

OPEN 10-MILE TIME TRIAL

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



TIMEKEEPERS: Mike Howard, John Inman, Peter Goodman
EVENT SECRETARY: Jon Ellis 10 Wheatsheaf Close, Sutton Coldfield, B75 5TW. 07850 490 324

HEADQUARTERS: Dunchurch Sportsfield & Village Hall, Rugby Road, Dunchurch, CV22 6PN
PLEASE SIGN ON AND COLLECT NUMBERS AT THE HQ. PLEASE NOTE THERE IS LIMITED PARKING AT THE HQ, OVERFLOW PARKING IS AVAILABLE AT DUNCHURCH PARK HOTEL, NEXT DOOR TO THE HQ

AWARDS:

1st Fastest Man: £30	1st Fastest Woman: £30
2nd Fastest Man: £20	2nd Fastest Woman: £20
3rd Fastest Man: £15	3rd Fastest Woman: £15

Fastest team of three: £30

Course Record: M £100 (18.25, M.Bottrill) Course Record: W £100 (21.12 R.Elliot)

No more than one prize per rider, except course record and team. Prizes will be presented.

YMCA Sutton Coldfield Charity Raffle will be drawn after the event!

Prizes donated by Aerocoach, NoPinz & Bicicielo

Course Details – K11/10T THURSLASTON - RYTON

Start in lay-by 200 yds west of the A45/M45 Thurlaston island, at the 3rd join in the concrete apron. At B4455 (Fosse way) island take 2nd exit (A45) (3.146M). At A445 island encircle to retrace (third exit) (A45) (4.776M). Past island at junction with B4455 (Fosse way) (6.384m). At M45 island turn left (B4429) (9.649M). Finish 60 yards past the turn to Thurlaston (Main Street), in line with the eastern and the exposed gate post immediately past the property named "Newhaven".

Please familiarize yourself with the course as not all junctions will be marshalled, but will be signposted - <http://www.midlanddc.org.uk/courses?area=K11&course=K11/10T>

Start: The start is approximately 2 miles and the finish is approximately 1.5 miles from the HQ.

Refreshments: Hot and cold drinks and light refreshments will be available at the clubhouse from 13.00 hours continuously until the end of the event. Free drink in exchange for number.

IN THE INTEREST OF YOUR OWN SAFETY: Cycling Time trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets the internationally accepted standards. Please exercise great care at the junctions, obey the rules and keep your head up at all times.

PLEASE REMEMBER TO RETURN THE HQ AFTER YOUR RIDE TO COMPLETE THE SIGNING OUT FORM OTHERWISE YOU WILL BE DISQUALIFIED