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| **V.T.T.A SURREY/SUSSEX GROUP** **OPEN 10 MILE TIME TRIAL****ON SATURDAY 15th April 2024** **PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS****UNDER THEIR RULES AND REGULATIONS** |

Timekeepers: Peter Moon Eastbourne Rovers C.C

 Richard Meed Lewes Wanderers C.C

Event Secretary: David Pollard

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**Event HQ EAST HOATHLY SPORTS PAVILLION BN8 6QE**

East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE Open from 6.15 am. Heading north on the A22, turn right; heading south turn left
at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Event HQ open for access to main hall and refreshments
We have access to the main hall, using the doors that open out to the cricket pitch on the far side from the car park. Coffee, teas and light refreshments available.
Car Parking
There is limited parking in the Sports Pavilion car park, when full please park
sensibly on London Road by preference please park on the west side of the road
I e, towards the Shaw Roundabout, with consideration for other road users and
local residents.

 **PRIZE VALUES**

Veterans on Age Adjustment:

1st £25.00 + VTTA Medal, 2nd £20, 3rd £15

Fastest team of 3: £15.00 each

Fastest Road Bike £20.00

**The STAN HARVEY TROPHY will be awarded to the first member of the Surrey/Sussex Group on Age Adjustment**

**The WILF HOW TROPHY will be awarded to the first club team of three Surrey/Sussex Group members on Age Adjustment plus medals**

 Course Details
G10/87 – East Hoathly – Whitesmith – Golden Cross - Boship –A22
OS Ref Course G10/87 Distance
TQ517156 START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass 00.00m
TQ572112 LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN(Check) 04.90m 4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.10.00m

**Start**The start is less than a mile from the Sports Pavilion. Proceed out of the car park and either: turn right, and continue round the sharp right bend to South Street and towards the A22, or turn left, and then turn left at The Shaw roundabout on to the A22 and then left again into South Street

Additional Safety Instructions
▪ Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout

▪ No ‘U’ turns after finishing or riders will be disqualified – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

**Please pay attention to the following CTT regulations/recommendations**:

Lights CTT Regulations now require that 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 and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

* **Helmets:** CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.
* **Warming Up:** Competitors are requested not to warm up on the course after the first rider has started.
* **Competitors’ Vehicles:**  No vehicles, except those of timekeepers and event officials, should be parked in the vicinity of the start or finish.
* **Official Observers:** Official observers will be stationed around the course.
* **Results:** No times will be given out at the finish.
* **Race Numbers:** The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and, of course, the timekeepers. No time may be recorded if the number is not correctly positioned.
* **Signing Out:** Please note, competitors must return to the event HQ, either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet. Any rider who fails to sign the official signing out sheet will be recorded as DNF.
* **London South** recommends riders do not wear black or dark clothing during any event on public roads.

 **HEADS UP! HAVE A SAFE RIDE**

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