



Paramount CRT Hilly 20 Mile Time Trial

Sunday 7th April 2024

Friction & Hydraulics Services Series – Round 3

Promoted for and on behalf of Cycling Time Trials under its rules & regulations.

Charity event to be held on 7th April 2024. First rider off 9.01am. Rider list and start times on CTT website and HQ on the day.

Officials

Timekeeper:	Dave Drew, Wrekingsport CC
Asst Timekeeper:	Dave Poulter, Wrekingsport CC
Event Secretary:	Chris Riley, 6 Harley Road, Cressage, Shrewsbury, Shropshire, SY5 6DF

Headquarters

Event HQ is Leighton Village Hall, School Lane, Leighton, SY5 6RN.

The HQ in Leighton village is easy to find but there's not a lot of parking so please keep it tight and orderly to allow everybody a space. The start in Eaton Constantine village is also easy to find but please arrive close to your start time and be mindful of local residents who may well be having a lie in.

Safety

Riders are advised to warm up off course towards the start and not on the course. Ride with your head up at all times and respect the rules of the road as laid down in the Highway Code. Do not perform U- turns on the course within sight of the start and finish points. Per Regulation 15 it is **COMPULSORY to wear a properly affixed cycle helmet** that meets an internationally accepted safety standard.

Please be aware that the course is used by local farmers and there may be areas of patchy mud if the weather has been wet in the preceding days. I would also draw your attention to the winding and narrow nature of the one mile stretch of road through Uppington. It's generally downhill and will bring you to the T junction onto the old A5 where you must take care not to pull out without making sure the road is clear. It will be marshalled but **please approach the junction with extreme caution.**

Please also be aware that the road through Eaton Constantine will be closed from 11am onwards. You will not be allowed through the village either by bicycle or car after that time for the rest of the day. You should

also be aware that there may well be a reliability ride coming through Eaton Constantine village from the opposite direction. I am informed that this will be small groups but just keep your eyes peeled.

CTT Regulations 14(i) & 14(j) – Compulsory rear red light and front white light

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to their machine a working rear red light, either flashing or constant; AND a working white front light either flashing or constant and that are illuminated and in positions that are clearly visible to other road users. **NO LIGHTS – NO RIDE.**

CTT Regulation 16 – Competitor's Clothing

No trade team tops or tops carrying advertising except where the rider's club has paid the advertising levy. Manufacturer's logos are allowed.

CTT Regulation 17d – Signing Off

Competitors **MUST** return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet.

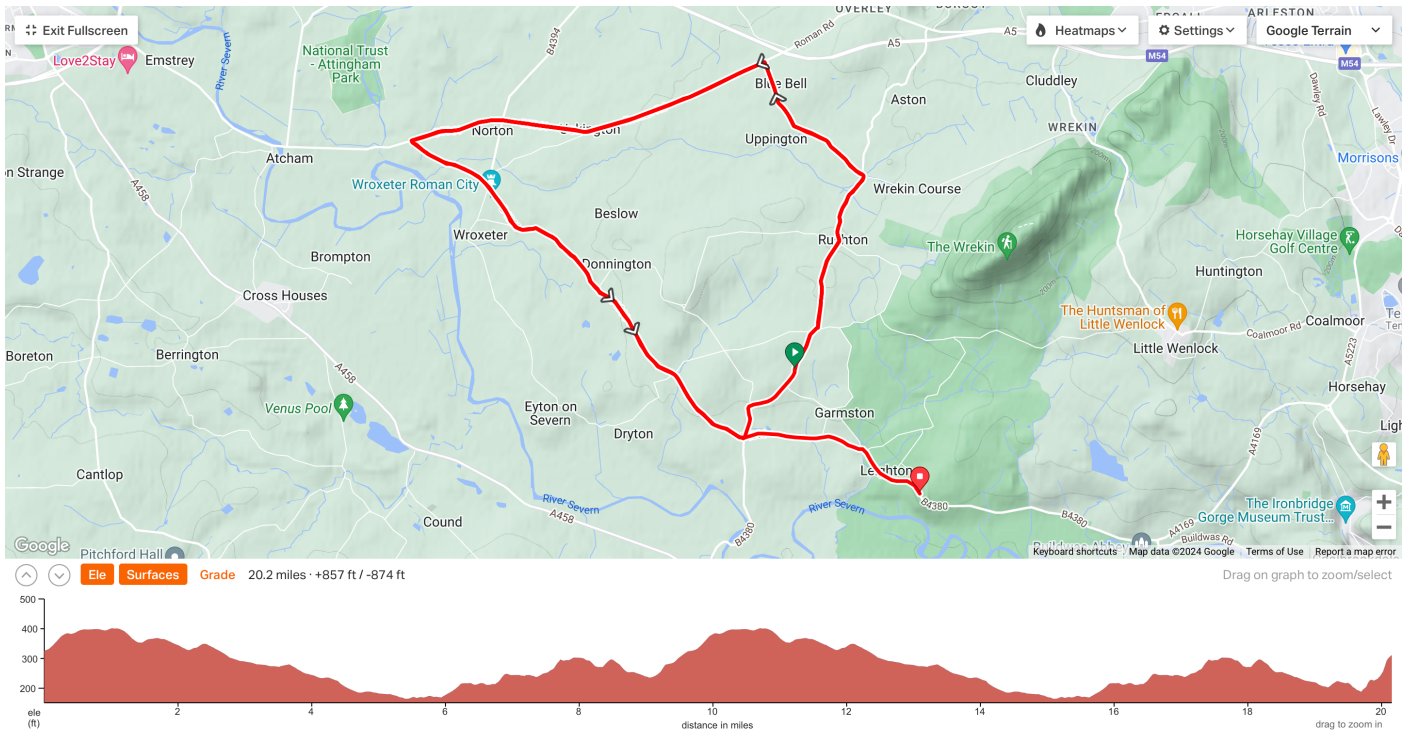
Course D320/1

Paramount CRT have been regular promoters of the road races held on the Eaton Constantine circuit for many years, but this is the first time trial to use the circuit. It's a testing course using a mix of B roads and a lovely fast stretch of the old A5 Holyhead Road. We leave the circuit for the final mile or so and finish up the hill out of Leighton which is worth a look before you ride the race and less than half a mile from the HQ.

Course Description

- Proceed out of Eaton Constantine village through Upper Longwood for 1.6 miles. Be careful on the short descent which has a sunken gully on the left and is prone to puddles.
- Turn Left onto minor road through Uppington. Take care through the corners and be mindful of possible gravel and muddy patches.
- At 2.8 miles, approach the T junction with extreme care. Turn left onto Roman Road (old A5) and continue west for 2.7 miles.
- At 5.5 miles take the acute left turn onto B4380 and continue for 3.5 miles to turn left in the direction of Eaton Constantine at 9 miles. Please be careful on the descent through Lower Longwood.
- Continue through Eaton Constantine village and retrace the course back onto the B4380 at 15.2 miles.
- Continue along the B4380 but DO NOT take the turn to Eaton Constantine. Continue on the B4380 through Leighton village and finish at the layby on your left at the top of the hill.
- At the finish, please continue for a further 0.25 miles around the bend to the left and take care to turn onto the laybys overlooking the River Severn on the right-hand side. There will be a marshal there and it is the safest place to make a turn in the road to return to the HQ. Please do not do a U-turn immediately after the finish under the trees. It isn't safe to do so, and you may get disqualified.

The course map can be found at the following address: <https://ridewithgps.com/routes/44529721>



Directions to the start from the HQ

Leave the HQ car park and turn right onto the B4380 for 0.9 mile. Turn right at the staggered crossroads and through Eaton Constantine for 0.6 miles to the start which is adjacent to the lane “Rural Cottages” on your left.

Directions to the HQ from the finish

Return to the HQ in Leighton is 0.75 miles easy downhill.

Thanks

I would like to thank all the marshals, helpers and officials who have made this event possible. I hope all riders have an enjoyable morning. Have a fast and safe race. Chris Riley and the Paramount Team.

