



Westerley Cycling Club

Start Sheet – 25 Mile Open Time Trial – Sunday 15th September 2019
(For and on behalf of Cycling Time Trials under their Rules and Regulations)

Event Organiser

Vince Dey
71 Somervell Road, South Harrow, Middlesex HA2 8TZ
Tel: 07983 427040

Timekeepers

Mick Fountain
Roger Woolsey

Prizes (One prize per person, with the exception of the team prize)

Overall	Fastest £25	Second £15	Third £10
Vets on Standard	Fastest £25	Second £15	Third £10
Ladies	Fastest £25	Second £15	
Team (3 riders)	Fastest £10 each		

Headquarters – (open from 6:30am)

Liston Hall

Signing on sheet and numbers will be at the HQ, please exchange your number afterwards for a cup of tea.

Please allow at least 15-20 minutes to get to the start from the HQ. To get to the start you need to ride up the A404 and around the roundabout at the top of the hill. The start is in the first layby coming back down towards Marlow.

Safety

Negotiating Roundabouts – Give priority to traffic from your right
Signal clearly to other road users the course you intend to take
Safety is the first priority – not your performance

Protective Helmets: All competitors under the age of 18 years must wear a HARD SHELL HELMET that meets an international accepted safety standard.

The CTT National Committee recommends that all competitors wear such a type of protective helmet in all events, although this is not Compulsory.

Rear Flashing LED: A rear flashing LED will help to identify you as a cyclist on the road from some considerable distance especially in overcast conditions.

Please note that there will be no direction or marker signs on the A404.

District Regulations that apply to H25/2 (Handy Cross)

Riders should not cross the dual carriageway near the start.

District Regulations applicable to all events**Restriction of Parking at the Start and Finish**

LWDC 4 No vehicles, except those of the timekeepers', shall be parked at the start or finish.

Reporting of breaches of Local Regulations

LWDC 5 All breaches of Local Regulations shall be reported in writing to the London West District Secretary.