Team Swift Information for riders 2017

Please ring me as soon as possible if you are unable to start 01482 849264 If you leave a message on the Answer Machine Please say Name, which event and start number

I WILL ONLY RING RESERVES UPTO 20.00 ON THE 26th If I don’t ring you it is because I don’t have a place for you (you may get a ride by turning up on the day but no guarantee) **LAST YEAR WE HAD 62 NON STARTERS IN THE 3 EVENTS**

Mobile on the day 07939159502

To Get to the HQ follow the sign from the A63 South Cave Junction.

Do not stop on the A63 unless it is unavoidable.

Local regulations

Please do not warm up on the course once the event has started.

**Please do not go past the start into South Cave to warm up (we have had complaints from the local council. regarding riders showing no regard for people in the village)** . No U turns near the start. Get off your bike and walk across the road Do not pass the start time keeper other than to start your ride, once at the start wait on the pavement or in the gateway behind the timekeeper until being called to start( LOCAL REGULATION)Riders are advised that The CTT district council will discipline any rider that is reported for riding in an unsafe manner. or who contravenes local regulations.

AFTER FINISHING YOU CAN RETURN TO THE HQ BY FOLLOWING THE ROUTE MARKED WITH CTT SIGNS THROUGH THE LANES AVOIDING THE A63

**Warning the police are very concerned that riders are causing an obstruction at the start, they have had a number of complaints from car drivers about riders standing two abreast on the road waiting to start. Please keep of the road until you are called by the start steward. Stand on the pavement or in the gateway behind the timekeeper.**

**Please take care on the slip road up to the turn stay to the left and only move to the middle when it is safe to do so. ,don’t ride up the right hand side of the road**

**Stay on the left down the slip road from the turn as long as possible before getting back onto the main road**

Don’t warm up on turbo trainers near houses (**LOCAL REGULATION) There is ample room in the car park for warming up on a turbo**

No Cars at the start please. Please ensure that cars are not following riders or passing them on a regular basis ( CTT Observers will be on the course)

Please shout your number at the finish.

Showers Available at HQ

Good luck Mike williams