

2019 NLTTA SENIOR 10 MILE TIME TRIAL CHAMPIONSHIPS

Organised on Behalf of the NLTTA by Beacon Wheelers

OPEN 10 MILE TIME TRIAL

Saturday 3rd August 2018 First Rider off at 14.00hrs

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

START SHEET

Timekeepers: Richard Abram, Keith Bickley, Tracey Moore

Event Secretary: Russell McLean 132 Scholars Green Wigton Cumbria Tel - 07836623266

Course - L108 – Tebay

START on the A685 road approximately half a mile west of the western link to Newbiggin-on Lune at a point at the west side of a concrete plinth approximately 25 yards west of a concreted area on a bridge over a small stream (Start is identified with a white mark on the road). Proceed west along the A685 to **TURN** by encircling the first traffic island at Tebay (5.1 miles). Retrace along the A685 to **FINISH** at a point approximately 0.2 miles short of the start point at a grate on the north side of the road identified with a white mark on the road. (10 miles)

EVENT HEADQUARTERS

Newbiggin on Lune Methodist Church CA17 4NT

1st on left as you enter village

Sign-on & Number collection / Number return & Sign Out

Risk assessment and result board and after race Refreshments will be located here.

Please Park considerately and do not annoy the residents by using turbo trainers / rollers in the vicinity of residential properties

Do not park in the village as there is further unlimited parking available on the opposite side of the A685 to the Village hall Please only park along one side of this road!

Please see overleaf / next page for local regulations

I wish a safe and fast ride to all, please see additional prize list and start list below.

Rgds

Russell McLean

LOCAL CTT NORH DC 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 reg 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 reg No. 6: Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local reg 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.

Local Guidance

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.

Riders must sign in & out failure to comply will result in disqualification from the results.

Helmets & Lights

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).

CTT strongly recommends ALL competitors wear such a helmet.

CTT 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.