

LEGATO RACING TEAM

Open 10m Time Trial – Sunday 7th July 2024 First rider off at 07.31

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

Organiser: Steve Loraine, 1a Station Road, Polesworth, B78 1EL Telephone: 0791 905 4001

Timekeepers: Finish: Laurie Bird and Start: Tom Bailey

Start Marshal: Joe Costello

Finish Recorders: Sue Semple & Alastair Semple

THE K15/10R COURSE: Start on the B5493, at an ungated field entrance (GR 233064), approximately 500m SW of Clifton Lane, at a yellow line marked 'R/S'. Proceed NE along the B5493, through No Man's Heath (3.7m), to the traffic island outside Mercia Park distribution centre main entrance (5.2m). Encircle island, to retrace back along the B5493, through No Man's Heath (6.8m), to turn left onto New Road (9.2m), continue to finish opposite metal field gate at a yellow line marked 'R/F'.

PLEASE NOTE: REVISED COURSE: Due to an event taking place at Statfold Barn, which was arranged after we booked the date for the race, we decided to move the start away from opposite the venue entrance and move the finish off the B5493 entirely. These changes mean riders will have a smoother start and not face traffic potentially turning across them as they approach the finish. Also, we will start the race thirty minutes earlier than advertised for the same reasons. We hope you understand these changes and enjoy the potentially faster finish.

HEADQUARTERS: SHUTTINGTON & ALVECOTE Parish Hall, Main Road, Shuttington, Warks. B79 0DP.

The HQ will be open from 05.30 and has a spacious car park. Please park sensibly and follow instructions if asked to park on the playing fields. Please do not park anywhere in the village where parking is already congested.

Toilets are available at the HQ.

SIGNING ON AND OUT

Numbers and safety pins will be available at the HQ. Don't forget to return your number and SIGN OUT, or you may be DNF.

Please wear your race number in a central position on your back, below the waist, so that it is clearly visible when you are riding. It must be easily readable to marshals and the finish-line officials.

WARM UP AND GETTING TO THE START

Turbo trainers are allowed in the HQ car park. Please don't take-up a parking space with your trainer.

The start is approx. 2 miles from the HQ, the route will have direction arrows. Please allow time to ride there.

From the HQ car park entrance, turn right onto Main Road, then right on to New Road. At the junction with the B5493 turn left and proceed 1.3 miles. **Do not U turn across the road when you see the Start – you risk a DQ.** Instead, ride past the start in the direction of Tamworth for 400m,

where at the Amington Hall Cottages you can turn safely when the road is clear and ride towards the start.

Please arrive at the start no earlier than five minutes before your start time and for your own safety, wait on the grass verge **NOT** on the highway.

WHEN FINISHING

Please call your number as you pass the finish timekeeper. On finishing, do not approach the timekeepers, carry on New Road for about 200m where a left turn will bring you back to the race HQ.

SAFETY AND LOCAL REGULATIONS

- Only officials' cars are allowed at or in the vicinity of the start and finish.
- Do not pass the start time-keeper other than to start your race.
- Riders are advised that the CTT district committee may discipline any rider who is reported for riding or behaving in an unsafe manner or who contravenes local regulations.
- Please note that the marshals will only indicate your direction and cannot control traffic in your favour. Keep your head up and to the left of the carriageway.
- Cycling Time Trials requires that all riders must wear a hard-shell helmet that meets an internationally accepted safety standard. (CTT regulation 15).
- Working rear and front lights, either flashing or constant, must be fitted to machines in a position visible to road users and must be active whilst the machine is in use. (CTT regulations 14(i) and 14(j)).

THE RULES FOR ROAD BIKES

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-ons or Spinacci bars are allowed
- No disc wheels
- Both front and rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

RESULTS AND PRIZES

The Result Sheet app. provides real-time results on your mobile 'phone. A QR code will be available at the HQ.

Women RB	Women TT	Open RB	Open TT	Fastest Veteran on AAT*	Team Prize (team of 3)
1 st £20	1 st £20	1 st £20	1 st £20	£20	£30
2 nd £15	2 nd £15	2 nd £15	2 nd £15		
3 rd £10	3 rd £10	3 rd £10	3 rd £10		

We will also add delicious **USN** sports supplements to all cash awards and a 50% money-off voucher from Active Life Sports Therapy clinic (for riders accepting prizes at HQ). Thanks to both for their continued and generous support.

One rider one prize, except the Team Prize. * Veteran's prize awarded only to VTTA members

REFRESHMENTS

Refreshments and cake will be available, with your donations going to St Basils Homeless Charity. Please give generously.

This event may be subject to a Doping Control

It is your responsibility to check

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

Remember, it is up to you to check and ensure that you comply

If required you must report to Doping Control after finishing without delay

