

For and on behalf of Cycling Time Trials under their rules and regulations

LONDON DYNAMO

PRESENT



**RICHMONDPARK
TIMETRIALS**

JUNE 13TH JULY 18TH AUG 8TH

Finish Start Robin Hood gate

10.4 MILE COURSE

No entries on the day. Entries will open 6 weeks' before and close two weeks' prior to each event. Entry forms and conditions will be available on the CTT website www.cyclingtimetrials.co.uk. A ballot system will be in operation.

SCOTT **PROLOGUE** **LONDON DYNAMO**
www.londondynamo.co.uk

Event Secretary

Rebecca Slack
66 Wandsworth Common West Side, London SW18 2ED
Email: bexslack@yahoo.co.uk
Tel: 07956 118421

Event Headquarters: Pen Ponds Car Park, Richmond Park

Competitor Information Pack

By kind permission of Royal Parks, London Dynamo are pleased to be hosting three time trials over the Summer months in Richmond Park, along similar lines to the successful pilot events run in 2009. Each event will cater for 120 riders and will commence at 6.00am. The last rider will go off at 7.00am.

Eligibility:-

Any person over 12 years old is eligible to enter these events. No club affiliation, prior experience or racing licence is required.

Entry procedure:-

Entries must be made on the official Richmond Park Time Trial entry form available on the Cycling Time Trials website (www.cyclingtimetrials.co.uk) and accompanied by a cheque for £10 payable to London Dynamo.

Please do not send cash and/or email entry forms to the organiser.

Entries will open close two weeks' prior to each event.

Event Date	Entries close
Sunday July 18 th 2010	Sunday 4 th July 2010
Sunday August 8 th 2010	Sunday 25 th July 2010

Ballot:-

Given the anticipated popularity of these events, a ballot system will be in operation.

- Disabled athletes will be given automatic entry
- The fastest 20 men (based on CTT records/BC race category) will be given automatic entry.
- 15 slots will be allocated to London Dynamo members on a preferential basis based primarily on assistance provided in prior events (marshalling etc).
- 20 ladies' slots will be guaranteed on a ballot basis, with the fastest 5 guaranteed entry.*
- 5 junior slots will be guaranteed on a ballot basis, with the fastest 2 guaranteed entry.
- The remaining places to be allocated by ballot.

* As the event on August 8th is part of the London Women's Cycling League, a few extra places may need to be allocated to the ladies

Start Sheet and rider instructions:-

The start sheet which will give details of rider start times (between 6.00am and 7.00am) will be emailed to all competitors at least 5 days' prior to each event. It will also be available on the CTT website (www.cyclingtimetrials.co.uk). If oversubscribed, we will run a waiting list of 10 riders for each event.

Riders who are unsuccessful in the ballot will be notified by email as soon as practicable after the closing date. Please note that the cheques for riders who are unsuccessful in the ballot will be destroyed unless an SAE is provided for their return.

Course Details:-

The course is a non standard distance course measuring 10.4miles, run entirely within Richmond Park. It is an undulating “sporting type” course on a good road surface suitable for disc wheels. The start is opposite the entrance to Robin Hood Gate Car Park on the yellow line marked on the road. Proceed north to Roehampton Gate (1.1m). At the roundabout turn left and proceed west to Richmond Gate (2.9m). At the Richmond Gate roundabout turn left and proceed south towards Kingston Gate. Beware of the speed bump by the entrance to Pembroke Lodge Car Park (at 3.3m). Circle the mini-roundabout by Kingston Gate (4.9m) and retrace back to start (9.8m). Proceed past start and turn right at the Robin Hood Gate mini roundabout up the hill to Pen Ponds Car Park (10.4m). The finish will be between the no entry signs just after the car park entrance.

Prizes:-

Generously sponsored by Prologue Bikes and Scott. All prizes will be paid in Prologue vouchers.

	Juniors	Ladies' TT	Men's TT	Ladies' Road	Men's Road	Lanterne Rouge
1st	£50	£100	£100	£100	£100	£25
2nd	£25	£50	£50	£50	£50	
3rd		£25	£25	£25	£25	

A special prize draw will take place after the event on 8th August where 2 lucky riders over the series will win a Scott time trial bike*. Non starters will be ineligible to enter the draw.

* note the specification of the prize bikes is not as per the event flyer

Road/TT bike distinction:-

We are tightening up the road bike category definition this year to exclude aerobars, wheels with less than 12 spokes and rims deeper than 30mm. Plus riders in the road bike category must not wear an aero helmet. Any rider in breach of these criteria will be deemed to be a TT rider and eligible for prizes in that category only.

Competitor information:-

Parking will be available in Sheen Gate car park only. Entry to the park by car prior to the event will be by Sheen Gate only from 5.00am. Pedestrians/cyclists can enter via any gate. Toilets are available for competitor use at both Sheen and Robin Hood Gates.

Riders will be requested to sign on at the desk in Pen Ponds Car Park at least 20 minutes prior to their designated start time. All competitors will be required to wear a number on their back and a number at the top of their right arm to aid identification at the finish. Safety pins will be provided. A shirt with sleeves is advised for the purposes of properly securing the arm number. London Dynamo require riders to use a hard shell helmet meeting internationally approved safety standards.

Riders who miss their start time will not be able to compete given the tightness of the schedule and the need to vacate the course by 7.30am.

Competitors must ride entirely alone and unassisted, and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Riders' times will be available on a board in Pen Ponds Car Park soon after they finish. A hot or cold drink will be provided free of charge to all competitors after the race at the catering van in Pen Ponds Car Park. In addition a free For Goodness Shake drink will be available to all finishers.

Results will be made available on the CTT website as soon as possible after the event.

Withdrawals. Any rider who appears on the startsheet and is unable to compete is kindly asked to contact the organiser as soon as practicable, as we will be running a waiting list for all events. Riders who do not start on the day, without prior notification, will lose their entry fee and will not be eligible for the prize draw on Sunday 8th August.

Important safety information – please take the time to read carefully

While the Park gates officially open to public traffic by 7.00am, local residents and delivery drivers may be circulating in the park before this time. Also, as the gates are opened in rotation (starting with Richmond Gate and then moving in a clockwise direction round to Ham Gate), some gates will be open before 7.00am. Marshalls will be on hand to warn all incoming motorists that a cycling event is in progress and there will also be warning signs on the course to alert motorists to the event.

There are some 650+ deer grazing in Richmond Park, as well as other wildlife such as rabbits and foxes which may cross the course. Riders are responsible for their own safety and the safety and wellbeing of the surrounding wildlife and must therefore be vigilant while riding.

The event is to be held wholly within Richmond Park, which is part of the Royal Parks organisation. Competitors participate entirely at their own risk and it is their responsibility to safely negotiate the course. No liability whatever shall attach to Royal Parks, the promoter, promoting club or any officials of the event, Cycling Time Trials or any club affiliated thereto for any injury loss or damage suffered by a rider, in or by reason of the event, however such may be caused and whether by negligence or otherwise.



LONDON DYNAMO



Sunday 18th July 2010

Sunday 8th Aug 2010

<p>Please enter me for the 10.4 mile Richmond Park Time Trial I enclose the entry fee of £10.00 (payable to London Dynamo) – 1 cheque per entry please</p>					
<p>Please send entries to: Rebecca Slack, 66 Wandsworth Common West Side, London, SW18 2ED Please enclose an SAE if you would like your cheque returned if unsuccessful in the ballot</p>					
Mr/Mrs/Miss/Ms	Forename(s):-			Surname:-	
Club (if any):-					
Full Postal Address:-					
Tel:-		Mob:-		Date of Birth:-	
E-Mail (please ensure this is legible!):-					
<u>Emergency Contact Details</u>				Name:-	
Address:-					
Tel:-			Mob:-		
Lady TT	<input type="checkbox"/>	Lady Road*	<input type="checkbox"/>	Junior (signed parental consent form required)	<input type="checkbox"/>
Men TT	<input type="checkbox"/>	Men Road*	<input type="checkbox"/>		
Road Race Cat (if applicable)		Best 10.0m Time		Previous Richmond Park TT best/ Anticipated time	
<p>I HEREBY DECLARE that the particulars submitted on this form are complete and correct and that I have read and agree to abide by the competitor safety information contained in the Competitor Information Pack. I understand that the event will be held under the Rules and Regulations of Cycling Time Trials. I agree to accept the decision of the promoter in all the matters concerning the event and my participation in it subject to such rights of appeal or review as may be provided for in the Rules and Regulations of Cycling Time Trials. If oversubscribed, entry will be on a ballot basis**. Maximum field – 120 riders.</p> <p>I understand that the event is held wholly within Richmond Park and that I participate therein entirely at my own risk and that no liability whatever shall attach to Royal Parks, the promoter, promoting club or any officials of the event, Cycling Time Trials or any club affiliated thereto or any member of such club for any injury, loss or damage suffered by me in or by reason of the event, however such may be caused and whether by negligence or otherwise.</p>					
Signature:-				Date:-	
_____				_____	

* Road Bike/TT bike distinction for purpose of these events

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