**The Nelson Wheelers CC 25 mile Time trial**

Promoted by the Nelson Wheelers CC for and on behalf of Cycling Time Trials under their rules and regulations

5th May 2018

**Time keepers:**

 Start – Mr CD Smedley

 Finish – Mrs T Moore

**Event secretary:**

Steve Wilkinson

3 Holden Close, Barrowford, Lancs

Tel 07450952872

**Course: L2529**

Start 0.36 miles east of Braithwaite Institute at the eastern side of the westerly junction of the old road where it joins the A66. Proceed east along the A66 to the A591 Keswick/Bothel roundabout. Encircle roundabout and retrace along A66, past the start. Continue to roundabout junction with the A5086 Cockermouth/Egremont road.

Encircle roundabout and retrace to finish at mark in road opposite BT inspection cover in verge on south side of road and 0.37 miles west of Braithwaite Institute

First competitor off at 14:01

Event Headquarters are at Braithwaite Institute on the A66 at Braithwaite, CA12 5RY

***Note***: - there is a caravan rally due to be taking place on the field behind the institute. Please park considerately to allow access for this event.

Please **sign on** and collect your number at the headquarters from 13:00 onwards.

***Note***: - in accordance with CTT regulation 17 competitors must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet. These will be placed at the event HQ. A copy of the course risk assessment will also be available.

All competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished to return their number and **sign the** **official signing-out sheet.**

Please note that in places the road surface condition may have deteriorated and you are advised to take extra care.

# Riders must give their number at the finish and elsewhere on the course if requested.

* Riders must not stand in the road at the start or finish.
* Riders must not ride with their head down.

Local Regulations

* In all events competitors, prior to starting, are not permitted to ride past the finish time keeper during the duration of the event.
* Any competitor making a ‘U’ turn in the vicinity of the start or finish will be immediately disqualified from the event
* No parking on the A66 except in designated lay-by’s.
* Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification

**Helmets: In the interests of your own safety** Cycling Time Trials and the event promoters strongly advise you to wear a **hard shell helmet** that meets an internationally accepted safety standard. In accordance with Regulation 15 **all junior** competitors must wear protective helmets.

**Lights:** It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users, and is active whilst the machine is in use.

In recent years we have promoted this event as a charity event and all the profits are sent to a designated charity. This year we will pass all proceeds to Prostate Cancer UK. At the time of going to press we will be donating at least £300 to this charity, but this value will rise dependent upon donations recovered from refreshments.

Have a good, safe ride

Steve