



**Founded 1928**

**Pomoted on behalf of Cycling Time Trials under their rules and regulations**

**Sunday 18<sup>th</sup> September 2022**

**North Lancashire Time Trial Assoc 50 mile TT-L5012**

**(NLTTA Championship)**

**Start Sheet**

**Event Secretary:** Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN60SE. Mobile 07862 289430

**Time Keepers:** Richard Taylor      **Pusher off:** TBA

**Chief Marshall:** Nigel Clementson

**Headquarters:** Braithwaite Insitute, Braithwaite, Keswick CA12 5RY (on the A66)

**There will be a HQ sign indicating the entrance to the car park. HQ opens from 7:00am although strict rules apply. First rider off 7:53am**

Please allow 5 minutes to ride to the start from the HQ it's just over 1 miles.

There is a large car park at HQ.

There will be a results board in the small village hall.

**CTT Regulation 17: Signing-on & signing-out sheet** a) The competitors in all types of events must make themselves aware of any special instructions for the event and sign the official signing on sheet when collecting their number. b) In type A events a competitor must return to the HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their number and (ii) sign the official signing out sheet.

**We have a number of JUVENILES riding please remember to bring your parental constant forms with you.**

**First rider off 7:53am**

START at eastern side of the junction of the old road with the northern side of the A66 which is 0.36 miles east of Braithwaite Village Hall (Event Headquarters).

COURSE L5012 (50 MILES)

Proceed in an easterly direction along the A66 to TURN by encircling the traffic island at the junction of the A66 and A591 near Keswick (1.95 miles). Take fourth exit and retrace along the A66 past the starting point and continue to TURN by encircling the traffic island near Cockermouth (14.80 miles). Take the fourth exit and retrace along the A66, through the starting point, to TURN by encircling the traffic island at the junction of the A66 and A591 (27.65 miles).

Retrace along the A66 to TURN by encircling the traffic island near Cockermouth (40.50 miles) and retrace along the A66 to FINISH at the East end of the tarmac footpath in layby on North East side and 50 yards short of the overhead bridge which is one mile west of the event headquarters

**Remember to keep count as its 2 laps (almost) Also please be aware when completing your first lap a rider may be just about to start, I would not like any incidents at this point many thanks.**

**PRIZES:**

**Fastest Gentleman:** 1<sup>st</sup>£40 2<sup>nd</sup>£30 3<sup>rd</sup>£20 4<sup>th</sup>£10

**Fastest Lady:** 1<sup>st</sup>£40 2<sup>nd</sup>£30 3<sup>rd</sup>£20

**Team of 3:** Mixed or men £20 (One rider one prize apart from team prize)

Cycling Time Trials – North D.C. 2022- A66 Courses

The following Local Regulations have been approved by the National Committee in accordance with Regulation 38 Any breaches may lead to disciplinary action being taken.

CTT Regulation 14 Competitors Machine – **FRONT WHITE LIGHT & REAR RED LIGHT.**

**NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine A WORKING FRONT WHITE LIGHT, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. A WORKING REAR RED LIGHT must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users.**

CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:

(a) The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local Reg No 5-For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

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 9-No parking on the A66 except in a designated lay-by. No competitor parking in the Start/Finish lay-byon any A66 course.

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 Reg No-17 On the L1010, competitors must not access the Start Lay-By via the carriageway break and ride West

bound on the East bound carriageway. This will lead to disqualification from the event.

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 MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

\* Do not throw away any gel wrappers on the course, please collect and take home to dispose.

**Rider Safety 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.

**Remember your front & rear light if you don't want to be disqualified:**

**This event may be subject to a Doping Control** It is your responsibility to check As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board If your number is displayed you should report immediately to Doping Control which will be nearby Remember, it is up to you to check and ensure that you comply If required you must report to Doping Control after finishing without delay

Free cup of tea when you **SIGN OFF**. REFRESHMENTS available.

Big **THANK YOU** to All the marshals.

Thank you to the admin/kitchen helpers too.

**Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the NLTTA**