

BLACKBURN & DISTRICT CYCLISTS' TOURING CLUB

OPEN TWO-UP TEAM TIME TRIAL

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

Thursday 13th May 2021 COURSE L101

THE FIRST TEAM AT 19.02

THE REST AT TWO MINUTE INTERVALS

Timekeepers: Mr T Parker (Start) & Mr P Briscoe (Finish)

Event Secretary: Anne Stott: 16 Hygiene Place, Clayton-le-Moors, Accrington, BB5 5HW.
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(One Team: One Prize). Composite teams do not qualify for team prizes

PRIZE VALUES			
OVERALL	1 ST £60	2 ND £50	3 RD £40
TEAM INCLUDING ONE VET UNDER 50	1 ST £30		
TEAM INCLUDING ONE VET OVER 50	1 ST £30		
TEAM INCLUDING ONE VET OVER 60	1 ST £30		
TEAM OF TWO VETS	1 ST £30		
TEAM INCLUDING A LADY	1 ST £30		
TEAM INCLUDING JUNIOR,	1 ST £30		
TEAM INCLUDING JUNVINILE	1 ST £30		
COMPOSITE	1 ST £30		

Course Details:

START approximately 700 yards north of the traffic lights on Garstang by-pass at a point in cycle lane on A6 which is directly opposite lamp-post No 423. Proceed north on the A6 to turn by encircling the traffic island at Hampson Green (4.87miles). Retrace along the A6 through starting point to FINISH at lamp post No.411 on east side of road 215 yards north of traffic lights (10 miles)

HQ. There will be no HQ for this event. The numbers and signing on sheet will be on the grass verge (there will be a gazebo if it is raining) on the B5272 (Cockerham Lane) at the Nateby Hall turning. There are toilet facilities and car parking in the centre of Garstang, about 10 mins away (by bike). PLEASE try to arrive at the start no more than 3 mins before your starting time. There will be NO results on site, nor no prize money supplied on the day. It is advisable to bring your own pen for signing on and signing off.

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 numbers.
- (b) In type A events the competitors must return their number and sign the official Signing Out Sheet either during the event or a reasonable time after the last rider has finished.

Local Reg. No 5

In ALL events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

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.

Local Reg No 16

Competitors waiting for their start must keep off the A6 road and use the adjacent cycle path, without causing an obstruction.

Local Reg No 17

Motor vehicles must NOT park in the starting lay-by, except for the timekeeper's vehicle.

- Riders must give their number at the start and finish and elsewhere on the course if requested
- Riders must NOT STOP on the A6 after passing the timekeeper, as this is a clearway. (The clearway is from the south end of Garstang by-pass to Hampson Green R.A.B)
- 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.
- All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognized standard (See Regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.
- CTT rules (reg 14(1) requires that all competitors have a working rear light, either flashing or constant, and is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

No working rear red light – no start.

No times will be given to the competitors or supporters at the finish

Remember to **SIGN IN** and **SIGN OUT** .(preferably with your own pen) and return your numbers.

****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.

Have a good safe ride, Thanks for entering and supporting this event and hope to see you all next year. Anne.