

For and on behalf of Cycling Time Trials under their rules and regulations and by
kind permission of the Royal Parks

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Present

**The Richmond Park Time
Trials 2013**

Sunday 16th June
Sunday 30th June and Sunday 14th July

Event Headquarters
Pen Ponds Car Park Richmond Park

Car Parking for competitors 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.

Number collection and signing on will be in Pen Ponds Car Park. Please sign on at least 20 minutes before your allocated start time. The start is ½ mile from the signing on area.

Prizes will be presented as soon as practicable after 7.30am.

Event Secretary

Martin Williamson: 191 Kings Road, Kingston, KT2 5JH
Email: martin@quickerbybike.com. Mobile: 07708 866891

Course Details. 10.4 miles:

Start opposite the entrance to Robin Hood Gate Car Park. 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.

Note

- We will issue a 30 second penalty to any rider cutting a roundabout.
- Please do not ride through the finish line on your way down to the start.
- While queuing or waiting down at the start, keep well off the road. Racers passing.
- Take care in the wet, particularly at roundabouts. We had 8 fallers last year.

Prizes will be gift cards kindly donated by Sigma Sport, as follows:

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

Road/TT bike distinction:-

Road bikes must have no aerobars. Wheels must have rims no deeper than 30mm. No aero helmets. Break any of these rules & you're in the TT bike category.

Competitor information:-

Toilets are available at Sheen and Robin Hood Gates. All competitors will be required to wear a number on their back & a number at the top of their **right** arm to aid identification at the finish. Safety pins will be provided. Sleeveless tops are not permitted. 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 & the need to vacate the course by 7.30am. Get to the start at least 5 minutes (10 numbers) before your start time. You have been warned.

No drafting.

Riders' times will be available on a board in Pen Ponds Car Park soon after they finish. A free recovery drink from our sponsors ForGoodnessShakes will be provided to each racer. Results will be made available on the CTT website as soon as possible after the event.

Important safety information – please take the time to read carefully

While the Park gates officially open to public traffic by 7.00am, Park 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. Signage and our marshals will warn all incoming motorists that a cycling event is in progress. There are some 650+ deer grazing in Richmond Park and they 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.