



Blackburn and District CTC

Open SpoCo 10.6 mile Hilly Time Trial

Course L111 Bashall Eaves/Chaigley

Wednesday 23rd June 2021, 7pm

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

A North Lancs Time Trials Association SpoCo counting event

Event Organiser: Richard John

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

Timekeepers: Mr T Parker & Mr P Briscoe

Prize List

(One rider one prize, except Team):

	Men	Women
First Place	£30	£30
Second Place	£25	£25
Third Place	£20	£20
First Juvenile/Junior	£15	£15
First Veteran	£15	£15
First Veteran 50+	£15	£15
First Veteran 60+	£15	No entries
Fastest Team of Three	£15 per rider	

There will be no HQ for the race this year, signing on and out will be at the public car park opposite Roefield Leisure Centre, Edisford Road, Clitheroe (BB7 3LA). Please, park responsibly. The start is approximately 1.5 miles from the signing on point – turn left out of the car park - after crossing the river, take the first right after the Edisford Bridge Pub - then take the first left to reach the start. Please try to arrive at the start no more than 3 mins before your starting time. There will be no results on site and no prize money will be awarded on the day. It is advisable to bring your own pen for signing on and signing off.

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

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 – Rear Lights & Guidance Note No 24

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a **working rear red light**, either flashing or constant, 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 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 No10

Warming up on the course is not permitted during the duration of the event

Local Reg 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.

Riders must give 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.

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 Regulation 15).

The CTT state that helmets are Mandatory for all riders under the age of 18.

Cycling Time Trials strongly **recommends ALL** competitors to wear such a helmet.

****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 organizer of your intention not to start as a result of an adverse warm up. ****It is preferable** that all warm ups should be conducted on the road. Static warm ups should be carried out independently away from the event and an absolute minimum of at least 2 meters social distance from all others including those walking past. ****Riders** MUST NOT gather in anyway regardless of current guidelines in the car parking areas, or the signing on/off area, or elsewhere. ****Competitors** on finishing MUST NOT stop at the finish and MUST NOT loiter anywhere 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 organizer. Please telephone the organizer if you have failed to finish the event. Thank you.