



LANCASHIRE ROAD CLUB

For and on the behalf of The Cycling Time Trials under their Rules and Regulations.

Saturday 1st July 2023 at 18.00 hours on Course L101

Timekeepers: Roger Winstanley & Rick Winstanley

Organiser: Glenn Bowyer, 35 Teak Drive, Kearsley, Bolton BL4 8RR

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Course Details: Start approximately 700yds north of the traffic lights on the Garstang bypass, at a point in the cycle lane on the A6, directly opposite lamppost number 423. Proceed north along the A6 then encircle the traffic island at Hampson Green (4.87miles). Retrace the route along the A6 past the starting point. Finish at the lamppost number 411 on the east side of the road 215 yards north of the traffic lights. (10 miles).

The following local regulations will apply:

Cycling Time Trials – North D.C. 2022 – Local Regulations L101

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 2

Motor vehicles must NOT be parked on grass verges on B5272 (Cockerham Road) west of the A6, or within 100 yards of the traffic lights. Thereafter, parking is only allowed on the SOUTH side of the road.

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.

Local Reg No 10

Course L101 – warming up on the course is not permitted during the duration of the event.

ADDITION TO THE ABOVE

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STOP on the A6 after passing the timekeeper as this is a clearway. (The clearway is from the south end of Garstang by-pass to Hampson Green R.A.B.)

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).

HEADQUARTERS. Winmarleigh Village Hall, Broad Lane off B5272. (open 17.00)

Riders MUST sign the signing on sheet in the HQ in order to obtain their race number and sign out when returning their number

A copy of the risk assessment will be available for viewing.

Prize List Note: One rider on prize except for Team Prize.

Fastest Man: £25

2nd fastest man: £20, 3rd £15, 4th £10

Fastest Lady: £25

2nd Fastest Lady: £20

Fastest Team of 3: £10 per rider

Fastest Male Vets:

40-49 1st £15 2nd £10

50-59 1st £15 2nd £10

60+ 1st £15

Fastest Lady Vets:

40+ 1st £15

Have a fast and safe ride.

Glenn