**TEAM SWIFT 21 TO 23.30 OPEN 10 MILE TIME TRIAL**

 **Wednesday 14th June 2017**

The event is promoted for and on behalf of Cycling Time Trials under their rules and regulations

The course is the V718 start on the A1034, just south of South Cave village and approximately 30 yards from 30 M.P.H. sign and 2 yards from lamp post. Proceed south and immediately left onto slip road to join the A63.Continue east along the A63 where bear left at slip road (4.1) miles, signposted N. Ferriby B1231 to the roundabout take the 3rd exit (M62 Leeds Goole A63) to the next roundabout (4.5) miles take the 3rd exit (M62 Leeds Goole A63) to re-join the A63.Continue west along the A63 to finish at the end of the vehicle check lay-by and adjacent to the start of crash barrier at paint mark (10.00) miles. After the 2nd roundabout stay on the slip road until it joins the A63 (A very long junction and there is no advantage in getting onto the main road early)

 **THE START TIME IS 19.01**

Event Headquarters **Newport Village Hall (HU15 2PP)**

Numbers and signing on at HQ H.Q **is 4.5 miles from the start**

**SAFETY** In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard

**UNDER 18S** please note regulation 15 in the 2011 Handbook which states that riders under the age of 18 must wear a properly affixed helmet of a recognised standard. It is the responsibility of the rider or parent/guardian to ensure that the appropriate helmet is worn and correctly fitted.

The CTT recommends that a working rear light either flashing or constant, is fitted to the machine in a position clearly visible to following road users, and is active whilst the machine is in use

 Please return your number after the event in exchange for a drink and a cake.

**PLEASE INFORM ME AS SOON AS POSSIBLE IF YOU ARE UNABLE TO RIDE SO I CAN PLACE A RESERVE IN YOUR PLACE I HAD TO RETURN OVER 100 ENTRIES SO OUT OF RESPECT FOR ALL THOSE THAT DID NOT GET A RIDE PLEASE MAKE EVERY EFFORT TO RIDE**

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Organiser Timekeepers Mrs B Philipson

Mike Williams (Team Swift) City Road Club

10 Manor Garth Mr R.Foster

Skidby City Road Club

Hu16 5UF

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 **PRIZE LIST**

 MEN 1st £ 60 2nd £40 3rd £ 30 4th £25 5th £20 6th £15

 WOMEN 1st £60, 2nd £40 3rd £30