



Salt and Sham Cycle Club : Open 10 mile Time Trial

Course U102

Saturday 24th February 2018

Promoted for and on behalf of Cycling Time trials under their rules and regulations

Event Secretary:

Rob Hall

11 Berenda Drive

Longwell Green

Bristol

Contact number : 07779 646697

Timekeepers:

Ian and Bridget Boon

Headquarters and Parking : Iron Acton Village Hall, Iron Acton. Bristol, BS37 9UH

<https://www.ironactonparishhall.co.uk/find-us>

HQ will be available from 12 noon. All competitors must sign on before and after. Please remember to return your race number after your ride. Please do not wear cycling shoes in the HQ. There is some parking at the HQ, and please be courteous to local residents if you park throughout the village. Please refrain from parking roadside on the course itself.

Course Description :

The course reference number is **U102**.

Start : On the B4058 at sign for Backfields Industrial estate (GR 684,844). Head north for 5.5 miles passing through Rangeworthy, Bagstone, Cromhall to the roundabout at Charfield and make a u-turn, then retrace the course for 4.5 miles, the finish line is 150 metres past the Rose and Crown Pub.. A simple out and back course.

To the Start from HQ – turn left out of the car park and follow the road around and go straight over the traffic lights (Yate Road) down Wooton Road; the start is about half a mile along the road opposite Backfield Farm Business Park.

There is strictly no warming up on the course in order to avoid any congestion with passing cars. Please exercise caution when warming up on adjacent roads and allow enough time to do so.

The Event start time is - 2:01pm



Safety: riders are asked to take great care and in particular, the following points:

- The course is generally in good condition but any pot-holes or other hazards will be adequately marked – please be vigilant to such.
- Please ensure you have a charged flashing red rear light showing.
- To avoid congestion at the start please queue in single file.
- Please be considerate to other road users including horse and riders.
- Please be aware of the surroundings and other road users at the finish.
- The race takes place on a public highway and the road is open to traffic so you must always obey the highway code and must not impede other road users. Marshals are there to indicate direction only; it is your responsibility to give way to other vehicles that have priority at any point on the route. Disruption to other road users should be kept to a minimum.

Dangerous riding will result in disqualification **PLEASE KEEP YOUR HEAD UP FOR A SAFE RIDE**. Cycling Time trials recommends that competitors wear a hard shell helmet that meets an internationally accepted safety standard. **ALL JUNIOR/JUVENILE riders MUST wear protective Hard Shell Helmets.**

Spectators : please encourage friends and family to attend and support. The road is fairly busy so please keep to the verges, pavements and laybys and please do not stand in/block the roads.

PRIZES : Prizes will be given out at HQ once all riders have completed the course. Any winners that are not at prizegiving will be contacted and postage will be arranged.

Men's Senior :

Fastest Rider - £30

Second Fastest rider - £20

Third Fastest Rider - £10

Women's Senior :

Fastest Rider - £30

Second Fastest rider - £20

Third Fastest Rider - £10

Men's veteran (on standard):

Fastest Rider - £30

Second Fastest rider - £20

Female veteran (on standard):

Female Veteran - £15

Fastest **Junior** rider : £15

Tandems : (prize money per team)

Fastest Team : £30 per team

Second Fastest Team : £20 per team

Team : (fastest 3 riders from same club)

Fastest Team : £10/rider

