

The Course - D10/1

Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church. Proceed to Wheatsheaf island A570 Rainford Bypass and turn left (1.691m) Proceed to M58 island - **take care here** - and encircle (3.353m) Straight across Wheatsheaf island and proceed to Rainford island (6.98m) and retrace back on A570 to Wheatsheaf island (8.736m) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10.035m)

Headquarters

HQ is in the layby adjacent to Mr Elephant restaurant. WA11 7TA approx 1 1/4 mile from the start at the top of Intake Lane. Numbers will be issued there at the signing on point, and can be exchanged for a brew, a cake and a chat at the finish. Results board here as well. If you park in Ormskirk Road, when riding to the start, please turn into Ben Lane and do a loop up to Bickerstaffe Church so that you are not turning in the road near the start. **IMPORTANT - DO NOT PARK IN FRONT OF THE HOUSES.** be aware that as we have no physical HQ, there are no toilets, please be discreet.

Important Notices to all riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard. All riders under the age of 18 on the day of the event MUST wear such a helmet. It is also advised that your machine be fitted with a working red LED light at the rear to enhance your visibility to other road users.

Please respect other road users and competitors and assist the time keepers by not parking near to or crowding the start or finish areas.

It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.

The important bit - Prize Pot!!

Solo Event	Overall	Two up	Overall
1st	£ 30.00	1st	£ 40.00
2nd	£ 25.00	2nd	£ 30.00
3rd	£ 20.00	3rd	£ 20.00
4th	£ 15.00		
5th	£ 10.00	Biggest improvement on 10m PB (from entry forms) - £10	

This is a charity event and all proceeds after the costs of running the event will be going to The Frodsham Stroke Club. Donations for brews and cakes welcome. All prizes have been kindly donated by our sponsors twelve50bikes, Main Street, Frodsham. Check out their website or pop in and see the guys.

Event Organiser - Chris Hanson-Jones, 115 Heath Road South, Weston, Runcorn, WA7 4QH to whom any complaints should be made within 48hrs of the event.

www.twelve50bikes.com

Anyone seen performing a U turn on any road connected with the event will be disqualified.