

Mid Shropshire Wheelers



Liverpool District GHS Championship

Saturday 19th June 2021
First Rider off at 3.02pm

Course: D10/23r Waters Upton – Hodnet on the A442

Start at stop line from unclassified road signposted 'Ellerdine & Rowton' north of Waters Upton. Proceed north along A442 to Espley Island (Hodnet) 5.15 miles. Encircle island and retrace to **Finish** opposite gateway approx 25 yds south of northern exit of Sytch Lane 10 miles.

Headquarters: Ellerdine Village Hall, Heath Lane, Ellerdine, Telford, Shropshire, TF6 6QT

Sign on, Collection of Numbers, Toilets, Return of Numbers and Sign Out at the Headquarters.

Please do not park in the lane at the start and be conscious of Waters Upton resident's access.

Organiser: Dave Mellor, 24 Oakfield Road, Shrewsbury SY3 8AE. **Telephone:** 07802 – 878349

Timekeepers: Mr Dave York and Mrs Jenny York

Sign On: Helen Pritchard

Start Steward: Richard Price

Marshals: Brian Morris, Malcolm Price, Victor Chetta, Andrew Whyatt

It is mandatory to fit a flashing red light to the rear of your bike and to wear an approved cycle helmet.

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

1 st	Overall Boy and Girl	Automatic entry to National Final. GHS Medallion presented at the National Final.
2 nd	Overall Boy and Girl	Automatic entry to National Final. GHS Certificate presented at the National Final.
3 rd	Overall Boy and Girl	Automatic entry to National Final. GHS Certificate presented at the National Final.
1 st	Team of 3 Riders	Automatic entry to National Final. GHS Certificate presented at the National Final.
1 st	In each age category based on the riders age on the 31st August 2021	Automatic entry to National Final. GHS Certificate.
	All Finishers	Commemorative Medal & Certificate

Covid 19 Safety

Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind and you should DNS and leave immediately and not go to the start line.

It is preferable for all warm ups to be conducted independently and ideally competitors should warm up on the road individually but understand parent reluctance on safety grounds for young riders on unfamiliar roads.

The use of turbo trainers for GHS competitors can be considered if warming up is carried out independently away from the event HQ in the football field car park but competitors must allow an absolute minimum of 2 metres social distancing from all others to include those walking past eg. any thoroughfare or common route.

Competitors on finishing should not stop at the finish and should not loiter at the HQ or car park.

Upon completion of their ride all competitors should sign out promptly and having done so then pack away and leave immediately.

Unless using a skinsuit with transparent pockets all competitors must bring their own safety pins to pin on their body number.

#staysafe #bekind #beresponsible

Preferred route to start: 2.2miles

