

14th, 21st and 28th July Henley 10 mile Time Trial rider notes

Under no circumstances should you turn up to the event if you are showing any signs of any illness or if you have been in contact with anyone who has in the last 14 days.

Do not arrive too early and please ride to the event if you can.

You must have registered and paid electronically BEFORE starting

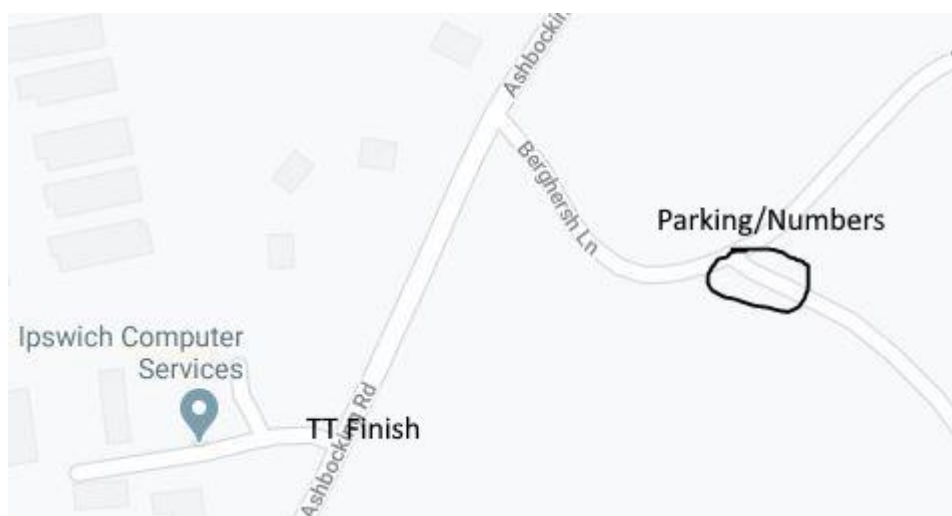
There is NO start sheet. Pick up the next number in the pile which will be on or near my car at the entrance to the track way and GO AWAY. Return the number into the bucket of water near my car. DO NOT TAKE IT HOME!

BRING YOUR OWN PINS. You cannot beg, borrow or steal from anyone else so BRING YOUR OWN PINS or other method of attaching the number. Pin it on yourself, do not ask someone else to pin it on!

Please be self sufficient. Know the routine, know the course.

Please do not stand around chatting before or after the event

Park on the track way leading to All Manor of Events just off Berghersh Lane



No warming up or warming down on static trainers.

Please keep socially distanced at all times and use a face mask and hand sanitiser where necessary

Arrive at the start line as close to your start time as possible. We need to minimise queuing so please stay distanced from the rider in front.

First rider goes at 6:31pm. Your start time is 6:30pm plus your number i.e. No 1 6:31pm, No2 6:32pm, No 12 6:42pm etc.... you know the drill

There is no pusher off so start with your foot on the ground and do not leave the line until the time keeper says so. You will be penalised for an early start

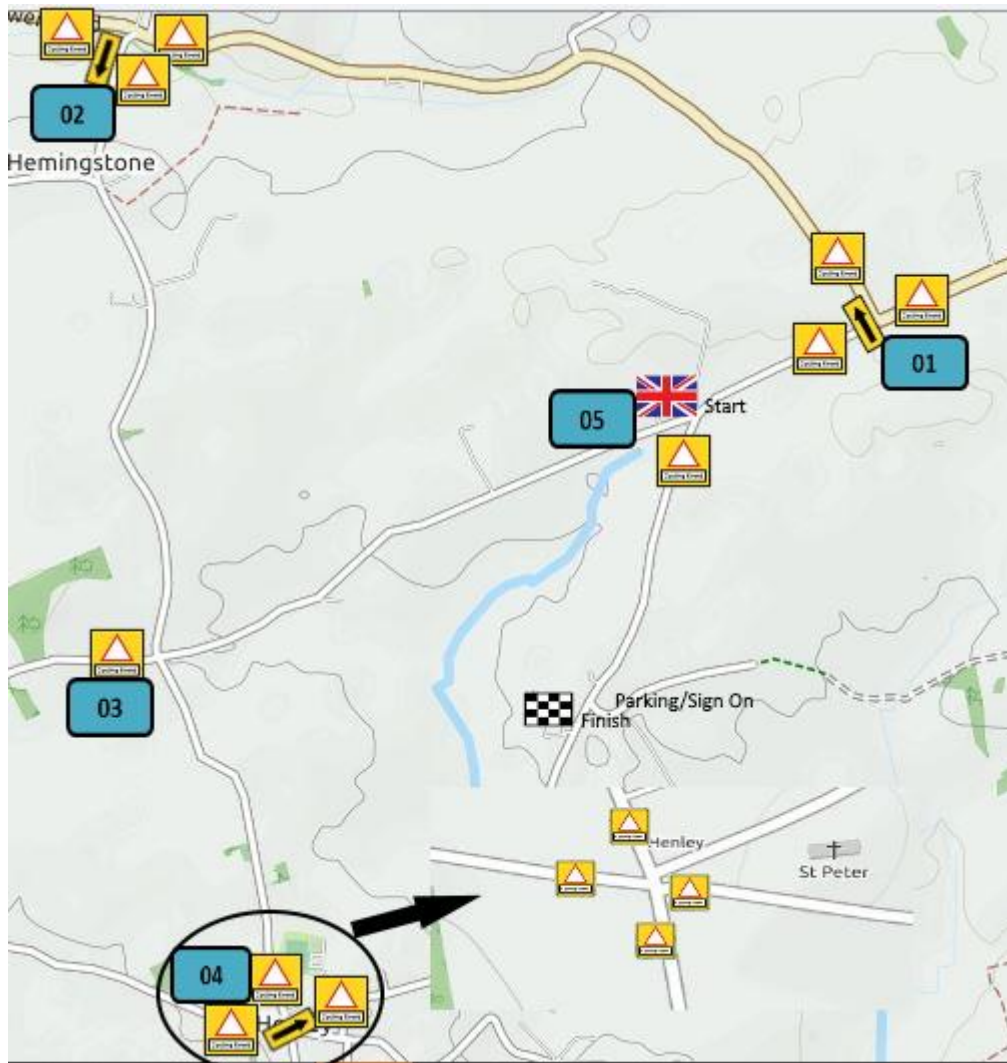
The course is marked with left arrows and cycle event signs but there will be no marshals on the course to guide you. You must, therefore, know where you are going.

Shout your number as you go passed the finish line on each lap. This will help the timekeeper to take your number so if you don't do this you will be in danger of not receiving a time.

Please take extra care as there are no marshals to help you.

Do not cross the centre line of the road at any time

Here is a course map showing the junctions. The box out at the bottom right is just a more detailed view of the five ways junction.



Take extra care at the sharp down hill and left turn in Hemingstone over the bridge at point 2 on the map above.

Follow the highway code at all times. Give way to other traffic. Please be extra cautious

After you have crossed the finish line please do not turn immediately right into Berghersh Lane. Pay attention to riders coming up behind you who may be finishing fast. Ride on until you reach the start line at Clay Lane, turn in the junction and head back to Berghersh Lane if you need to.

Please do not hang about at the end. Not wishing to be rude but go home and the times will be published on the website later in the evening.

Riders details including email address and phone numbers will be held for a period of 21 days for the purposes of NHS track and trace. Signing on details will then be destroyed.

All other normal CTT rules apply

A red rear light is mandatory this season so you will NOT be allowed to start if you don't have one.

CTT East District Local Regulations

U-Turns will not be permitted on the course or on roads adjacent to the start and finish areas whilst the race is in progress.

Note-Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway whilst astride the bicycle, it is recommended that riders dismount, check the road is clear and then walk across the road

Warming Up. No warming up along the course by competitors once the event has started