

**3-up Team South West District Championship**

**Sponsored by Trophies Plus Medals & Alt.**

**Sunday June 30th @8am**

**Event HQ – Tresillian Village Hall, Fairfax Rd, TR2, Open from 7am**

**Event Organiser – Phil Bowden 07511748906**

**Event Helpers – Ian Matthews, Robert Matthews, Thomas Tregear**

**Refreshments – Coffee & Cadence (Card and Cash welcome)**

This event is being run on the S6/15 course.

Start on B3275 (formerly the A39/A390) by start of Old Mill buildings, approximately 200 metres West of lay- by (GR SW879470) and 200 metres East of Mercedes garage.  
Proceed North-eastwards for approximately 0.3 mile where turn/fork left, still on B3275. Continue north- eastwards on B3275 through Ladock and Newmills Brighton Cross Roundabout. Take 2nd exit (straight on) and continue towards Fraddon.  
Turn at Fraddon/Kingsley Village Roundabout and retrace route via Brighton Cross Roundabout to finish at a point opposite "Treatment Plant" and start of lane leading to cottages on left, 150 yards prior to the B3275/Probus to Tresillian Road junction. (GR SW 887476).

**CALL NUMBER OUT LOUD AND CLEAR WHEN FINISHING.**

**Parking**- There is parking at the HQ and we have a large number of riders for this event. Riders may benefit from collecting their numbers and then heading to the large Probus lay-by to get ready and warm up. Please use the toilets at the HQ. Please park respectfully after the event.

**Sign On -**  Please sign on at the hall from 7am.  
  
**Warming up/After the race -** Please allow 10mins to ride to the start approx. 1mile away, please do not congregate at start, do not arrive more than 5 minutes before, there is a big layby approx. 100meters up the road opposite you can wait in if early. Once the race starts at 8am the course must not be used for warming up, this is in respect of fellow riders.  
  
**During the race -**NO FRONT & REAR LIGHTS, NO HELMET = NO RIDE.   
Please ride sensible, keep yourself safe by looking ahead always, (no headphones) please respect Marshalls if you are told to STOP, please note Marshalls are not there to stop the traffic or give directions, riders to shout their number at the finish.

As this is a 3up team time trial your finish time is the time your 3rd rider crosses the line. Most important, have great fun.  
  
**After the race -** Please return to the hall and return race number, do not warm down on the course.

**Prizes –**

**Medal Awards for the below categories –**

**1st Open Overall Team**

**1st Female Overall Team**

**1st Mixed Gender Team**

**1st Mixed Club Team**

**Best Newcomers Team**

**District medals for 1st Overall Open and Female Team**