



Open 10 mile Time Trial

Easter Sunday 21st April 2019

START SHEET

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

HEADQUARTERS

Broadmayne village hall, Cowleaze Road, Broadmayne, DT2 8EW. www.broadmaynevillagehall.btck.co.uk

Directions: From A352 turn south into Chalky Road at cross roads in the centre of Broadmayne village, then take the next left turn into Cowleaze Road. The village hall is on the south side of Cowleaze Road in front of playing fields. Parking is available in the hall carpark, along Cowleaze Road, and South into Osmington Drove. Please park considerately, avoiding disturbance to the local residents, and do not park in front of the village shop (they rely on those spaces for business). The hall will be open from 08:15 for sign-on and collection of race numbers. Refreshments and toilet facilities available. After the event, race numbers to be returned to the HQ, where they can be exchanged for a free drink. There will be a short prize giving ceremony at around 10:50.

START

Please allow at least 15 minutes to ride between the HQ and the start. From the HQ head east along the A352 to the Warmwell Cross roundabout. Take care crossing the roundabout. The start is on the A352, 220yds east of the Warmwell Cross roundabout at the point 34yds past the 5th drain cover from the roundabout.

COURSE P451/10

Proceed East from the start along the A352 to Burton Cross Roundabout (5.28 miles). Circle and retrace to the FINISH at white line in front of concrete gatepost opposite easternmost break in dual carriageway where footpath crosses road and 0.67 miles east of start. When returning to the HQ, please take care crossing the roundabout.



TIMEKEEPERS

Ros Spencer, Joan Price, and Justin Oakley.

ORGANISER

Andrew Jackson, 07977 980621, ttsecretary@ccweymouth.co.uk

SAFETY / REGULATIONS

- Do not warm up on the course, or make U-turns on the A352.
- At the start, riders must wait on the grass verge, and must not congregate in the carriageway at any point on the A352.
- Take care at turn on roundabout – give way to traffic already on the roundabout.
- After completing the event, riders must not stop or congregate, but proceed back to the HQ.
- In the interests of your Own Safety, Cycling Time Trials and CC Weymouth it is strongly advise competitors to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. Cycling Time Trial regulations require all competitors under the age of 18 years to wear a Hard Shell Helmet
- Use of a working rear light, either flashing or constant, is recommended.
- Head-down riding can cause life changing injuries both to yourself and other competitors. Please keep your head up and concentrate on the road ahead.
- Please familiarize yourself with the course risk assessment.
<http://www.southdc.org.uk/courses/ra/p451.pdf>
- For details of the regulations, please refer to the CTT website:
<https://www.cyclingtimetrials.org.uk/articles/view/11>
- Any rider observed riding in a manner which may jeopardise his or her own safety, the safety of others and the future of the Sport will be disqualified and reported to the South District Council of Cycling Time Trials.

AWARDS

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| • 1 st Man: | £40 |
| • 1 st Woman: | £40 |
| • 1 st Veteran: | £20 (using VTTA standards) |
| • 1 st Team: | £10 each (for fastest 3 riders in the same club) |
| • 1 st Junior (under 18 on 01/01/2019) | £20 |
| • New all comers course record: | £100 |
| • New Women's all comers course record: | £100 |

Note: With the exception of course record, and 1st Team prizes, only one prize per competitor.

COURSE RECORDS

Men's course recorded is 20:03, set by Adam Topham in 2014. Previously, Matt Illingworth held the record since winning the National 10 mile Time Trial Championship on this course in 1999.

The woman's course record is 22:49, set by Rachael Elliott in 2017.

EVENT ABANDONMENT

Should the event need to be abandoned, this will be done in accordance with CTT guidelines.

<https://www.cyclingtimetrials.org.uk/articles/view/35>