

LEAMINGTON CYCLING & ATHLETIC CLUB

Open 10 – Mile Time Trial. For Tandem, Solo Lady and Gent Riders.

2nd September 2018. Course K11/10T

Tandem Start 8 -40 am

First solo rider starts at 8 -42 am.

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations).

Event Organiser: J.L. Frydman, 9 Milverton Terrace, Leamington Spa, CV32 5BE.
Tel. 01926 332332, Mobile 07938 060233, e-mail fydman@btinternet.com.

Event Headquarters: Dunchurch Sportsfield and Village Hall,
Rugby Road, Dunchurch Rugby, CV22 6PN.
(Headquarters will be open from 7 -30am)

Timekeepers: Mr B. Harden and Mr P. Chronicle .
Recorder: Mrs C. Walker.
Catering: Mrs J. Ford.
Other officials and Helpers: Members and friends of Leamington C & AC.

Course Description:

SP 462 716: **START;** In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.

SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.

SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.

SP 465 715: **FINISH;** 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.

CTT Regulations and Recommendations:

Competitors are now required to sign-off as well as signing on.

It is recommended that hard-shell helmets that meet a recognised international safety standard should be worn. A flashing or fixed rear light should also be used.

Prizes.

Fastest Overall Ladies £40

Second Overall Ladies £30

Third Overall Ladies £20

Fourth Overall Ladies £10

Fastest Overall Men £40

Second Overall Men £30

Third Fastest Men £20

Fourth Fastest Men £10

Vets on Standard (Mixed) £40, £30, £20, £10

Team Prize Ladies £30

Team Prize Men £30

Fastest Junior/Juvenile £20

Fastest Espoir £20

Prizes will be sent out by post following the event.

Safety –First at All Times.

All riders must observe the rules of the road and avoid head-down riding.