

BORDER CITY WHEELERS CYCLING CLUB Open25 Mile Hilly Time Trial – Sunday21st March 2019

This is a Lakes & Lancs SpoCo Counting Event Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Organiser: Richard Bickley, 11 Gayle Ave Shap, CA10 3NS. richardbickley@ymail.com. 07821746288

Timekeeper: Mr Richard Abram, Mr Keith Bickley

Please note due to road works in the first few miles the course has been shortened to approximately 17miles

FIRST RIDER OFF AT 09:04 **DON'T FORGET THE CLOCKS CHANGE**

Course description

START: South end of layby on High Hesketh A6 by-pass, just north of direction sign for Ling. Proceed south on the A6 to Stoneybeck roundabout (Bowscar), where right on B5305 to M6 Motorway roundabout J41. Encircle roundabout and retrace along B5305 to Stoneybeck roundabout where left onto A6 north. Proceed north on A6 to finish adjacent to field gate opposite the start.

A copy of the CTT Risk Assessment will be displayed at the event HQ. The circuit is predominantly on country lanes that have been subjected to the winter weather. YOU MUST read the course safety update when you sign on to get the latest information relating to the course condition etc.

Event Headquarters: Low Hesketh village hall, Southwaite Rd, Low Hesketh, Carlisle CA4 0ES

Car Parking: Cars are parked at owners' risk and please remember this is a residential area and keep noise to a minimum.

Numbers & signing on will be at the HQ, as will the result board. The HQ will be open from 08.00 hrs (refreshments will be available after the event). Please note that all competitors are required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.

Local regulations: The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken. Local regulation No. 5 In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event. Local regulation No. 6 Any competitor

making a 'U' turn in the vicinity of the start or finish will be disqualified from the event. Local regulation No. 15 Riders must keep to the left hand side of the road except when overtaking.

Failure to comply with the above may lead to disqualification.

In addition to the above 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. (This constitutes obstruction, and is a breach of regulations). Riders must NOT ride with their heads down.

HELMETS: All competitors under the age of 18 and/or Juniors must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet. Cycling Time Trials recommends that a working rear light, either constant or flashing, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

Awards (£):

	Overall	V40	V50	V60+/W	
1st	£25	£15	£15	£15	
2nd	£20	£12	£12	£12	
3rd	£15	£10	£10		