

BISHOP'S STORTFORD CYCLING CLUB

10.2 MILE TIME TRIAL

SATURDAY 3 AUGUST 2019 - START 08.00

COURSE E1/10a

Timekeepers: Wendy Dorling, Peter Smith

Event Secretary:

Mrs Wendy Dorling

Willows, Henham Road

Debden Green

Saffron Walden, Essex

CB11 3LZ

Tel: 01371 831175

Mobile: 07484 298418

Organiser on the day: Paul Jolliffe 07887 246363

Headquarters: Comrades Hut, Noth Hall Road, Henham, Essex CM22 6JD

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

COURSE DETAILS:

START (GR 518369) on B1383 at green paint mark at Gully cover 20 yds S. of bend sign which is N. of Bus lay-by opposite road to Saffron Walden & N. of fighting Cocks PH. Approx 1.5 miles N. of Newport. Proceed north through Littlebury and Gt. Chesterford to turn (5.1m) at roundabout at junction of B1383/A1301. Retrace along B1383 through Great Chesterford and Littlebury to FINISH (GR 518369) at Green paint mark at gully cover just S of white direction board approx 50yds S of start point.

Keep your heads up and enjoy your ride!

PRIZE VALUES:

1st £30, 2nd £25, 3rd £20

1st Team of 3 £12 each, 1st Vet £20. 1st Lady £15,

One prize per rider (except for Team prize)

NOTES -

- **Remember – you must sign in and ensure you sign out.** It is a requirement that riders not only sign in but also personally SIGN OUT at the end of the event. Failure to do so, unless there is a valid reason, will result in your ride being classed as a DNF.
- **NO U TURNS** are allowed within sight of START / FINISH areas. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the District Committee – **please take care in this vicinity.** Riders waiting to start must do so in a safe manner and keep the roadway clear
- **HEADQUARTERS** opens from 06:45 where numbers and signing on sheets will be located. After signing out, exchange your number for a drink.
- Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders are liable to disciplinary action by the District Committee
- **STATIC TRAINERS** - In respect of consideration for local residents, the use of static trainers eg. Turbo trainers, is banned from all morning events held in the London East District.
- All marshals to wear High Visibility jackets.
- Timekeepers / officials vehicles **ONLY** at the START and FINISH areas

<p>IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. All Juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. Cycling Time Trials and the event promoters recommend the use of a flashing rear light whilst competing.</p>
--