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| **V.T.T.A SURREY/SUSSEX GROUP****OPEN 10 MILE TIME TRIAL****ON SATURDAY 17th July 2021**Badge BWBadge BW**PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS****UNDER THEIR RULES AND REGULATIONS** |

Timekeepers: Peter Moon Eastbourne Rovers C.C

 Richard Meed Lewes Wanderers C.C

Event Secretary: David Pollard

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**Event HQ EAST HOATHLY SPORTS PAVILLION BN8 6QE**

 **PRIZE VALUES**

 Veterans on Standard: 1st £30.00 + VTTA Medal, 2nd £25, 3rd £20, 4th £15

 Fastest team of 3: £15.00 each 1st Lady: £30.00 2nd Lady £25.00, 3rd Lady £20.00

 Fastest times in age category: 19-39 £15.00, 40-50 £15.00, 51-60 £15.00,

 61-70 £15.00 70+ £15.00

**The STAN HARVEY TROPHY will be awarded to the first member of the Surrey/Sussex Group on standard**

**The WILF HOW TROPHY will be awarded to the first club team of three Surrey/Sussex Group members on standard plus medals**

 **COURSE DETAILS FOR G10/87**

Start at red arrow at drain in South Street, East Hoathly, 28 yards before T junction with East Hoathly by-pass, South of East Hoathly. Turn left and follow the A22 via Whitesmith and Golden Cross to Boship roundabout (4.9 miles) (M). **Encircle** and retrace on A22 via Golden Cross and Whitesmith to Finish by red arrow at 2nd drain past field gate on East Hoathly by-pass just before first footpath crossing and 344 yards past right turn (South Street) for East Hoathly (10 miles).

Additional Safety Instructions:

* Competitors must exercise extra care when turning LEFT just after the start and at the Boship roundabout.
* No ‘U’ turns after finishing or riders will be disqualified – after finishing, competitors MUST continue to The Shaw Roundabout and take the second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

Please pay attention to the following CTT regulations/recommendations:

* **Helmets:** CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.
* **Parental Consent Forms:** All riders under 18 must download a parental consent form when they enter online. The form must be completed and brought with you on the day. Please hand it in before signing on.
* It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.
* **Warming Up:** Competitors are requested not to warm up on the course after the first rider has started.
* **Competitors’ Vehicles:**  No vehicles, except those of timekeepers and event officials, should be parked in the vicinity of the start or finish.
* **Official Observers:** Official observers will be stationed around the course.
* **Results:** No times will be given out at the finish.
* **Race Numbers:** The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and, of course, the timekeepers. No time may be recorded if the number is not correctly positioned.
* **Signing Out:** Please note, competitors must return to the event HQ, either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet. Any rider who fails to sign the official signing out sheet will be recorded as DNF.
* **London South** recommends riders do not wear black or dark clothing during any event on public roads.

 **HEADS UP! HAVE A SAFE RIDE**

COVID-19 CTT INSTRUCTIONS:

1) Do not attend if you/your family members feel ill.

2) Park and walk with social distancing in mind. Bring and use a face mask.

3) HQ open only for toilets: 1 in, 1 out.

4) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.

5) No changing facilities are available at the HQ before or after racing; attend dressed to race and leave with the sweat drying on you.

6) Take with you when you race a compulsory rear light, a spare tyre/tube/tub and a mobile phone.

7) Please note you have to make your own way back in event of trouble –no collections offered. Please ring event secy. if you are a DNF.

8) No more than 5 riders, 2m apart, to wait at the start.

9) No items/clothing to be left at the start or with the timekeeper.

10) No push-off.

11) After racing, please sign out with your own pen (different to BC road races) and leave your number in the bowl of disinfected water.

12) No social, no drinks, no food and no prize presentation –sorry!

13) No result board –times will be on the CTT website the next day.

14) Please leave the car parking area in a timely fashion.