



LANCASHIRE ROAD CLUB

Open 10 Mile Time Trial

To be held on

Saturday, 25th May 2019

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

Course: **L1015** Time **18:01**

Organiser: Glenn Bowyer Mobile **07779 689953**

Timekeepers: Tony Wilson

Roger Winstanley

Event Headquarters: Lay-by on Nannypie Lane leading to Sizergh Castle.

L1015 – Course Details

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).

Important: 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-off 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 HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet.

Local Rules.

- No.5 Competitors prior to starting are NOT permitted to ride past the finish timekeeper during the duration of the event.
- No.6 Any competitor making a "U" turn in the vicinity of the start or finish will immediately be disqualified from the event.
- No.10 Course L1015 warming up on the course is not permitted during the duration of the event.
- No.12 No parking on the car park or on the frontage of the Strickland Arms.
- 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.
- No.17 Motor vehicles must NOT park in starting lay-by, except for the timekeeper's vehicle.

Notes: Riders **MUST** call their number 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.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR / JUVINILE competitors must wear Protective Hard Shell Helmets.

It is recommended that a working light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Prize Values
One Rider, One Prize (except Team)

	overall	vet 40-44	vet 45-49	vet 50-54	vet 55-59	vet 60-64	vet 65-69	vet 70+	lady 40-49	lady 50-59	junior
1st	£50	£25	£25	£25	£25	£25	£25	£25	£50	£25	£20
2nd	£45	£20	£20	£20	£20				£45		
3rd	£40										
4th	£35										
5th	£30										
Spot prize rider finishing in position											
	60,75,90,105,120			£10							

1st Team of 3 £10 each

If a rider winning a Spot prize has won a category prize the prize will go to the next position down i.e. 61 etc.

If you are unable to ride please contact the organiser a.s.a.p. so a reserve can take you ride.