

Selby Cycling Club.

Open 10 Mile Time trial. Sunday 17th July 2016

On Behalf of cycling time trials under their rules and regulations

The course is the V718. Start on the A1034 just south of South Cave village and approximately 30 yards from the mph sign and 2 yards from lamp post proceed south and immediately left onto slip road to join the A63. Continue east along the A63. Where bear left at slip road (4.1) miles. Signposted Nth Ferriby B1231 to the roundabout where you take the 3rd exit (M62) Leeds Goole. A63.) to the next roundabout (4.5) miles take the 3rd exit. (M63 Leeds Goole A63) to rejoin the A63. Continue West along the A63 to finish at the end of the vehicle check lay-by and adjacent to the start of crash barrier at paint mark (1000) miles).

Start Time 10.01

Event Headquarters - Newport Village Hall Post Code HU15 2PP.

Numbers and signing on at H/Q.

From the H/Q its 4.5 miles to start so allow sufficient time.

Safety: In the interest of your own safety Cycling Time Trials and the event Promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard.

Under 18`s: All competitors Under the age of 18 must wear a properly affixed Helmet of a recognised standard. It is the responsibility of the rider.

The CTT recommends that a working rear light either flashing or constant is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

Organiser

Steve Ross.

Old Tythe barn

Fryston Common lane.

Monk Fryston.

LS25 5EP.

07539-508512.

Timekeepers.

Finish. Mr & Mrs Geoff & Chris Backshall

Start. Mrs Betty Philipson (City Road Club)

Prize List

Mens 1st £70. 2nd £50. 3rd £30. 4th £20. 5th £10.

Womens 1st £50 2nd £30 3rd £20.

Tandem 1st £15 each.

Spot Prizes. 20th 40th 80th 90th £10 each.

Please inform me if you are unable to start so I can place a reserve rider.

There will be a prize presentation on the Day.