

MELTON OLYMPIC CYCLING CLUB

OPEN 10 MILE TIME TRIAL

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

Saturday 24th April 2021 at 2.00 pm

Course A10/3

Course Description: Start at grid reference SK697419 ten yards north of 'Clearway' sign on A6097 inside the white line marking edge of slip road onto A46 northbound. Join the A46, proceed north to Elston/Thorpe junction. Follow junction sweeping left (**caution**) to turn left at T junction, cross over the A46, take first left and sweep left to rejoin A46 southbound. Continue on A46 to East Bridgford/Car Colston junction. Left onto slip road. Continue to small roundabout, turn left onto Tenman Lane towards Car Colston to finish at large signboard. Grid reference SK720428. 10.02 miles.

Event Secretary: Russell Gent, 14 Westfield Road, Leicester, LE3 6HR
(Tel. 0116 2858738; Mob. 07802 541082)

Timekeepers: Sue Bowler South Pennine RC
Tom Bailey Coalville Wheelers

Headquarters: Gunthorpe Village Hall, Davids Lane, Gunthorpe, Nottinghamshire,
NG14 7EW

(open from 12.30pm)

Due to Covid regulations the hall will only be open to allow riders to sign in/sign out and use the toilets.

Parking: There is limited hard standing parking at the village hall (15 – 20 cars) and parking may be available on the playing field (weather permitting). **To maximise use of the hard standing there will be no static warm up on this area.** There is on street parking in the local residential roads (please park with consideration for local residents and do not park on the pavements). Please do not park at the start but there is a very wide verge area near the roundabout on the road towards Newton (Main Street) and very close to the start.

Numbers and Signing on/off: Signing on/off will be at the HQ (please wear a mask and bring your own pen) and the numbers will be laid out for safe collection (please bring your own pins). Please maintain an appropriate distance if a queue forms when signing on/off and follow the one way system Remember to sign out and return the number to the receptacle provided in order that they can be disinfected. **Failure to sign out will result in a DNF classification.**

PRIZE LIST

	1 st	2 nd	3 rd	4 th
Fastest	£50	£40	£30	£20
Vets Standard	£50	£40	£30	£20
Fastest Female	£50	£30		
Fastest Junior	£20			
Fastest Team of Three on Aggregate Time £20 each				
Fastest Team of Three on Standard £20 each				

All riders aged 40+ are eligible for the Vets on Standard awards

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.

AT THE START: No competitors' cars in the start area. Riders should also exercise social distancing whilst waiting to start. **There will be no pusher-off.**

RESULT BOARD: **There will be no result board** and results will not be given on the day.

REFRESHMENTS: Sorry, no tea and cake etc.

PLEASE REMEMBER:

The use of a working rear light, whether flashing or constant, is fitted to the machine in a position clearly visible to the following road users and is active whilst the machine is in use is now mandatory. **No rear light – no ride.**

JUNIOR RIDERS:

Please bring a completed Parental Consent form. A helmet is also compulsory.

Please note: This event may be subject to Doping Control. It is your responsibility to comply if requested.

DIRECTIONS TO START

The quickest route to the start (just over 2 miles) is to make you way back to the A6097, turn left onto the A6097 and continue across the Trent and up the hill to the roundabout and slip road leading onto the A 46 northbound.

An alternative route (approx 3.5 miles) is through the village of East Bridgford. Cross the Trent on the A6097 bridge and turn immediately left (Trent Lane) and follow into East Bridgford. There is a steep climb up to the church and straight over the crossroads (a slight dog-leg – Main Street) to continue through the village (Butts Lane) and over the A46. Turn right at the junction and proceed to the roundabout where you take the 3rd exit to approach the A6097 roundabout and A46 sliproad from the opposite direction.

DIRECTIONS BACK FROM FINISH

Proceed through the finish and find a safe place to turn. Retrace your route past the finish to the roundabout and take the first exit (left). Continue for a short distance and take the first road on the right (Butts Lane). This takes you over the A46 and into East Bridgford. At the crossroads in the centre of the village (near the church) go straight over (a slight dog-leg – into Trent Lane) and descend the steep hill down to the river Trent and along to the A6097. Turn right over the bridge (a footpath is available if you do not wish to cross the road) and then immediately right into Gunthorpe. The first left takes you back along the main street with David's Lane on the right. It is just under 3 miles back to the HQ from the finish.

COVID 19 REGULATIONS.

- If you feel at all unwell or are showing signs of Covid 19 **DO NOT** come to this event.
- Please avoid arriving too early or you may be asked to stay in your vehicle.
- Please wear a face covering when signing in/out and collecting and returning your number.
- There will be toilet facilities but these are **not to be used as changing rooms.** Due to COVID restrictions riders are requested to change in their cars.
- Please avoid gatherings in the car park. When signing on/signing out please maintain social distancing.
- Hand sanitisers will be available.
- Having finished your race you will be expected to return your number, sign out and then leave.
- Riders not adhering to the restrictions in place will not be permitted to ride, will be reported to CTT and may be refused entry to future events.
- These restrictions are not there to make it difficult for either you or the volunteers. They are there to minimise the risk of spreading COVID-19 virus.

Thank you for your co-operation. Have a safe ride.