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|  | Runcorn CC Open 10 Mile Time TrialSaturday 21st April 20182pm |  |
| The Course – D10/1 (Rainford) |
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| Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church. Proceed to Wheatsheaf island A570 Rainford Bypass and turn left (1.691m) Proceed to M58 island -**take care here**- and encircle (3.353m) Straight across Wheatsheaf island and proceed to Rainford island (6.98m) and retrace back on A570 to Wheatsheaf island (8.736m) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10.035m)  |

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| Headquarters |
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| Due to fixture congestion, we are unable to acquire Bickerstaffe AFC as a base on race day. However, the landlord from ‘The Junction pub in Rainford has agreed to host us and provide use of his car park, Marquee and use of their toilet facilities. Sign on and Sign off will be at the Junction Pub adjacent to Rainford railway station on News Lane, Rainford, WA11 7JU, the car park is to the rear of the pub. The pub is 2.5 miles from the start / finish line, please use extreme caution when travelling to and from the start due to active riders on the course. **Start Line****Race HQ****IMPORTANT - DO NOT PARK IN FRONT OF THE HOUSES.** If the car park is full, please park along News Lane the opposite side of the bridge over the railway. Alternatively, park on Ormskirk road adjacent to the Rainford Bypass and ride up to race HQ to sign on and off.  |

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| Important Notices to all riders |
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| **In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard. All riders under the age of 18 on the day of the event MUST wear such a helmet. It is also advised that your machine be fitted with a working red LED light at the rear to enhance your visibility to other road users.** |
| Please respect other road users, fellow competitors and assist the time keepers by not parking near to or crowding the start or finish areas.

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| It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.  |

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| Prize Funds |
| Place | **Prize** |
| 1st Overall | £50 |
| 2nd Overall | £30 |
| 3rd Overall | £20 |
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| Fastest Lady | £30 |
| 2nd Fastest Lady | £25 |
| 3rd Fastest Lady | £20 |
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| Fastest Junior | £10 |
| Fastest Team of 3 | £10 each |
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| **Anyone seen performing a U turn on any road connected with the event will be disqualified.** |

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