

**KENT VALLEY ROAD CLUB**  
Saturday, June 19th 2021 starting at 18.01hrs  
**Midsummer Charity 10 (course L1015)**

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

**Event secretary:**

**Tim Bennett**

**105a North Road,**

**Carnforth,**

**Lancashire,**

**LA5 9LX**

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**COURSE L1015**

START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a 'Please take your litter home sign'. Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles). Retrace along the A590 to FINISH in line with the metal cover in northern grass verge embossed 'Charlton Iron Works Sheffield' which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).

**EVENT HQ is in lay-by of approach road to Sizergh Castle (LA8 8DZ),**

which is signposted off the A590 immediately after leaving the Brettargh Holt roundabout junction with the A591, heading towards Barrow.

**ALLOW a good seven minutes to ride round the Brettargh Holt roundabout then west along the A590 to the lay-by start at the top of Levens Brow.**

Local regulations:

**Cycling Time Trials – North D.C. 2021 – Local Regulations L1015, L2524, L308**

**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.**

**Regulation 14 Competitors machine – Rear lights:**

**No competitor** shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine **a working rear red light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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 10**

Course L1015, L2524 & L308 – warming up on the course is not permitted during the

duration of the event.

**Local Reg No 12**

No parking on the car park or on the frontage of the Strickland Arms.

**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.

- \* Riders must NOT cross the dual carriageway (A590) at any point.
  - \* Riders must give their number at the Finish and elsewhere on the course if requested.
  - \* Riders must NOT STOP on the slip road after passing the Finish timekeeper.
  - \* 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 'head down'.
  - \* Riders must shout their number at the finish and elsewhere on the course if requested.
  - \* Times will be not be given to competitors or supporters at the finish.
- In the interests of your own safety, the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. JUNIOR/JUVENILE RIDERS MUST WEAR SUCH A HELMET.

Attention of the riders is drawn to the road conditions, which because of the bad weather over the winter period, have in some cases deteriorated very badly.

In addition to the above CTT have issued the following guidance in relation to Covid-19:

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road. Static warm-ups are prohibited.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

Timekeepers: Mrs Tracy Moore and Mr Mike Smith.

*The proceeds of this event will be donated to Cancer Care – a local charity providing support to those with cancer and other life limiting conditions.*  
<http://www.cancercare.org.uk/>