

## **BRITISH EMERGENCY SERVICES TIME TRIAL CHAMPIONSHIPS 2020**

***Location, Eglinton Park, Irvine, Ayrshire***

***Date 19th/20th September 2020***

***time 1800hrs/1010hrs***

***Hosted by GTR/Return to Life***

### ***10 mile start sheet***

1801 61 HAZEL SMYTH POLICE SCOTLAND

1802 62 DAVID STEWART POLICE SCOTLAND

1803 63 DAVID PARK SFRS

1804 64 CARL LATIMER TWFRS

1805 65 TONY SMITH SFRS (RETIRED)

1806 66 ANDREW FISH SFRS

1807 67 ESTHER HAMILL POLICE SCOTLAND

1808 68 SCOTT GOURLEY POLICE SCOTLAND

1809 69 RICHARD BUTLER CFR

1810 70 BRIAN O'NEILL SFRS

1811 71 DAVID ROSS POLICE SCOTLAND

1812 72 KEVIN LACKIE SFRS (RETIRED)

1813 73 ANDREW MCGHEE POLICE SCOTLAND

1814 74 GORDON DICK POLICE SCOTLAND

1815 75 DARYL OGUONA TWFRS

1816 76 GRAHAM RANDS GREATER MANCHESTER FIRE AND RESCUE

1817 77 DAVID LINSLEY TWFRS

1818 78 ADAM BAINES LANCASHIRE CONSTABULARY

1819 79 GAVIN CHIURCH SFRS

1820 80 DAVID LINES SFRS

1821 81 TERRY WILKINSON TWFRS

1822 82 MICHAEL DALTON CLEVELAND POLICE

1823 83 NEV MARTIN TWFRS (RETIRED)

1824 84 WILLIAM BONAR SFRS

1825 85 Mr ANDREW HALL Esq

**25 mile start sheet**

1010 70 ANDREW MCGHEE POLICE SCOTLAND

1011 71 CARL LATIMER TWFRS

1012 72 RICHARD BUTLER CFRS

1013 73 ADAM BAINES LANCASHIRE CONSTABULARY

1014 74 HAZEL SMYTH POLICE SCOTLAND

1015 75 GRAEME CROLL SFRS

1016 76 ROSS MCNAUGHT POLICE SCOTLAND

1017 77 ESTHER HAMILL POLICE SCOTLAND

1018 78 GORDON DICK POLICE SCOTLAND

1019 79 DAVID LINSLEY TWFRS

1020 80 KEVIN LACKIE SFRS (RETIRED)

1021 81 DARYL OGUONA TWFRS

1022 82 DAVID ROSS POLICE SCOTLAND

1023 83 GRAHAM RANDS GREATER MANCHESTER FIRE AND RESCUE

1024 84 Sir ANDREW HALL TWFRS

1025 85 DAVID LINES SFRS

1026 86 NEV MARTIN TWFRS (RETIRED)

1027 87 WILLIAM BONAR SFRS

1028 88 TERRY WILKINSON TWFRS

1029 89 MICHAEL DALTON CLEVELAND POLICE

### **Very Important**

**If you feel ill and show any of the covid 19 symptoms do not under any circumstances come to the race!!**

### **COURSES:**

**Course: WW10/03 Start at entrance to Eglinton Park (lampost R5), proceed to eglinton interchnage and take first exit onto A78 slip road. Remain in lane and Join A78 southbound. After 2 miles road goes from 3 to 2 lanes, please check over your shoulder (marshall watching) to check it's safe before moving to middle lane when the road markings indicate filter begins. Continue to Papermill (Dundonaldcamp) roundabout. Take 4th exit to rejoin A78 North bound. Continue for 5 miles approx to finish in left hand lane slip road to Eglinton interchange. <https://strava.app.link/OaSffYj9L9>**

**25 mile tt starts at lampost R4, proceeds as the 10 course to paper mill roundabout, take 3rd exit onto Ayr road and proceed up to gailies roundabout, retrace and proceed back to paper mill roundabout where you will take first exit onto the a78 (return of the 10 course), pass finish of the 10 and proceed up the slip (right hand lane) to Eglinton interchange. Proceed around roundabout and take 4th exit back onto the a78 to start the second lap. Complete as per first lap and finish south of lay-by before Eglinton interchange. <https://strava.app.link/QRC5GYm9L9>**

**It is the riders responsibility to know the course.**

**Event times: as above**

**Event location: Eglinton country park. Please park responsibly and socially distance from fellow riders as best as possible, There are two car parks to choose from. It's a public park so take this into consideration too when parking.**

**Sign on: Top car park, There will be a sign on table with a one way system in operation, this will be clearly marked so as to maintain a 2m gap. DO NOT congregate here. Bring your own pen!! Numbers will be individually seperated, ONLY TOUCH YOUR OWN NUMBER!!**

hand sanitizer will be available but please bring your own.

Sign out: As above but place number in bucket.

There are no changing or toilet facilities, please come ready to race with your bowels emptied.

Socialising: This is a bike race, catch up with your mates on the phone later, do not jepodise our future events.

Warming up: Preferably on the road, however if you are social distanced from fellow competitors and the public, the use of a turbo trainer is allowed. However we will have our very own Covid police on duty and if they ask you not to, please obey.

Start area: No one, and I mean No one is to congregate around the start area until your minute man is up on the start line, please remain responsibly and socially distanced on the entrance road to the park. We will have a marshall calling you forward.

When called please do not distract the starter/timekeeper.

You will start off under your own steam with one foot on the ground (no track stands) and start under the instruction of the starter.

Race: As always please follow all rules of the land and ride responsibly. If you have spent lockdown on zwift make sure you can still balance and turn corners and make sure your bike is in good working order, we don't want any repeats of past incidents.

Drafting: If you are lucky enough to catch anyone please give them space and pass as quickly as possible. Caught riders DO NOT draft under any circumstances.

Finish: Return to your car, pack your bike, sign out as instructed, place number in bucket, go back to your car and leave ASAP.

No socialising or congregating at any time.

DQ's WILL be issued both before and after to anyone breaking the rules.

Results will be posted on GB fire service facebook page asap after each race and prizes distributed via bank transfer or socially distanced hand over of jerseys.