## St. Ives Cycling Club

10 MILE TIME TRIAL

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

<u>Saturday 29th June 2019 at 2pm</u> on Course N1/10

EVENT SEC: Anthony Cork 15 Lancaster Road, Upwood, PE26 2PX tel 07544386428

TIMEKEEPERS: Sue Holliday and Peter Riley.

**RESULTS BOARD:** Graham Temple. . **COURSE RECORD** Alex Dowsett 19.24

## **EVENT HQ**

The Old School Hall, Green End Road, Sawtry, Huntingdon, PE28 5UX

**NUMBERS:** Will be issued when signing on.

**START:** Allow sufficient time to reach the Start which is approximately 1½ miles from HQ. A map will be available at HQ.

Parking in Start and Finish areas is restricted to Official vehicles only.

**RESTRICTIONS:** There must be no warming up on the course once the event is in progress.

U TURNS in sight of the Time keepers could lead to disqualification.

AWARENESS OF SURROUNDINGS: No head/earphones permitted except hearing aids (Reg. 19)

**SLEEVELESS TOPS:** Are not permitted. (Regulation 16)

**FINISH:** Please call your number out upon completing your ride. EXCHANGE YOUR NUMBER At the Tea Bar for a Free Drink.

**COURSE:** Start on B1043 opposite the 3rd electricity pole south of a bungalow 900 yards south of Stanch Hill roundabout, Proceed on Northwards on the B1043 to Stanch Hill roundabout, Straight on to St Andrews Bridge roundabout (0.944 miles) Straight on to Sawtry North roundabout (1.339 miles) Straight on to Stilton roundabout (5.195 miles) TURN and retrace (5.237 miles) on the B1043 south to Sawtry to North roundabout (9.065 mile) Straight on to St Andrews Bridge roundabout.

FINISH On B1043 approximately 200 yards South of Stanch Hill roundabout opposite the first field entrance ( 10 miles ).

When travelling north from St Andrews Bridge roundabout, you will approach the Sawtry North roundabout downhill, be careful as you have to continue further around the roundabout than is usual, so give yourself plenty of road space, and adjust your speed so that you can negotiate the roundabout safety.

**IN THE INTERESTS OF YOUR OWN SAFETY**, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets a recognized standard.

All competitors under the age of 18 years and/or juniors must wear a properly fixed helmet. As per Regulation 15. CTT recommend that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use

**PRIZES** 

FASTEST		LADY.	VETS STD			
			40/49.	50/59.	60/69.	70 +
1ST	25.00.	25.00	15.00.	15.00.	15.00.	15.00
2ND	20.00.	20.00.	12.00.	12.00.	12.00.	12.00
3RD.	10.00.	10.00.	10.00.	10.00.	10.00.	10.00