#  ST AUSTELL WHEELERS CYCLING CLUB



**Sunday 8th July 2018**

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

ST AUSTELL WHEELERS CYCLING CLUB OPEN 50 mile Time Trial

 CORNISH CUP SAW CLUB CHAMPIONSHIP

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

**EVENT H.Q Roche Village Hall**

**OPEN AT 6.00pm START 7.00pm**

**Timekeepers; Sean Parker and Jon Grills Marshals; Members and friends of SAW**

**AWARDS**

**1ST Overall £15 2nd £10 3rd £5 1st Female £15 2nd £10 3rd £5**

**Male and Female Vets 40-49 £10 50-59 £10 60+ £10**

**COURSE S100/50 Start** on Old A30 (SW981613) 10yards east of partially tarmac track, leading to unmanned level crossing gates, below brow of hill approximately 770 yards west of Victoria**.** Proceed easterly to Victoria Interchange, cross over A30 to 2nd roundabout, take 2nd exit signed Bodmin. Carry on down slip road to join dual carriageway (with care). Proceed to Innis Downs Interchange signed Bodmin and St Austell. Leave dual carriageway here, and at Lanivet roundabout take third exit to cross dual carriageway taking third exit at roundabout to re-join dual carriageway, continue until slip road marked signpost Newquay, Indian Queens. At bottom of slip road join onto underpass road (with care). Pass under A30 and take the fourth exit marked Bodmin to re-join A30 East bound (with care). Repeat this lap a further two times, on the completion of the third lap at Innis enter roundabout to take 1st Left onto old A30 to finish in the dip by the under pass. After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition.

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 RESULYT IN NO TIME BEING GIVEN**

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

**FREE REFRESHMENTS**