

MELTON OLYMPIC CYCLING CLUB

OPEN 10 MILE TIME TRIAL

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

Saturday 9th April 2022 at 2.00 pm

Course A10/3

Course Description: **Start** at grid reference SK697419 ten yards north of 'Clearway' sign on A6097 inside the white line marking edge of slip road onto A46 northbound. Join the A46, proceed north to Elston/Thorpe junction. Follow junction sweeping left (**caution**) to turn left at T junction, cross over the A46, take first left and sweep left to rejoin A46 southbound. Continue on A46 to East Bridgford/Car Colston junction. Left onto slip road. Continue to small roundabout, turn left onto Tenman Lane towards Car Colston to finish at large signboard. Grid reference SK720428. 10.02 miles.

Event Secretary: Russell Gent, 14 Westfield Road, Leicester, LE3 6HR
(Mob. 07802 541082)

Timekeepers: Bill Stanley Melton Olympic CC
Norman Portess Melton Olympic CC
Tom Bailey Coalville Wheelers

Headquarters: **Bingham Town Rugby Club, The Pavilion, Brendon Grove,
Bingham, Notts, NG13 8TN**
(open from 12 noon)

Parking: There is hard standing parking at the pavilion (about 30 cars) and parking will be available on the playing field (weather permitting). **To maximise use of the car park please use the slabbed 'patio' area for static warm up.** There is some on street parking in the local residential roads (**please park with consideration for local residents and do not park in Brendon Grove itself**). Please do not park at the start.

Numbers and Signing on/off: Numbers will be at the HQ and can be collected when you sign-on. Please remember that you must sign-out after the event. This is to ensure that you are available for the Drug Test team if they attend the event. **Failure to sign out will result in a DNF classification.** You should sign-out when you return your number in exchange for a drink after your ride.

Refreshments: Filled baps and cakes will be available – **please remember to bring some cash as we do not have a card reader!**

PRIZE LIST

	1 st	2 nd	3 rd
Fastest	£40	£30	£20
Vets Standard	£40	£30	£20
Fastest Female	£30	£20	
Fastest team of three on actual time			£15 each
Vets team of three on standard			£15 each

All riders aged 40+ are eligible for the Vets on Standard awards

AT THE START: No competitors' cars in the start area. **There will be no pusher-off.**

PLEASE REMEMBER:

The use of working **front and rear lights**, whether flashing or constant, fitted to the machine in a position clearly visible to other road users and active whilst the machine is in use **is mandatory**.

A hard shell helmet is also mandatory.

Compliance will be checked at the start line.

No lights and helmet – no ride.

JUNIOR RIDERS:

Please bring a completed Parental Consent form.

Please note: This event may be subject to Doping Control. It is your responsibility to comply if requested.

DIRECTIONS TO START (c2.5 miles)

From the HQ turn right out of Brendon Grove into Wychwood Road and then right into Balmoral Road. Right onto Nottingham Road to the roundabout and second exit onto the old A46 (Fosse Way). Proceed to the second roundabout and take the first left to cross the flyover to the A6097 roundabout and the slip road to the A46 northbound. The start is at the top of the slip road.

DIRECTIONS BACK FROM FINISH

Proceed through the finish and find a safe place to turn. Retrace your route past the finish to the roundabout and take the first exit (left). Continue back along the old A46 and retrace the outward journey to the HQ.

COVID 19 REGULATIONS.

Although most restrictions have now been lifted it is essential that everyone follows any remaining government requirements and takes sensible precautions to respect the potential concerns of everyone else. This is particularly relevant at the HQ since the people managing the results and the provision of refreshments will be in the building for several hours.

- If you feel at all unwell or are showing signs of Covid 19 **DO NOT** come to this event.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of any kind and the rider should DNS and leave immediately and not go to the start line if you feel this is the case.
- If you have any doubts you should obtain a lateral flow test prior to attending the event.
- Under no circumstances attend an event following a positive test.

Thank you for your co-operation. Have a safe ride.