

Preston Wheelers Open 25 Mile Time Trial Inc NLTTA Championship

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Sunday 9th June 2019 at 09:00hrs**

Course L2521A Timekeeper: Richard Taylor
Assist T/keeper: Mike Smith
First Rider – **09:01hrs**

Event Secretary

Gethin Butler
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Event Headquarters

Winmarleigh Village Hall: From Garstang lights on the A6 head NW up the B5272 towards Cockerham for about 1 mile then turn left along Broad Lane. The Hall is on your right after ¼ mile. This is where the signing on sheet and numbers will be. Event HQ should be open from 08:00 hrs.

Please return your number to the HQ after the event where refreshments will be available. Don't forget to **SIGN OUT!**

Please also note a copy of the Risk Assessment for the course will be available to read at the HQ

Please allow plenty of time to get from the HQ to the Start. At least 5 minutes! Turn right out of the hall and the start is about ¾ mile along the road, just after you leave Winmarleigh.

PRIZE LIST

1st Fastest £30
2nd Fastest £25
3rd Fastest £20
4th Fastest £15

1st Lady £30
1st Lady £25
1st Lady £20

1st V40, V50 and V60 £15

1st V70/80 Espoir or Juvenile £15

Fastest team of 3 riders £10 each

One rider one prize (highest value), except team prize

Course Details L2521A

START in Church Lane 10 yards North East of Cattery and 90 metres South West of Throstle Nest Lane junction. Proceed North East to Winmarleigh and into Broad Lane to junction with B5272. Turn left (CARE) along B5272 to junction with A588 at Cockerham. Turn left along A588 to Stakepool where turn left into Garstang Road opposite the Elletson Arms and continue to Cogie Hill. Bear left into Island Lane to pass through the Start (12.48 miles) to complete the first circuit. Complete the circuit for a second time.

At the end of the second lap pass the start area and finish 80 yards further along Church Lane 10 yards before the large tree in the triangular island at the end of Throstle Nest Lane (25 miles).

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-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 event and must (i) return their number and (ii) sign the official Signing-out Sheet.

5 In ALL events competitors prior to starting are not permitted to ride past the Finish Timekeeper for the duration of the event.

6 ALL competitors making a U turn in the vicinity of the Start or Finish area will be disqualified from the event.

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 the 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”. This is compulsory for all competitors under 18 and/or Juniors. See Regulation 15.

Lights – CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

Please take CARE as the road surface has deteriorated on some parts of the course.

Have a good ride – Please – Please – Please take care.