

For and on their behalf of Cycling Time Trials under their Rules and Regulation

**MID CORNWALL CYCLING CLUB  
OPEN 10 MILE TIME TRIAL**

**EVENT SEC - Duncan Murdison - Email - Duncan.murdison@gmail.com  
Event HQ - Probus Village Hall. OPEN 7am START 8am**

**Time Keepers - Sean Parker + James Wiltshire**

**AWARDS**

**Overall - 1st £15 2nd £10 3rd £5**

**1st Male Vet 40-49 £10. 1st Male Vet 50-59 £10. 1st Male Vet 60+ £10**

**Women - 1st £15 2nd £10 3rd £5. Road Bike - 1st £10**

**COURSE S6/10**

Start on B3275 at entrance to Treurno, approximately 100 yards West of layby and 0.5-mile East of Tresillian (GR SW879470). Proceed Northeastwards for approximately 0.5 mile where turn left, still on B3275. Continue northeastwards on B3275 through Ladock and Newmills to turn at Brighton Roundabout. Retrace outward route through Newmills and Laddock. Finish at a point 5 yards before a field gate and 0.25-mile North of, and prior to, the B3275/Probus to Tresillian Road junction. (GR SW 887476)

1-HARDSHELL HELMETS COMPULSORY

2-Please observe the Highway Code. Ride with your head up. Do not "White Line," Wear bright clothing.

3-Advice to all competitors It is recommended that a flashing or constant rear light be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

4 -Event officials must not seek to regulate or interfere with other traffic.

5-Paced & company riding in Time Trials; Regulations stipulate that should a competitor be caught by another rider, the overtaken rider should fall back to a distance of not less than 50 yards.