

10 mile Time Trial

First rider starts at 7.04

Newport Village Hall

Organised for and on behalf of cycling time trials
under their rules and regulations.

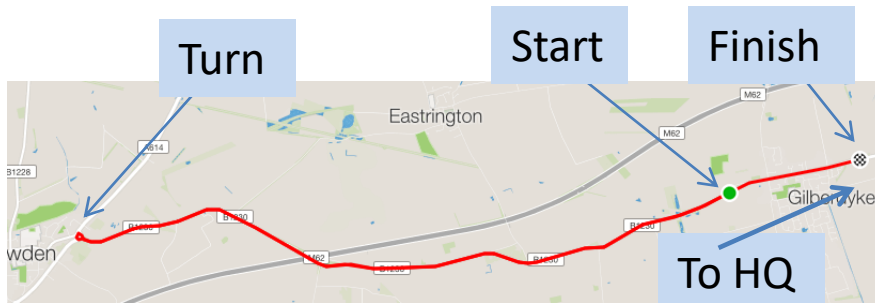


- **HQ – Newport Village Hall**
- Numbers, toilets, result board and most importantly tea & cake will be available from 6pm
- **Sign In**
- Riders are required to sign in when collecting their number.
- **Sign Out**
- Riders are required to sign out when leaving their number.
- **Course**
- A map of the course can be seen on the following page.
- **Presentation**
- Presentation will be made in the hall at approx 8.45pm

The course - V714

Start on B1230 in Gilberdyke 5 miles east of Howden Traffic Island at a point approx. 110 yards east of Gilberdyke service station at painted mark at end of lane. Proceed westwards on B1230 to turn at Howden Traffic Island. retrace through Gilberdyke to finish at tp 107/31-60 15 yards past car park entrance to white horse inn (Gilberdyke).

The V714 is a simple out to the roundabout and back course. Its a little shorter on the way out (4.6 miles) and is flat (except for 2 flyovers) with a pretty good surface. The start is located approximately one mile west of the village hall.



- Prizes will be awarded for:
 - 1st Male
 - 2nd Male
 - 3rd Male
 - 1st Vet (40+)
 - 1st Team
 - 1st Female
 - 2nd Female
 - 3rd Female
 - 1st Vet (65+)
- Additional prizes may be awarded if funds allow.
- Prize presentation will take place in the HQ at 8.45pm

Time Trial Etiquette

- Riders are set off at one min intervals and aim to complete the course as quickly as they can. Your time is worked out by the finish timekeeper and displayed on the result board in the HQ
- If you are caught by another rider, or if you catch another rider, you are not allowed to ride together (or draft in their slipstream).
- You must stick to the rules of the road and the highway code. Marshalls and signs are used to direct you around the course but the roads are still open to traffic in the usual way.