



Promoted for and on behalf of Cycling Time Trials
under their rules & regulations

Wednesday 2nd June 7.00pm

Incorporating the SCCA Friction & Hydraulics Points Series

HQ: Berriew Community Centre SY21 8PD (B4385)

Timekeepers: Mr Des Pugh Hafren CC
Mr Rob Bassom

Event Secretary: Emma Serjeant, 15 Ernley Drive, Montgomery, Powys, SY15 6UR.
Tel: 07711 257466. Email: emmaserjeant@hotmail.co.uk

COURSE D310/10

Start in lay-by on A483 south west of Welshpool (near Lazy Leek café), proceed north-east 3.15 miles to Chirbury RAB, take 2nd exit to Station RAB, encircle and retrace to Chirbury RAB take 2nd exit. Finish at grid opposite Northwood Motor Company

General Riding safety

Riders are advised to warm up off course - Please ride with your head up at all times and respect the rules of the road as laid down in the Highway Code - Do not perform U turns on the course within sight of the start and finish points (Failure to comply will lead to disqualification)

IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.

In accordance with Regulation 15 all junior competitors **MUST** wear protective hard shell helmets

A WORKING REAR LIGHT, either flashing or constant, must be fitted to your machine in a position visible to following road users and be active whilst the machine is in use. No working rear light will result in a DNS

COVID SAFETY

Please ensure you adhere to the latest Government guidelines including the latest social

distancing requirements at all times.

When parking please leave at least a 2 metre gap between cars, preferably top and tail parking and keep windows closed whilst parked.

Competitors should not attend if they feel ill in ANY WAY or if family members have any symptoms. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the event organiser (Emma Serjeant) of your intention not to start as a result of an adverse warm up.

Toilets will be available in Berriew Community Centre but there are NO changing facilities available so please arrive "race ready".

Preferably all warm ups should be done on the road. However, if you do choose to do a static warm up, ensure you adhere to social distancing at all times.

Riders **MUST NOT** gather in any way regardless of current guidelines in the car park, HQ area or else where

Competitors on finishing **MUST NOT** stop at the finish and **MUST** not loiter at the HQ/carpark but **MUST** pack away and leave immediately upon competition of the race.

No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner tube/tubular, pump and tyre levers if required.

It is also strongly advised that all competitors carry a mobile phone and with them the telephone number of the event organiser Emma Serjeant - please telephone the organiser if you have failed to finish the event

Sign on/Sign off - will be outside the village hall - with sign on/sign off sheets on the table.

Please **BRING YOUR OWN PEN** to sign on and sanitise your hands before signs on/off and number collection

Race numbers - Your disposable race numbers will be available to pick up at sign on . Please ensure you **BRING YOUR OWN SAFETY PINS** (if required) to attach your race number for the race and dispose of your race number after use

Toilet facilities - the toilet facilities will be restricted to a one in one out basis.

Waiting at the start - to avoid queuing at the start, please only arrive start 3 minutes before your start time. There should be no more than 3 riders queuing at the start at any one time and always at least one bike length apart. If riders arrive early and these conditions cannot be met, they should continue warming up until closer to the start time

No push off at the start - there will not be a "pusher offer" at the start so all competitions must start with one foot on the ground (no track stand starts)

CTT Regulation 17d - Signing off - Competitors **MUST** return to the event HQ either during the event or within a reasonable time after the last rider has finished and sign the official signing out sheet. Please ensure you sign off with your own pen and after you have sanitised your hands.

NB do not return your disposable number

Prizes

1 st Male	£18.00	1st Veteran on Standard	£14.00
2 nd Male	£14.00	2 nd Veteran on Standard	£12.00
3 rd Male	£10.00	3 rd Veteran on Standard	£10.00
1 st Female	£18.00		
2 nd Female	£14.00		
3 rd Female	£10.00	Fastest Junior	£14.00

Only one prize per rider