

Oswestry Paragon CC

Friction and Hydraulic Services

Promoted for and on behalf of Cycling Time Trials
under their rules & regulations

Thursday 15th July 7.00pm

HQ: Four Crosses FC SY22 6ND off the B4393

Timekeeper: Mr Des Pugh Hafren CC

Timekeeper's Asst: Mr Rob Bassom, Oswestry Paragon CC

**Event Secretary: Helen Tudor Ashcourt Cottage, Weston Lane,
Oswestry.**

Tel: 07720 266277

COURSE D10/8(A483)

Start at white line where B4393 meets A483 south of Four
Crosses proceed south along A483 to Buttington roundabout
(5.393miles), encircle roundabout and retrace to finish just
after start of lay-by 54yds after Arddleen village sign

OS Map ref start SJ264172 & finish SJ261158 Landranger series126

1 st Fastest Male £20	1 st Vet on Standard £20	1 st Fastest Woman £20
2 nd Fastest Male £15	2 nd Vet on Standard £15	2 nd Fastest Woman £15
3 rd Fastest Male £10	3 rd t Vet on Standard £10	3 rd Fastest Woman £10

Fastest team of 3 £10.00 each
One prize per rider except team

Competitors please note:

**THERE SHALL BE NO U-TURNING AT OR NEAR THE START FINISH,
FAILURE TO COMPLY WILL LEAD TO DISQUALIFICATION.
PLEASE USE B4393 FOR WARMING UP AND COOLING DOWN**

CTT COVID-19 INSTRUCTIONS

- 1) Do not attend if you/your family members feel ill
- 2) Park with social distancing in mind.
- 3) Bring your own pen to sign on and, if you need them, your own safety pins.
- 4) Take with you when you race a compulsory working rear light, a spare tyre/tube/tub and a mobile phone.
- 5) Please note you have to make your own way back in event of trouble –no collections offered.
- 6) No more than 5 riders, 2m apart, to wait at the start.
- 7) No items to be left at the start or with the timekeeper
- 8) No push-off.
- 9) After racing, please leave your number when signing out.
- 10) No social, no drinks, no food and do not expect times to be available near the finish; times will be on the SCCA website asap.
- 11) Please leave the car parking area in a timely fashion.

Please note the following CTT regulations and recommendations

CTT Regulation 14 now requires that **“No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.** In the interests of rider safety and in addition to the compulsory rear light required under regulation

14 (i), the advisory use of suitable hardshell helmets in competition for competitors over 18 years of age.

Audio Equipment: Competitors must not use ANY audio equipment except prescribed hearing aids. N.B. A competitor in breach of this regulation shall be disqualified. N.B. Competitors must not use a mobile phone while mounted on their machine.

Helmets: CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards

Competitors' Machines: No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point

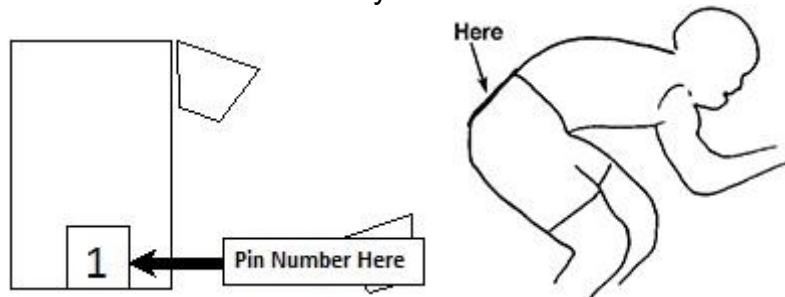
Warming Up: Competitors are requested not to warm up on the course after the event has started.

Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

Results: No times will be given out at the finish line.

Race Numbers: The race number is made of fluorescent material which is an important safety feature. It is essential that it is correctly placed for maximum visibility to other road users and of course the timekeepers. Body numbers should be fitted in accordance with Regulation 16s).

Be aware that “No time may be recorded if the number is incorrectly positioned”



Safety Instructions Competitors must exercise extra care at the start and at all roundabouts

Use of Motor Vehicles) A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.