

LEAMINGTON CYCLING & ATHLETIC CLUB

Open 10 – Mile Time Trial. For Solo Lady and Gent Riders.

23rd August 2020. Course K11/10T

First rider starts at 8-01 am.

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

Event Organiser: J.L. Frydman, 9 Milverton Terrace, Leamington Spa, CV32 5BE.
Tel. 01926 332332, Mobile 07938 060233, e-mail frydman@btinternet.com.

Event Headquarters: Dunchurch Sportsfield and Village Hall,
Rugby Road, Dunchurch Rugby, CV22 6PN.
(Headquarters will be open from 7 -00am)

We are using the sports annexe at the rear of the main building. Other activities are scheduled for the main hall throughout the day. Competitors should avoid the main car park immediately in front of the hall and use the overflow car park and sportsfield (see competitors notes).

CTT Regulations & Recommendations:

This Event is being run in accordance with the current CTT Covid-19 Risk Assessment which Competitors are requested to familiarise themselves with. Due to these restrictions there will be no changing facilities, Result Board or catering available at the HQ. Only Car Parking, Toilet facilities & Competitor Registration will be available. Warming up on Turbo's in the Car Park is discouraged, please find somewhere off site to do so or warm up on the road. Competitors are reminded that it is now compulsory to have a Working Rear Light fitted to their machines - no light no ride. Remember you must 'Sign Off' as well as 'Signing On'. It is recommended that hard-shell helmets that meet a recognised International Safety Standard should be worn; this is compulsory for U18's, (see Regulation 15).

Timekeepers: Mr B. Harden and Mr C. Barnett .
Recorder: Mrs C. Walker.
Other officials and Helpers: Members and friends of Leamington C & AC.

Course Description:

SP 462 716: **START**; In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.

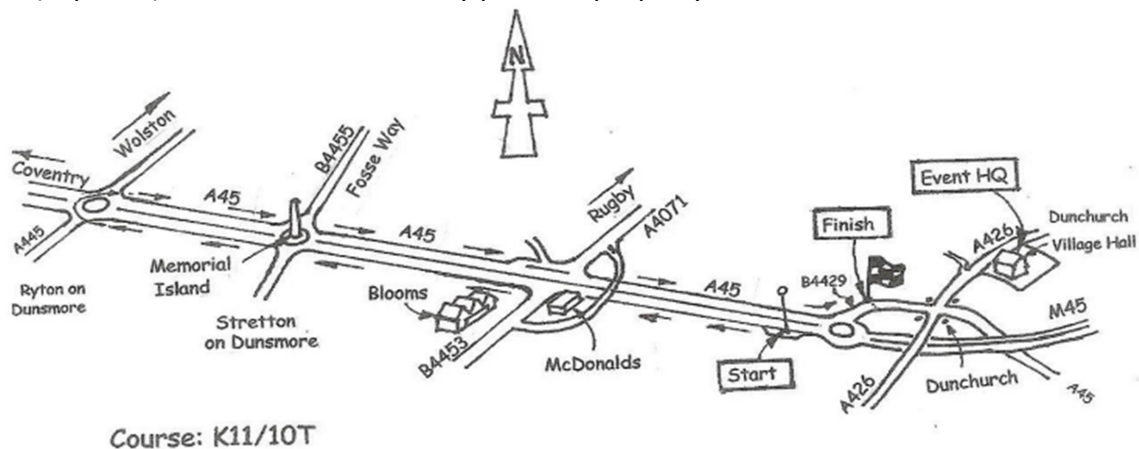
SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.

SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.

SP 465 715: **FINISH**; 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.



Competitors Notes:

Any Competitor who resides in an area affected by local lockdown should inform the Organiser & such Competitor should not start the Event.

With a lack of changing facilities please consider arriving dressed in your riding apparel.

HQ Car Parking will be available from 7am. Please park on the overflow gravelled area & adjacent sports field grass, parallel to the hedge. There is a large Entry so please keep parking regimented & reasonably compact but mindful of Social Distancing.

A new set of disposable numbers & new pins will only be issued to Competitors personally when they have 'Signed On'; please remember to bring your own pen & also that you required to 'Sign Off' after you ride.

Note this is a Type A Event and sleeveless tops are not permitted, (Regulation 16); “sleeves shall be at least mid-upper arm in length”.

It is two miles from the HQ to the Start; please allow sufficient time to be ready for the Time Keeper but do not arrive more than a few minutes before your slot.

Please do not warm up on the Course once the Event has started, (08.01),

Prizes.

PRIZE LISTS: Note: Prizes will be forwarded by post after the event.

Men’s Fastest Times: First £45, Second £35, Third £25, Fourth £20, Fifth £15

Ladies’s Fastest Times: First £45, Second £35, Third £25, Fourth £20, Fifth £15

Team Prize (Combined M/F) £45 (3 x £15)

Age Categories, (age on day), J 15-18, Esp 19-21, S 22-39, A 40-49, B 50 -59, C 60 - 69, D 70 – 79.

Age Category Prizes. £15 First, £10 Second.

Separate age- category prizes will be awarded to men and ladies

Age category prizes will not be awarded to competitors who have qualified for another prize other than the Team Prize.

Para- Prize. £15

Safety –First at All Times.

All riders must take care, observe the rules of the road and avoid head-down riding.

Good luck.