



## Blackburn and District CTC

### Open SpoCo 10.6 mile Hilly Time Trial

### Course L111 Bashall Eaves/Chaigley

Wednesday 19th June 2019, 7pm

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

A Lakes & Lancashire SpoCo counting event

Headquarters: Bashall Eaves Village Hall

Event Organiser: Richard John

7 Edgeside, Great Harwood, BB6 7JS. 01792 089202 richard@rjohn.co.uk

Timekeepers: Dave Brown & Peter Briscoe (North Lancs RC)

#### Prize List

(One rider one prize, except Team):

1 <sup>st</sup>	£30
2 <sup>nd</sup>	£25
3 <sup>rd</sup>	£20
1 <sup>st</sup> Woman	£30
1 <sup>st</sup> V50+	£15
1 <sup>st</sup> V60+	£15
Team	£15

#### **COURSE L111-BASHALL EAVES**

START on unclassified road approximately 1 mile north-east of Higher Hodder Bridge and 2.5 miles due west of Clitheroe at the first field gateway on northern side of road which is 170 yards east of the stone milestone marked "Mitton/Bashall Eaves" (Road Race Finish Line).

After 0.1 miles bear left to continue via Bashall Eaves and past Browsholme Hall to pass telephone box on left at Cow Ark (3.7 miles). Continue straight on to T-junction at Lees (4.8 miles) where turn left and proceed via Doeford Bridge (**Care!**) to T-junction where bear left direction Whalley/Clitheroe (6.3 miles).

Continue via Walker Fold and Chaigley (**Care on descent!**), over Higher Hodder Bridge and straight on at cross-roads to FINISH at stone milestone on northern side of road "Mitton/Bashall Eaves" 170 yards short of the Start. (10.6 miles).

**Extra Care is required at the following points on the course:**

Bend at Cow Ark Bridge – Downhill approach and narrow left-hand bend  
T Junction near Middle Lees – Limited visibility for traffic approaching from right  
Doeford Bridge – Narrow Bridge  
Descent of Chaigley Hall – Fast Descent

Please park with care at the Village Hall, near the start, or anywhere on the course. After finishing please continue to obey the rules of the road on returning to the HQ.

**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 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 event's 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
- **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 competitors 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 of the road except when overtaking.

Failure to comply with the above may lead to disqualification.

**In addition to the above**

- Riders must call/give their numbers 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 reg.5). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.

**Competitors Machine – Lights:**

- CTT recommends 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.