



Lanhydrock Wheelers Time Trial S110/10 Wednesday 10th July 2019

Promoted for and on behalf of the Cycling Time Trials under their rules and regulations
Event secretary - Robin Riches 07990976281 robinriches50@hotmail.com
Event HQ - Trevisker St Eval Community Centre PL27 7TU (follow signs for the Chocolate Factory). Open at 1700 hours.
Time-keepers - Sean Parker and Damian Ayling
Start time - 1901 hours

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Sean Parker and Damian Ayling. I hope everyone has a safe and fast ride. Please read the guidance notes on the second page.

Prizes

The aim of this event was to encourage new competitors - young and old - so for that reason I have decided to change the usual prize structure. Prizes will be allocated as follows:

1st male £15	2nd male £10	3rd male £5
1st female £15	2nd female £10	3rd female £5
1 st Junior £10		
1 st Espoir £10		
1 st Vet 50+ £10		
1 st Road Bike £10		
1 st Newcomer (never ridden individual CTT event before – be honest!) £10		

One rider one prize! When you sign on, please indicate if you are riding a road bike or qualify as a newcomer.

Course description (maps will be available at HQ)

The course is two and a half laps of the circuit around St Eval Airfield and it is ridden in an anticlockwise direction. A complete lap is 3.7 miles.

Lap 1: The course starts at a point opposite to the Padstow Sea Sand company entrance and near St Eval Go-Kart. After a series of bends, approach the T Junction with caution and turn left. There will be a marshal on this junction. Continue along the long straight to the next left turn, signed 'St Eval' (there will also be a marshal on this junction). Turn left and then continue to start point to complete lap 1.

Lap 2: Repeat lap 1.

Lap 3: Not a complete lap. After passing the start area for the third time, turn left at the T Junction as per laps 1 and 2 and continue along the long straight. **Do not turn left as on the**

previous two laps, continue around the right hand bend. The finish line is approximately 100 metres after the bend. The marshal on the bend will not know how many laps you have done!

Guidance

There is plenty of space in the parking area if you choose to set up a turbo trainer to warm up. If you choose to warm up on the road, please avoid the circuit as much as possible once the first rider has started. If you want to recce the route, please do so before 7pm.

Please help the time keepers - when finishing please call your number out loud; it is difficult to see rider's numbers at race speed.

After you have finished your ride, please use the road ahead of you (beyond the finish line) to warm down. When you want to return to the HQ, please take great care to ensure that you do not interfere with riders who are still on the course.

Please observe the Highway Code. Ride with your head up. Do not white **line**. Wear bright clothing. Regulations provide that all competitors must observe the law of the land relating to road use and competitors who ride dangerously must expect to be liable to strict disciplinary action.

At the start, competitors must wait in single file alongside the road edge/kerb at least 4 metres from timekeeper. When you pass the start area on your second and third lap, please be aware of other riders in the start area.

The wearing of approved helmets is not compulsory as a condition of entry but for your own safety Cycling Time Trials and event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard.

Advice to all competitors - from CTT general notes -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.

Event officials must not seek to regulate or interfere with other traffic - CTT Reg.20.

If a competitor gets caught by another, the Regulations require the overtaken rider to fall back to a distance behind the other one ... at least 50 metres. Please be aware that because this course involves multiple laps of the same circuit, you are likely to encounter riders more often than when riding a straight 'out and back' course.