

**Lanhydrock Wheelers Time Trial S103/10R**

**Wednesday 11th July 2018**

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

Event secretary - Robin Riches 07990976281 robinriches50@hotmail.com

Event HQ - Roche Victory Hall, PL26 8JF open at 1700 hours

Time-keepers - Sean Parker and Tony Farnell

Start time - 1901 hours

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Sean Parker and Tony Farnell. I hope everyone has a safe and fast ride. In addition to the guidance below, please can I also ask everyone to use the HQ car park considerately. We have sole use of the hall but the car park will be used by others during the evening.

**Prizes**

1st male £15 2nd male £10 3rd male £5

1st female £15 2nd female £10 3rd female £5

First male and female vets 40-49, 50-59 and 60+ £10

One rider one prize!

**Course description (maps will be available at HQ)**

Start on **Old A30** adjacent to the Oak Furniture sign outside the Oak Furniture Retail shop on the old A30 at Victoria, *(Grid ref SW 989619)* Proceed in easterly direction on **Old A30** to Roundabout (M), cross over A30 interchange to 2nd roundabout, take 2nd exit signed Bodmin (M). Carry on down slip road to join dual carriageway (with care). Proceed to next slip road, signed Bodmin and St Austell. Leave dual carriageway here, and at Lanivet roundabout take 1st left on to old A30 (M). Return to Victoria Interchange, take 1st left (M) and repeat previous circuit. At completion of second circuit encircle roundabout to rejoin old A30 eastbound (M) to finish approximately 1.0 mile from roundabout (*Grid Ref SW 010627*) at the start of the cycleway on the north side of the road close to the top of the downhill slope.

 Victoria interchange 0.3 miles 9.0 miles

 Lanivet roundabout 2.4 miles

 Road signed to “Lamorick” 4.2 miles

**Guidance**

Please observe the Highway Code. Ride with your head up. Do not white **line.** Wear bright clothing. Regulations provide that all competitors must observe the law of the land relating to road use and competitors who ride dangerously must expect to be liable to strict disciplinary action.

At the start, competitors must wait in single file alongside the road edge/kerb at least 4 metres from timekeeper and remember no u-turns.Failure to comply could result in disqualification from the event.

Where the wearing of approved helmets is not compulsory as a condition of entry; then for your own safety Cycling Time Trials and event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard.

Advice to all competitors - from CTT general notes -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.

Event officials must not seek to regulate or interfere with other traffic - CTT Reg.20

If a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one ... At least 50 metres is required.

**No warming up past the start or finish timekeepers**. There is adequate road available for warming up utilizing the old A30 west of the start.

Please do not park cars or warm up on turbo trainers in the business premises car parks.

Please help the time keepers - when finishing please call your number out loud; it is difficult to see rider’s numbers at race speed, especially in the rain.

Competitors must continue without stopping on old A30 to bottom of dip where they can turn right into turning and then rejoin old A30 westbound to return single file to the event HQ being aware of riders still competing.