**Promoted for and on behalf of Cycling Time Trials**

**under their Rules and Regulations**

**COALVILLE WHEELERS CYCLING CLUB**

**10 MILE TIME TRIAL**

 **SATURDAY 23rd March 2019**

**FIRST RIDER OFF AT 14:01**

**EVENT SECRETARY: C. Sidney, 7 Elton Way, Ellistown, Coalville. LE67 1FZ.**

 **Tel 01530 261448. Mob 07870 819506**

**TIMEKEEPERS: Mr Howard Pymm / Mr. Tom Bailey**

**HEADQUARTERS:** Coalville Wheelers clubhouse on the old A447 at Top Road, Griffydam. 4 miles north of Coalville, 5 miles east of Ashby de la Zouch.

**CAR PARK** at the Coalville Wheelers Clubroom. When driving in, turn immediately left and park in the field in front of and behind the clubroom. Parking in front of clubhouse for officials only. Please do not park on the grass verge in front of the building next door to the clubhouse, or perform a U turn in the neighboring driveway. Please do not use the grassed area near to Griffydam crossroads for warming up.

**SIGNING ON/NUMBERS** at the **clubhouse**. Please exchange your number for a free drink. Hot drinks will be available from 13:30 until the finish of the event. Toilet facilities (both male and female) are available at the clubroom.

**PRIZE LIST**

**FIRST MALE £40 FIRST FEMALE £40**

**SECOND MALE £30 SECOND FEMALE £30**

**FIRST MALE UNDER 23 £15 FIRST FEMALE UNDER 23 £15**

**MOST IMPROVED PB £15**

Strictly one prize per person. If a person qualifies for more than one prize, the larger prize will be awarded with the other prize going to the next fastest person. We will aim to award prizes on the day.

**COURSE DETAILS**:

Start on Top Brand at marker at northern end on lay-by north of Griffydam crossroads. Proceed to roundabout where go straight on onto A453 to third left turn onto old main road through Breedon. Through Breedon to Lount crossroads. Turn left into Melbourne Road. At T junction with B5324 turn left. Continue straight along the B5324 to finish opposite approximately 1 mile past the crossroads at top brand/top road.

**Do not take unnecessary risks. Riders are reminded of CTT Regulation 20.**

**SPECIAL NOTES**

This course consists of a lap of a 9 mile circuit. Take extra care if turning in the road in the start area. Do not perform a U turn within sight of the finish line.

Please shout your number when finishing. No times will be given by the timekeeper; the result board will be at the clubhouse. Best of luck to all riders, **please keep heads UP**, but most of all **enjoy your ride**.

**IN THE INTERESTS OF YOUR OWN SAFETY**, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard. In accordance with regulation **15 ALL JUNIOR COMETITORS** must wear Protective Hard Shell Helmets.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.