



Wessex DA CTC

100 miles in 8 hours

12th July 2009



Welcome. Open from 07:30 for signing on and teas, the event starts at 8am from Hamworthy Park, Hamworthy (GR: SY 9830 9110), reopening at 15:00 for signing off and recovery. Entry Fee £1.50 . Parking at ones own risk is available on site and off road.

This event is a time reliability trial useful in testing ones fitness at this time of year: it is not a led ride and it is not a race; the objective is to cover the distance of 100 miles within the 8th hour (ie between 15:00 and 16:00)

The non stop average speed to achieve 100 miles in 8 hours is 12.5 mph: 14.3mph with three 20min stops. The Gorge Café, Blandford (33miles), the Fountain Inn, Henstridge (55m), and The Rose Mullion, Wool (85m) are on route should you wish to make a stop.

The event is held on the public highway and entering this event does not in any way absolve entrants from complying with the rules of the highway nor from taking full responsibility for their own actions and decisions; entrants should consider themselves on a private excursion and must act accordingly. The organising body in assessing the risk to participants of this event assumes this to be the case and finds no risk other than that inherent in normal every day cycling on the public highway. The selected route includes rural and urban traffic'd 'A' & 'B' roads, high and exposed ridge roads, and infrequently used country lanes. The road surfaces are less than perfect.

The route is a tour of East Dorset going from the urban sprawl of the southeast into dormitory areas, onto farming communities, a bit of industrial horror in the north, turning to follow valley streams south to drift eastward through woodland & farmland back into urbania.



⤴ Along Ashmore Rd to Lights, L	UPTON	2
⤶ At double @ L (B3067)		
⤴ After flyover R		
⤴ At T, L to Traf Lights where R sp	CORFE MULLEN	4
⤶ At next 3 @s, SO		
⤶ At @(A31) SO sp <i>Wimborne</i>	WIMBORNE MINSTER	7
⤶ At mini @ SO into <i>The Square</i>		
⤴ Keep L to Traf Lights SO		
⤴ And SO at next Traffic Lights		
⤴ Pass <i>Crown & Anchor</i> R	<i>Burts Hill</i>	10
⤴ At T, L&R.		
⤴ At T, L (<i>Barley Mow pub</i>)		
⤴ At X, SO		
⤴ At X, R		
⤴ At T, R.	THREE LEGGED CROSS	14
⤶ At @ SO		
⤶ At @ L(B3072) sp <i>Verwood</i>	VERWOOD	17
⤶ At @ 2nd exit (B3072) sp		
⤶ At @, 1st exit sp <i>All Routes</i>		
⤶ At @, 2nd exit		
⤶ At @ 1st exit (<i>Heavy Horses</i>)		
⤴ At T, R through	ALDERHOLT	22
⤴ L on sharp R bend sp Mill		
⤴ At X(B3078), L	DAMERHAM	25
⤴ At <i>High Leigh</i> , R	WITCHAMPTON	35
⤴ 1st L to <i>The Tarrants</i>		
⤴ At T, L sp <i>Blandford Forum</i>		
⤴ R sp <i>Blandford</i>		
⤴ At T(B3082), R. At @ SO	BLANDFORD FORUM	45
⤴ Follow one-way sp <i>Dorchester</i>		
⤶ Over river bridge to @, SO		
⤴ 2nd R sp	WINTERBORNE STICKLAND	50
⤴ At T, R sp	TURNWORTH	51
⤴ At T, R sp	OKEFORD FITZPAINE	55
⤴ At X(A357), L	NEWTOWN	57

⤴ L (A3030) sp <i>Sherborne</i>		
⤴ L (B3143) sp	KINGS STAG	60
⤴ L (B3143) sp	BUCKLAND NEWTON	66
⤴ L sp broken	DRUCE	72
⤶ At @ R(A354) sp <i>Puddletown</i>		
⤶ At @ SO sp	PUDDLETOWN	74
⤴ pass <i>Blue Viney</i> , over bridge & L		
⤴ L into <i>The Square</i> pass church		
⤴ At T, L&R sp <i>Tincleton</i>		
⤴ R sp	TINCLETON	76
⤴ At T, R&L sp <i>Moreton</i>		
⤴ At T, L		
⤴ At X, SO	MORETON	81
⤴ At T, R over track and L(B3071)	WOOL	85
⤴ 1st L <i>Bindon Lane</i>		
⤴ At X SO sp <i>Stoborough</i>		
⤴ At T, L sp <i>Stoborough</i>		
⤴ At T(A351) L&R		
⤴ At T(B3075) L	STOBOROUGH	90
⤴ At Traffic Lights SO	WAREHAM	91
⤶ At @ R (A351) <i>flyover</i>		
⤶ At @ SO (A351)		
⤶ At @ SO (A351)	SANDFORD	93
⤴ At Traffic Lights SO		
⤶ At @ 1st exit		
⤶ At <i>Bakers Arms</i> @ SO sp	LYTCHETT MINSTER	96
⤶ At double mini @s R (B3068)	UPTON	
⤴ At third Lights R and return to	Hamworthy Park	100

route Key Place Names in **UPPER CASE** are entered
(Road Number) Major Road ahead
T Give way at road junction ahead **@** roundabout
X Give way at crossroad junction ahead **###** cattle grid
L turn left **R** Turn right **SO** straight on





This event has been organised and run under the rules of CTC - the UK's national cyclists' organisation. For further information about the CTC and the events and services we offer please contact 0870 873 0060 www.ctc.org.uk



CTC STANDARD ENTRY FORM.

Organiser's information.

Name of eventWessex DA CTC 100 in 8..... Date.....12th July 2009.....

General information:
Start: Hamworthy Park, Hamworthy, Poole at 8am.
 Signing in to take place from 07:30

The Route: will head north through Corfe Mullen and Wimborne Minster, Verwood to Blandford Forum. North to Henstridge and onto Wool via the Piddle Valley. Return to Hamworthy Park by way of Wareham and Lytchett Minster.

The Finish: will be back at Hamworthy Park from 15:00 for signing off and light refreshments.

Cost:	Cheques payable to:	Entry forms to:
£1.50	Shawn Shaw	22, Shaftesbury Road., Longfleet, Poole, Dorset. BH15 2LT

(Please use BLOCK CAPITALS)

Name: Mr/Mrs/Miss/Ms..... (Forename) (Surname)

Address
 Postcode

Telephone (Day) CTC Membership No

Telephone (Eve) DA TC Category (please indicate) **Junior – Lady - Veteran**

Email address

Date of birth:/...../..... If under 18 parental consent on rear of form must be signed

Please give name of a contact in case of emergency during the event:
 Name Relationship Telephone

Please specify any queries you may have:

 Organiser's use only

DISCLAIMER:
 I agree that I understand and will abide by the terms and conditions required by the CTC for the safe participation in this activity and to act responsibly and adhere to the rules of the road and countryside. Marshals if they are used are solely to indicate the direction and it is my responsibility to ensure that the manoeuvre is carried out safely. I hereby maintain that I am fit and healthy enough to participate in this activity and my cycle is in a safe, legal and rideable condition. I also accept that the CTC cannot be held responsible for personal injury, accident, loss, damage or public liability during the event.

Name.....Date...../..... Signature.....

CTC rides are covered by Organisers Public Liability Insurance and CTC members are covered by third party insurance, all riders who are not members of the organisations are advised to join the CTC or obtain their own insurance.

CTC will not disclose this information to any other person or organisation except in connection with the above purposes. If you do not want us to contact you about CTC membership benefits, products or services, or if you have any query about the use we make of your data, please write to the Data Controller at CTC, 69 Meadow, Godalming, Surrey, GU7 3HS. CTC, its partners and agents may take photographs of participants for publicity and allied purposes. If you do not want any photographs used please notify the event organiser.



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PARENTAL CONSENT FORM FOR CTC CYCLING ACTIVITIES

All participants under 18 must have signed a CTC parental consent form. The only exemption is where a young person having reached the age of 16 can prove that they are no longer living with parents or guardian and is de-facto living as an independent adult. This will be proven by the supply of evidence such as a rent book or utility bill with the person's current address in their name or a National Union of Students membership card.

Events set up specifically for children do not usually have any specific age requirements, please clarify with your organiser or see details overleaf.

The minimum age for unaccompanied children is 13 on open-age CTC rides and events. There is no lower age limit if accompanied by a responsible adult acting *in loco parentis*, but a parental consent form is still needed. Children aged from 13 to 17 may participate unaccompanied in open age activities if they have parental permission to take part in an open activity but parents must understand while CTC extends a welcome to cyclists of all ages and abilities there may be no special provision for children on the activity.

Parents/ guardians must be aware of the demands of any activity, and that they alone make the decision about the ability of the child to complete the activity. They must be aware of the likelihood of the child riding alone, or with company and the arrangements for this to happen. Arrangements to get to and from the ride are wholly the responsibility of the parent/ guardian.

CTC, its members, agents and other participants may take photographs during the courser of the event, mostly for private use but some may be for local or national publicity purposes. If you do not want photographs of your child used in may publications please indicate below.

I hereby consent for the child named overleaf to participate in the activity/ies listed and fully understand the conditions of the above activity/ies.

Signature of parent or guardian.....
 Relationship.....
 Full name.....
 Address if different from overleaf

Name of responsible adult acting for the parent (*in loco parentis*).....
 Address.....

Photographic consent I do not wish any photos of my child to be used in any publications Tick