

# LEAMINGTON CYCLING & ATHLETIC CLUB

Open 10 – Mile Time Trial. For Solo Lady and Gent Riders.

1st September 2019. Course K11/10T

First solo rider starts at 8-56 am.

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

Event Organiser: J.L. Frydman, 9 Milverton Terrace, Leamington Spa, CV32 5BE.  
Tel. 01926 332332, Mobile 07938 060233, e-mail [frydman@btinternet.com](mailto:frydman@btinternet.com).

Event Headquarters: Dunchurch Sportsfield and Village Hall,  
Rugby Road, Dunchurch Rugby, CV22 6PN.  
(Headquarters will be open from 7 -30am)

Timekeepers: Mr B. Harden and Mr C. Barnett .  
Recorder: Mrs C. Walker.  
Catering: Mrs J.Ford.  
Other officials and Helpers: Members and friends of Leamington C & AC.

## Course Description:

SP 462 716: **START**; In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.

SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.

SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.

SP 465 715: **FINISH**; 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.

### CTT Regulations and Recommendations:

Competitors are now required to sign-off as well as signing on.

It is recommended that hard-shell helmets that meet a recognised international safety standard should be worn. A flashing or fixed rear light should also be used.

### Prizes.

Fastest Overall Ladies £30

Second Overall Ladies £20

Third Overall Ladies £10

Fastest Overall Men £30

Second Overall Men £20

Third Fastest Men £10

Vets on Standard (Mixed) £30, £20, £10

Team Prize £45 (3 x £15)

Fastest Junior/Juvenile £15

Fastest Espoir £15

Prizes will be sent out by post following the event.

Safety –First at All Times.

All riders must observe the rules of the road and avoid head-down riding.