



Open 10 mile Time Trial

Easter Sunday 4th April 2021

START SHEET

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

COVID-19 PRECAUTIONS

This event will be conducted in accordance with the CTT risk assessment for Covid-19 (details can be found on <https://cyclingtimetrials.org.uk/documents/index/covid-19>). Key points as follows:

- Do not attend if you feel ill in ANY way especially if you or family members have any symptoms of Covid-19.
- Toilets and changing facilities will not be available at the HQ.
- Please bring your own pen for signing on/out. If a queue forms for signing on/out and for collection / drop-off of numbers, competitors to queue individually at a distance as currently advised by government advice.
- People should NOT be socialising with others in the car park and should upon leaving their car, get their bike out and go straight out onto the road to warm up; a large collection of people has a negative perception and should be avoided.
- It is preferable for all warm-ups to be conducted independently and ideally competitors should warm up on the road individually. If a turbo trainer is to be used, it must be located away from the sign-on area, and at least 2 metres social distancing from all others to include those walking past eg. any thoroughfare or common route.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and if this is the case you should not go to the start line and leave immediately.
- There will be no pusher-off at the start. Riders must start with at least 1 foot on the ground.
- Please respect the timekeepers and race officials, allow them space to practice social distancing, and do not attempt to leave with them any personal possessions for safe keeping.
- Normal rules apply when passing other competitors during the event, and for avoiding drafting.
- Competitors on finishing should not stop at the finish and should not loiter at the HQ/car park. Upon completion of their ride all competitors should sign out and return their number promptly and having done so then pack away and leave immediately. Results will not be given at the finish line or the HQ, and there will be no prize giving on the day. (Results will be emailed to you later for checking before being posted on the CTT website.)
- Race numbers will be sanitised before and after the event.

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). A Gazebo will be set up in (or near) the hall carpark from 08:30 for sign-on and collection of race numbers. After the event, race numbers to be returned to the HQ. Due to Covid-19 restrictions refreshments and toilet facilities are not available. Also, there will be no prize giving on

the day. Preliminary results will be emailed out as soon as available, and if there are no substantiated objections within 24hrs, final results will be submitted to CTT for publication on their website.

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. Due to Covid-19 restrictions, no more than 4 competitors may queue for the start at any one time. So, please do not leave the Warmwell Cross Roundabout towards the start line more than 4 minutes before your allocated start time. Lines will be chalked on the road as a guide for social distancing.

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

Justin Oakley, and Bev Wadsley.

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 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 required during the event.
- 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

- 1st Man: £40
- 1st Woman: £40
- 1st Veteran: £20 (using VTTA standards)
- 1st Team: £10 each (for fastest 3 riders in the same club)
- 1st Junior (under 18 on 01/01/2021) £10
- 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 record 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>