

TMC-Strada Open 10 mile Time Trial

Sunday 4th August 2024

Course G10/98

Event Secretary : Kevin Plummer
5 Norbury Drive
North Lancing
West Sussex BN15 0QN
Email kp.gardendesign@ntlworld.com

Timekeepers: Mick Irons and Richard Blackmore

HQ

Ashington Community Centre

Foster Lane,
Ashington
West Sussex

RH20 3PG

Open from 6:00am



Parking available at HQ then use surrounding roads considerably.

TOILETS open, access from northern side of the centre.

Numbers at HQ only. After the event, please return your race number to the event HQ .

HQ to start: Return to main road through village (London Road, head south, under A24 along Hole Street to end where turn right along A283. Turn left on to London road and up Washington Bostal to start.

Return to HQ: Continue along A283 after finish back to Wiston crossroads. Turn left and retrace along Hole Street and back to Ashington.

DO NOT USE A24 TO TRAVEL TO START OR RETURN AFTER FINISHING

ALLOW AT LEAST 15 MINUTES TO RIDE FROM THE HQ TO THE START

Please note we are in the Small Hall(Stage) this year, not the Main Hall

Prizes

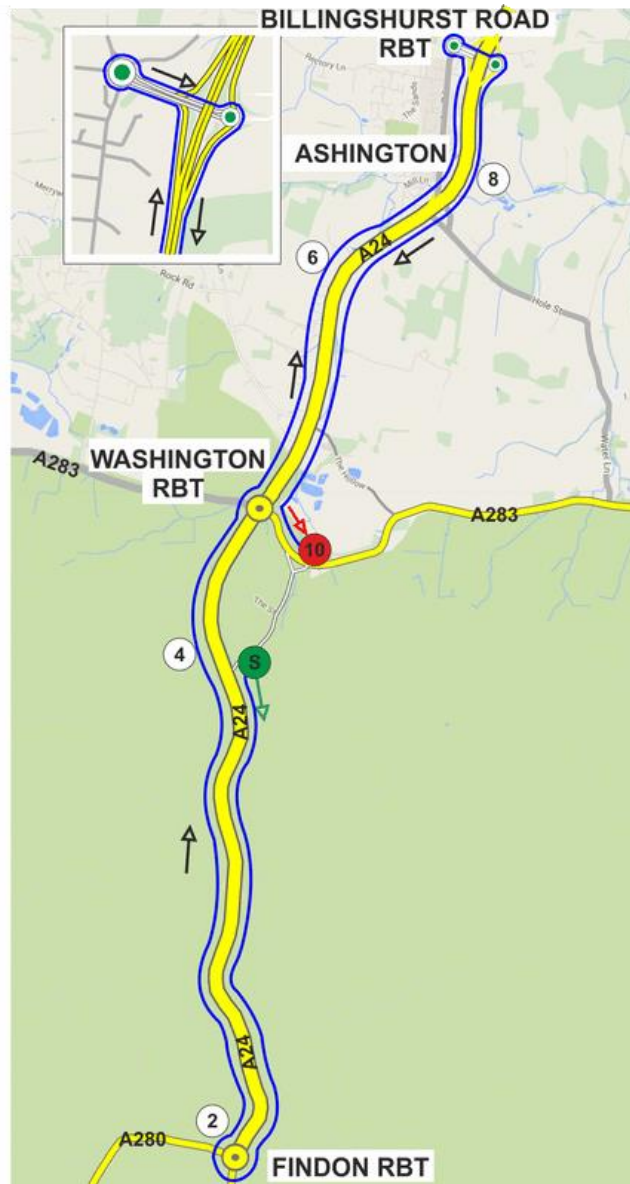
1st TT bike £60.00 2nd TT bike £40.00 3rd TT bike £25.00

1st Road bike £50.00 2nd Road bike £30.00 3rd Road bike £15.00

1st female 60.00 2nd female £40.00 3rd female £25.00

1st vet £50.00 2nd vet £30.00 3rd vet £15.00

Plus spot prizes on the day!



OS REF (TQ)	COURSE DIRECTIONS – G10/98	MILES	
120118	START at yellow line on kerb 11 yards before Turn Left sign and 41 yards before Give Way sign on old A24 at the top of Washington Bostal Hill	0.00	0.00
119089	Turn LEFT and follow A24 southwards to Findon RBT (roundabout) where TURN (CHECK)	1.91	1.91
120134	TURN 4th exit and retrace on A24 to Washington Roundabout	3.02	4.93
133166	Straight on 2 nd exit and continue on A24 to Ashington Interchange. Bear LEFT down slip Road and LEFT again to Billingshurst Road RBT where TURN (CHECK)	2.36	7.29
120134	4 th exit to retrace to Ashington Interchange. Straight on under A24 to RBT where RIGHT 3 rd exit to rejoin and follow A24 southbound to Washington RBT	2.44	9.73
123121	LEFT 1 st exit and proceed on A283 to FINISH at third drain past London Road (first Right hand turning into Washington Village)	0.27	10.00

Please note the following CTT regulations and recommendations

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.

Competitors' Machines: It is recommended 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 while the machine is in use.

Competitors' Vehicles: No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

Warming Up: Competitors are requested not to warm up on the course after the event has started.

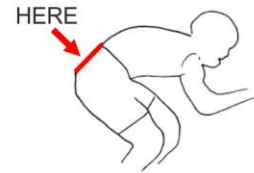
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

Results: No times will be given out at the finish line.

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.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



CTT Regulations require the use of a helmet that meets internationally accepted safety standards for all competitors.

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.

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

**Under 18 years old riders: Bring a completed Parental Consent form to present before signing-on.
No form = No ride.**

