

RATAE ROAD CLUB

Open 10 Time Trial A10/13 Course

Sunday 6th September 2020 at 09:00

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations, as per Regulation 27a and in compliance with the Cycling Time Trials.

Please read all the information supplied here relating to the above event.

Event Secretary: Peter J Kott
Telephone: 07767477347 Email: peterjkott@gmail.com

Timekeeper: Tom Bailey (Coalville Wheelers)
Assistant Timekeeper: Howard Pymm (Coalville Wheelers)

Headquarters: Thrussington Village Hall Car Park, Hoby Lane, Thrussington, Leicestershire LE7 4TH (**No parking for competitors**).

Unmanned signing on will take place in the car park from 08:00. Please bring your **own pen**. **Race numbers** will be available for collection. Please return race numbers and sign out when finished. Please bring your **own safety pins**. **No socialising or congregating** in the car park. **Warm up** on the road only. Allow **10 minutes to the start**. From the HQ, turn right out of Hoby Lane onto The Green. Continue onto Seagrave Road and follow the road to the A46. **Take great care** crossing over A46 to Park Hill Lane.

Car parking is available from 08:00 at Manor Farm, Ratcliffe Road, LE7 4UF (signposted Manor Farm Yoghurt). This is a working farm, so please be respectful when on site. Also, please no congregating or socialising in the car park. You may be interested in purchasing some of the farms own award winning live yoghurt. This would be a nice gesture as Mrs Holmes has allowed us to use their farm for parking. Please ask the car park attendants for details.

Cycling Time Trials and the Event Organiser **strongly advise** riders competing in this event to **wear a hard shell helmet** that meets internationally accepted standards. **Competitors under the age of 18 and or juniors must wear a helmet. A working rear light** (flashing or constant) is **mandatory**.

Course: **START:** Park Hill Road 70 yards from A46. Heading from Seagrave to A46 northbound. Take slip road left at Durham Ox (signposted B676). Continue to T junction, left on B676, Melton Road and under A46 bridge. Straight on B676 Six Hills Road. Shoby crossroads, turn left onto B6006, Paddys Lane. Left turn onto slip road for A46 south, signposted Leicester A46. Join A46 and proceed south. **FINISH:** At minor lay by on A46, 1140 yards past Seagrave/Thrussington junction.

Return to HQ continuing onto next junction on A46 to Ratcliffe on the Wreake, then follow Thrussington/Ratcliffe Road to HQ in Thrussington. **Do not attempt to cross the A46 at the finish in order to return to Thrussington via Seagrave Road.**

Awards:	Fastest Man:	1st £20	2nd £15	3rd £10
	Fastest Woman:	1st £20	2nd £15	3rd £10
	Fastest Vet on Standard:	1st £20	2nd £15	3rd £10
	Team of three:	£10 each		

The results will be posted on the club website (<https://www.rataerc.org/>) in due course and prize-winners will be notified.

Covid-19 Specific

Please download and read the CTT Covid-19 RA

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>

Competitors should **not** attend if they feel ill in any way or if any family members have shown any symptoms.

If an elevated resting heart rate or a quick to react heart rate is experienced during warm up do not go to the start and DNS.

Warm up on the road only.

Do not gather at the car park, HQ, start or anywhere else. Car park attendants will be onsite to advise on parking procedure.

Signing on/off will be unmanned. Bring your own biro and safety pins.

Toilets will be available at the HQ on a one in/one out basis. Hand sanitizer and sanitising spray will be available.

Arrive at the start no earlier than 5 minutes before your start time.

There will be no pusher off.

On finishing return to the HQ to sign out, return number and leave the HQ.

Have a fast and above all safe ride.