

**aerocoach<sup>®</sup>**

# ROAD BIKE CHAMPIONSHIPS 2021

15th May 2021

10am

K33/10S

HQ Norton and Lenchwick Village Hall WR11 4TF

Promoted for, and on behalf of, Cycling Time Trials under their Rules and Regulations

## **MESSAGE FROM THE ORGANISERS**

Thanks to everyone for supporting this event - we hope that it will highlight the inclusiveness of time trialling as a sport given that you can compete on virtually any bike! This event also forms part of the Midlands Womens TT Series which we are always delighted to support each year.

We are also running the Midland Championships on September 26<sup>th</sup> on the same course, so if you enjoy this event then please feel free to enter and give that a go - there will also be a road bike category there too.

Have a safe ride, and see everyone on the day!

The AeroCoach team

# IMPORTANT NOTES FOR COMPETITORS

## **Before the event:**

- Please do not travel to the event if you feel unwell, have any of the known Covid symptoms, have family members who have symptoms, or have tested positive in the last 10 days

## **At the HQ and at the extra parking location (Church Farm):**

- **Do not park on the residential road outside the village hall, even if just pausing for a few minutes to sign on at the HQ**
- **No toilet facilities will be available at the extra parking at Church Farm - we are grateful to be able to use the farm yard for extra parking, please be courteous to the farm residents and only use the toilet facilities available at the HQ**
- The HQ building (Norton and Lenchwick Village Hall) will be available for toilet facilities and car parking
- No catering will be provided
- No results or results board will be available at the HQ - results will be on the AeroCoach and CTT websites as soon as possible after the event
- Please bring your own pen for sign on
- Do not congregate in groups of more than 6, and please stay 2m apart from anyone you do not live with
- Toilet facilities will be operating on a one-in, one-out basis. Please use hand washing facilities provided
- No turbos or rollers can be used for warm up in either the HQ car park or at the additional car park at Church Farm

## **The race:**

- Please arrive at the start line no more than 5 minutes before your start time
- Do not leave personal items, such as clothing, with the time keeper
- There is no pusher-off. Riders must have one foot on the tarmac to start
- During the race please observe CTT guidance on passing riders and being passed
- A working rear red light is mandatory under CTT regulations - this will be checked on the start line

## **Post race:**

- On finishing, competitors must not stop at the finish line or start line
- Please remember to sign out

# HQ INFORMATION

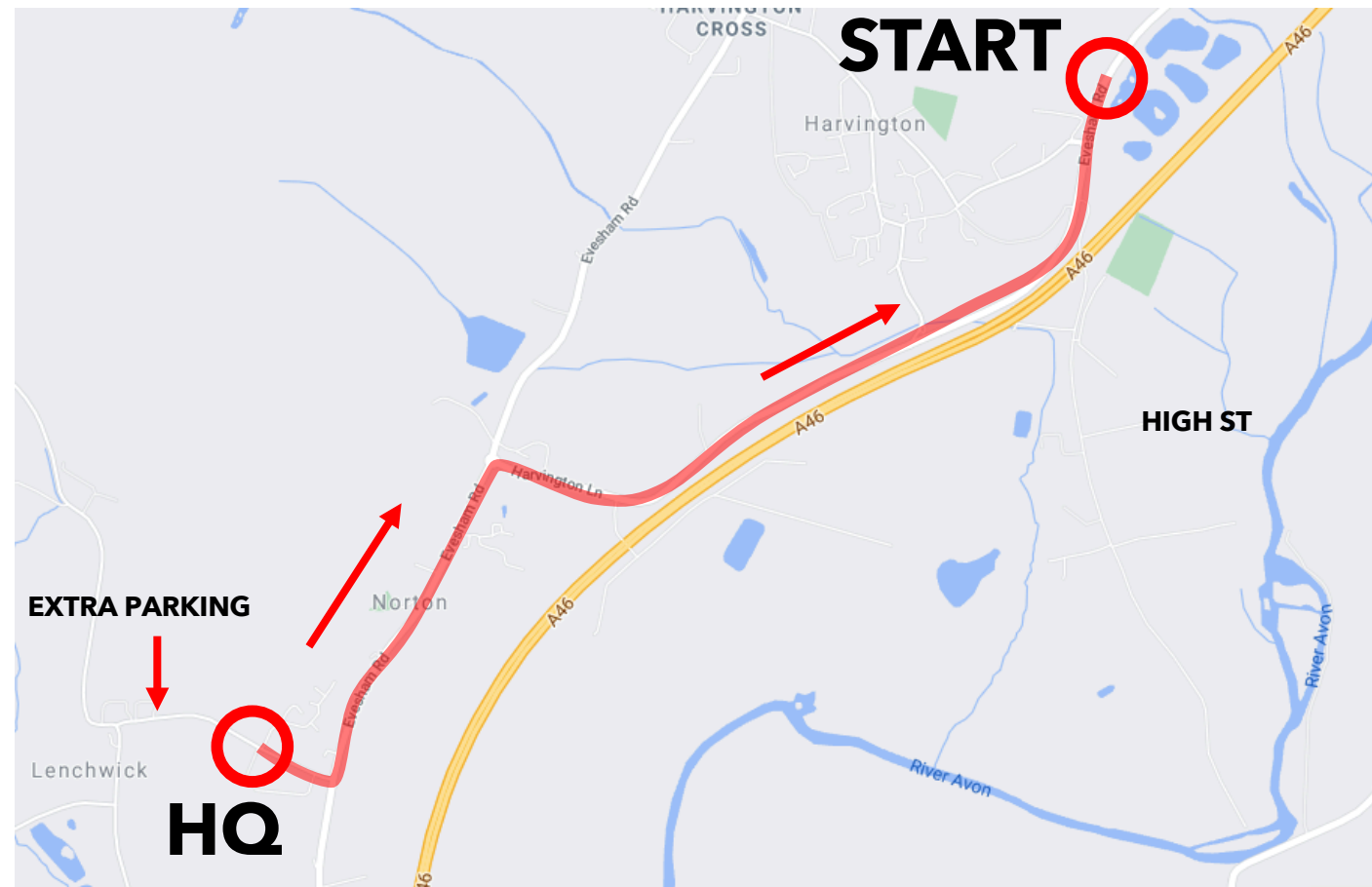
Norton and Lenchwick Village hall (WR11 4TF).

Please note there is extremely limited parking at the HQ and some spots will be reserved for marshals and timekeepers. Please car share/ride from home and park considerately!

There will be additional parking available at Church Farm - instead of turning left into the village hall car park, please continue down the lane for around 500 metres - Church Farm is on your right - please enter through the large steel farm gates.

The start line is 2.1 miles from the HQ, and is a simple ride, turning right out of the hall car park and then left onto the main road, followed by a right at the mini roundabout. Please use the roads around the HQ and between the HQ and the start line for warming up - remember don't warm up on the course!

# HQ MAP - 2.1 MILES FROM THE START



# COURSE INFORMATION

The course is our fast open/club event course, the K33/10S.

This is out and back on a mixture of single and dual carriageway roads. Here are the official course details:

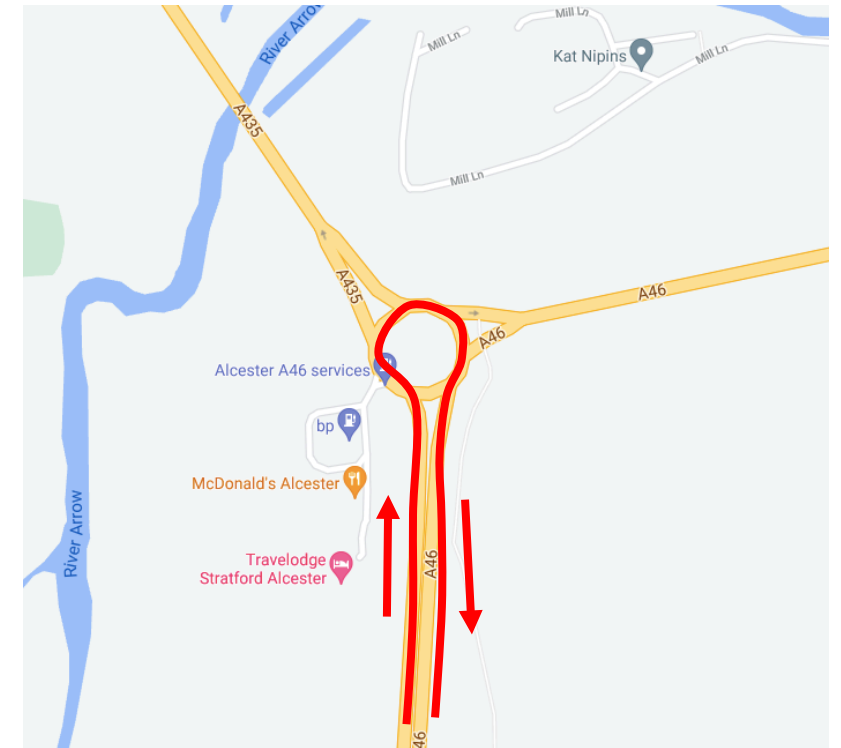
1. Start on Norton - Bidford on Avon approx 150Yds north of road from Harvington in line with old entrance transport yard marked marked 10S. Ride north
2. At Salford Priors island junction with A46 take first exit (A46)
3. At the south Alcester island junction with Alcester bypass A435 Encircle the Island to retrace (A46) (5.205 miles)
4. At island junction with B439 take third exit (Bidford - Salford Priors Rd) (8.535 miles)
5. Finish at North end of first double gates beyond row of cottages and before new speed limit sign. Marked 10F (10 miles)

In simple terms you start in a small lay by, ride north east through a village to a dual carriageway roundabout (the A46), turn left at the roundabout to head north on the A46 and at 5.2 miles encircle the top roundabout to retrace your route back to the start (the finish line is just before the start line).

There will be marshals on course but as always the onus is on the rider to know the course and ride safely. In particular please take care at the top roundabout at the halfway point.

# COURSE MAP (also found on the CTT website)

## TURNAROUND (5.2 miles)





# ROAD BIKE RULES

The aim with the AeroCoach road bike rules is to allow as many types of road bike as possible and not be restrictive with “old school” criteria. We would like riders to be able to simply take their race bike that they road race on, or a bike that they use for training, and compete.

We want everyone to be able to race on their favorite bike and not have to think about rolling back the clock to road bikes from years gone by.

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
3. Wheels may have no more than 90mm depth and must have at least 12 spokes
4. Helmets must have no visor
5. Ears must not be covered by the helmet

In addition, the use of a Giro Aerohead helmet will not be permitted. There will be spotters out on course to enforce rule 2.

If you have any questions at all about the rules then please let us know beforehand or at the HQ and we'll be happy to help! Don't do silly forearm riding or you will get DQ'd. There will be a checker on the start line, but if you want to bring your bike to HQ beforehand for a quick check just to be sure that's absolutely fine.

# GENERAL INFORMATION

Organisers:     Xavier Disley  
                    Jessica Rhodes-Jones  
Email:            xavier@aero-coach.co.uk  
Tel (on day):     07923 460320

Timekeepers:    Bob Franks  
                    Charlie Barnett

Marshals:        AeroCoach team riders  
                    Friends and family

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE THAT YOU WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.  
ALL UNDER 18 AND JUNIOR MUST WEAR SUCH A HELMET.

A WORKING REAR LIGHT, EITHER FLASHING OR CONSTANT, MUST BE FITTED IN A VISIBLE POSITION AT THE REAR OF THE BIKE.

# PRIZE INFORMATION

(one prize per rider except for team)

## MEN

**1<sup>st</sup> £225**

**2<sup>nd</sup> £100**

**3<sup>rd</sup> £50**

**4<sup>th</sup> £30**

**5<sup>th</sup> £15**

**1<sup>st</sup> Junior £30**

**1<sup>st</sup> Vet £30**

## WOMEN

**1<sup>st</sup> £225**

**2<sup>nd</sup> £100**

**3<sup>rd</sup> £50**

**4<sup>th</sup> £30**

**5<sup>th</sup> £15**

**1<sup>st</sup> Junior £30**

**1<sup>st</sup> Vet £30**

## TEAM (2 men, 1 woman)

**£60**