

SOMERSET ROAD CLUB - *Bicycle Chain*

present

OPEN 10 MILE TIME TRIAL

19:00hrs Saturday 5th Aug 2017

Course U21/10

HQ Badgworth & Biddisham Parish Hall

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

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.

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.

Event Sec: Andrew Wellings, Grove Lodge, 19c Durleigh Road, Bridgwater TA6 7HX

Mob: (on the day) 07887 390156

Timekeepers. Paul Arayan , Dennis Davis

Course Details: U21/10

Start on the A371 (Cross Lane) approx 40 metres from the Junction with the A38 crossroads with the village of Cross. Proceed from the start to the junction with the A38 then immediately turn left (**GIVE WAY/CARE !!**) onto the A38 heading towards Burnham on Sea. Continue along the A38 through Lower Weare, Biddisham, Tarnock and Rooksbridge to the roundabout at the junction of A38 / A370 East Brent. At roundabout circle (**EXTREME CARE !!**) and retrace on the A38 through Rooksbridge, Tarnock, Biddisham and Lower Weare to finish approx 175 metres before the cross roads junction A38 / A371 at the village of Cross. A distance of 10 Miles

Course Record: Luke Rowe (100% Me) 19.21

Event HQ: Badgworth & Biddisham Parish Hall, Somerset .Open from 17:30hrs.

The event HQ is situated on the A38 (on the course where spectators can watch you out & back !), approximately 2.5 miles from the start/finish and will be signposted.

Directions

Take the A38 road from the A38/A370 roundabout at East Brent and travel north-east towards Cheddar/Bristol. Continue along the A38, over the M5 Motorway, for a distance of approx. 2.5 miles. The hall will be found on the left hand side. For those travelling via the M5 Motorway, exit at J22, take the A38 north & follow the signs to Bristol Airport. The HQ is about 10 mins travelling time from J22 & will be signposted.

NOTE: Parking space is available at the hall but is fairly limited therefore later arrivals may have to find alternative parking. A large lay-by is situated a distance of about 0.6 miles from the hall towards the start. Please park with consideration for others.

Notes:

Numbers/Signing-on will be at the HQ. Please return numbers to the HQ at the completion of your ride. They may can be exchanged for a drink afterwards. Riders are to ensure that they read the **course risk assessment** which will be next to the numbers prior to starting the event.

No U-Turns within sight of the start and finish timekeeper.

Please remember to **shout out your number to the timekeeper** at the finish.

If parking at the HQ please **allow at least 15 minutes to reach the start.**

Competitors are reminded that the **CTT Regulations** must be adhered to at all times, in particular **Rule 20**-observance of the law, **Rule 21**-paced and company riding & **Rule 22**-use of motor vehicles. On completion of your ride **please avoid turning right at the crossroads.** You can return to the headquarters by turning left at the crossroads, continuing through the village of Cross for about 1/2 mile then take a left before Cross village hall. Continue for a further 1/2 mile before reaching the A38. Turn right (care !!) and continue to the HQ. Please be aware that competitors may still be on the course.

PLEASE stay afterwards to applaud the prizewinners. Cash prizes will be awarded immediately afterwards.

PRIZES: Overall : 1st=£25 2nd=£20 3rd=£15 4th=£10
Vet Std=£20 Jun/Juv=£10 Lady=£10 Senior=£10
V4=£10 V5= £10 V6/V7=£10
Team (of three) - £5 each
ONE RIDER ONE PRIZE (except team)

HEADS-UP & HAVE A FAsst & SAFE RIDE !