

<div>Frodsham WHEELERS</div>	Frodsham Wheelers - twelve50 bikes		<div>twelve50 bikes.com</div>
	Open 10 Mile Time Trial		
	Saturday September 4th 2021 First riders off @ 14:02		
	www.frodshamwheelers.co.uk		

Promoted on behalf of CTT under their rules and regulations.

D10/1 - Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church. Proceed to Wheatsheaf island A570 Rainford Bypass and turn left (1.691m) Proceed to M58 island -care- and encircle (3.353m) Straight across Wheatsheaf island and proceed to Rainford island (6.98m) and retace back on A570 to Wheatsheaf island (8.736m) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10.035m)

Headquarters(open from 12:30) at the layby adjacent to A570 , 100m from the start at the top of Intake Lane. Numbers will be issued there at the signing on point, and can be exchanged for a brew, a cake and a chat at the finish.Results board here as well. If you park in Ormskirk Road , when riding to the start, please turn into Ben Lane and do a loop up to Bickerstaffe Church so that you are not turning in the road near the start.

Important Notices to all riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard. All riders under the age of 18 on the day of the event MUST wear such a helmet. It is also advised that your machine be fitted with a working red LED light at the rear to enhance your visibility to other road users.

It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

DO NOT park or stop your car within sight of the starting or finishing timekeeper.

It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.

Local regulation to ensure rider safety -Please ensure you are off your aero bars when negotiating the roundabouts. Anyone entering our riding the roundabouts on the aero bars will be disqualified.

Please do not leave your pride and joy unattended. The organisers or CTT can accept no liability for loss or damage to cycles associated with the event.

Anyone seen performing a U turn on any road connected with the event will be disqualified.

In the interest of all users of this course please note that you MUST NOT park in front of the bungalows in Ormskirk Road in front of the old Wheatsheaf pub , which is now Holdi. Complaints could lead to the course being banned. Park in Ormskirk Road by all means but down away from the houses, or at the HQ at the football club. This course is used 3 nights a week by local clubs and several open 10 and 25 mile time trials are held on it every year. Please respect both the residents and the future users of the D10/1. Lecture over , thanks for reading!!

Prizes.						
Solo's	Male	Female		2 ups	Team	
1st	£ 25.00	£ 25.00		1st	£ 25.00	
2nd	£ 20.00	£ 20.00		2nd	£ 20.00	
3rd	£ 15.00	£ 15.00		3rd	£ 15.00	
Team of 3	£	30.00				

Promoted on behalf of CTT under their rules as per the current handbook

Many thanks to our timekeepers today Mr John Lahiff (principal) and his assistant Richard Ashton.

Event Organiser - Chris Hanson-Jones , 115 Heath Road South , Weston , Runcorn ,WA7 4QH to whom any complaints should be made within 48hrs of the event.