



# Wadebridge Coasters Open 10 Mile Time Trial

## Wednesday 8th May 2019, Course S110/10

(Promoted for & on behalf of **CYCLING TIME TRIALS** under their Rules & Regulations)

<b>Event Organiser</b>	Damian Cudmore 5 Marshall Avenue, Wadebridge PL27 6BB. Mobile: 07588 585518
<b>Headquarters</b>	Event Headquarters is at St Eval Community Centre & Dragon Pub, Orion Drive, Wadebridge PL27 7TU. Toilet facilities. There is a large parking area and extra parking outside the Kernow Chocolate Factory.
<b>Start time</b>	First rider 19.01
<b>Timekeepers</b>	Dave Bolton, Steve Coonick, Damian Cudmore
<b>Pusher off</b>	Andy Brook
<b>Marshals &amp; event support</b>	Members of Wadebridge Coasters, Family & Friends
<b>Prizes</b>	1st, 2nd, 3rd Men & Ladies 1st Vet A (40-49), 1st Vet B (50-59), 1st Vet C (60+) Mens & Ladies 1st, 2nd, 3rd Road Bike. Please note on sign on if you are using a road bike with no aero aids including deep rims. 1st Juvenile 1st Espoir 1st Team, 3 riders from the same club  One rider one prize except for the team.

### Safety guidance

Please observe the Highway Code. Ride with your HEAD UP at all times. Do not white line. Regulations provide that all competitors must observe the law of the land relating to road use and any riders found riding dangerously must expect to be liable to strict disciplinary action. Cycling Time Trials strongly advise riders to wear a HARD SHELL HELMET that meets an approved safety standard.

At the start, competitors must wait in single file at least 4 metres from the timekeeper. No U-Turns, failure to comply could result in disqualification. Advice to all competitors - It is recommended that a flashing or constant rear light be fitted to the machine. If a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one, at least 50 metres is required.

### Course S110/10

#### Start

The course starts at a point opposite to the Padstow Sea Sand company entrance (opening times Monday to Friday 8am – 5pm, Sunday closed) and near St Eval Go-Kart entrance (opening times 9.45am – 6pm, Sunday closed). It then continues to T-junction, with caution (Marshalled) turn left. Continue to next left turn signed St Eval (Marshalled). Continue to start point, repeat lap 1.

#### Finish

On lap 3 DON'T turn off left signed St Eval, continue around corner direction St Columb Major to finish level with gatepost just past the Rumford turn. Signage will be placed around course in order for riders not to go off course and to warn other road users of the event.