



Sherwood Cycling Club 25-mile Open Time Trial 15th August 2020, 1401 hrs

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

Organizer Details:

Jez Willows 07813 704 274 jez.willows1@virgin.net

58 Boundary Road

Newark

Notts, NG244AT

Assistant Roger Widdowson 07966 777475

Timekeepers:

Mrs Sue Bowler and Mr Paul Martin

Course

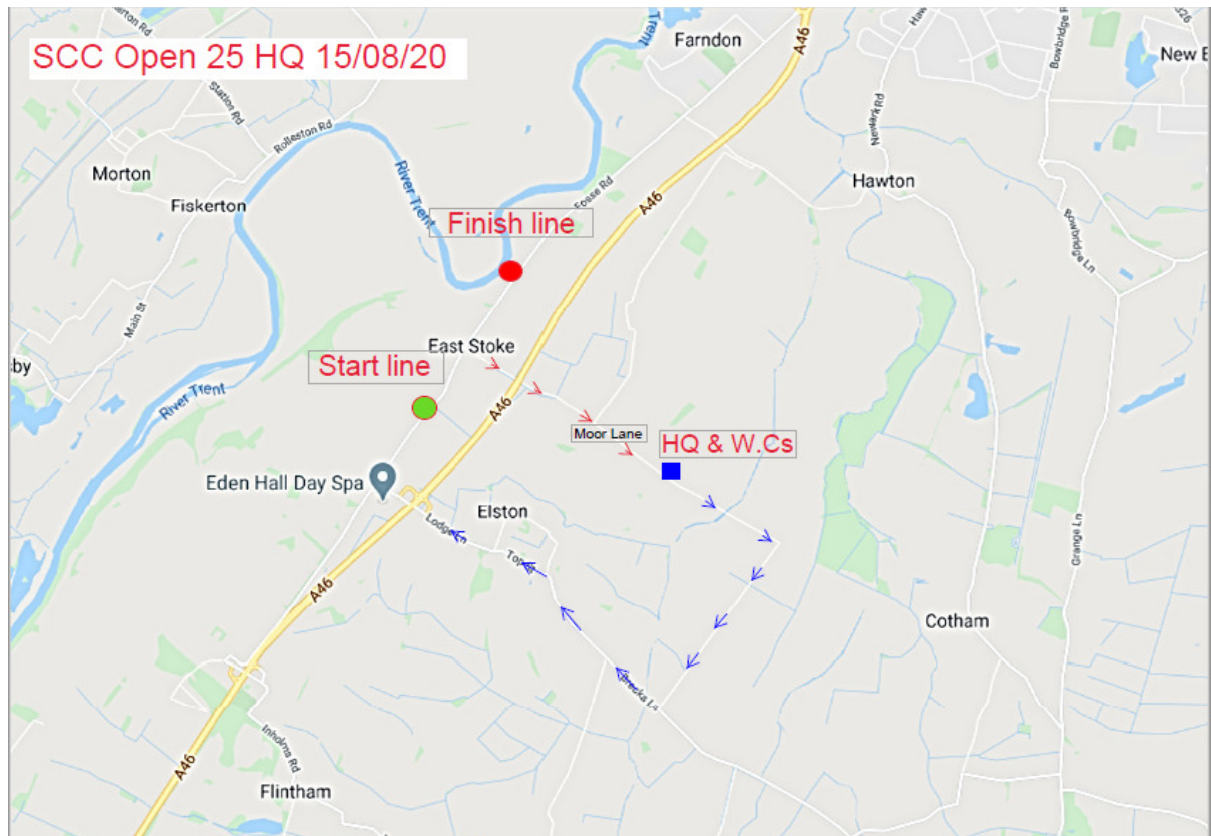
A25/34

HQ Event Information

Due to the ongoing Covid 19 situation we are using a field on Moor Lane, East Stoke, Newark, NG23 5PZ as the event HQ and parking. We will have a Gazebo for signing in and portable toilets.

Moor Lane is located behind East Stoke Village close to the start and finish. The road is quite narrow so if competitors can approach HQ from East Stoke village please and leave in the

opposite direction during the event. Please be courteous to other local road users and give way to cyclists heading to the start on the old A46 as below;



Course Information

The event is being held on the A25/34 course.

Start 36 yards after speed derestriction sign on southbound exit from East Stoke on the old A46.

Proceed south to Turn Left at traffic island (near Eden Hall) to pass over A46 to Turn Left onto A46 southbound slip road.

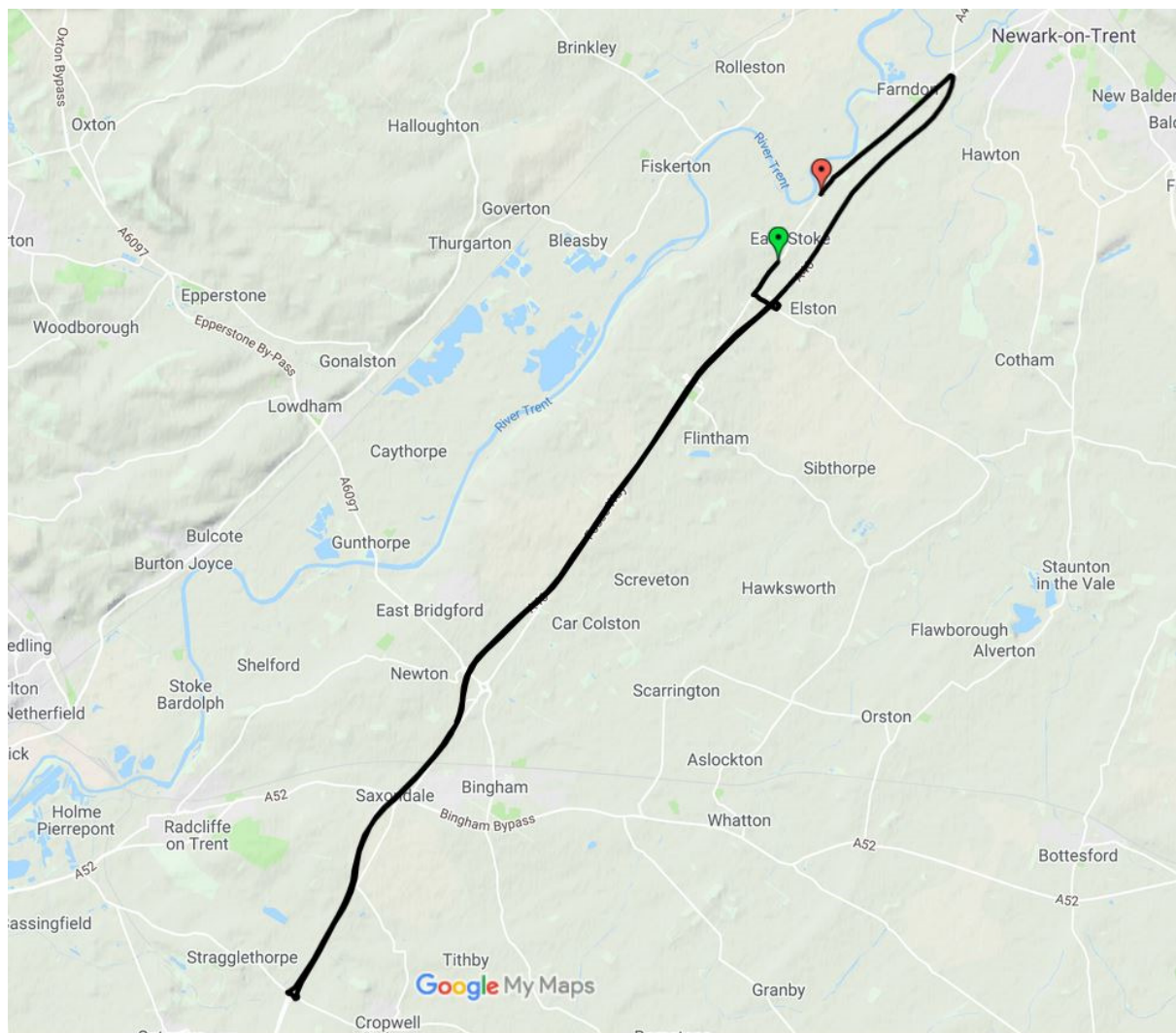
On A46, proceed south to take slip road from A46 to new traffic roundabout at junction to Cropwell Bishop & Cotgrave (Stragglethorpe Junction).

Take the 4th exit to pass under the A46 to second roundabout (approx. 10.36 miles.)

Take 3rd exit to slip road onto A46 northbound and proceed towards Newark.

At Farndon roundabout take the first exit onto old A46 (Fosse Way) (Approx. 23.12miles)

Proceed south on old Fosse Way to Finish at start of fence on RHS at gateway to River Trent and just before Stoke Warren Farm on approach to East Stoke. (25.00miles).



Safety Instructions for riders

- Competitors should not attend if they feel ill in ANY way or if family have any symptoms.
- An elevated resting heartrate or exceptionally quick to react heartrate 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 as a result of adverse warmup.
- Warmups should be done on the road. Please use the old A46 north of the start but be aware of earlier starting competitors approaching the finish.
- Competitors must not gather in any way regardless of current guidelines in the carpark/HQ area or elsewhere.
- Competitors must not leave any personal items with the timekeeper.
- Competitors on finishing MUST NOT stop at finish and MUST NOT loiter at the HQ/carpark please sign out then pack away and leave immediately upon completion of the race.

- 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. Please telephone the organiser if you have failed to finish the event.
- Please do not arrive at the start line more than 5 minutes before your start time as there is limited space to maintain social distancing.
- There will be no pusher off and all competitors will need to start with one foot on the ground.
- All competitors must start the race with a working red rear light. NO LIGHT? NO START!
- Please bring your own pen to sign in and own safety pins.
- You MUST personally sign back in again upon completion of your ride otherwise YOU WILL receive a DNF!
- Please deposit the number in the bag provided ready for cleaning.
- Please ensure if you pass the finish timekeeper that it is plain that you are not racing

Prizes

No formal presentation or results are planned after the event. Results will be uploaded once verified and as soon as they are made available. Prizes will be posted out to riders after the event and within 28 days.

1st Overall £40

2nd Overall £30

3rd Overall £20

4th Overall £10

Ladies

1st Overall £40

2nd Overall £30

3rd Overall £20

4th Overall £10

Course Record men £25

Course Record ladies £25

We hope that you have an enjoyable, swift and safe ride. Good Luck.