#  ST AUSTELL WHEELERS CYCLING CLUB



**14th May 2017**

For and on their behalf of Cycling Time Trials under their Rules and Regulation

ST AUSTELL WHEELERS CYCLING CLUB OPEN 25 MILE TIME TRIAL

 CORNISH CUP SAW CLUB CHAMPIONSHIP

**EVENT SEC Jaime Lewis E-MAIL jaimos69@hotmail.com**

**EVENT H.Q. ROCHE VICTORY HALL OPEN AT 7.00am START 8.00 a.m.**

**Timekeepers Sean Parker Tony Farnell Marshals Members and friends of SAW**

**AWARDS**

**1ST Overall £15 2nd £10 3rd £5 Male Vet 40-49 £10 Male Vet 50-59 £10**

**Male Vet 60+ £10 Women 1st£15 2nd £10 3rd £5**

 **S101/25** - Start near Innis down Interchange on the ‘No Through’ road, at the first lamppost on the right from the roundabout (SW029630).

Proceed eastwards to Innis down Interchange. Take the first exit to go westwards on the A30. Pass under the Victoria interchange and continue to the slip road marked "Newquay, Indian Queens" at Highgate Hill..

Circle the underpass roundabout to take the fourth exit signed "Bodmin" and rejoin the A30.

Continue on A30 to the Victoria interchange.

Take the slip road off the A30. At first roundabout take the third exit to cross the A30 and at the second exit take the second exit to rejoin the A30.

Repeat circuit and at the Victoria Interchange take the first exit off the first roundabout onto the old A30 signed “Withiel” (SW630022).

Finish at the bottom of a dip in the road and level with the gate opposite an access road under the new A30

Intermediate mileages: -

 Slip road to A30 1 miles

 Start of white wall after flyover 5.9 miles 17.3 miles

 Slip road off A30 6.9 miles 18.3 miles

 Victoria interchange 1.9 miles 13.3 miles 24.1 miles

1-HARDSHELL HELMETS RECOMMENDED

2-Please observe the Highway Code. **Ride with your head up. Do not “White Line,” Wear bright clothing.**

3-Advice to all competitors It is recommended that a flashing or constant rear light be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

4 -Event officials must not seek to regulate or interfere with other traffic.

5-Paced & company riding in Time Trials; Regulations stipulate that should a competitor be caught by another rider, the over taken rider should full back to a distance of not less than 50 yards.

**CTT REGULATIONS NOW REQUIRE ALL COMPETITORS TO SIGN BACK IN ON COMPLETION OF THE EVENT WHEN RETURNING NUMBER, FAILURE TO DO SO WILL RESULT IN NO TIME BEING GIVEN**

**PLEASE SHOUT YOUR NUMBER AS YOU CROSS THE FINISH LINE**

**PLEASE RESPECT THE LOCAL RESIDENTS IN ROCHE BY PARKING CONSIDERATELY AND KEEPING NOISE LEVELS DOWN**

**FREE REFRESHMENTS**