

## Welcome to Warrington Road Club 4 up team time trial

This event is run under CTT rules and regulations

HQ Allstock village hall **WA16-9LS**

**Firstly please read the following and adhere to throughout the event.**

1. Do not arrive more than an hour before your start time. ( Be aware it is 20 minutes ride to the start. )
2. Do not gather at the start arrive no more than 3 minutes before start time . there will be no pusher offs
3. Please depart as soon as possible after your ride
4. Results and prizes will only be announced on the CTT web site.
5. AT HQ there is limited facilities Toilets only . unfortunately there will be no refreshments
6. ( remember to bring your own.) 7.

At all times respect social distancing.

**COVID 19 – CTT Event Regulations** 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.

## All riders must have a rear light mounted on their bike no light no ride

**NO riders to be on tri bars from entering Chelford Island too the exit. This is CTT ruling, any team doing so will be disqualified.**

COURSE J 2/9 25 miles START At A “JS2” mark in Bomish Lane (Jodrell Bank to Goostrey road). At a telegraph pole No 2 approx. 300yds west of the A535.

Proceed East to the A535 and forward on the A535 to:- CHELFORD ISLAND 2.169 m 2nd exit left on the A537 to Seven Sisters lane at:- OLLERTON CROSS ROADS 5.219 m left along the lane to the A50 and left on the A50 to Twemlow Lane at:- CRANAGE 11.408 m left into and along the lane to join the A535 at Twemlow Green, left to:- CHELFORD ISLAND 18.064 m 2nd exit left on the A537 to Seven Sisters Lane at OLLERTON CROSS ROADS 21.052 m left along the lane to the A50 and, left on the A50 to:- FINISH 25.000 m At a “JF2” mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approx 500yds. past the cross roads after the Drovers Public House.

NOTES to appear on the Start Sheet 1 No parking at the start or finish.

Vehicles must not be parked, however briefly, in any part of the access area to Mound Pleasant Nursing Home, opposite the finish.

2 Riders must not stop at the finish but should continue on to the event headquarters where times will be displayed.

3 Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg. 20 and the rules of the road. Riders must be able to brake and stop at the island if traffic conditions require this.

Riders **MUST NOT approach and encircle the island using tri-bars**. Remember - traffic on the island has priority over traffic (including riders) entering it. Any rider seen to be in breach of this regulation will be disqualified from the event and may be reported for further disciplinary action.

4 Care At Road Junctions. Riders must exercise care at all junctions. Any competitor whose riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification and may be reported to the District Committee for further disciplinary action.

5 Riders must take extra care when exiting from Seven Sisters Lane onto the A50 6 Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner. In wet weather the metal covers and edges become a skid risk. Please take care.

