SAFETY MATTERS

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 regulation15 all junior competitors must wear Protective Hard shell Helmets.

It is recommended that a working rear light either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Marshalls will be placed on all roundabouts to give directions, they are not there to stop traffic in your favour all marshalls will have high visibility jackets. All junctions leading onto the course will have warning signs placed in advance of the junction.

The lane to the start will be busy with riders going in both directions and it is important that cars connected with riders do not use it. Remember following cars are not allowed and if teams are observed with cars passing them on a regular basis disqualification will be a consideration.

When returning to the HQ you go back down the start lane please have consideration for riders going to the start. No Cars Near the Start or finish please.

Spectators are reminded that the A168 is a clear way and rules of the road should be observed.

Local regulation Turbo’s should not be used within 100 yards of domestic buildings.