

CHRONOS RT 10 MILE TIME TRIALS

Saturday 29th July

Under CTT Rules and Regulations

EVENT OFFICIALS Mr Mike Bannister - Timekeeper
Miss Debbie Knott - Assistant Timekeeper

EVENT SECRETARY Alan Crane
39 Curlew Crescent
Bedford
Beds.
MK41 7HX
Mobile: 07719922068

EVENT HEADQUARTERS Comberton Village Hall, Green End, Comberton, CB23 7DY

There will be limited parking at the hall.

Please note there will also be no parking in the village itself. This is an agreement we have with the trustees of the hall.

However, there is plenty of parking around the area on the local lanes. Long Road, which is the hill up towards the start and St. Neots Road (old A428) between Cambourne and Madingley has plenty of laybys and other appropriate areas.

THE COURSE F2A/10 MILE

START (GR 367598) on old A428 about 100 yds West of Hardwick RAB, 20 yards west of western end of Armco barrier.

Proceed eastwards to Hardwick RAB where 1st exit onto A428

westbound pass Cambourne Flyover junction to:-

TURN (4.54 mls) at Caxton Gibbett RAB (junction with A1198). Retrace

A428 eastbound, pass Cambourne flyover and Hardwick flyover to:-

FINISH (GR 377597) in layby, about $\frac{3}{4}$ mile past Hardwick F/O, at a point 22 yards east of (past) P sign.

Please note there is a 5 mile ride to the start from the HQ so please allow plenty of time

DIRECTIONS TO START Exit Village Hall and proceed eastwards along the High Street until you reach the mini-roundabout. Turn left into Long Road and proceed approx 2 miles until you reach the old A428. Turn left at the T-junction and proceed through Hardwick village until you reach the roundabout on the old A428. Take first exit and the start will be in front of you on the other side of the road.

AWARDS.

MEN	WOMEN	ROAD BIKE
£50	£50	£30
£40	£40	£20
£30	£30	
£20	£20	
Slowest fast rider (0s and 5's)	£20	
Fastest slow rider (4s and 9s)	£20	
Ian Stokes average rider award. (Average time)	£20	
The other Ian Stokes average rider award. (Mid table mediocrity)	£20	

Please have a read of these boring notes. Some of them are actually useful.

From 2018 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

REGULATIONS

Local Regulation No. 1 - No U turns should be made in sight of the start or finish areas while riding on the public highway.

Local Regulation No. 2 - Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.

Local Regulation No. 3 - No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points

COURSE SAFETY : Please be aware that the A428 is a major dual carriageway trunk road. Exercise caution at all times, especially when negotiating turns. Marshalls will be at key locations along the course and looking out for potentially dangerous actions in particular, head down riding.

REFRESHMENTS : Unfortunately, as we're an even smaller team than we used to be, refreshments might be a bit of a struggle, but we'll try our best to sort something.

CYCLE LIGHTS : No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

HELMETS : All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

Timekeepers always ask for numbers to be pinned on in the correct position, so please seek guidance if you're not sure.

Also, please try to shout your number out to the finish timekeeper.

THIS IS IMPORTANT!! Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time.

As we'll be stretched with members marshalling, there will be no Pusher-off. Riders will need to self-start, with one foot on the ground. It's worked OK for the past few years with people still comfortably knocking out sub 20 minute times for all the events that we've run.

Absolutely NO PARKING at the start.

On finishing the race, riders should not stop at the finish.

Results will be published on the relevant websites once all are confirmed.