#  ST AUSTELL WHEELERS CYCLING CLUB



**30th April 2017**

For and on their behalf of Cycling Time Trials under their Rules and Regulation

ST AUSTELL WHEELERS CYCLING CLUB OPEN 16 MILE SPORTING TIME TRIAL

 CORNISH CUP SAW CLUB CHAMPIONSHIP

**EVENT SEC Jaime Lewis E-MAIL jaimos69@hotmail.com**

**EVENT H.Q. ROCHE VICTORY HALL OPEN AT 7.00am START 8.00 a.m.**

**Timekeepers James Wiltshire Jez Meades Marshals Members and friends of SAW**

**AWARDS**

**1ST Overall £15 2nd £10 3rd £5 Male Vet 40-49 £10 Male Vet 50-59 £10**

**Male Vet 60+ £10 Women 1st£15 2nd £10 £15 Road Bike Cat**

 **S102/16** - Start adjacent to middle post of farm gate 10 yds.’ west of "Magnet" Co. entrance on the old A30 at Victoria, (Grid ref SW618 985)*.* Proceed in easterly direction to Victoria Interchange (M). Take 2nd exit over the A30 to the 2nd R/A (M) and take the 1st exit (M) to Innis downs R/A (M). Take the 4th exit to retrace to Victoria R/A and take the 2nd exit to cross the A30. At the 2nd R/A take the 2nd exit to retrace and pass the start. Pass under Iron Bridge and continue to St Columb R/A (M) and take the 5th exit to retrace and pass under the iron bridge again. Turn left onto the B3274 at next junction (M) sign posted Tregonetha/Padstow and cross over the A30 to finish at the top of the climb at the bridleway sign opposite the layby, (Grid ref SW 96863 62361) 16.5miles.

1-HARDSHELL HELMETS RECOMMENDED

2-Please observe the Highway Code. **Ride with your head up. Do not “White Line,” Wear bright clothing.**

3-Advice to all competitors It is recommended that a flashing or constant rear light be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

4 -Event officials must not seek to regulate or interfere with other traffic.

5-Paced & company riding in Time Trials; Regulations stipulate that should a competitor be caught by another rider, the over taken rider should full back to a distance of not less than 50 yards.

**CTT REGULATIONS NOW REQUIRE ALL COMPETITORS TO SIGN BACK IN ON COMPLETION OF THE EVENT WHEN RETURNING NUMBER, FAILURE TO DO SO WILL RESULT IN NO TIME BEING GIVEN**

**PLEASE SHOUT YOUR NUMBER AS YOU CROSS THE FINISH LINE**

**PLEASE RESPECT THE LOCAL RESIDENTS IN ROCHE BY PARKING CONSIDERATELY AND KEEPING NOISE LEVELS DOWN**

**FREE REFRESHMENTS**