**West Cheshire T.T.C.A.**

**OPEN 30 MILE TIME TRIAL**

**(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)**

**Sunday 21st April 2017 8.01am**

**Timekeeper: Gill Morrison, Mike Homer. Course: D30/12**

**Asst timekeeper: Kate Wooder, Dom McGuiness.**

**Event Secretary: Roger Squire. Erw Las, Village Road, Llandegla. LL113AW.**

**PRIZE LIST (subject to the amount of riders in the event)**

OVERALL 1st £20, 2nd £15, 3rd £12 4th £10 5th £9

BEST IMPROVED 1st £20, 2nd £15, 3rd £12 4th £10 5th £9

FASTEST TEAM OF 3 £8 each rider

**W.C.T.T.C.A. Awards** **(Associated club members only)**

The Alan Roberts Trophy will be awarded to the fastest West Cheshire rider on actual.

Fastest Lady £10+ medal, Best Veteran on Standard £10 + medal.

Fastest Juv/Jun, Fastest Team will receive medals.

All awards - one rider - one prize, except members of winning team(s).

**COURSE DETAILS**

START on the A49 at the south side of the bridge at metal joint 0.000

PROCEED to Prees Island and take the 3rd exit onto the A41 2.757

PROCEED along the A41 to Tern Hill Island 9.778

TAKE 1st left onto A53 and proceed through Muller Island to Market Drayton Island 12.731

ENCIRCLE island and retrace to Tern Hill Island 15.788

STRAIGHT ACROSS on A53 to Espley Island 19.118

ENCIRCLE island and retrace to Tern Hill Island 22.458

TAKE 1st left onto A41 and proceed to Prees Island 29.382

TAKE 1st left onto A49 and proceed to finish at 2nd entrance to Grain Store. 30.000

Please take care when riding, abide by the Highway Code and clearly signal in advance your intentions to other road users. Please ride single file to the Start and back to HQ.

Please allow time to ride to the start, approximately 31/2 miles from headquarters.

Please ride with your head up at all times.

**HEADQUARTERS**

Tilstock Village Hall. Numbers, results and refreshments will be available from the headquarters, please return numbers. Please sign on and Sign Off.

Directions to the Start – leave Tilstock Village Hall and turn left. Follow the lane almost to the A41 and turn right along the service road in front of the Midway Truckstop and the Raven Café and the petrol filling station. Turn right onto the A49 and ride along the A49 for three miles. The start is on the top of Prees bypass.

**IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.**

**In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Helmets.**

**It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**

**STEWARDING DUTIES** Marshals required

Numbers **Mandy Squire.** 1

Start/Pushing off Birkenhead Vics 1

Prees Island Wrexham RC/Chester RC. 3 + 2

Tern Hill Island Wrekinsport CC. 3

Market Drayton Island Newport CC. 3

Espley Island North S Wheelers. 3

Sign Muller Island Newport.

Finish Port Sunlight Wheelers 1

Result board **Chester RC.**

Course Marshal Bob Williams

Catering **Mrs Williams and Mrs Squire**

Can ALL clubs please allocate signs to all approach roads on the islands that they are marshaling, with cycling event in progress. Signs for approaching traffic and directional arrows for the riders.