

 **Open Hilly 22 mile Time Trial**

 **Course D22/1**

 **Friday 29th March – Start 08:01Hrs**

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

**Event Secretary:**

Dave Simmons, 2 The Meadows, Bromborough, Wirral, CH62 7JX .

Tel – 07920 543919 Email – dasimmons77@gmail.com

**Timekeepers:**

Dominic McGinness & Kate Wooder (Finish), Dave Large (Start)

**Headquarters:**

Farndon Community Club, Sibbersfield Lane, Farndon, Cheshire, CH3 6NX.

**Course Details (Map attached, including route from HQ)**

Start at Lamppost No.7 on A534, 25 metres east of Broxton Island. 0.0miles

Proceed to Broxton Island where left along A41 to Hampton Heath Island take 2nd exit,

A41 to Grindley Brook Island take 1st exit, A49 - 9.6miles

Golf Course Island 1st exit along A49 to Ridley Green - 18.4miles

Left along A534

Finish at yellow Hydrant on left, 250 metres beyond milestone ‘Broxton 1 mile’, 0.75 mile short of start - 22.4 miles

DO NOT STOP – Continue towards Broxton Island, taking care for any riders still waiting to start, and taking the second exit, A534 to return to HQ.

**Prizes**

|  |  |  |  |
| --- | --- | --- | --- |
| **Rider Category** |   **FIRST** |  **SECOND** |   **THIRD** |
| Open Senior |  £30 |  £20 |  £15 |
| Female Senior |  £30 |  £20 |  £15 |
| Open Vet |  £30 |  £20 |  £15 |
| Female Vet |  £30 |  £20 |  £15 |
| Open Junior |  £30 |  £20 |  £15 |
| Female Junior |  £30 |  £20 |  £15 |
| Open Road Bike |  £30 |  £20 |  £15 |
| Female Road Bike |  £30 |  £20 |  £15 |

**Sponsor Prizes**

Our main sponsor The Bike Factory in Boughton Chester has kindly matched the above prize fund with an equivalent voucher to be used in their store by 31/12/2024

**Directions to the Start**

Please note **the start is 3.8 miles from the event HQ**, with the route featuring some undulations. Please ensure that you leave sufficient time for the journey.

From the Farndon HQ turn right and then immediately left at the crossroads with the A534.

Ride along the A534, passing through Barton and Clutton, to reach the Broxton Roundabout after 3.8miles.

Take the second exit, A534 and ride up the short hill, passing the start on the opposite side of the road.

After 200m use the minor road on the left (Coach Rd) to turn around before returning back down the A534 to the start.

**Directions from the Finish**

Continue towards Broxton Island, taking care for any riders still waiting to start.

At the island, take the second exit, A534.

Retrace steps, passing through Clutton and Barton before turning right onto the B5130, signed Farndon / Churton / Aldford, to find HQ immediately on the left.

**Alternative Parking**

The Farndon HQ has ample parking and gives us the benefit of providing an indoor HQ with the associated benefit of toilets and changing facilities over the traditional Broxton Car Park HQ. Construction works were due to start within Broxton Car Park but at the point of issuing this start sheet, have not yet commenced. Any riders looking to avoid the ride to the start may wish to move their vehicles to Broxton after sign-on.

**General Notes**

1. Actual Distance is 21.3 miles
2. All riders must sign on at Farndon HQ.
3. Numbers will be available at the Farndon HQ from 7am.
4. Body numbers must be placed low down on the back
5. **Working front and rear lights** are required **– No lights No ride**
6. All riders must sign off. Sign-off sheet located at Farndon HQ.
7. **Helmets** must be worn. **No helmet No ride**
8. There will be refreshments at HQ, along with Live Timings and Prize Giving
9. Please take care on the road due to frequent potholes and poor road surface

**Safety Notes**

**i.** Under Regulation 15 all competitors must wear a helmet.

**ii.** Under Regulation 14both working front and rear lights, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

**iii.** No U-Turns on the course or at the start or finish areas.

**iv.** Ride with your head up riding at all times. Dangerous riding is endangering the future of our sport.

**v.** Results will be displayed at the HQ, do not disturb the timekeeper.

**vi.** Riders must exercise care at all road junctions.

**vii.** Take particular care when approaching Broxton and Malpas Roundabouts, ensuring that you are on your brakes and can easily stop should traffic conditions dictate.

**viii.** Any competitor whose riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action. If swinging out to turn left, within your lane, please make sure it is safe to do so. This practice is not encouraged.

**Map of Course**

**Blue – 1 Farndon HQ – 2 Start – 3 Finish**

**Green – 4 to 8 Position of Marshalls**

