

***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!

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Hereford Wheelers Cycling Club  
invite all local cyclist to join in a 10-mile

***“Come-and-Try-  
It”  
Time-Trial Cycle  
Race***

on Thursday 21st June 2007

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)

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***Your chance to compete in an official cycle race under  
CTT rules – and possibly win a prize!***

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!*

Organiser: Stuart Edinborough    telephone: 01432 269700  
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