHEET

ROUND

1 of 6

SOTONIA
CYCLING CLUB



Promoted for and on behalf of Cycling Time Trials
under its Rules, Regulations and Conditions



A CYCLING TIME TRIALS REPRESENTATIVE WILL BE IN ATTENDANCE

2024 CTT CLASSIC SERIES DATES

Date	Promoting Club	District	CTT Rep
Sunday 17th March	Sotonia CC	South	Roger Wakeling
Friday 29th March	Buxton CC	Manchester	Sue Bowler
Sunday 21st April	Beacon RCC	Midland	David Barry
Sunday 5th May	Edinburgh Road Club	Scotland	Dawn Sherrin
Sunday 26th May	Penzance Wheelers	South West	TBC
Sunday 9th June	Border City Wheelers CC	North	Tim Smith

CTT CLASSIC SERIES OVERALL AWARDS

To be presented at Champions Night 2024 (1st overall only)

1st	Open Category	RTTC Medal
1st	Female Category	RTTC Medal
1st	Junior Category	RTTC Medal
1st	Veteran (Scratch)	RTTC Medal
1st	Veteran (Target)	RTTC Medal
1st	Female Veteran (Scratch)	RTTC Medal
1st	Paracyclist	RTTC Medal
1st	Road Bike (Open)	RTTC Medal
1st	Road Bike (Female)	RTTC Medal
1st	Road Bike (Junior)	RTTC Medal
1st	Team (of 3 across all categories)	RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from up to four events. If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Open and Females. Female Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Women's competition. The competition for Paracyclist's is based on a "Factored Time" system.

See Page 191 of the 2024 Handbook for the competition conditions.

Sotonia Leg Loosener TT

8:30am Sunday 17 March 2024

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

EVENT HQ, OPEN FROM 7:00AM

Bramshaw Village Hall

SO43 7JE

(On the B3079)

what3words: cigar.gains.lamppost

EVENT SECRETARY

Phil Wilks

Boleyn Cottage

Forest Road

Nomansland

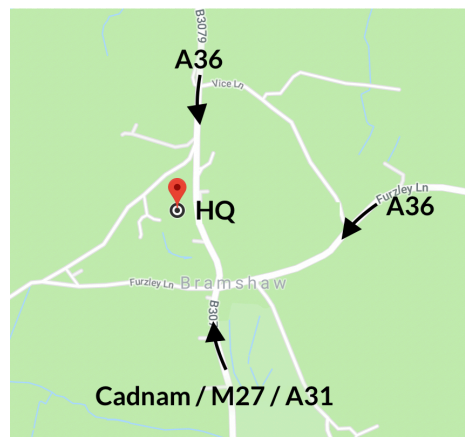
SP5 2BW

On the day mobile number: 07790 779572

TIMEKEEPERS

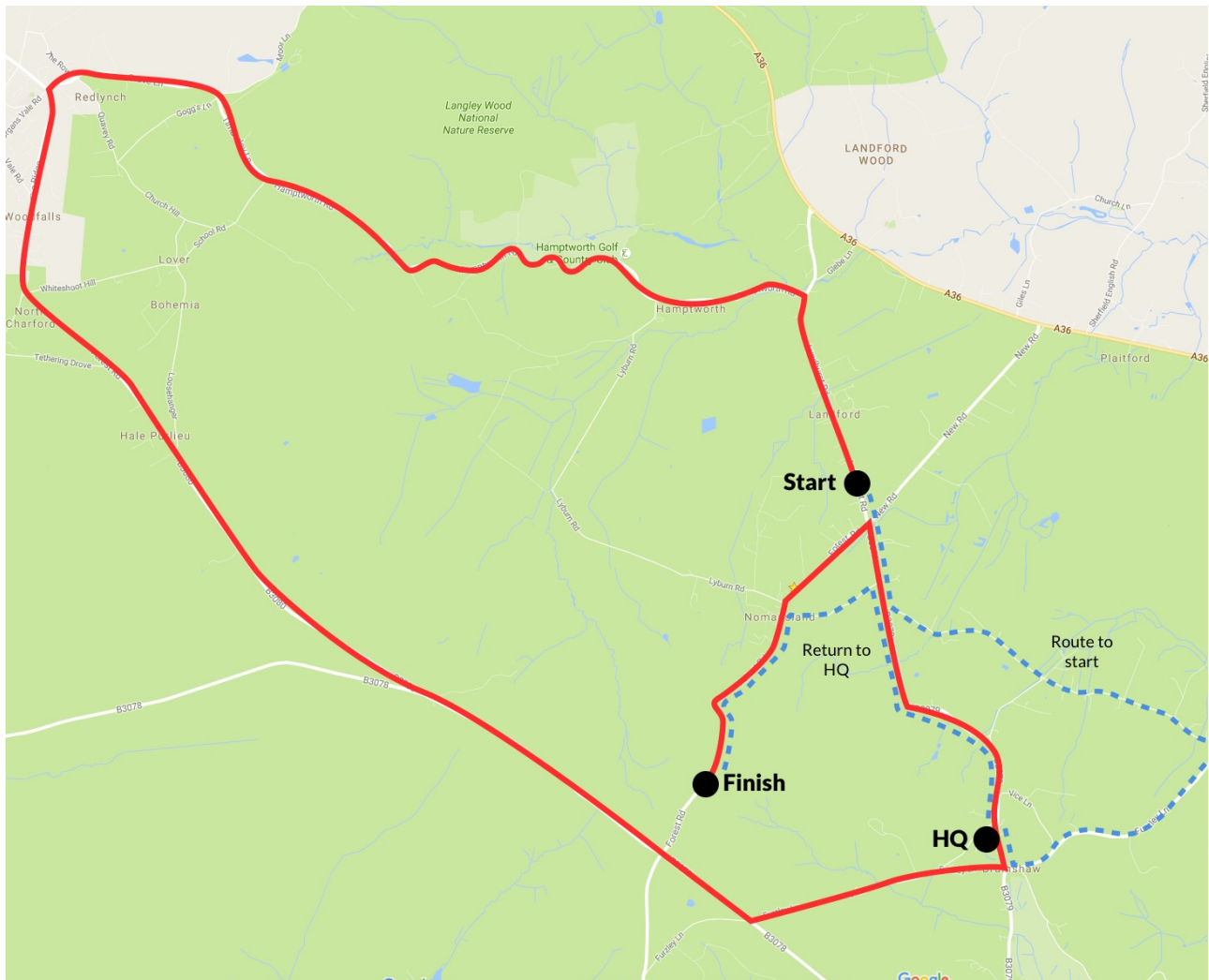
Dave Crocker, Martin Napier, Norman Harvey, Mary Corbett.

Please shout your number at the finish to help the time keepers..



SOTONIA
CYCLING CLUB

COURSE MAP



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

Please note that the course now finishes at the car park at the summit of the final hill. This is about 250m shorter than previous years.

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 RESTRICTIONS

HQ will be open from 7:00am.

There are neighbours very close to the HQ car park, so please be respectful and keep noise to a minimum.

No turbo trainers before 7:30am.

No cycling shoes inside the main hall.

SAFETY INSTRUCTIONS: PLEASE OBSERVE THE FOLLOWING

Riders must...

- Not make U-turns within sight of the start or finish.
- Be careful over cattle grids especially when wet.
- Give space to any animals on the road including horse riders.
- Take care to avoid pot holes. In particular there are quite a few in the first 8km of the course. Please keep your head up at all times.
- Take extra care on the fast descent of Bramble Hill. Please cover your brakes on the right hand corner after the decent (6m35s in the course video below), and stay well over to your side of the road.
- 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 village where there may be parked cars, pedestrians and other cyclists.
- Vehicles must not be parked 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.

Helmets and Lights

All competitors must wear a properly affixed **helmet**.

You must have a working **rear red light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

You must have a working **front white light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other 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.

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 opposite gravel car park SU250 166 (23km approximately).

Extended route to the start (approx 3 miles)

If you are in the first 30 riders, feel free to ride along the course to the start, as the first riders are unlikely to get to that part of the course while you are still on it. However, if you are not in the first 30 riders, please allow extra time to take this longer route to the start to minimise the time that you are riding on the course.

From HQ turn right out of car park onto B3079 taking great care as competitors may be coming from your right. Take the next left onto Furzley Lane and follow this road for 1 mile until you reach a cross road where you will turn left.

Keep following this road until you reach a T-Junction with the B3079 where you will turn right - you are now on the course, please be aware of riders who will be competing and give way to them. Keep riding until you pass the crossroads for Nomansland / New Road and the start will be just beyond this.

As mentioned above, if you are in the first 30 riders then feel free to ride straight to the start by turning left out of the HQ and head north along the B3079 as there won't be any competitors on that section of the course yet.

If you not in the first 30 riders and choose to take the short route to the start then please be considerate of other competitors. It is very easy to hold up a car and then for someone in the race to get held up behind that car without you realising.

Recommended route from the finish

Perform a U-turn when safe to do so. Retrace course to Nomansland where right just in front of The Lamb pub onto a minor road, follow to the end where right onto B3079 taking great care as competitors may be coming from your right, retrace the course in reverse until right into HQ at Bramshaw Village Hall.

COURSE VIDEO



We've produced a short 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.

<https://youtu.be/cvic7hS7Uzs>

Please note that **the course now finishes at the car park at the summit of the final hill**. This is about 250m shorter than previous years.

All turns on the course will have direction signs as long as some idiot doesn't remove them.

Most turns will have a volunteer from Sotonia marshalling, but not necessarily all.

Please watch this video if you haven't ridden this event before as one year we had a person get lost on the way to the start and another person miss the first left turn on the course. Ultimately it is the rider who is responsible for navigating the course.

Number	Start Time	Name	Club	Machine	Classification	Category	Age	
1	08:31:00	Samuel Ridgment	Sotonia CC	TT Bike	Open	Junior	16	
2	08:32:00	Sophie Heighton	Ferryhill Whs	Road Bike	Female	Junior	17	
3	08:33:00	Thomas Wilks	Sotonia CC	Road Bike	Open	Youth	13	
4	08:34:00	Marit Davidse	Sotonia CC	Road Bike	Female	Youth	13	
Number	Start Time	Name	Club	Machine	Classification	Category	Age	Factor
5	08:35:00	Wout Davidse	Sotonia CC	Road Bike	Open	Veteran	54	41:33
6	08:36:00	Julie Bailey	Army Cycling	Road Bike	Female	Senior	37	
7	08:37:00	Karl Norris	360VRT	Road Bike	Open	Veteran	53	41:15
8	08:38:00	William Simmons	Christchurch Bicycle Club	Road Bike	Open	Veteran	72	47:24
9	08:39:00	Mike Anderson	CC Moncontour	Road Bike	Open	Veteran	65	45:02
10	08:40:00	Adam Puckett	Fareham Wheelers CC	Road Bike	Open	Veteran	42	38:03
11	08:41:00	Ollie Mitchell	GS Mossa	Road Bike	Open	Veteran	42	38:03
12	08:42:00	Oliver Hurdle	Stolen Goat Race Team	Road Bike	Open	Senior	24	
13	08:43:00	Alice Larkin	Glossop Kinder Velo Cycling Club	Road Bike	Female	Veteran	49	42:28
14	08:44:00	Rowan Horner	Velo Club St Raphael	Road Bike	Open	Veteran	50	40:21
15	08:45:00	Martin Balk	3C Cycle Club	Road Bike	Open	Veteran	64	44:42
16	08:46:00	Simon Hall	Crabwood Cycling Club	Road Bike	Open	Veteran	54	41:33
17	08:47:00	Sien Van der Plank	New Forest CC	Road Bike	Female	Senior	29	
18	08:48:00	Louisa Cooper	PDQ Cycle Coaching	Road Bike	Female	Veteran	41	40:03
19	08:49:00	Alice O'Neill	Velo Bavarian	Road Bike	Female	Senior	25	
20	08:50:00	Lee Shirley	Sotonia CC	Road Bike	Open	Veteran	57	42:28
21	08:51:00	Ryan Smart	3C Cycle Club	Road Bike	Open	Senior	29	
22	08:52:00	Sam Dorkings	New Forest CC	Road Bike	Open	Senior	31	
23	08:53:00	Dominic Righini-Brand	Spalding CC	TT Bike	Open	Veteran	40	37:30
24	08:54:00	Evgeniya Righini-Brand	Spalding CC	TT Bike	Female	Senior	37	
25	08:55:00	Reece Dawson	New Forest CC	Road Bike	Open	Espoir	18	
26	08:56:00	Adrian Lauchlan	Southgate CC	Road Bike	Open	Veteran	65	45:02
27	08:57:00	Michael Jenkins	Warwick Lanterne Rouge Cycling Club	Road Bike	Open	Senior	37	
28	08:58:00	Rachel Waite	Andover Wheelers	Road Bike	Female	Veteran	43	40:39
29	08:59:00	David Gray	Axe Valley Pedallers	Road Bike	Open	Veteran	60	43:25
30	09:00:00	Matt Doe	...a3crg	TT Bike	Open	Veteran	51	40:39
31	09:01:00	Isobel Conibear	DHC (Districts of Hamwic Cyclesport)	Road Bike	Female	Senior	23	
32	09:02:00	Robin Delve	Mid Devon Cycling Club	Road Bike	Open	Veteran	65	45:02
33	09:03:00	Hebe Picking	Jadan Vive Le Velo	TT Bike	Female	Espoir	19	
34	09:04:00	Jack O'Neill	Team Enable - M.I. Racing	Road Bike	Open	Senior	29	
35	09:05:00	Ian Sherin	3C Cycle Club	Road Bike	Open	Veteran	62	44:03
36	09:06:00	Simon Potter	Alton Cycling Club	Road Bike	Open	Senior	36	
37	09:07:00	Max Webber	Andover Wheelers	Road Bike	Open	Senior	32	

38	09:08:00	Brett Wheeler	Poole Wheelers Cycling Club	Road Bike	Open	Senior	37	
39	09:09:00	Mark Lisk	3C Cycle Club	Road Bike	Open	Veteran	50	40:21
40	09:10:00	Stuart Peckham	Velo Club St Raphael	Road Bike	Open	Veteran	53	41:15
41	09:11:00	Mitchell Webber	Andover Wheelers	Road Bike	Open	Senior	28	
42	09:12:00	Mark Sanders	Mid Devon Cycling Club	TT Bike	Open	Veteran	64	44:42
43	09:13:00	Howard Bayley	...a3crg	Road Bike	Open	Veteran	49	40:03
44	09:14:00	Luke Walton	Elevate RT	Road Bike	Open	Senior	35	
45	09:15:00	Simon Smith	ZeroBC Race Team	TT Bike	Open	Veteran	49	40:03
46	09:16:00	Rob Wild	Velo Club Long Eaton	Road Bike	Open	Veteran	41	37:47
47	09:17:00	Malcolm Cox	Velo Club St Raphael	Road Bike	Open	Veteran	56	42:10
48	09:18:00	Steve Smales	Harrogate Nova CC	TT Bike	Open	Veteran	54	41:33
49	09:19:00	Stefan Hurst	Ronde Cycling Club	Road Bike	Open	Senior	34	
50	09:20:00	Keri Parton	Team Bottrill	TT Bike	Female	Senior	35	
51	09:21:00	Kirsty McSeveney	...a3crg	TT Bike	Female	Veteran	43	40:39
52	09:22:00	Jessica Rhodes-Jones	AeroCoach	TT Bike	Female	Senior	33	
53	09:23:00	Simon Dighton	Beacon Roads CC	TT Bike	Open	Veteran	60	43:25
54	09:24:00	Paul Bailey	Bridgnorth Cycling Club	Road Bike	Open	Veteran	47	39:28
55	09:25:00	Bryce Dyer	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	Road Bike	Open	Veteran	48	39:46
56	09:26:00	Alexander Fortune	Army Cycling	TT Bike	Open	Veteran	48	39:46
57	09:27:00	Paul Mansell	...a3crg	Road Bike	Open	Veteran	45	38:54
58	09:28:00	Jamie Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	Road Bike	Open	Espoir	19	
59	09:29:00	B Xavier Disley	AeroCoach	Road Bike	Open	Senior	39	
60	09:30:00	Peter Youngusband	Petersfield Triathlon Club	TT Bike	Open	Veteran	59	43:06
61	09:31:00	Matthew Buckley	Andover Wheelers	Road Bike	Open	Senior	31	
Number	Start Time	Name	Club	Machine	Classification	Category	Age	Target
62	09:32:00	Mark Valentine	Poole Wheelers Cycling Club	TT Bike	Open	C5	48	1.058
Number	Start Time	Name	Club	Machine	Classification	Category	Age	
63	09:33:00	Thomas White	Royal Air Force Cycling Association	TT Bike	Open	Senior	26	
64	09:34:00	Jason Mould	Army Cycling	TT Bike	Open	Senior	33	
65	09:35:00	Jeremy Hubbard	Sotonia CC	TT Bike	Open	Senior	32	
66	09:36:00	Chris Booth	Army Cycling	TT Bike	Open	Senior	38	
67	09:37:00	Liam Kemp	Southampton University Road Cycling Club (SURC)	TT Bike	Open	Senior	26	
68	09:38:00	Ben Goodwin	Fibrax Fenwicks Wrexham Cycling Club	TT Bike	Open	Senior	26	

PRIZES FOR EACH EVENT

The awards below are for the following categories, Men, Women, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Men), Road Bike (Women) & Road Bike (Junior).

1st	CTT Classic Series	Eco Wood Sustainable Medal
2nd	CTT Classic Series	Eco Wood Sustainable Medal
3rd	CTT Classic Series	Eco Wood Sustainable Medal

Road Bike Criteria (Moved from Regulation 14, 14(L))

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet.

The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.



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NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards. This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(j)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 14(k)

(k) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15:

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.

REGULATION 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.
- N.B. Extenuating circumstances may be considered.

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.

Cycling Time Trials