

One prize per rider, in the event of a rider winning two prizes, the higher value prize will be awarded, the other prize will be awarded to the next placed rider in the relevant category.

All entrants under the age of 18 have to download from the CTT website a parental consent form, and present the completed signed parental consent form along with their hard/soft shell helmet that meets internationally accepted safety standards to the signing on steward “before signing on”. No helmet, no parental consent form, then no ride.

COURSE DETAILS GH/90

OS REF: 326137, 333129 DISTANCES: 0.00 yards 1576 yards

DETAILS START in Ditchling Bostal just south of junction with Underhill Lane. Proceed up hill in a southerly direction to FINISH just before the car park at the summit Please comply with the following Regulations and Notes as they apply to everyone including you.

DISTRICT REGULATIONS

“CTT regulations require the compulsory use of helmets for the under 18’s. 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.”

“You must have a working front and rear light, either flashing or constant, fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.”

“Approved helmets must be worn by all competitors.”

“Competitors are requested not to warm up on the course after the first rider has started.”

In addition to the District regulations the event promoters request that competitors not to warm up on the course at least 10 minutes before the first rider is due to start. This is to ensure that the early starters have a clear course, as will be had by the later starters.

“No Vehicles, except those of the Timekeepers’ and Event Officials, shall be parked in the vicinity of the start and finish areas”

GETTING TO THE HEAD QUARTERS AT DITCHLING TOWN HALL (HQ)

18 Lewes Rd, Ditchling, Hassocks BN6 8TT



PARKING

The Car park at the HQ is also a public car park, parking restriction apply in front of the hall, please be aware of, and observe the one-way system in the car park, the car park has 45 spaces, please only park in a marked space, additional off road parking can be found 500 yards past the HQ on the Lewes road on the left hand side at Ditchling Recreation ground.

Competitors are requested not to park in the small car park at the foot of Ditching Beacon, leaving it free for officials to use, the car park at the top of Ditchling Beacon is a National Trust car park that is free to National Trust members by displaying their parking permit, the National Trust operates a pay by phone or internet pay system, details are in the car park.

Please respect the residents living adjacent to the hall, by keeping noise levels to a minimum, Turbo trainers will not be permitted in the HQ Car Park, for those who need to use turbo trainers please use the lower hall at the HQ, there is a drive through lane for the lower hall where you can drop off your kit in the lower hall if the hall car park is full, **(DO NOT PARK IN THIS LANE)** if the hall car park is full use the additional car park at the Ditchling Recreation Ground, 500 yards to the East of the HQ. Parking elsewhere in the village can be found, but please park considerately, don't obstruct driveways, garages or pathways. We would encourage all local riders to ride to the event, where you will find plenty of space to park cycles at the hall.

DISABLED ACCESS

The primary access door leading directly into the 'Upper' Hall (Where sign on is located) via the foyer is at ground level and does not involve any steps. There is also an access door at ground level to the 'Lower' Hall. There are secondary access doors and emergency doors that do involve steps.

Within the premises, there is a flight of three steps between the 'Upper' Hall and the kitchen. An automatic drinking water heater is positioned at the bottom of the steps that enables access to hot water by hirers without using the stairs.

CAKE & HOT DRINKS

Cake and hot drinks will be available at the Ditchling Town Hall Headquarters (HQ). Please don't forget to bring some cash.

SIGN ON

Sign on is at the HQ from 7am.

COVID

In the interest of safety we ask that you wear a mask inside the HQ whenever possible and use the hand gel provided.

FROM THE HQ TO THE START LINE

The course start line is approximately 8 minutes ride (1 mile) from the HQ, please be sure to leave plenty of time to get to the start line for your allocated start time. **You will not be able to ride if you miss your start time.**

DIRECTIONS: Turn left outside the HQ, to the roundabout (50 metres) then left at the roundabout. Then take the first left onto Beacon Road. Stay straight from here and you will find the start line at the base of the climb just past the intersection with Underhill Lane.

AT THE START

Please wait in single file and as close to the kerb at a point just north of Underhill Lane, a steward will direct you when to go to the start line, this is to ensure the junction is kept clear for other road users and for your safety.

Whilst on the Beacon, in either direction, keep to the left hand side of the road and do not cross the centre line

of the road. Official Observers will be placed at various points on the course monitoring riders ascending and descending the course.

AT THE FINISH

After completing your ride, **DO NOT STOP** at, or ask the timekeeper for times, but please ride well past the finishing area, taking extra care before turning around, the organiser recommends dismounting to change direction, please return to the HQ by descending slowly back down Ditchling Beacon, remember that the road is not closed and that other road users may be trying to pass riders still competing. **Don't put yourself and others at risk by descending recklessly.**

COURSE SAFETY

This is a closed road event but assume that there could be some traffic from residents who still need to have access. This means riders can not cut right hand corners or cross the white line in the centre of the road. You must stay left of the centre-line at all times ascending and descending. Riders descending after their climbs must take extra care to stay out of the way of riders ascending at speed. Please be very careful particularly on blind corners. Please obey the marshals who may hold you on a blind corner to allow a rider to come through safely.

ALL RIDERS MUST STAY LEFT OF THE CENTRE LINE

RIDING ATTIRE

Competitors are reminded that their jerseys and shorts are to cover them from the neck to mid thigh, and jersey's are to have at least quarter sleeves.

No competitor may carry advertising or the name of a commercial business on their race clothing, except where they are a member of a club or team that has registered to do so, or its their clothing manufacturer's brand name.

NUMBERS MUST BE FIXED BELOW WAIST

NO TIME MAY BE RECORDED IF NUMBER IS NOT CORRECTLY POSITIONED.

RETURNING YOUR RIDER NUMBER

When your ride is complete, we encourage you to stay on the course and cheer riders coming up. However, we need you to sign out and return your rider number to the HQ. We'll have your goody bag waiting for you to collect.

PRIZE GIVING CEREMONY Starts at 10.15am at the HQ.