Additional Covid instructions

1. If you are in a Covid-19 high risk category or are shielding you should not be involved with the running of or participation of any event.

2. If you are experiencing any Covid-19 symptoms do not attend the event.

3. Please adhere to the advised social distancing measures at all times.

4. Race numbers will be available and disinfected prior to and between events.

5. Riders will have to attach race numbers themselves.

6. Riders to provide their own pins if they are required.

7. Race numbers are to be put in a box after the event to be disinfected.

8. Once you have collected your race number, please do not hang around.

9. Riders are not to arrive at the start line more than five minutes before their start time.

10. No pushers off are allowed, riders are required to start / push themselves off.

11. No times will be given at the end; all times will be posted on the CTT website.

12. Support from family and friends is encouraged to be at other locations on route, certainly not at the start line / layby or finish line.

13. Riders are encouraged to leave the car park swiftly afterwards and not to congregate.