



Welcome to the 2019 UK
Emergency Services National
Cycling Time Trial
10 & 25 Mile Championships.



NOTTINGHAMSHIRE
Fire & Rescue Service
Creating Safer Communities



Message from Race Organiser

Hello Riders

A warm welcome to Nottingham. This year I have chosen a 10 mile course run on the A46 which is a smooth fast dual carriageway course. For the 25 mile I have chosen a more testing course run on a combination of quiet country lanes and the A52. It is a tough course but with a fast finish.

I would like to thank all our sponsors who have generously given prizes and for the custom painted **Crafty Wee Man** trophies (if you would like a discounted personalized painted figure contact Crafty Wee Man on facebook using Code 999 Games).

My thanks go to **Mapperley CC** for their invaluable advice, support and loan of equipment to help make this event happen. Thank you to our time keepers **Stephen Custance, Bill Stanley** and **Norman Portess** for giving up their time and a thank you to **Red Watch Stockhill Fire Station** for Marshalling. Without this support races would not exist and I am eternally grateful.

There will be drinks and cakes after the 10 mile race and a buffet lunch after 25 mile race, followed by the prize giving ceremony.

Have a fast, safe ride

Nick Cousins

Nottinghamshire Fire and Rescue Service



The event is being “Promoted and on behalf of Cycling Time Trials under their Rules and Regulations”

10 Mile Time Trial

- **Date:** Saturday, 22nd June 2019
- **First Rider:** 15:01
- **Course:** A10/3
- **Event Secretary:** Nicholas Cousins, 7a Lucerne Road, Oakwood, Derby. DE21 2XF.
- **Mobile:** 07891499798
- **Event HQ:** Village Hall, David’s Lane, Gunthorpe, Nottm. NG14 7FH.
- **Time Keepers:** Steve Custance, Bill Stanley
- **Numbers:** Numbers and Signing On will be at the HQ - return numbers afterwards for a free drinks and cake. Signing On Please read any special instructions and sign on before taking your number. **Remember also to SIGN OFF after your ride, or you will be DQ’d.**
- **Marshalls:** Red Watch Stockhill and friends.
- **Results:** Results will be displayed at the HQ - please DO NOT approach the Timekeepers.
- **Start:** Please allow at least 15 mins from HQ to the Start. DO NOT congregate at the start or block the Starter’s view of the road. Thanks for your cooperation.
- **NO WARMING UP** on the course once the event has started.

A10/3 Course Description:

Start at grid reference SK697419 ten yards north of ‘Clearway’ sign on A6097 inside the white line marking edge of slip road onto A46 northbound. Start level with drop down kerb, back wheel up against kerb edge with is 90 degrees to the carriageway.

Join the A46, proceed north until Elston/Thorpe junction. Follow junction sweeping left to turn left at the T junction, cross over the A46, take first left and sweep left to rejoin A46 southbound. Continue on A46 until East Bridgford/Car Colston junction. Left onto slip road. Continue to small roundabout, turn left onto unclassified road towards Car Colston to finish at large signboard. Grid reference SK720428. 10.02 miles.

Parking:

There is plenty of parking at the Headquarters, and on-street parking nearby. Please park with consideration for village residents. **NO PARKING** near the start or finish.



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25 Mile Time Trial

- **Date:** Sunday, 23rd June 2019
- **First Rider:** 09:01
- **Course:** A25/2
- **Event Secretary:** Nicholas Cousins, 7a Lucerne Road, Oakwood, Derby. DE21 2XF.
- **Mobile:** 07891499798
- **Event HQ:** Village Hall, Park road, Barnstone, Nottingham. NG13 9JG.
- **Time Keepers:** Steve Custance, Norman Portess.
- **Numbers:** Numbers and Signing On will be at the HQ - return numbers afterwards for a free drinks and cake. Signing On Please read any special instructions and sign on before taking your number. **Remember also to SIGN OFF after your ride, or you will be DQ'd.**
- **Marshalls:** Red Watch Stockhill and friends.
- **Results:** Results will be displayed at the HQ - please DO NOT approach the Timekeepers.
- **Start:** Please allow at least 5 mins from HQ to the Start. DO NOT congregate at the start or block the Starter's view of the road. Thanks for your cooperation.
- **NO WARMING UP** on the course once the event has started.

A25/2 Course Description: Granby-Bingham-Harby-Bottesford

Start in Barnstone village opposite bench outside Church Farm (next to church) Proceed north-east to the junction with Granby Lane: 0.934 miles.

Turn left (give way) into Granby Lane and proceed to the junction with the A52 east of Bingham (give way): 3.264 miles.

Turn left **WITH CAUTION** onto the A52 and proceed westwards via Bingham by-pass to the junction with Tithby Road: 4.814 miles.

Turn left and proceed via Langar to Harby village: 10.965 miles.

Turn left along Stathern Lane and continue to the junction with the A52 Bottesford by pass (give way) : 17.614 miles.

Turn left **WITH CAUTION** onto A52 and proceed to the junction with Granby Lane: 22.729miles.

Turn left into Granby Lane to finish opposite Right Turn sign 50 yds before the lane to Barnstone, approx ¼ mile short of Granby Village: 25 miles.

Parking:

There is no parking at the Headquarters, on-street parking nearby on Works Lane by the weighbridge. Please park with consideration for village residents. **NO PARKING** near the start or finish.



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Prize List One Rider one prize. The 10 and 25 are individual events (NOPINZ Voucher)

Fastest £40

Fastest Lady £40

Second £30

Second £30

Third £20

Third £20

Fourth £10

Fourth £10

Fastest Vet £40

Lanterne Rouge £10

Second Vet £30

Third Vet £20

Fourth Vet £10

Sponsored Prizes For combined 10 and 25 Prizes will be awarded on the 23rd June after the 25 mile race where possible, so please try and stay for the presentation if you are a winner.

Overall Men and Women, fastest, second and third, Crafty Wee Men trophy.

Overall Fastest Male, Female and Vet, Mywindsock.com 12month premium subscription.

Overall Fastest Male and Female, Andy Bishop Bike Fit

Overall Fastest Male and Female, Transition Cycle Coaching package Three

Second Male and Female, **Transition Cycle Coaching package Two**

Third Male and Female, **Transition Cycle Coaching package One**

Overall Lantern Rouge. You just have to wait and see.

SAFETY Cycling Time Trials and the event organiser strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard and have a working rear light (flashing or constant). Do not stop at the finish timekeeper but proceed for a short distance, make a U turn when safe to do so and return to the HQ where your time will be displayed. Traffic counts have indicated light use of the A46 on a Saturday afternoon, however, it is still a major trunk road so please take no chances and ride safely. Your welfare is worth more than your PB. Take particular care at the finish, which requires a more than 90 degree left turn. Please check at the HQ for the latest Risk Assessment. The organisers wish everybody a safe ride. Keep your head up and obey the rules of the road.



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I would like to Thank the following Sponsors for the podium Prizes, I am eternally grateful.

