



Open 10 mile Time Trial

"Promoted for and on behalf of Cycling Time Trials under their rules & regulations"

JOINT RUTLAND/NMVTTA EVENT

14:00 Saturday 29th August 2020 Course: O10/1 Hatfield Woodhouse

Event Headquarters: Hatfield Woodhouse Village Hall, Main Street, DN7 6NF

Event Organiser: Gordon Wordsworth Wyncot, Coggers Lane, Hathersage. S32 1AL
gc.w@btinternet.com. 07942318223

Timekeepers: Malcolm Smith and Christine and Phillip Minto

Course description: Start on A614 at Lamp Post No. 08209 near metal gate at southern end of Hatfield Woodhouse. Proceed southwards on A614 to Blaxton T1 (5.026 miles). Encircle island and retrace along A614 to finish at LP No. 08212 at northern corner of triangle at end of Ancient Lane (10 miles).

Please note that the turn is quite tight - don't approach too fast!

No parking by competitors or their helpers anywhere on Ancient Lane, or in Hatfield Woodhouse Village - adequate parking available at the Village Hall.

No warming up on the course after race start. No pusher off. No U turns in sight of the start or Finish

No stopping at the finish, please continue straight back towards the HQ

Numbers and signing on/off sheets will be available as usual OUTSIDE the event HQ prior to the event. Keep your heads up while riding and obey the rules of the road. Remember that marshals are not there to stop the traffic or advise you whether it is clear. Take responsibility for your own riding at all times. The road surface on the course is poor in places with sunken drain covers and a pothole that has been marked. See photos.

There are also a couple of junctions off to the side of the main road so be aware of the traffic around you.

ALL PARKING AT THE HQ. PLEASE PARK AND CONDUCT YOURSELVES ACCORDING TO THE COVID RISK ASSESSMENT, AND ANY OTHER REQUIREMENTS IN FORCE AT THE TIME OF THE EVENT. ALSO PLEASE RESPECT THE RESIDENTS OF THE VILLAGE.

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 competitors must wear Protective Hard Shell Helmets.

YOUR CYCLE MUST HAVE A WORKING REAR LIGHT FITTED, NO LIGHT NO RIDE!

Prize List

Overall	Men	Women	BOS	V50	V60	V70	V80	Road Bike	Juv RB	Juv TT
1st	£30	£30	£30	£15	£15	£15	£15	£30	£20	£20
2nd	£20	£20	£20					£20		£10
3rd	£10	-	£10	-	-	-	-	£10		
Team	£20 each of 3									

Road bike prize open to riders using standard road bikes; no disc wheels, aero helmet, clip-on tri-bars.

Due to the Covid restrictions, there will be no refreshments and all awards will be made online etc after the event. Unfortunately due to these circumstances the District Championship and associated trophies will not be awarded this year.

All riders should make their own provision for drinks and snacks at the event - there is no access at the event HQ for drinking water.

We have access to the toilets, but due to the work involved sanitising these facilities we will only open one for all competitors. This will be on a one in one out basis only.

Please do not use as a changing room.

This event may be subject to doping control

As soon as you have finished, you should return to the HQ as it is your responsibility to check if you are required for testing

Race numbers required for doping control will be displayed.

Remember to sign off after you have finished - or its DNF!

Please place your number in the box provided.

Thanks to all riders, timekeepers and helpers for making this event possible.

WE ARE VERY GRATEFUL TO HATFIELD PARISH COUNCIL FOR THE USE OF THEIR VILLAGE HALL AT THIS DIFFICULT TIME. THEREFORE £150 WILL BE DONATED TO A LOCAL CHARITY FROM EVENT FUNDS.

Covid 19

This event is being delivered in compliance with Government restrictions and CTT Risk Assessment for Covid-19 16/07/20.

The key points affecting you as a competitor are:

- Competitors should plan to arrive 30 - 40 minutes before their start time to allow time to sign in, warm up and get to the start line and not attend if they feel ill in ANY way or if family members have any symptoms.
- Local Lockdown: If Government restrictions change and a Local Lockdown is enforced. Any competitor who resides in an affected area should inform the Organiser and not arrive to take part.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start because of an adverse warmup.
- It is preferable for all warmups to be conducted independently and ideally competitors should warm up on the road individually. The use of turbo trainers or rollers can be considered if warming up is carried out independently away from the sign on area and provided an absolute minimum of 2 metres social distancing from all others including that may walk past is possible.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park. There will be no results posted at the HQ during the event and no prize giving after the event. Winners will be notified, and results posted to all competitors.
- After finishing competitors must complete the sign out sheet and return their number to the bin provided. You MUST then pack away and leave immediately.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event. Please telephone the organiser Gordon Wordsworth 07942318223 if you have failed to finish the event.
- It is assumed you have read the full CTT Covid risk assessment and are aware of how it affects you as a competitor.

