



Wadebridge Coasters Open 10 Mile Time Trial Thursday 20th July 2023, Course S110/10

(Promoted for & on behalf of **CYCLING TIME TRIALS** under their Rules & Regulations)

Event Organiser	Damian Cudmore 5 Marshall Avenue, Wadebridge PL27 6BB. Mobile: 07588 585518
Headquarters	Event Headquarters is at St Eval Community Centre & Dragon Pub, Orion Drive, Wadebridge PL27 7TU. Toilet facilities. There is a large parking area and extra parking outside the Kernow Chocolate Factory.
Start time	First rider 19.01
Timekeepers	Finish: Dave Bolton, Start: Phil Bowden. (Back up TK Damian Cudmore)
Pusher off	TBC
Headquarters Administration	Richard Alexander
Marshals & event support	Members of Wadebridge Coasters, Family & Friends
Prizes	Prizes for all categories

Safety guidance

Please observe the Highway Code. Ride with your **HEAD UP** at all times. Do not white line. Regulations provide that all competitors must observe the law of the land relating to road use and any riders found riding dangerously must expect to be liable to strict disciplinary action. Cycling Time Trials strongly advise riders to wear a **HARD SHELL HELMET** that meets an approved safety standard.

At the start, competitors must wait in single file at least 4 metres from the timekeeper. No U-Turns, failure to comply could result in disqualification. **Advice to all competitors** - It is a requirement that a flashing or constant rear and front light is fitted to the machine. No lights, no ride. If a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one, at least 50 metres is required.

Once the event has started can all riders warm up in a clockwise direction. As so is to not interfere with riders on course. Also this is the only way to get to the start. Turn right from HQ and at T-Junction turn. If you are caught going wrong way you will be disqualified.

Course S110/10

Start

The course starts at a point opposite to a lane before Padstow Sea Sand company entrance and St Eval Go-Kart entrance. It then continues to T-junction, with caution (Marshalled) turn left. Continue to next left turn signed St Eval (Marshalled). Continue to start point, repeat lap 1.

Finish

On lap 3 DON'T turn off left signed St Eval, continue just around the corner direction St Columb Major to finish level with gatepost opposite pull in. Signage will be placed around course in order for riders not to go off course and to warn other road users of the event.

After your ride please head back to the HQ for refreshments. Don't stop and ask the Timekeeper your time, they have a very important job and need to be focused at all times.