



# Shropshire Cycling Clubs Association

## Open 100 Mile Time Trial

Sunday 2nd July 2023

Incorporating West Cheshire TTCA the Manchester & District TTA and VTТА 100 mile Championship  
Incorporating the Friction Hydraulic Services Shropshire Championship Point Series Round 14 of 17  
The Brian Mears (Bricks) Ltd Shropshire Championship 100

Promoted for and on behalf of Cycling Time Trials under its Rules & Regulations

**Course:** D100/8

**Start Time:** 06:00

**Timekeepers:** Kate Wooder, Dominic McGuinness

**Event secretary:** David Drew 4 Pantulf Road, Wem, SY4 5LT  
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### Course D100/8

The start will be on the B5062 320m East of Cotwall Mini RAB and will comprise 4 laps of Cotwall RAB – Shawbirch RAB – Espley RAB and Shawbury left turn off A53 onto B5063, finishing 8 miles into the 5<sup>th</sup> lap at Rowley Lane Junct. A442.

**Headquarters: Ellerdine Village Hall, Cliff Crescent, TF6 6QT, it will be open from 5am**

Please do not park next to the VH, this is for timekeepers and officials but in the playing field approx 100m away.

Directions to HQ – Heath Lane off the A442, next to Norbridge Nurseries.

Event HQ is approx. 4 miles from the start. To reach the start, turn left out the HQ and head back to the A442, turn right, after approx 2 miles turn right at the Crudgington cross roads, B5062, continue along that road for approx 1.5 miles, the start is at a farm entrance on the left.

## Awards

**Please note – One rider – One Prize Rule Applies – except for Team Prize.**

Place	Group A	Group B	Group C	Women	Vet on AAT
1st	£40	£25	£25	£40	£40
2nd	£30	£15	£15	£30	£30
3rd	£20	£10	£10	£20	£20

1 <sup>st</sup> Team	£45	£15 per rider
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## **VTTA National Championship Awards**

### **Men's National Championship Awards**

1<sup>st</sup> Man on AAT: National Men's Championship Title, Gold Medal and Championship Jersey

2<sup>nd</sup> Man on AAT: Silver Medal

3<sup>rd</sup> Man on AAT: Bronze Medal

### **Women's National Championship Awards**

1<sup>st</sup> Woman on AAT: National Woman's Championship Title, Gold Medal and Championship Jersey

2<sup>nd</sup> Woman on AAT: Silver Medal

3<sup>rd</sup> Woman on AAT: Bronze Medal

### **1<sup>st</sup> on AAT Overall (Man or Woman)**

National 100 miles Championship – Doug Brunwin Memorial Salver

### **Club and Group Team National Championship Awards**

Club teams must consist of three first claim members of the same club and Group teams must consist of three members of the same group. In each case, the team with the best aggregate AAT shall be the Championship Team and a medal will be awarded to each member of the team.

## **Course Description**

### **Circuit 1**

Start on B5062 at farm entrance approx 320m east of Cotwall Bank mini RAB – 0m

Proceed west to Cotwall Bank mini RAB – 0.2m

Take first exit onto B5063 and proceed south to T junction with Shawbirch Road – 3.96m

Turn left and proceed through estate RAB and onto Shawbirch RAB – 4.32m

Turn left on A442 and proceed north to Espley RAB – 13.73m

Take first exit onto A53 and proceed west to Shawbury junction with B5063 – 19.18m

Turn left onto B5063 and proceed south, through High Ercall and onto Cotwall RAB, end of first circuit – 23m

### **Circuit 2**

Repeat above, back to Cotwall RAB – 45.9m

### **Circuit 3**

Repeat circuit 1, back to Cotwall RAB – 68.8m

### **Circuit 4**

Repeat circuit 1, back to Cotwall RAB – 91.7m

Repeat for start of 5<sup>th</sup> circuit to Shawbirch RAB – 95.92m

Take first exit onto A442 and proceed north to finish at the end of the white lines at junction with Rowley Lane – 100.2m

## **COMPETITOR'S NOTES – PLEASE READ THESE CAREFULLY**

Each competitor must sign on when collecting **AND RETURNING** their race numbers at the HQ, this is a CTT requirement. Any rider not signing off within a reasonable time of the finish of the event will be recorded as Did Not Finish.

Both arm and back numbers must be worn for the event. Single arm numbers must be worn on the left upper arm and be visible to the timekeepers. Large numbers must be fixed to the lower back area.

You are not allowed to wear either trade team kit (unless you happen to ride for that team) or kit with any advertising that is not an official sponsor of your club or team.

Distance from HQ to start is approx 4 miles **SO ALLOW ADEQUATE TIME.**

Any rider performing a U-turn within sight of the start or finish may be disqualified.

There will be number checkers at Shawbury left turn and Shawburch RABs. Any rider whose number is not visible to the timekeeper and checkers may not be given a finishing time. Make sure you shout your number at the finish, otherwise your time may not be recorded.

### **COMPULSORY LIGHTS AND HELMETS**

No competitor will be allowed to start without a working front and rear light, either flashing or constant and fitted to their machine in a position clearly visible to other road users. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

### **After the Finish**

After crossing the finish line continue on the A442 and turn left at Heath Lane and back to the HQ, please be aware that other riders may still be on the circuit.

### **Doping Control**

The event may be subject to doping control. It is your responsibility to check whether or not you are required for Doping Control. Race numbers required for Doping Control will be displayed adjacent to the results board. If your number is displayed, you must report immediately to Doping Control which will be nearby.

### **Regulation 22C – Use of Motor Vehicles**

In accordance with Reg.22, riders are permitted support from a motorised vehicle and its occupants, to assist with the competitors reasonable feeding and other requirements as the event distance exceeds 100km.

See CTT handbook or website for details.

All support vehicles must be registered with the event secretary (or via the signing on steward) before or by the competitors start time using the Riders Supporting Vehicle Form, available from the CTT website.

Riders with their own support may be given bottles and food at any safe part of the course but must not stop on the carriageway and must not impede other riders, officials or traffic. There is a large area on the A442 on the approach to Espley RAB where support vehicles may be parked off the road.

### **Drinks & Food Station**

There will be an un-manned drinks and food station in the lay-by on the circuit just north of Cold Hatton. The table will be

there by 04.30 for your use.

Cycling Time Trials and the event promoter strongly advise that you wear a hard shell helmet that meets an internationally accepted safety standard. It is a condition of entry that all riders under 18 years of age must wear an approved cycle helmet. It is mandatory that a working rear light is fitted to the machine, you will not be allowed to start without a working rear light.

Thanks you for entering the event and may I wish all riders a safe and enjoyable race.

**Event Secretary**

To whom all issues and correspondence should be addressed

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