

**CREWE CLARION WHEELERS C.C.**

**17 MILES HILLY TIME TRIAL AND TWO-UP TEAM TIME TRIAL**

**SUNDAY 26th March 2023**    **COURSE: J8/2R**

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

Timekeeper: Mr. Robert Norton . Assistant: Mr. Andrew Grace.

Headquarters: Crewe Vagrants Sports Club, Newcastle Road, Nantwich, CW5 7EP (Open from 7.00am on the day)

**Prize List:**

Fastest Female	£50
First place	£50
Second place	£40
Third place	£30
Fastest Veteran: 40-50	£30
Fastest Veteran: 51-60	£30
Fastest Veteran: 61-70	£30
Fastest Veteran: 71+	£30
First Espoir	£30
Fastest team (3 riders)	£15 each

(One award for each prize except team award). Team Time Trial (inc. composite team):

First Team	£50
Second Team	£40
Fastest Road Bike	£20

First rider off at 08.03 am.

## **SIGNING IN:**

Race numbers will be available at the headquarters when you sign in. If you do not sign in you will not be allowed to start.

## **SIGNING OUT:**

**ATTENTION ALL COMPETITORS:** Please note that all competitors MUST personally sign the signing-out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

Event secretary: Stuart Ross, 97 Meredith Street, Crewe, Cheshire, CW1 2PL, Tel: 07535 202 671.

**COURSE DETAILS (J8/2R) START:** At gate on South side of First Dig Lane approximately 150 yards before the junction with A529. Proceed to junction with A529 (150 yards) where *GIVE WAY* and turn left onto A529 direction Audlem; Proceed to Audlem (4.8 miles) where *GIVE WAY* and turn left onto A525 direction *Woore*; Proceed to *Woore* (9.6 miles) where *GIVE WAY* and turn left onto A51 direction Nantwich; Proceed on the A51 for 6.9 miles to the finish at a lay-by immediately after the entrance to *Stapeley Grange* (16.5 miles).

## **COURSE NOTES: PLEASE TAKE PARTICULAR CARE**

1. As you approach Audlem there is a large pothole that has a traffic cone currently identifying it.



2. After turning onto A525 at Audlem. The road here is narrow, twisting and bounded by a high retaining wall giving little room for maneuver (see image below)



3. After turning left at Woore (9.6 miles) you will descend towards Bridgemere, you will pick up speed on a road surface that is poor and broken in places (see images below);



4. On A51 approximately one mile after Woore at the entrance to Bridgemere Garden Centre, where traffic queues are a possibility;
5. Road surfaces on the course vary in quality. **Ride with your head up and beware of pot holes.**

#### **GENERAL NOTES:**

1). The headquarters is Crewe Vagrants Sports Club, Newcastle Road, Nantwich, CW5 7EP (Open from 7.00am.). Refreshments will be available here after the event.

2). Directions to the start: Turn left out of the Vagrants car park onto Newcastle Road, proceed to the roundabout taking the first exit towards Nantwich Town Centre. Proceed to traffic lights at Stapeley. Turn left and proceed to the second set of traffic lights where left again onto A51 direction Stone. Proceed for approximately one mile and turn right into First Dig Lane. The Start is 400 yards along First Dig Lane. Allow 25 minutes to ride to the Start.

3). Riders must not stop at the Finish, you should cycle back to the Vagrants Sports Club for refreshments and prize giving.

4). Please do not make U-turns at any time.

#### **CARE AT ROAD JUNCTIONS.**

Riders must exercise care at all junctions. Any competitor who's riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.

A competitor who swings out to the right before executing a left turn should ensure that the road behind is clear of traffic before doing so. The practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this maneuver will be regarded as a contravention of Regulation 47(), (iii),(v).

**RIDERS PLEASE BE WARNED** that dangerous riding causes accidents and is endangering the future of this sport. Please ride with your head up at all times.

**AVOID ALL U-TURNS** even when warming up and after finishing the event. Keep a safe distance from the kerb but do not ride out in the traffic.

**OBSERVERS ARE BEING USED DURING THIS EVENT.**

IT IS NOW MANDATORY THAT ALL COMPETITORS WEAR A CYCLING HELMET AND HAVE WORKING FRONT AND REAR BICYCLE LIGHTS THAT ARE VISIBLE TO ROAD USERS AND SWITCHED ON WHILST THE MACHINE IS IN USE. Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

You will not be allowed to start if you do not comply with these requirements.

**P.S. Sports Nutrition Research**

Robyn Jones, a sports nutrition researcher from Liverpool John Moores University, will be attending the event looking to talk to endurance athletes about optimal carbohydrate intake and the work he is doing in the field. If you wish to contact Robyn in advance you can email him at [R.O.Jones@2017.ljmu.ac.uk](mailto:R.O.Jones@2017.ljmu.ac.uk)