**TEAM SWIFT CHARITY OPEN 10 MILE TIME TRIALS**

**IN AID OF MACMILLAN NURSES**

**Sunday27th August 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 rejoin the A63.Continue west along the A63 to finish at the end of the vehicle check lay-by and adjacent to the start o-f 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 10.01 Slower than 22.00**

**12.01 Ladies Juniors & Overflow &Invitation**

**14.01 Faster than 21.00**

**Event Headquarter Hull Ionions Rugby Club Brantingham Park**

**Post code HU15 1 HX**

**Numbers and signing on at HQ Follow signs from A63 South Cave to HQ**

**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. **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.**

**UNDER 18S** Please note regulation 15 in the2005 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. Please return your number after the event in exchange for a drink and a cake.

**HQ will be signed from the A63 at South Cave don’t go to Newport** .

Organiser Timekeepers Mrs B Philipson &Mr R.Foster

M.Williams Mr G. Foston & Mr B Rose

10 Manor Garth

Skidby HU16 5UF Phone 01482 849264

I have had over 430 entries for these events please ring me in advance of the event if you are unable to start I have reserves to notify that they have a ride.