



## Southport Cycling Club

In association with MODA Bikes / GSG Clothing / Bike & Body

## Open 10 Mile Time Trial

(For and on behalf of Cycling Time Trials and under their rules and regulations)

**Sunday 30<sup>th</sup> June 2024**

First rider off 08.01am

**Course D33/10 Tarleton, Lancashire.**

Event HQ – Mere Brow Village Hall, PR4 6JX

## Prize List

(All category awards will be engraved trophies and medals)

With additional prizes kindly provided by MODA / GSG / Bike & Body

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Vets (AAT)
Open Category	Trophy	Medal	Medal	V40+ Medal
Female	Trophy	Medal	Medal	V50+ Medal
Espoir	Medal (M)	Medal (F)		V60+ Medal
Junior	Medal (M)	Medal (F)		V70+ Medal
Youth(u16)	Medal (M)	Medal (F)		

**Road Bike Category Medals for fastest Open & Female riders**

**Fastest Team of 3 Medals**

**Medals to be awarded to riders setting new course records (M/F/J)**

**Best Southport CC Rider Trophy**

**Best Southport CC Female Trophy**

**Best SCC Junior (U18) Trophy**

**Entry Fee £13.00 – via CTT website**

<https://www.cyclingtimetrials.org.uk/race-details/26397>

**Closing Date 18/06/2024**

Event Organiser

**Alan Stark**

**10 Bannister Drive, Leyland, PR25 2GH**

e-mail [alstark@blueyonder.co.uk](mailto:alstark@blueyonder.co.uk)

Southport Cycling Club, Rotten Row, Southport.

Affiliated to BC, CTT, VTTA, NLTTA, Cycling UK, BCCA, Sefton Sports Council

# Southport CC Open 10 Mile Time Trial – 30 June 2024

## Covid 19 Guidelines.

**IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 PLEASE DO NOT COME TO THIS EVENT**

### Course D33/10 Details

Start in Lay By approx 200 yards W of Tarleton traffic lights on A565.  
Proceed along the A565 — (Caution pinch point at 1.65 miles)  
via Mere Brow traffic island (Marshal) to Banks roundabout. 3.82 miles (Marshal).  
Encircle roundabout with care and follow A565 to Mere Brow R/A 5.43 miles. (Marshal)  
Encircle roundabout and retrace to Banks R/A 7.09 miles – (Marshal)  
Encircle Roundabout and retrace along A565 via Mere Brow R/A, when straight on  
along A565 (caution pinch point at 9.0 mi) to finish just before the end of the Dual  
Carriageway, near to the junction with Blackgate Lane.

**The section of road between the start and Blackgate Lane (0.8 miles) has recently been surface dressed and may still have some loose chippings close to the kerbs. Also the road markings may not have been completed. Care is needed.**

**The road surface around Mere Brow Traffic island is very poor with potholes and broken surface – particularly when making the 180 deg turn.** Riders are strongly advised not to attempt this turn whilst on their tri bars.

#### **1 EVENT HQ**

Event HQ is Mere Brow Village Hall, PR4 6JX. 'Signing On' will take place at the Bowling Green Pavilion. Toilet facilities are available at the rear of the village hall. Changing is not permitted in the toilet.

#### **2 PARKING** – Please park with consideration to others.

#### **3** Warming up on turbos or rollers is permitted, but riders doing so must not obstruct vacant parking bays. Warming up along the line of the course is strictly prohibited in the 15 minutes prior to the event start time. Recommended road for warming up is along Green Lane between Mere Brow and Sollom. It is approx. 2 miles from the HQ to the Start.

#### **4 START LIST** – Riders will be allocated a number and start time. Do not swap numbers: Your emergency contact details are assigned to this number. We do not want to phone the wrong person in the event of an emergency. If you are unable to attend please inform the event organiser if possible beforehand. DO NOT swap your name with someone else. Riders found to be doing this will be reported to CTT and not permitted to enter future events.

#### **5 SIGNING ON**

Signing on / off sheets will be taped to tables located near the rear of the Bowling Green. Signing on opens at 08.00am

- 6 **NUMBER COLLECTION.** Numbers and pins are provided. Please return the numbers when signing out.
- 7 **RACE PROTOCOL / LOCAL REGULATIONS**  
All riders **MUST** have working front and rear lights fitted to their machine in a clearly visible position (either flashing or constant). If you have no light or the light is not working then you will not be permitted to start.
- 8 **RIDERS MUST NOT RIDE WITH THEIR HEAD DOWN.** All competitors **MUST** wear a helmet with Hard / soft Shell construction that conforms to a recognised standard (CTT Reg 15)
- 9 "As from 16 April 2023, the following text has been appended to CTT Regulation 14 to make it clear that safety considerations preclude riding road bikes with forearms resting on the tops of the handlebars. *N.B. For the purposes of Regulation 14 For riders riding Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tribar position by resting the forearms on the handlebars."*
- 10 Junior and Youth Riders (age 12-18) **MUST** provide a duly signed parental consent form when signing on.
- 11 Distance from HQ to start is 2 miles. Allow 10 minutes. Turn L from the HQ along Mere Brow Lane and follow this to the junction with the A565 at Blackgate Lane. (1.3 miles). Cross the dual carriageway with caution, the turn R onto the main road. Riders **MUST** continue past the start and stop in a layby on the LHS of the road about 200 metres before the traffic lights. Cross the road and go to the start only when safe to do so. Aim to be in the start layby no more than 5 minutes before your start time.  
**NO 'U' TURNS ARE PERMITTED ON THE MAIN ROAD. ANYONE SEEN PERFORMING A U TURN WITHIN THE VICINITY OF THE START AREA WILL BE DISQUALIFIED AND REPORTED TO CTT.**
- 12 Riders waiting to start must wait in turn and stay at least a full bike length away from other riders. They will be called to the start line 1 minute before their start time. A 'rolling' start will not be permitted.
- 13 Make life easier for marshals and timekeepers. Shout your number as you pass – and particularly at the finish.
- 14 The Finish is located just before the end of the dual carriageway and shortly before Blackgate Lane. After the finish riders **MUST** take the first turn left into Blackgate Lane (Marshal) and proceed along there until it is safe to perform a 'U' turn. Riders can then cross over the end of the dual carriageway with caution and return to the HQ – via Blackgate Lane and Mere Brow Lane. Riders must not attempt to cross directly over the end of the dual carriageway immediately after finishing – any rider doing so will be DQ and reported to CTT.
- 15 **Sign Out.** After finishing, riders must proceed directly to the HQ to sign out.

16 SCC will be providing limited catering facilities, (Tea Coffee etc) at the Bowling Club pavilion.

17 **RACE RESULTS**

We will endeavour to produce results as quickly as possible, and a presentation will take place afterwards. Results will be posted via the CTT system as soon as practical. As the main prizes are individually engraved medals / trophies they will be sent to the award winners within 5-6 weeks. Riders who have pre-registered but fail to start will be shown as DNS in the official results

18 Vehicles on course. Time Trialling under CTT regulations is unsupported. Riders must not be followed for any reason along the course by a vehicle. Any rider suspected of having a following vehicle (including motorbikes / scooters etc) will be reported to CTT and disqualified.

**Timekeepers**

Start – Peter Leonard – Southport CC

Finish – Alan Stark – Southport CC

Brian Leach – Southport CC

Event Secretary

Alan Stark – Southport CC TT Sec

Course Records

**10 Mile TT - D33 10**

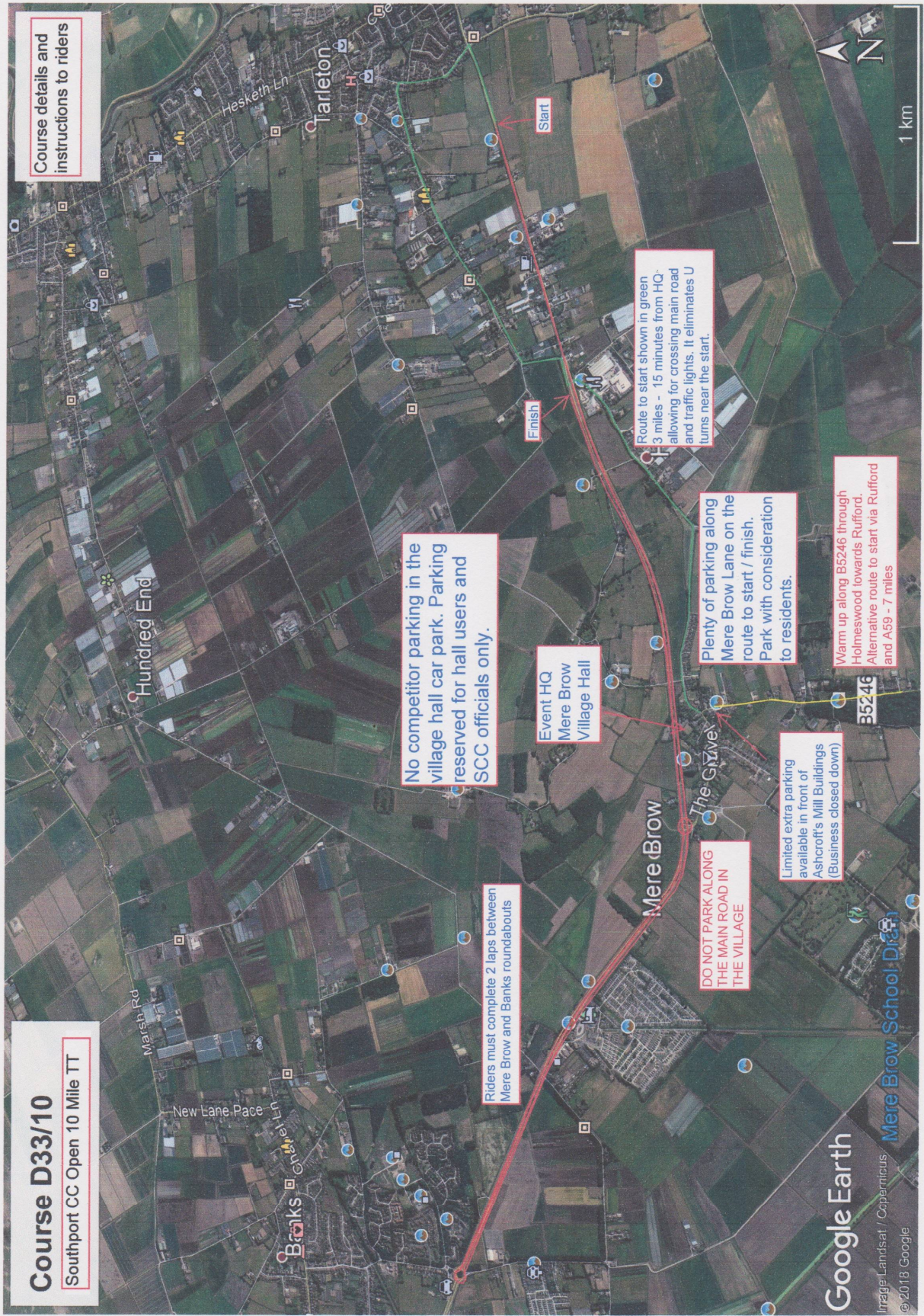
Open	Simon Wilson	Ribble Weldtite	00:18:22	01/08/2022
Female	Charlotte Boothman	ABC Centreville	00:22:03	01/08/2019
Espoir Male	Conor McKinnon	Dolan Ellesse	00:19:37	16/06/2022
Espoir Female				
Junior Male	Patrick Casey	Team Lifting Gear	00:20:12	04/05/2023
Junior Female	Lily Brindle	Brother UK	00:22:42	02/05/2024
Youth Male	Albie Jones	North Cheshire Clarion	00:19:36	16-May-24
Youth Female	Lily Brindle	JFL Interflon	00:24:22	14/04/2022



# Course D33/10

Southport CC Open 10 Mile TT

Course details and instructions to riders



No competitor parking in the village hall car park. Parking reserved for hall users and SCC officials only.

Riders must complete 2 laps between Mere Brow and Banks roundabouts

Event HQ  
Mere Brow  
Village Hall

Route to start shown in green  
3 miles - 15 minutes from HQ -  
allowing for crossing main road  
and traffic lights. It eliminates U  
turns near the start.

Plenty of parking along  
Mere Brow Lane on the  
route to start / finish.  
Park with consideration  
to residents.

Warm up along B5246 through  
Holmeswood towards Rufford.  
Alternative route to start via Rufford  
and A59 - 7 miles

DO NOT PARK ALONG  
THE MAIN ROAD IN  
THE VILLAGE

Limited extra parking  
available in front of  
Ashcroft's Mill Buildings  
(Business closed down)

Google Earth

Imagery Landsat / Copernicus

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