

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Tickhill Velo Club Open 10 Mile Time Trial
Saturday 8th August 2020– First rider off at 2.01 pm
Solo & Road Bike events



Event secretary: Martin Bagshaw
19 Kendal Ave S25 4HQ
Tel Nos: 07841 211 575
Mobile on the day 07841 211 575

HQ: Hatfield Woodhouse Village Hall,
Main Street, Hatfield Woodhouse DN7 6NF
HQ open from 12:30. Signing on from 13:00

Link to map here: <http://tinyurl.com/jj4zgwh>

Parking, numbers and signing on at the HQ. **Toilets are available at HQ on 1 in 1 out basis.**

NB : No parking by competitors or their helpers anywhere on Ancient Lane, or in Hatfield Woodhouse village

Awards: (N.B. One rider = one prize):

Overall Fastest Times

1 st Male	£50	1 st Female	£50
2 nd Male	£30	2 nd Female	£30
3 rd Male	£15	3 rd Female	£15

Fastest Team (Best three times) £45

Classification Prizes

Cat A	£10	Cat B	£10	Cat C	£10
Cat D	£10	Cat E	£10		

(Categories based on declared 10-mile PB time)

Due to Covid-19 restrictions there will be no refreshments or presentation of prizes after the event.

Instructions for riders and others:

Due to Covid-19 restrictions the sign on / off desk will be unmanned although TVC marshals will be in the area. You should bring your own pen to avoid unnecessary cross contamination.

Please ensure you read the Covid-19 risk assessment prior to signing on. Please arrive 30-40 minutes before your start time, dressed to race as there are no changing facilities at the HQ – Changing in toilets will not be allowed. Note that spectators are strongly discouraged this year.

No Warming up on the Course once the event has started. No U Turns within sight of the start or finish. Keep your head up at all times.

Please respect social distancing marks at the start and be aware there will be no push off, all riders will start with one foot on the ground. Do not leave any personal possessions with the Timekeeper. Do not stop at finish to ask for times. Return as soon as possible to HQ.

In the interest of your own safety, the CTT and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted safety Standard. Regulation 15 requires all riders of 18 years and under to wear a suitable Helmet.

It is now compulsory that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

This event may be subject to a Doping Control
It is your responsibility to check if you are required for Doping Control
Race numbers required for Doping Control will be displayed at the HQ.
If your number is displayed, you should report immediately to Doping Control which will be nearby

Remember, it is up to you to check and ensure that you comply
If required, you must report to Doping Control after finishing without delay

Attention all competitors.

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do will result in the competitor being recorded as DNF.

Course Code: O10/1

Start on A614 at Lamp Post No 08209 near metal gate at southern end of Hatfield Woodhouse. Proceed south on A614 to Blaxton TI (5.026) Encircle island and retrace northwards on A614 to finish at Lamp Post No 08212 at the northern corner of triangle at the end of Ancient Lane (10.000) NB Blaxton TI is small and oval. Take extra care.

Link to map here:

<https://www.cyclingtimetrials.org.uk/course-details/o10-1>

HELPERS:

Start Timekeeper –Christine Minto

Pusher-off – No Push off at this event

Finish Timekeeper – Philip Minto

Clerk (and named official at finish) – Kevin Thomas

Signing on / HQ – Nicolas Kay / Jenny Down / Kerry Wilcox

Marshals: Blaxton roundabout Diana Simpson. Christina Cooper, Gary Durham

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 organiser, Martin Bagshaw 07841 211 575. Please telephone the organiser if you have failed to finish the event.