

**Promoted for & on behalf of Cycling Time Trials under its rules & regulations**



(President Mr. Peter Baker)

**LEWES WANDERERS 30 MILE TT- SUNDAY 9TH JUNE 2019-G30/88**

**Start Sheet**

**Event Secretary** **Bob Bone** (Lewes Wanderers C C) 5 Heath Stables, Spital Road, Lewes, BN7 1LS

Tel: 01273 471 005 Mob: 07944 161315 Email: robert.bone@sky.com

**Timekeepers** **Mick Kilby** (Lewes Wanderers CC) and **Richard Meed** (Lewes Wanderers CC)

**Event HQ**:East Hoathly Sports Pavilion BN8 6QE – Open from 6.30am. Heading north on the A22, turn right at the Shaw Roundabout into London Road. The HQ is on the right, just before the village.

**Car Parking**:There is limited parking at the HQ, when full please park sensibly in the road on HQ side.

**Race Numbers**:Numbers will be available at the event HQ. Please collect your number when you sign on. When pinning your number on, please only use the eyelets. After the event, return your race number to the HQ in exchange for a cup of tea or coffee and personally sign out. Failure to do so will result in you being recorded as DNF.

**Start**:The start is less than a mile from the Sports Pavilion. Proceed out of the car park, turn right and continue to South Street.

**Additional Safety Instructions**

Competitors must exercise extra care when turning **LEFT** just after start, when negotiating all roundabouts and re-entering the A22. Also take special care on the A22 when heading north between Halland and Little Horsted RBT’s

**VTTA Awards**

The **Mick Burgess Cup** and a VTTA medal will be awarded to the first member of the VTTA Surrey/Sussex Group on standard. VTTA medals will be awarded to the club team of 3 riders who have the greatest aggregate plus on standard and are members of the VTTA Surrey/Sussex Group.

**LWCC Event Awards**

|  |  |  |  |
| --- | --- | --- | --- |
| Position | Fastest | Highest Vet on Std | Fastest Team of Three |
| 1st | £20 | £12 | £10 each |
| 2nd | £15 | £10 | £6 each |
| 3rd | £12 | £8 |  |

**Please note the following CTT regulations and recommendations**

**Helmets:** CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

**Competitors’ Machines**: It is recommended 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 while the machine is in use.

**Competitors’ Vehicles**: No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish areas.

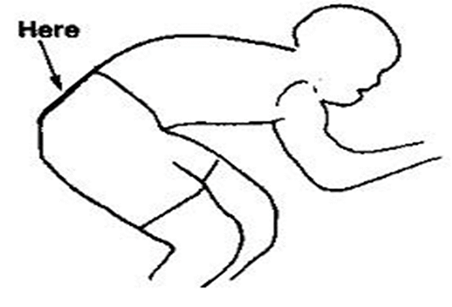
**Safety Instructions**:Details of any additional hazards not listed on the start sheet will be displayed at the signing on point. Competitors must exercise extra care when negotiating all roundabouts.

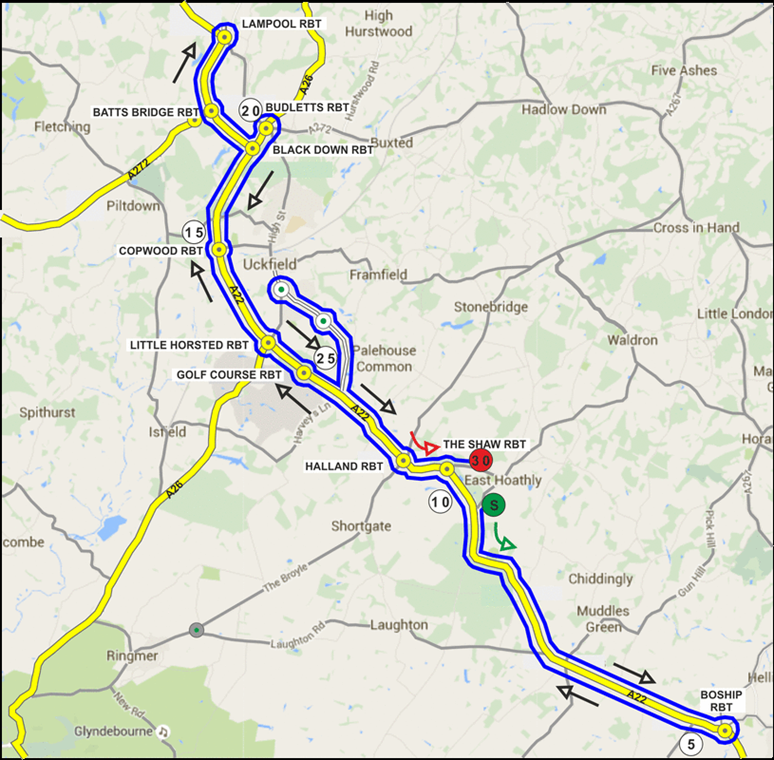
**Warming Up**: Competitors are requested not to warm up on the course after the event has started.

**Results**: No times will be given out at the finish line.

Official Observers will be stationed around the course

**Race Numbers**: The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.



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