#  ST AUSTELL WHEELERS CYCLING CLUB



**May13th 2018**

For and on their behalf of Cycling Time Trials under their Rules and Regulation

ST AUSTELL WHEELERS CYCLING CLUB OPEN 25 MILE TIME TRIAL

 CORNISH CUP SAW CLUB CHAMPIONSHIP

**EVENT SEC Jaime Lewis Email. jaimos69@hotmail.com**

**EVENT H.Q. Roche Victory Hall, Victoria Road, Roche, PL26 8JF**

**OPEN AT 6.30am START 7.30am**

**Timekeepers; Sean Parker Chris Fernley Marshals; Members and friends of SAW**

**AWARDS**

**1ST Overall £20 2nd £15 3rd £10 Women 1st £20 2nd £15 3rd £10**

**Male Vet 40-49 £15 50-59 £15 60+ £15**

**Women Vet 40-49 £15 50+ £15**

**One rider one prize**

 **COURSE S100/25**

Start adjacent to middle post of farm gate 10 yds west of “Magnet Co” entrance on the old A30 at Victoria.  Proceed easterly to Victoria Interchange (M).Take 1st exit marked A30 West, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens.  At bottom of slip road enter onto underpass road (with care) (M). Pass under A30 and take the fourth exit marked Bodmin to rejoin A30 East bound (with care). Continue until Victoria interchange.  Take slip road signed Victoria, Roche (M).Traverse interchange to again take slip road signed A30 West.  Join A30 and repeat 1st lap. On completion of 2nd lap at Victoria interchange continue on A30 until Innis Downs Interchange sign posted “Innis Downs Interchange, St Austell, Lanivet”, to fork left onto exit slip road, at top of slip road (M) enter roundabout to take 1st Left onto old A30 to finish approximately 500 yards along that road.  After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition.

1 mile - slip road joining A30 West bound 5 mile - start of white wall after fly-over 6 mile - slip road to Indian Queens 11.4/23 miles - Victoria Interchange.

**CTT REGULATIONS NOW REQUIRE ALL COMPETITORS TO SIGN BACK IN ON COMPLETION OF THEIR RIDE, FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION AND NO TIME BEING GIVEN.**

2-Please observe the Highway Code. **Ride with your head up. Do not “White Line,” Wear bright clothing.**

3-Advice to all competitors It is recommended that a flashing or constant rear light be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

4 -Event officials must not seek to regulate or interfere with other traffic.

5-Paced & company riding in Time Trials; Regulations stipulate that should a competitor be caught by another rider, the over taken rider should full back to a distance of not less than 50 yards.

**PLEASE SHOUT YOUR NUMBER AS YOU CROSS THE FINISH LINE**

**FREE REFRESHMENTS**