



# Velo Club Cumbria

## Open 25Mile TT Cockermouth – L2511

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations**

**Sunday 2<sup>nd</sup> July**

**Event organiser:** Daniel Ward

White House, Little Clifton, Workington, Cumbria

Tel 07827910920 [email dward210389@gmail.com](mailto:dward210389@gmail.com)

**First rider off: 09:01**

**Timekeeper:** Mrs Tracey Moore

**Assistant:** Mr Tim Houghton

**Event HQ-** Eaglesfield Village Hall, Hotchberry Brow, Cockermouth CA13 0RN. Parking is limited please park courteously considering local residents. The HQ is approx 2 miles from the start and will be open from around 07:45

### **Course details - L2511**

START at painted mark on kerb against drain at east end of the first lay-by to the east of Simonscales Bridge over the A66. This lay-by is 0.75 miles from the roundabout junction with the A5086 Cockermouth/Egremont road.

Proceed from the start along the A66 in an easterly direction to the A591 Keswick/Bothel roundabout junction (12.1 miles). Encircle roundabout and retrace along the A66 to the roundabout at the Cockermouth/Egremont junction (24.8 miles) where turn left taking the A5086 Egremont road to FINISH beyond entrance to The Sheep Centre at painted mark in line with large A5086 sign (25 miles).

### **Cycling Time Trials – North D.C. 2023- A66 Courses**

**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 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. No competitor parking in the Start/Finish lay-by on any A66 course.



**VeloClubCumbria**

**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.

**IN ADDITION TO THE ABOVE:**

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 **MUST** wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

Have a Fast and Safe Ride

Thanks

Daniel