

LEGATO RACING TEAM

Open 10m Time Trial – Tuesday 21st May 2024 First rider off at 19:01

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: Steve Loraine

Finish Recorders: Sue Semple & Kirsty Matthews

THE K15/10 COURSE: Start on the B5493, in a layby, approximately 50m NE of Clifton Lane, at a yellow line marked 'K15/10'. Proceed NE along the B5493, through No Man's Heath (3.6m), to the traffic island outside Mercia Park distribution centre main entrance (4.9m). Encircle island, to retrace along the B5493, through No Man's Heath (6.2m), to finish past the start, and approx. 525m SW of the entrance to Statfold Barn Farm, at a gulley cover with a yellow line.

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

The hall will be open from 17.00. The hall has a spacious car park. Please park sensibly and do not park anywhere on the hall playing fields, or 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 event headquarters. Don't forget to return your number for a free drink and also to sign out, or you may be disqualified.

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 can be used in the HQ car park. Please don't take-up a parking space.

The start is approx. 2 miles from the HQ, the route will have direction arrows.

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, you are now on the course, and proceed 1 mile, past the start and turn right on to Clifton Lane. As you turn right, please be alert to oncoming traffic and for riders behind you who may be completing their race. Clifton Lane offers three miles of uninterrupted road to warm-up.

Please do not perform a U turn in sight of the start; doing so will incur a disqualification.

There is NO competitor parking in the start layby.

WHEN FINISHING

Please call your number as you pass the finish timekeeper. On finishing, do not approach the timekeepers, carry on along the B5493 for about 400 metres when you will reach houses and a layby where you can safely turn and return along the B5493.

Be aware that there may be riders still racing, and please do not ride two abreast whilst still on the course and riding back to HQ along the B5493 to New Road.

SAFETY AND LOCAL REGULATIONS

- Only official cars are allowed at or in the vicinity of the start and finish.
- No U turns near the start. Do not pass the start time-keeper other than to start your race.
- Once at the start wait behind the timekeeper until being called to start. Do not obstruct the roadway, there is a large layby waiting area.
- 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 keep 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 TT	Open TT	Women RB	Open RB	Fastest Veteran on AAT*	Team Prize (team of 3)
1 st £15	1 st £15	1 st £15	1 st £15	£15	£15
2 nd £10	2 nd £10	2 nd £10	2 nd £10		

We will also add generous **USN** sports supplement prizes to all cash awards (for riders accepting prizes at HQ). 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

