17 Mile SPOCO Time Trial

To be held on Saturday 1st July 2017

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

by:- **Adept Precision RT/NEHS**

Event Organiser: Time Keepers:

Neil Foster Mr. A. Harrison

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Start: First rider off at 14:01

Course Details T171

**T171:** Start at layby 0.5 miles west of Swainby just before brow of hill on A172 and proceed to Cleveland Tontine to join A19 southbound. Turn off onto slip road at top of Clack Bank and proceed through Ellerbeck towards Northallerton. Approx 1 mile before Northallerton, turn left opposite public house onto unclassified road. Proceed up hill to turn left at top, and continue through to Jeator Houses. Turn left onto A19 northbound and continue north to take slip road at Cleveland Tontine junction onto A172. continue on A172 to finish just before east entrance to Swainby village. (17.2 mls)

Headquarters is at Swainby Village Hall

Each rider must sign the sign-on sheet before collecting their designated number. Each rider must sign for themselves and nobody else. Once the course has been completed, please hand the number in and sign off.

**\*New CTT regulations state that all competitors MUST SIGN OFF. Failure to do this will result in a DNF**

Prizes One rider one prize

Fastest Vet 40-49 Vet 50-59 Vet 60-69 Fastest Lady Fastest Junior

1st  £30 £15 £15 £15 1st £20 1st £15

2nd £20 2nd £15

3rd £10

Regulations

No cars, other than Event Officials, are to be parked at the start or finish. No U-turns are to be undertaken within sight of the start or finish. Riders are not to warm-up on any part of the course whilst the event is in progress. No turbo trainers are to be used within 100 metres of inhabited properties.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise that you wear a HARD SHELL HELMET. Regulation 15 in the current CTT Handbook states that ALL competitors under the age of 18 years MUST wear a properly- affixed helmet that conforms to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZ/2063.96, DINC 33-954, CPSC, EN 1078.

It is recommended that a working rear light is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

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