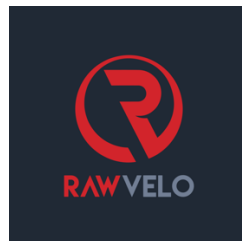


For and on behalf of Cycling Time Trials under their rules and regulations and by  
kind permission of the Royal Parks

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Present

# **The Richmond Park Time Trials 2018**

**Sunday 10th June and Sunday 24th June**

## Event and signing on information

Event HQ is at Pen Ponds Car Park, Richmond Park (see Course map on Page 4)

Pedestrians and cyclists can enter the park via any pedestrian gate. Car parking will be available in Sheen Gate Car Park only (entry via Sheen Gate from 5.15am).

Toilets are available at Robin Hood Gate – you'll need a 20p coin to get in.

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 possible after 7.30am.

## Event secretary and main contact on the day

Geoff Trimm | Email: [geofftrimm@btinternet.com](mailto:geofftrimm@btinternet.com) | Mobile: 07753 747844

## Prizes

Category prizes will be gift codes kindly donated by Sigma Sport, as follows:

	<b>Juniors</b>	<b>Women's TT</b>	<b>Men's TT</b>	<b>Women's Road</b>	<b>Men's Road</b>	<b>Para</b>
<b>1st</b>	£50	£100	£100	£100	£100	£50
<b>2nd</b>	£25	£50	£50	£50	£50	-
<b>3rd</b>	-	£25	£25	£25	£25	-
<b>£100 Frank Cubis Course Record prize</b> (any category, current record is 22m 37s)						

## Important safety information – please take the time to read carefully

Whilst 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.

## Competitor information

All competitors will be required to wear a number on their lower back & a number at the top of their left arm to aid identification at the finish (see Number positioning on Page 5). 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.

**YOUR RESULT WILL BE CALCULATED FROM YOUR SCHEDULED START TIME AND NOT ADJUSTED FOR A LATE START. Get to the start at least 5 minutes before your start time. You have been warned!**

Riders' times will be available on a board in Pen Ponds Car Park soon after they finish. Results will be made available on the CTT website as soon as possible after the event.

Additional rules and guidance:

- No drafting
- Please do not ride through the finish line on your way down to the start
- Avoid performing u-turns within sight of the start or finish
- While waiting down at the start, keep well off the road - racers passing
- Be aware that there are several speed humps on the course
- Take care in the wet, particularly at roundabouts
- We will issue a 30 second penalty to any rider cutting a roundabout

## Additional ROAD bike category information

If you have entered into the Men's or Women's **Road** category then your bike must not have aerobars attached. Wheels must have rims no more than 50mm deep. Aero TT helmets are not allowed (aero Road helmets, e.g. Specialized Evade, Giro Air Attack, are acceptable).

If you break any of these rules you can still ride, but we'll categorise you as a TT rider.

## Course details

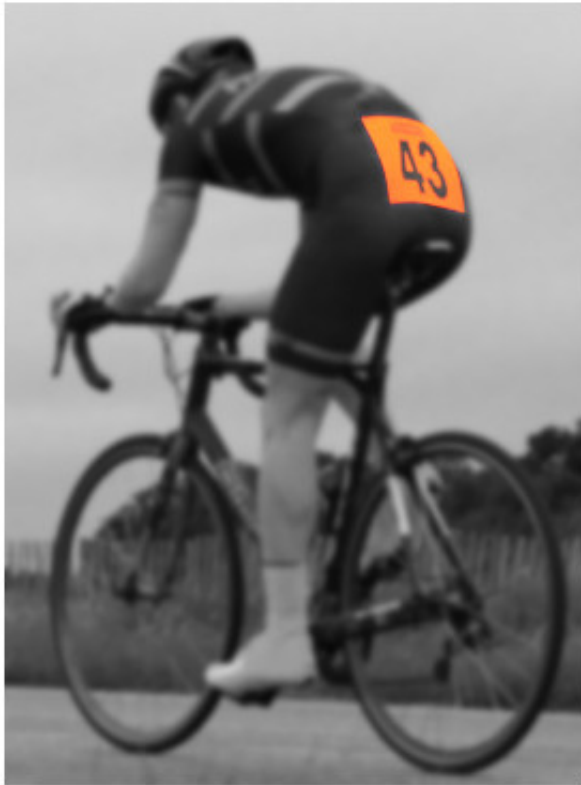
Total distance 10.4 miles (see Course map on Page 4)

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. 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.

## Course map



## Number positioning



Large number  
pinned low  
down on back  
of jersey or  
skinsuit

Small number pinned  
to **left** sleeve, facing  
forwards

