



## 10 Mile Open Time Trial for Bicycles

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

**22nd June 2019**

**Start: 07.10 am**

**Course G10/97**

### Prize List

1 <sup>st</sup> on actual time	£30
2 <sup>nd</sup> on actual time	£20
3 <sup>rd</sup> on actual time	£10
1 <sup>st</sup> Veteran, actual v CTT 10 mile Standard	£30
2 <sup>nd</sup> Veteran	£20
Fastest Lady	£30
Fastest team of 3	£10 each

(Only one prize per rider except for Team Prize)

**Event Secretary:** Jon Fry  
229 Horsham Gates Two, North Street  
Horsham, West Sussex, RH13 5TU  
Tel: 01403 541262 or 07881 345549 on the day.

**Timekeepers:** Start: Peter Delve (Horsham Cycling)  
Finish: Mick Irons (Worthing Excelsior)

**Headquarters:** The Steyning Centre, Fletcher's Croft,  
Steyning, West Sussex, BN44 3XZ

Headquarters open from 06:00.

Plenty of parking is available.

Free till 09:00 then pay and display (or Horsham annual parking disc), or park in road by church for free.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ and complete the sign-out sheet in exchange for a cup of tea or coffee.

HQ to start: 1.83 miles

Finish to HQ: 1.42 miles

### Route to Start:

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction. Left and continue West on A283 for 0.7 miles.

### Route from Finish to Headquarters:

Continue past finish line and take 1<sup>st</sup> left. Head south along Steyning High Street, turn left at mini roundabout onto Church Street. Turn right after the Library.

## Please note the following CTT regulations and recommendations

**Helmets:** CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

**Competitors' Machines:** It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

**Competitors' Vehicles:** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

**Safety Instructions:** Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

**Warming Up:** Competitors are requested not to warm up on the course after the event has started.

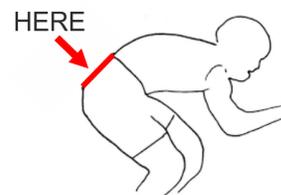
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**Results:** No times will be given out at the finish line.

**Race Numbers:** The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



## Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

<b>COURSE DIRECTIONS – G10/97</b>	<b>MILES</b>
START on A283 at yellow paint mark 39 yards east of centre of entrance to Hammes Farm (and Studio) and 0.52 miles west of junction with B2135	0.00
Proceed south-eastwards along A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham where turn (CHECK)	5.41
Take fourth exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at yellow paint mark 25 yards west of "Public Bridleway" sign and 271 yards before left turn into Steying	10.00

Thanks to Sussex Cyclists' Association for the following course map.

See their website for downloadable Garmin file - <http://www.sussexca.org.uk/g1097.html>

# Open 10 mile Time Trial Saturday 22nd June 2019

## Course G10/97

