



**Southport Cycling Club
In association VTTA North Lancs & Lakes**

Open 15 Mile Time Trial

For and on behalf of Cycling Time Trials and under their rules and regulations
(a VTTA N.Lancs & Lakes Championship qualifying event)

Sunday 30th April 2023

First rider off 09.01

Course D33/15 Tarleton, Lancashire.

Event HQ – Mere Brow Village Hall, PR4 6JX

Prize List

(All category awards will be engraved trophies and medals)
plus additional prizes donated by local companies

	1 st	2 nd	3 rd
Fastest Rider	Trophy	Medal	Medal
Female	Trophy	Medal	Medal
Veteran	Trophy	Medal	Medal
Female Veteran	Trophy	Medal	Medal
Juvenile (U16)	Trophy		
Fastest Team of 3		Medals	

Veterans awards will be based on Age Adjusted Times

Medals to be awarded to riders setting new course records (M/F/J)
(One rider one prize rule – except for team prize and course records)

Entry Fee £12.00 – via CTT website

<https://cyclingtimetrials.org.uk/race-details/24880>

Closing Date 18th April 2023

Event Organiser

Alan Stark

10 Bannister Drive, Leyland, PR25 2GH

e-mail alstark@blueyonder.co.uk

Southport Cycling Club, Rotten Row, Southport. Affiliated to BC, CTT, VTTA, NLTTA,
Cycling UK, BCCA, Sefton Sports Council

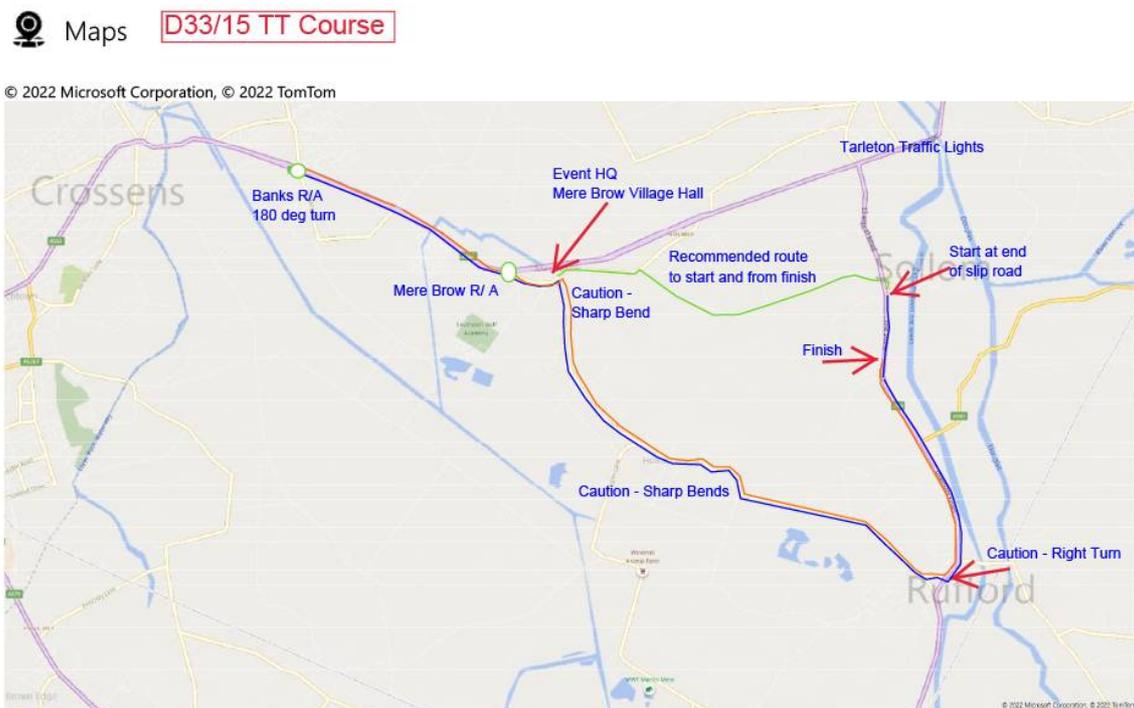
Southport CC Open 15 Mile Time Trial - 30 April 2023

Please note – Start time has been changed to 9.01 am

Covid 19 Guidelines.

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

Course D33/15 Details



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Start at a lamp post adjacent to a field gateway at the southern end of the slip road from the hamlet of Sollom on the A59. (Riders and pusher off are not on the main carriageway). Proceed south on main A59 for 2 miles to Rufford, then turn R (Min 2 Marshals) at the Hesketh Arms PH onto B5246 via Holmeswood and Mere Brow villages to roundabout at the junction with the A565. 6.1 miles. Turn left on to A565 (Marshal) and follow the dual carriageway to Banks Roundabout 7.75 miles. (Min 2 Marshals). Encircle the roundabout and return on A565 to Mere Brow R/A 9.35 miles then turn right on to B5246 and retrace the route via Mere Brow and Holmeswood villages to Rufford (Hesketh Arms). 13.5 miles. Turn L onto A59 and finish opposite the second lamp post to the north of the entrance to Fearn's Farm (15 miles)

The Timekeepers will be on the pavement on the opposite side of the road, so may not be able to see the rider number clearly. You must shout your number at the finish. You must not approach the finish timekeeper for any reason.

Additional hazards to note. There are a number of sharp bends along the B5246 between Rufford and Mere Brow which are not marshalled, and a particularly sharp bend outside the event HQ which is marshalled. Riders crossing the white line will be disqualified. When passing through Mere Brow Village be aware that there may be parked cars, and pass with care. The road surface around Mere Brow Traffic island is quite poor – particularly when making the right turn on the return.

1 EVENT HQ

Event HQ is Mere Brow Village Hall, PR4 6JX. 'Signing On' will take place at the rear of the car park. 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. Hand sanitiser will be available. 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 under the age of 18 **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 Juvenile 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 minimim 10 minutes. Turn L from the HQ along Mere Brow Lane for about 500 metres then turn R into Green Lane. At the end of Green Lane, cross the main A59 road and into the hamlet of Sollom. Turn R to reach the start. Aim to be in the start layby no more than 5 minutes before your start time.
- 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 on the main A59 road. After the finish Riders must continue along the road, and return to the HQ via Green Lane.
- 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 4 – 5 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.