**TEAM SWIFT OPEN 10 MILE TIME TRIAL**

**Saturday 1st June 2019**

 **START TIME 14:01**

The event is promoted for and on behalf of Cycling Time Trials under their rules and regulations

 **The course is the V714**

   **Course Description: Start on B1230 at GR 825293 on outskirts of Gilberdyke. Paint mark on road adjacent to roadside drain. Head WEST B1230 to junction with A614 at HOWDEN. Encircle roundabout and retrace along B1230 to pass start and finish outside The White Horse Inn car park in Scalby village. Distance 10.1 miles.**

 Event Headquarters **Newport Village Hall Post Code HU15 2PP**

 **(open from 13:00)**

Numbers and signing on & refreshments at HQ H.Q **is 1.5 miles from the start**

**SAFETY** In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard

**UNDER 18S** please note regulation 15 in the 2011 Handbook which states that riders under the age of 18 must wear a properly affixed helmet of a recognised standard. It is the responsibility of the rider or parent/guardian to ensure that the appropriate helmet is worn and correctly fitted.

The CTT recommends that a working rear light either flashing or constant, is fitted to the machine in a position clearly visible to following road users,and is active whilst the machine is in use Please ensure that we have parent consent forms for all under 18 year olds.

 Please make sure you sign out and return your number after the event .

**PLEASE READ ALL THE INSTRUCTIONS AND SAFETY NOTICES AT SIGNING ON**

Organiser Timekeepers Mrs Betty Philipson & Mr Richard Foster

Mike Williams (Team Swift) City Road Club

10 Manor Garth

Skidby

Hu16 5UF

01482 849264  **Prize List**

**1st Man £50 1st Woman £50 2nd Man £20 2nd Woman £20**

 **3rd Man £15 3rd Woman £15**

**One prize in the list below man or woman not both**

**Fastest 20 minute ride £15**

 **Fastest 21 minute ride £15**

**Fastest 22 minute ride £15**

**Fastest 23 minute ride £15**

**Fastest 24 minute ride £15**

**Fastest 25 minute ride £15**

**Fastest 26 minute ride £15**

**Fastest 27 minute ride £15**

**Fastest 28 minute ride £15**

 **Fastest rider slower than 29 minutes £15**