

COURSE J 2/19 - 10 miles

START On the A535 level with the farthest edge of the last grid in the lay-by at Astle Park, approx $\frac{3}{4}$ mile south-west of Chelford Island. Proceed north-easterly to

CHELFORD ISLAND 0.73 m Take the 2nd exit left on the A537 to

BOOTHS HALL ISLAND 4.77 m Encircle the Island and retrace on the A537 to

CHELFORD ISLAND 8.78 m Take the 3rd exit left on the A535 to

FINISH 10.00 m On A535 level with the farthest edge of a metal cover on the left verge before Withington Hall gates. Approx $\frac{1}{2}$ mile south-west of the start.

NOTES These MUST appear on the start sheet.

1 Care At Road Junctions. Riders must exercise care at all junctions. Any competitor whose riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification and may be reported to the District Committee for further disciplinary action

2 Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg. 20 and the rules of the road. Riders must be able to brake and stop at the island if traffic conditions require this. Riders MUST NOT USE their tri-bars between the first bollard they pass on entering the island and the last bollard they pass leaving it. Any rider seen to be in breach of this regulation will be disqualified from the event and may be reported for further disciplinary action.