**ALFORD WHEELERS**

10 Mile Time Trial Championship

**May 21st 2017** Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

 **Start 09.00am - Course C10/9**

Event Secretary Mr. M Pell Time Keepers: Stephen Walker &

6 Truro Close, Sharon Fensom

Winthorpe,

SKEGNESS,

Lincolnshire. PE25 1FP

Mobile: 07749 840577

Event H.Q.

The Prestigious Gunby Hall

<http://www.nationaltrust.org.uk/gunby-hall>

Join us in thanking the National Trust and the people at Gunby Hall who are kind enough to allow us to use their house and grounds. Show your appreciation by purchasing a hot drink, a slice of cake (or two) and take your litter home with you. If you have not had the opportunity of looking round the house and gardens before, you should, it is well worth a visit when you have the time.

Also, please note, your are **not** permitted to ride over the cattle grid, use the gate at the side.

COURSE: Start from the pump station gateway on A1028 at crest of Candlesby Hill (1/2 mile from HQ) proceed along A1028 to Ulceby roundabout (approximately 4.75 miles) circumnavigate the roundabout and re-trace along A1028 passing start point and finishing at bottom of Candlesby Hill just before the Gunby roundabout. Please note the final decent is very fast.

No U turns in the vicinity of the Start and Finish areas.

In the interest of your own safety and CTT regulations you are now required to wear a hard safety helmet that meets an internationally accepted safety standard, and have a rear light on your bike during time trials on open roads.

Check your brakes, heads up and have a good safe ride

**PRIZES FOR THE FOLLOWING WILL BE AWARDED**

**LRRA Open prizes**

**1ST Open £15**

**2ND Open £10**

**3RD Open £5**