



SHROPSHIRE CYCLING CLUBS ASSOCIATION
*Incorporating West Cheshire Time Trials Cycling Association
 And Manchester & District TTA 100 Mile Championship
 Including the Friction and Hydraulic Services Shropshire Championship
 Points Series Round 12 of 16
 The Brian Mears (Bricks) Ltd Shropshire Championship 100*



Promoted for and on behalf of Cycling Time Trials under it's Rules and Regulations

Open 100 Miles Time Trial

Sunday 14th July 2019

Start Time: 06:07 (first rider)

Timekeepers: Kate Wooder and Dominic McGuiness – Birkenhead Victoria CC

CTT Observer: Bob Williams – Mersey Roads

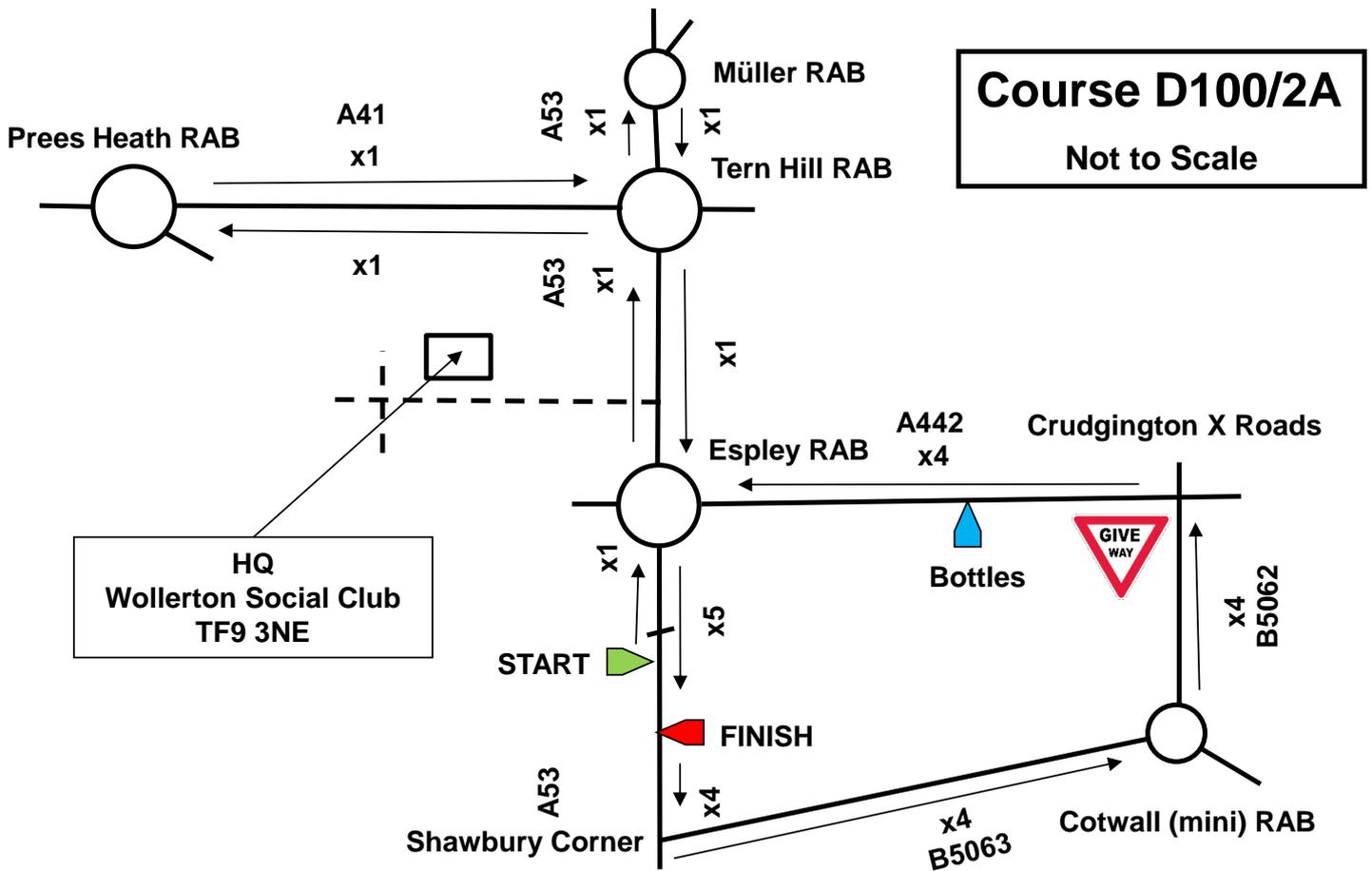
Headquarters

There is no change to the Race Headquarters which are still at Wollerton Bowls and Social Club, Wollerton, near Hodnet, Shropshire, postcode TF9 3NE and will be open from 5am. Wollerton Social Club is the nearest suitable venue to the start and finish available on the day. Please do not wear wearing cycling shoes inside the headquarters.

Directions to HQ – From A53 approx. 2.2 miles from Tern Hill RAB towards Espley RAB, turn right at sign for Wollerton. Follow lane for 0.6 mile and on entering Wollerton village, turn right at circular brick animal pound and follow Mill Lane for 0.3 mile over old railway bridge and HQ is immediately on your right. If travelling from Espley RAB, Wollerton lane turn is after approx. 1.2 miles on the left.

Course Description

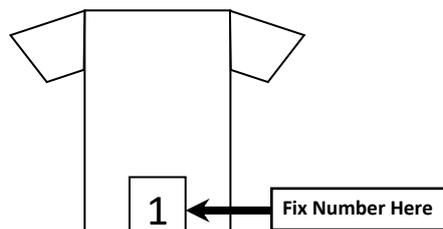
Start in Lay-by on A53 approx 400 metres east of High Hatton – Stanton crossroads Grid Ref SJ 587241	0.000	0.000
Proceed east along A53 to Espley RAB	3.116	3.116
Continue straight across Espley RAB on A53 to Tern Hill RAB	3.333	6.449
At Tern Hill RAB, turn left on A41 to Prees Heath RAB	6.924	13.373
Encircle Prees Heath RAB – CAUTION – and retrace along A41 to Tern Hill RAB	7.057	20.430
At Tern Hill RAB turn left on A53 to Müller RAB.	1.172	21.602
Encircle Müller RAB and retrace along A53 to Tern Hill RAB	1.230	22.832
Continue straight across Tern Hill RAB on A53 to Espley RAB	3.330	26.162
Continue straight across Espley RAB on A53 to Shawbury Corner	5.472	31.634
Circuit 1		
At Shawbury Corner turn left on B5063 to Cotwall Mini RAB	3.920	35.554
At Cotwall Mini RAB turn left on B5062 to Crudginton Crossroads	1.920	37.424
At Crudginton crossroads turn left on A442 to Espley RAB – GIVE WAY to Traffic on A442	6.250	43.734
At Espley RAB turn left on A53 to Shawbury corner	5.460	49.194
Circuit 2		
Repeat Circuit 1	17.560	66.754
Circuit 3		
Repeat Circuit 1	17.560	84.314
Circuit 4		
At Shawbury Corner turn left on B5063 to Cotwall Mini RAB	3.920	88.234
At Cotwall Mini RAB turn left on B5062 to Crudginton Crossroads	1.915	90.154
At Crudginton crossroads turn left on A442 to Espley RAB – GIVE WAY to Traffic on A442	6.250	96.414
At Espley RAB turn left on A53 finish at layby 1.874 miles before Shawbury Corner Grid Ref SJ 582230	3.586	100.000



Competitors Notes – Please read carefully

SIGNING-ON and EVENT CONDUCT

Each competitor must sign on when collecting numbers at the HQ and then sign off after completing the event and return their number. Any rider not signing off within a reasonable time of the finish of the event will be recorded as Did Not Finish. THIS IS A CTT REQUIREMENT



Large numbers must be fixed to the lower back area as shown below. Arm numbers will be provided to aid marshals, checkers and timekeepers. Please wear them on the front of your left upper arm and make sure they are visible to race officials. Any rider whose numbers are not clearly visible to checkers and timekeepers may not be given a time.

The HQ at Wollerton Social Club is the nearest suitable venue to the start and finish available on the day and is approx. 5 miles from the start.

No times will be given by timekeepers at the finish; these will be displayed at HQ.

There will be checkers at Prees Heath RAB, Müller RAB, Espley RAB, and Crudgington Cross Roads RAB. Any rider whose number is not visible to the timekeeper and checkers may not be given a finishing time. Remember to shout your number at the finish.

DIRECTIONS TO THE START

Turn left out of HQ and follow Mill Lane and Wollerton Lane back to A53. Turn right and proceed straight over Espley RAB following A53 towards Shawbury. The start is in the lay-by on the right beyond the High Hatton - Stanton crossroads, just over 5 miles from the HQ. Please do not make U turns within sight of the start. Please dismount and cross the A53 on foot. Failure to observe this request may result in disqualification. Please allow 25 minutes to ride from the HQ to the start.

Please use extreme caution when leaving HQ to ride to the start, ride in single file and also when returning after the finish.

AFTER THE FINISH – IMPORTANT

The finish is approx. 6 miles from the HQ in the opposite direction to which riders will finishing.

Riders MUST NOT make U-turns anywhere on the A53 which can be a busy road, particularly around the finishing time. Any rider making U-Turns at or after the finish will be disqualified from the event.

After passing the finish point, riders must not stop at the finish but should continue on for approx. 0.3 mile to junction with farm track on the left hand side where they should dismount, turn and walk back across the A53 to remount and ride back to the headquarters at Wollerton. There will be a sign saying “DISMOUNT TO TURN AFTER FINISH” where there will also be marshal to assist riders to turn safely. Take care of traffic on the A53.

PREES HEATH RAB and A41 SECTION

Due to increased traffic levels at Prees Heath RAB, riders are reminded to use caution entering the RAB. There will be a CTT Observer at Prees RAB. Any rider observed to be riding in an unsafe manner or disregarding the Highway Code may be subject to disciplinary proceedings. Riders and support crews should aware that large numbers of motorcycles use the A41 between Tern Hill and Prees Heath so please exercise extra caution and courtesy.

Riders should be aware that the road narrows at Sandford Bridge on the A41. There is also a possibility of cattle crossing just north of the bridge. Have a safe and enjoyable ride, and keep your head up at all times.

There are a number of patches of poor road surface, particularly north of Sandford on the outward leg to Prees Heath.

DOPING CONTROL

The event may be subject to Doping Control. It is your responsibility to check whether or not you are required for Doping Control. Race numbers required for Doping Control will be displayed adjacent to the results board. If your number is displayed, you must report immediately to Doping Control which will be nearby.

REGULATION 22C - USE OF MOTOR VEHICLES

In accordance with Regulation 22, riders are permitted support from a motorised vehicle and its occupants, to assist with a competitor's reasonable feeding and other requirements as the event distance exceeds 100km. See CTT Handbook for details

All support vehicles must be registered with the Event Secretary (or via the Signing On Steward) before or by the competitors start time using the Riders Supporting Vehicle Form, available from the CTT website at:

<http://www.cyclingtimetrials.org.uk/Forms>

A supply of blank forms will also be available at signing-on.

Riders with their own support may be given bottles and food at any safe part of the course but must not stop on the carriageway and must not impede other riders, officials or traffic at the drinks station at Cold Hatton. Bottles and food must not be handed up near Market Drayton, Tern Hill or Shawbirch RABs due to traffic levels. There is a large area on the A442 northbound approach to Espley RAB where support vehicles may be parked off the road.

DRINKS & FOOD STATION

Bottles and food can be left at the HQ when signing on, which will then be available for riders to collect during the race at the drinks station which will be in the lay-by on the circuit, north of Cold Hatton on the A442. This is at approx. 40 57, 74 and 91 mile points, and will be open from 07:35. Please mark your bottles etc. with your race number including the bottles you start with. Leave your bottles for pick up during the event at sign on by 07:00 at the latest to ensure they can be taken to the drinks station in time. Empty bottles will be taken back to HQ after the event

You must enter the lay-by and be prepared to slow down or stop to receive your bottle. Take care when entering and leaving the lay-by. Entrance to the lay-by will be signed. If requiring a bottle, please shout your number to the marshal sited in advance of the lay-by at the DRINKS STATION AHEAD sign, who will then radio to the drinks team at the far end of the lay-by.

IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoter strongly advise that you wear A HARD SHELL HELMET that meets an internationally accepted safety standard.

It is a condition of entry that all riders under 18 years of age must wear an approved cycle helmet.

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.

Thank you for entering the event and may I wish all riders a safe and enjoyable race.

Event Secretary

To whom all issues and correspondence should be addressed

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