

LEAMINGTON CYCLING & ATHLETIC CLUB

Open 10 – Mile Time Trial.
23rd July 2023. Course K11/10T

First rider starts at 8-01 am.

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations).

Event Organiser: J.L. Frydman, 9 Milverton Terrace, Leamington Spa, CV32 5BE.
Tel. 01926 332332, Mobile 07938 060233, e-mail frydman@btinternet.com.

Event Headquarters: Dunchurch Sportsfield and Village Hall,
Rugby Road, Dunchurch Rugby, CV22 6PN.
(Headquarters will be open from 7-00am)

We are using the sports annexe at the rear of the main building. Other activities are scheduled for the main hall throughout the morning. Competitors should kindly avoid the main car park and use the overflow car park to the left on entering. Please keep noise to a minimum particularly in the vicinity of neighbouring properties.

CTT Regulations & Recommendations:

Competitors are reminded that it is now compulsory to have a Working Front and Rear Light fitted to their machines - no lights no ride.

Remember you must 'Sign Off' as well as 'Signing On'.

It is also required that hard-shell helmets that meet a recognised International Safety Standard should be worn.

Timekeepers: Mr B. Harden and Mr C. Barnett .
Recorder: Mrs C Walker
Start marshal and scrutineer Tim Cadd
Chief marshal Peter Ellis

Other officials and Helpers: Members and friends of Leamington C & AC.

Course Description: K11/10T

SP 462 716: **START**; In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.

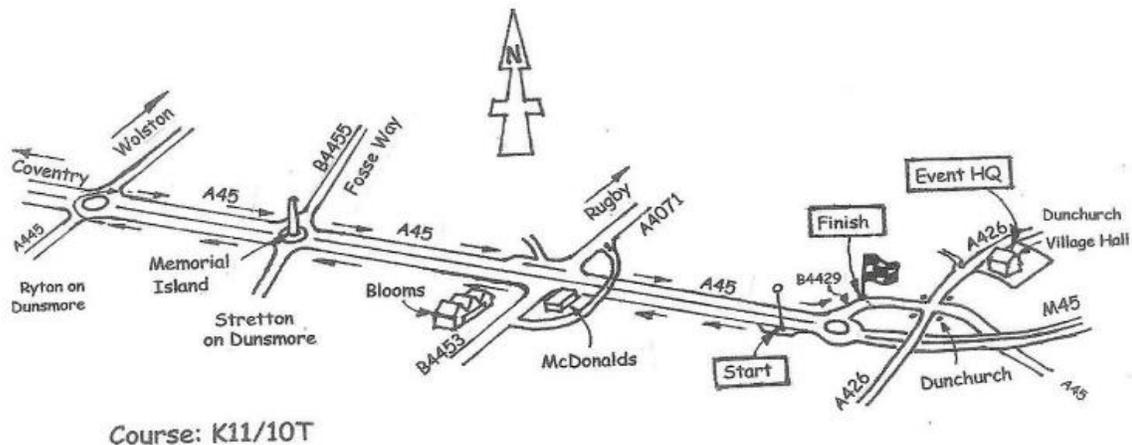
SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.

SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.

SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.

SP 465 715: **FINISH**; 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.



Competitors Notes:

With reduced changing facilities please consider arriving dressed in your riding apparel.

Note this is a Type A Event and sleeveless tops are not permitted, (Regulation 16); "sleeves shall be at least mid-upper arm in length".

It is two miles from the HQ to the Start; please allow sufficient time to be ready for the Time Keeper but do not arrive more than a few minutes before your slot. Please do not warm up on the Course once the Event has started, (09.01),

PRIZE LISTS: Note: Prizes will be forwarded by post after the event.

Men's Fastest Times: TT Bike. First £30, Second £20, Third £15, Fourth £10.

Ladies's Fastest Times: TT Bike First £30, Second £20, Third £15, Fourth £10.

Road Bike Fastest Times. (combined M/F). First £30, Second £20, Third £15, Fourth £10.

VTTA BOS (combined M/F/ Road/TT) . First £30, Second £20, Third £15, Fourth £10.

Team Prize (Combined M/F, Road/TT). £30 (3 x £10)

N.B. Best on Standard prizes will not be awarded to competitors who have qualified for another prize other than the Team Prize.

Please Note.:

Safety –First at All Times. We are starting the event at 8am to hopefully avoid heavy traffic.

Warwickshire Police have steadfastly refused to provide any form of support for this event, even such as a blue sign to caution motorists coming off the M45, or to assist in enforcing the 60mph speed limit on the A45. Yellow CTT signs will be deployed at all intersections.

Take great care exiting the start-layby and keep well to the left in the traffic lanes. Vehicles coming onto the course from the M45 often continue past the start- layby at high speed.

Good quality – high visibility rear lights are particularly recommended for this course.

Take great care approaching the turn-roundabout which is at the bottom of a fast downhill section. Make sure you are well clear of following traffic and, if necessary, signal that you will be turning across the traffic lanes. This need for extra care particularly applies if the road surface is damp or wet.

Riders must be alert at all times, observe the rules of the road and avoid head-down riding.

Thanks.

Organiser.