

LEICESTER FOREST CC OPEN 10 MILE TIME TRIAL

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

Sunday, 4th August 2018 at 8.00am on A10/13 Course

Event Secretary : Thomas Key, 6 Two Steeples Square, Wigston, LE18 1DZ .
Tel: 07896884785. E-mail: tjkey99@gmail.com

Timekeepers: Norman Portess,
Bill Stanley

Headquarters: Thrussington Village Hall, Hoby Road, Thrussington, LE7 4TH.
(open from 0630am)

Numbers and Signing On – Numbers will be available at the event HQ and can be collected when you sign on. Please return your number in exchange for a drink after your ride. **You are required to sign back in again upon completion of your ride, else you will be marked as DNF .**

Please, no cycling shoes in the HQ, thank you

Parking is available at the village hall, if full there are some off-road spaces available opposite nearby, and then, with care, along the lane. **Please, no parking at the start or finish.**

Awards:	Fastest Male	1 st /£30	2 nd /£20	3 rd /£10
	Fastest Female	1 st /£30	2 nd /£20	3 rd /£10
	Vets on standard	1 st /£30	2 nd /£20	3 rd /£10

Only one individual prize per rider

There will be a formal presentation after the event, please try and stay to support your fellow riders

A10/13 10 Mile Course Description (mileages provided are in relation to start)

START in Park Hill Lane (unclassified) from Seagrave to A46 at the start of the Armco barrier approx 70 yards before the junction to the A46. Proceed east and turn left onto the A46 northbound. At 3 miles turn left at Six Hills Hotel to exit the A46 and shortly left again at the T junction onto the B676 to head East. Pass under the A46, and at 4.6 miles turn left (**with care, very tight turn**) at the crossroads onto the A6006. At 5.8 miles turn left onto the sliproad (**take care – two-way traffic on the slip road**) to rejoin the A46 southbound. Follow the A46 to the finish. **NOTE: continue past the turn to Thrussington (ie stay on the A46).**

FINISH at a minor layby c0.6 miles after the Seagrave/Thrussington Crossroads.

After passing the finish timekeeper, riders should continue along the A46 for approximately 1.2 miles to take the Ratcliffe-on-the-Wreake slip road on the left. At the bottom of the slip road turn left. Then take the 1st left turn towards Ratcliffe-on-the-Wreake and Thrussington. Follow the road through Ratcliffe-on-the-Wreake until you reach Thrussington. In the centre of Thrussington turn right into Hoby Road to return to the village hall.

To the Start

The most direct route to the start is to turn left out of the changing rooms, turn right at the T-junction in Thrussington and head up the hill along Seagrave Lane (about 1½ miles), but it does involve crossing the A46 dual carriageway (with the help of a central refuge). To avoid crossing the A46, an alternative route (about 4 miles) is to turn left out of the changing rooms, turn left at the T-junction in Thrussington then turn right to Ratcliffe-on-the-Wreake. Turn right at the T-junction and pass under the A46, then turn immediately right onto the A46 slip road northbound. Seagrave Lane is the first junction on the left approximately 1½ miles along the A46.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. A REAR LIGHT IS STRONGLY RECOMMENDED.

We hope that you have an enjoyable, swift and safe ride – Good luck!

Hot & cold drinks, cakes & snacks will be available from the HQ kitchen for a small charge. Results will be phoned through and posted on the board in batches of 10 or so just as soon as we can, so please enjoy the refreshments & have a chat whilst you wait.

* The turn after 5.8 miles onto the A46 slip-road is **two-way** – Please don't cross the white line!!

* Please note the finish section – **the finish is on the A46, beyond the Thrussington/Seagrave junction (do not turn left down towards Thrussington!)**