

Can you ride a bike?

Can you ride 10 miles?

Can you do it in an hour?

Come and prove it – and we'll give you
a certificate!

Hereford Wheelers Cycling Club (herefordwheelers.com)
invite all local cyclist to join in a 10-mile

"Come-and-Try-It"
Time-Trial Cycle Race

on Thursday 17th June 2010

Event Headquarters: Allensmore Village Hall
(HR2 9AF - 4 miles from Hereford on the A465 Abergavenny road)

HQ opens 6.00pm / Sign on by 6.45pm / Race starts 7.00pm
(Please contact the organiser beforehand if you would like an early start)

Your chance to compete in an official cycle race under CTT rules!*

Rules are few and simple:

- Open to anyone over the age of 12
- 12 ~ 18 year olds must have written parental consent
(forms available for this from Coombes cycles,
94 Widemarsh St, Hereford)
- Course is a measured 10-mile circuit on public roads
- Competitors ride individually, starting at 1-minute intervals
- Entry Fee £2
- Bicycles can be of any type but must be fully roadworthy

Families welcome!

Challenge your mates!

Organisers:

Andy Jones - tel. 07810 500945 or e-mail: and.bev@hotmail.co.uk
Stuart Edinborough - 01432 269700 - stuarted@waitrose.com