

CHRONOS RT 10 MILE TIME TRIALS

Saturday 13th August 2022

Under CTT Rules and Regulations

EVENT OFFICIALS Mr Mike Bannister - Timekeeper
Miss Debbie Knott - Assistant Timekeeper

EVENT SECRETARY Alan Crane
39 Curlew Crescent
Bedford
Beds.
MK41 7HX
Mobile: 07719922068

EVENT HEADQUARTERS Comberton Village Hall, Green End, Comberton, CB23 7DY

There will be limited parking at the hall, only for event officials and for number collection and signing on and off.

Please note there will also be no parking in the village itself. This is an agreement we have with the trustees of the hall.

However, there is plenty of parking around the area on the local lanes. Long Road, which is the hill up towards the start and St. Neots Road (old A428) between Cambourne and Madingley has plenty of laybys and other appropriate areas.

THE COURSE F2A/10 MILE

START (GR 367598) on old A428 about 100 yds West of Hardwick RAB, 20 yards west of western end of Armco barrier.
Proceed eastwards to Hardwick RAB where 1st exit onto A428 westbound pass Cambourne Flyover junction to:-

TURN (4.54 mls) at Caxton Gibbett RAB (junction with A1198). Retrace A428 eastbound, pass Cambourne flyover and Hardwick flyover to:-

FINISH (GR 377597) in layby, about $\frac{3}{4}$ mile past Hardwick F/O, at a point 22 yards east of (past) P sign.

Please note there is a 5 mile ride to the start from the HQ so please allow plenty of time

DIRECTIONS TO START Exit Village Hall and proceed eastwards along the High Street until you reach the mini-roundabout. Turn left into Long Road and proceed approx 2 miles until you reach the old A428. Turn left at the T-junction and proceed through Hardwick village until you reach the roundabout on the old A428. Take first exit and the start will be in front of you on the other side of the road.

AWARDS

| MEN | LADIES | ROAD BIKE | 25th & 50 th places |
|---------------------|---------------------|---------------------|--------------------------------|
| 1 st £50 | 1 st £50 | 1 st £20 | £20 each |
| 2 nd £40 | 2 nd £40 | 2 nd £10 | |
| 3 rd £30 | 3 rd £30 | | |
| 4 th £20 | 4 th £20 | | |
| 5 th £10 | 5 th £10 | | |

Attn. all competitors

Please note that for 2018 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.

REGULATIONS

Local Regulation No. 1 - No U turns should be made in sight of the start or finish areas while riding on the public highway.

Local Regulation No. 2 - Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.

Local Regulation No. 3 - No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points

All riders under the age of 18 must wear a safety-approved helmet. All other riders are advised to do so by the governing body

COURSE SAFETY

Please be aware that the A428 is a major dual carriageway trunk road. Exercise caution at all times, especially when negotiating turns. Marshalls will be at key locations along the course and looking out for potentially dangerous actions in particular, head down riding.

REFRESHMENTS

Unfortunately, as per recent years, refreshments will not be available at the event HQ. If you really need a drink, please bring your own cup and we'll sort something.

Cycle lights No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has

affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Helmets: All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

Road bike event competitors please also note –

Riders must not use tri bars, wheels deeper than 60mm, aero helmets with built in visors or trip socks.

Skinsuits and overshoes are permitted.

If you look like you should in a Tour de France road stage, you've got it right.

No "puppy paws" position.

Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid-19 symptoms.

NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ.

However, if you are riding out to the event, you will be able to leave your bag there. Toilet facilities are available, but only one person at a time is allowed in the respective room. Access is via the hall entrance door.

PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER.

Timekeepers always ask for numbers to be pinned on in the correct position, so please seek guidance if you're not sure.

Also, please try to shout your number out to the finish timekeeper.

USE THE HAND SANITISER THAT WILL BE PROVIDED.

THIS IS IMPORTANT!! Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time.

There will no Pusher-off. Absolutely **NO PARKING** at the start. Any clothing, bottles, etc, left at the start will **NOT** be returned to Finish or HQ.

Riders will need to self-start, with one foot on the ground.

On finishing the race, riders should not stop at the finish and try to avoid loitering at the HQ or parking areas but sign out promptly and leave the race as soon as possible as the hall will be required immediately after our event.

Results will be published on the relevant websites once all are confirmed.