



NOVA RAIDERS CC OPEN 25 MILE TIME TRIAL

SUNDAY 2nd MAY 2021

Incorporating the SCCA Friction & Hydraulics Points Series

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

Course: D25/20 **Start Time:** 09:00 **Timekeepers:** Dave & Jenny York & Bernard Lumb

Event Secretary: Fliess Connor, 15 Bloomsbury Court Muxton Telford .

Tel: 07891154255, email: fliissconnor@btinternet.com

Headquarters: Tilstock Village Hall, Tilstock, Nr Whitchurch, SY13 3LP

Open from 8.00am.

Competitors Notes: Each competitor must sign on when collecting numbers at the HQ, also ensuring they sign off after they race (this is a CTT requirement). Numbers should be displayed on the lower back area and be clearly visible. Make sure you call out your number at the finish, otherwise your time may not be recorded.

Distance from HQ to start is 3.8 miles so allow adequate time. Please use extreme caution when riding on the A49, you are on the course so please ride in single file. Any rider performing a U-Turn in sight of the start or finish may be disqualified. Keep your head up at all times, have a safe and enjoyable ride!

COVID SAFETY

Please ensure you adhere to the latest Government guidelines including the latest social distancing requirements at all times

When parking please leave at least a 2 metre gap between cars, preferably top and tail parking and keep windows closed whilst parked

Competitors should not attend if they feel ill in ANY WAY or if family members have any symptoms

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the event organiser (Fliess Connor) of your intention not to start as a result of an adverse warm up

NO changing facilities will be available so please arrive "race ready"

Preferably all warm ups should be done on the road. However, if you do choose to do a static warm up, ensure you adhere to social distancing at all times

Riders **MUST NOT** gather in any way regardless of current guidelines in the car park, HQ area or else where

Competitors on finishing **MUST NOT** stop at the finish and **MUST** not loiter at the HQ/carpark but **MUST** pack away and leave immediately upon competition of the race

No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner tube/tubular, pump and tyre levers if required

It is also strongly advised that all competitors carry a mobile phone and with them the telephone number of the event organiser Fliss Connor - please telephone the organiser if you have failed to finish the event

Sign on/Sign off - will be outside the village hall - with sign on/sign off sheets on the table Please **BRING YOUR OWN PEN** to sign on and sanitise your hands before signs on/off and number collection

Race numbers - Your disposable race numbers will be available to pick up at sign on . Please ensure you **BRING YOUR OWN SAFETY PINS** (if required) to attach your race number for the race and dispose of your race number after use

Toilet facilities - the toilet facilities will be restricted to a one in one out basis

Waiting at the start - to avoid queuing at the start, please only arrive start 3 minutes before your start time. There should be no more than 3 riders queuing at the start at any one time and always at least one bike length apart. If riders arrive early and these conditions cannot be met, they should continue warming up until closer to the start time

No push off at the start - there will not be a "pusher offer" at the start so all competitions must start with one foot on the ground (no track stand starts)

CTT Regulation 17d - Signing off - Competitors **MUST** return to the event HQ either during the event or within a reasonable time after the last rider has finished and sign the official signing out sheet. Please ensure you sign off with your own pen and after you have sanitised your hands. NB do not return your disposable number

General Riding safety

Riders are advised to warm up off course - Please ride with your head up at all times and respect the rules of the road as laid down in the Highway Code - Do not perform U turns on the course within sight of the start and finish points (Failure to comply will lead to disqualification) **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 an internationally accepted safety standard. In accordance with Regulation 15 all junior competitors **MUST** wear protective hard shell helmets

A WORKING REAR LIGHT, either flashing or constant, must be fitted to your machine in a position visible to following road users and be active whilst the machine is in use. No working rear light will result in a DNS

Poor Road surface and pot holes - It is strongly recommended that you leave enough time before the race starts at 9am to either drive or ride the course and observe the road surface. Please be aware there are some areas on the course of poor road surface and pot holes - examples below



This is the pelican crossing
as you climb out of Hadnall
there are 2/3 patches similar
to this photo



This is approximately 1.2
miles from the finish

Course Description

Start on A49, 5.5 miles south of Whitchurch, Shropshire, at the southern end of the bridge on top of the Prees Bypass.

Proceed south along A49 to turn at Battlefield Church Island (first island)(11.3m)

Encircle Island, with care, and retrace along A49, through start, to

Finish approx 400 yds short of Prees Island, at telegraph pole 50 yds past Shamrock Lodge and 12 yds before "Slippery Road Surface" sign.

Results - full results will be posted on the CTT website and on the SCCA website

Any complaints or result queries should be made to the Event Secretary within 48 hours of the race finishing

Please note there will be no prize giving on the day - prizes will be distributed afterwards ideally by bank transfer or cheque

Event Secretary - Fliss Connor 07891154255

On the day Event Organiser - Fliss Connor 07891154255

Additional Race items - check list

Sign on pen

Hand sanitiser

Safety pins

Rear light