

Mid Shropshire Wheelers



Open 10 Miles Time Trial

Saturday 19th June 2021

First Tandem off at 3.17pm

First Bicycle off at 3.18pm

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

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

It is mandatory to fit a flashing red light to the rear of your machine and recommended that you wear an approved cycle helmet. It is a condition of entry that all riders under 18 years of age wear an approved cycle helmet.

Please be aware that the Liverpool GHS Regional Championship precedes this event at 3.02pm please respect these young riders if pre riding the course.

Prize List

	Winner	Second	Third
Fastest Bicycle	£25	£20	£15
Fastest Male	£15	Fastest Female	£15
Fastest on Veteran Std	£15	Fastest Veteran	£15
Fastest Junior Male	£15	Fastest Junior Female	£15

One Rider One Prize applies to the above prize list.

Fastest Team of 3 Solo Riders	£30
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The fastest Mid Shropshire Wheelers rider in either the Open 10 or the GHS 10 will be awarded The Ray Page Winged Wheel Trophy kindly donated by Mr Cecil Dean.

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.

The use of turbo trainers will be considered for GHS competitors only based on our risk assessment of young riders riding alone on unfamiliar roads.

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

