ADEPT CYCLING

23 Mile SPOCO Time Trial

To be held on Sunay 5th August 2018

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

by:- **Adept Cycling**

Event Organiser: Time Keepers:

Neil Foster Mr. D. Oliver

Tel: 07770452348 Mr. P. Everitt

Email: neil.foster72@gmail.com

S**tart: First rider off at 9:01**

**Course Details T235**

Start at gateway to Bishopton Sailboard Centre. Proceed through Bishopton, continuing up hill and continue to Great Stainton tee junction. (2.8 mls) Turn left at junction and proceed towards Sadberge, taking 2nd lane on the left and continuing in a southerly direction to top of hill in Sadberge village, where left and then left again onto the C51. Continue along lane towards Norton and take 2nd road junction on the left, signposted Redmarshall (10.4mls). Proceed to Redmarshall village and turn left at crossroads, signposted Bishopton. Repeat 1st lap via Stainton and Sadberge Village to continue along C51, to turn 1st left onto road signposted Bishopton. Proceed towards Bishopton to finish at entrance to Stoney Flat Farm, approx 300 yds before start area. (23.0 mls)

Headquarters is at Bishopton Village Hall, Church View, Bishopton, TS21 1HB

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.

**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 Vet 70+ Fastest Lady Road Bike

1st  £40 £20 £20 £20 £20 1st £20 1st £20

2nd £30 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.

Please Note: Any rider wishing to ride on a road bike must use a bike with standard road handlebars, NO TRI-BARS. When signing on put R next to your name.

Many Thanks to our race sponsor North East Healthcare Solutions

