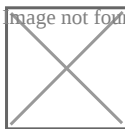


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Elevate RT (entries close 27/08/24)(Females)

1st Elevate RT Open Hill Climb - Female Category

01/09/2024 10:00

P14HC (SHORT)

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



Headquarters

Altus
Norman Court
West Tytherley
Hampshire
SP5 1NH

Sign-on from 8.30am.

Plenty of car parking available, plus refreshments and bathrooms.

Route from HQ to start

Please note that the start is approximately 6.5km from HQ. Leave plenty of time to get there (no complaints, it's a good warmup...)

Exit right out of Altus onto North Lane and follow the road south all the way to West Dean. After West Dean village, follow the road round to the right and take the first left onto Grimstead Road, then first left onto Ashmore Lane.

The route will be well signposted but please familiarise yourself with it beforehand.

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You can download the route here - [HQ to the start \(Elevate RT hill climb\) | 6.6 km Cycling Route on Strava](#)

Course details

START: Ashmore Lane, by the entrance to Dean Hill Park.

FINISH: Ashmore Lane, by the northern end of the concrete slab on the bank near the entrance to the communications mast.

Local regulations

Please note the following **very important safety points**.

1. All riders must wear a protective helmet and have working (and visible) front and rear lights attached to their bicycle.
2. Please do not warm up on the course once the race has started.
3. No U-turns in sight of the timekeepers.
4. Take care when riding the course. The road is NOT closed to normal traffic and you may encounter vehicles during your ride. Traffic flow is very light but please be cautious and sensible, in particular when approaching and taking the first right hand bend - there will be a marshal here but you **MUST** stay on the left side of the road as the bend is blind. Anyone seen crossing the middle of the road will be disqualified.
5. After you finish, we would love you to stay near the top of the hill and support other riders as they finish. Please be careful when doing so. Do not leave your bike on the course, and when you ride back down the course be mindful of anyone who has yet to finish.
6. Be careful when riding to and from the start. All roads are public and open to normal traffic.
7. Bring a cowbell, whistle, air raid siren or saucepan and spoon. We want plenty of noise and atmosphere on the hill!

Organiser contact details

Thomas Willan
07850160115
elevate.rt@gmail.com

Time keepers/officials

Timekeepers:

Maria Golden
David Collard-Berry

Course records

Awards/prizes

We have a great selection of prizes to be awarded on the day, thanks to some very generous donations from our team sponsors.

Altus have kindly agreed to offer 10 minute ice bath sessions for just £5 after the race - give your legs a head-start on the recovery process!

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Elevate RT (entries close 27/08/24)(Females)

Start Number	Start Time	Rider	Club	Gender	Category
1	10:01:00	Bithja Jones	Elevate RT	Female	Vet
3	10:03:00	Gemma Herbertson	Elevate RT	Female	Vet
11	10:11:00	Claire Johnson	Sotonia CC	Female	Vet
26	10:26:00	Emily Lockwood	Chippenham & District Wheelers	Female	Senior
27	10:27:00	Ellen Reynolds	Elevate RT	Female	Senior