



One prize per rider, in the event of a rider winning two prizes, the higher value prize will be awarded, the other prize will be awarded to the next placed rider in the relevant category.

**All entrants under the age of 18 have to download from the CTT website a parental consent form, and present the completed signed parental consent form along with their hard/soft shell helmet that meets internationally accepted safety standards to the signing on steward "before signing on". No helmet, no parental consent form, then no ride.**

## **COURSE DETAILS GH/90**

OS REF: 326137, 333129 DISTANCES: 0.00 yards 1576 yards

DETAILS START in Ditchling Bostal just south of junction with Underhill Lane. Proceed up hill in a southerly direction to FINISH just before the car park at the summit Please comply with the following Regulations and Notes as they apply to everyone including you.

## **DISTRICT REGULATIONS**

"CTT regulations require the compulsory use of helmets for the under 18's. 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."

"You must have a working front and rear light, either flashing or constant, fitted to the machine in a position clearly visible to following road users and is active while the machine is in use."

"Approved helmets must be worn by all competitors."

"Competitors are requested not to warm up on the course after the first rider has started."

In addition to the District regulations the event promoters request that competitors not to warm up on the course at least 10 minutes before the first rider is due to start. This is to ensure that the early starters have a clear course, as will be had by the later starters.

"No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas"

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## **GETTING TO THE HEAD QUARTERS AT WESTMESTON TOWN HALL (HQ)**

Lewes Road, Westemeston, Sussex BN6 8RL



## **PARKING**

Westmeston Town Hall is a little over 1 mile from the start line on the B2116 about .3 miles east of the junction with Underhill Lane. To get to the start line from the Hall head west on the B2116 and take the left turn on Underhill Lane. [Click here for a google pin!](#) If the weather is dry, there is plenty of parking at the Hall but if it is wet we have a limit of 28 cars. Overflow parking is available at the cricket club [here](#).

## **DISABLED ACCESS**

The hall has disabled facilities.

## **CAKE & HOT DRINKS**

Cake and hot drinks will be available at the Headquarters (HQ). Please don't forget to bring some cash.

## **SIGN ON**

Sign on is at the HQ from 7am.

## **COVID**

In the interest of safety we ask that you wear a mask inside the HQ whenever possible and use the hand gel provided.

## **FROM THE HQ TO THE START LINE**

The course start line is approximately 10 minutes ride (1 mile) from the HQ, please be sure to leave plenty of time to get to the start line for your allocated start time. **You will not be able to ride if you miss your start time.**

**DIRECTIONS:** Turn right outside the HQ, to the t intersection (500 metres) then left onto Underhill Road. Stay straight from here and you will find the start line at the base of the climb at the intersection with Ditchling Bostol.

## **AT THE START**

Please wait in single file and as close to the kerb at a point just north of Underhill Lane, a steward will direct you when to go to the start line, this is to ensure the junction is kept clear for other road users and for your safety.

Whilst on the Beacon, in either direction, keep to the left hand side of the road and do not cross the centre line of the road. Official Observers will be placed at various points on the course monitoring riders ascending and descending the course.

## **AT THE FINISH**

After completing your ride, **DO NOT STOP** at, or ask the timekeeper for times, but please ride well past the finishing area, taking extra care before turning around, the organiser recommends dismounting to change direction, please return to the HQ by descending slowly back down Ditchling Beacon, remember that the road is not closed and that other road users may be trying to pass riders still competing. **Don't put yourself and others at risk by descending recklessly.**

## **COURSE SAFETY**

This is a closed road event but assume that there could be some traffic from residents who still need to have access. This means riders can not cut right hand corners or cross the white line in the centre of the road. You must stay left of the centre-line at all times ascending and descending. Riders descending after their climbs must take extra care to stay out of the way of riders ascending at speed. Please be very careful particularly on blind corners. Please obey the marshals who may hold you on a blind corner to allow a rider to come through safely.

## **ALL RIDERS MUST STAY LEFT OF THE CENTRE LINE**

### **RIDING ATTIRE**

Competitors are reminded that their jerseys and shorts are to cover them from the neck to mid thigh, and jersey's are to have at least quarter sleeves.

No competitor may carry advertising or the name of a commercial business on their race clothing, except where they are a member of a club or team that has registered to do so, or its their clothing manufacturer's brand name.

### **NUMBERS MUST BE FIXED BELOW WAIST**

**NO TIME MAY BE RECORDED IF NUMBER IS NOT CORRECTLY POSITIONED.**

### **RETURNING YOUR RIDER NUMBER**

When your ride is complete, we encourage you to stay on the course and cheer riders coming up. However, we need you to sign out and return your rider number to the HQ. We'll have your goody bag waiting for you to collect.

**PRIZE GIVING CEREMONY** Starts at 10.15am at the HQ.