

# Sotonia Leg Loosener TT

9am on Sunday 26 February 2023

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

## EVENT HQ, OPEN FROM 7:45AM

**Bramshaw Village Hall**

**SO43 7JE**

(On the B3079)

what3words: cigar.gains.lamppost

## EVENT SECRETARY

Phil Wilks

Boleyn Cottage

Forest Road

Nomansland

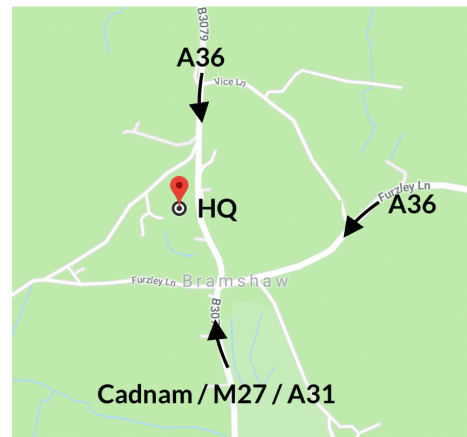
SP5 2BW

On the day mobile number: 07790 779572

## TIMEKEEPERS

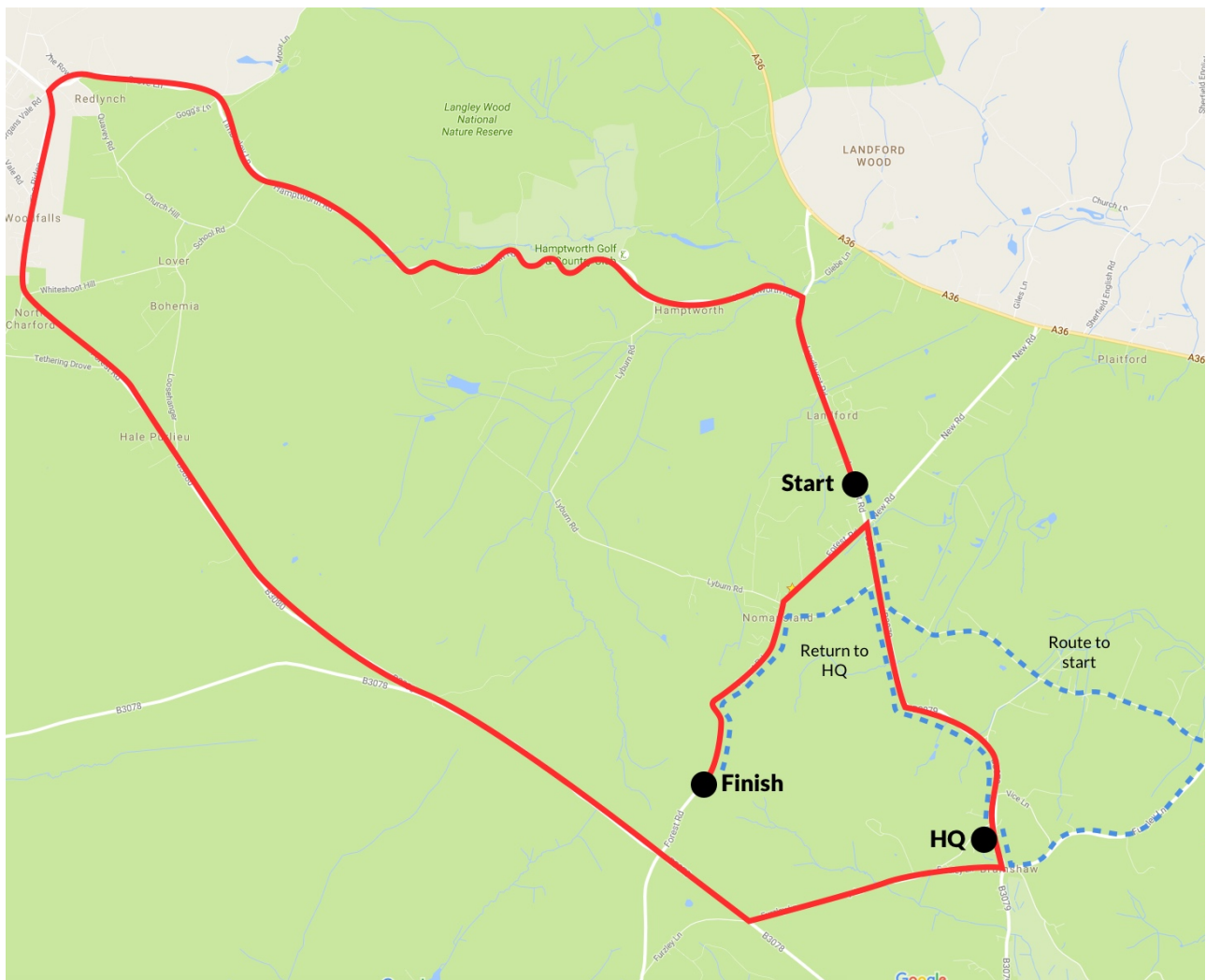
Martin Napier, Norman Harvey, Mary Corbett.

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



**SOTONIA**  
CYCLING CLUB

## COURSE MAP



Strava route: <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 RESTRICTIONS

HQ will be open from 7:45am.

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

No turbo trainers before 8am.

No cycling shoes inside the main hall.

## PRIZES & PRESENTATION

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

There will be prizes for 1st to 5th man and 1st to 5th woman.

There will also be spot prizes for 10th, 20th, 30th and 40th overall.

## 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. There are quite a few in the first 8km of the course.
- Take extra care on the fast descent of Bramble Hill especially the corners which can have dirt on.
- 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.

## Bike and Equipment Rules

- No TT bikes
- No TT helmets
- No tri-bars or clip-on bars
- No disc wheels
- Both front and rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm
- Skinsuits are allowed

If you have any equipment questions please email [philwilks@gmail.com](mailto:philwilks@gmail.com) before the event.

## 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).

## Extended route to the start (approx 3.5 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 probably 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>

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.

## RIDER LIST AND START TIMES

Num	Start time	First name	Last name	Club
1	09:01	Mike	Anderson	Velo Club St Raphael
2	09:02	Aaron	Barry	Sotonia CC
3	09:03	James	Davenport	Nieuw Bos
4	09:04	Yana	Polyak	DHC (Districts of Hamwic Cyclesport)
5	09:05	Nigel	Aiken	Sotonia CC
6	09:06	Martin	Balk	3C Cycle Club
7	09:07	Lucy	Phillips	Sotonia CC
8	09:08	Daniel	Mahony	Velo Club Venta
9	09:09	Stanley	Phillips	Sotonia CC
10	09:10	Jamie	Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Tre
11	09:11	Ian	Page	New Forest CC
12	09:12	Alec	O'Loughlin	Southampton University Road Cycling Club (SURC)
13	09:13	Greg	Sanger	Sotonia CC

14	09:14	James	Wells	Velo Club Venta
15	09:15	Martin	Nobbs	Sotonia CC
16	09:16	Vernon	Schutte	Farnborough & Camberley CC
17	09:17	Simon	Hall	Crabwood Cycling Club
18	09:18	Samuel	Ridgment	Sotonia CC
19	09:19	Jack	Fussey	Southampton University Road Cycling Club (SURC)
20	09:20	Joanne	Clarke	Velo Club Venta
21	09:21	Debbie	Hallett	Sotonia CC
22	09:22	Sien	Van der Plank	New Forest CC
23	09:23	Stuart	Peckham	Velo Club St Raphael
24	09:24	Pete	Wilson	Bournemouth Arrow CC
25	09:25	Joseph	Wynne	Sotonia CC
26	09:26	Albert	Buckingham	Velo Club Venta
27	09:27	Conor	Williams	trainSharp
28	09:28	Jason	Harrison	Sotonia CC
29	09:29	Stephen	Skinner	Velo Club St Raphael
30	09:30	Mark	Lisk	3C Cycle Club
31	09:31	Lee	Shirley	Sotonia CC
32	09:32	Malcolm	Cox	Velo Club St Raphael
33	09:33	Hamish	Hunter	Velo Club Venta
34	09:34	Will	Deely	Southampton University Road Cycling Club (SURC)
35	09:35	Jon	Dudley	Sotonia CC
36	09:36	Kirsty	McSeveney	...a3crg
37	09:37	Ian	Sherin	3C Cycle Club
38	09:38	Andy	McGhee	DHC (Districts of Hamwic Cyclesport)
39	09:39	Martin	Beale	Velo Club St Raphael
40	09:40	Jonathan	Hall	Sotonia CC
41	09:41	Les	Liddiard	GS Vecchi
42	09:42	Holly	Ramsey	Tofauti Everyone Active
43	09:43	Sherif	Attia	Southampton University Road Cycling Club (SURC)
44	09:44	Alexander	Fortune	Army Cycling
45	09:45	Neil	Mackley	...a3crg
46	09:46	Oliver	Hurdle	Stolen Goat Race Team
47	09:47	Matthew	Buckley	Velo Club St Raphael

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