

Lancaster Cycling Club
15th March 2020
Open SPOCO 21.6 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations
NLTTA SPOCO counting event

Event Organiser

Tim Norton
Dykes Farm, Dykes Lane
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Timekeepers

Bruce Barnes
Margaret Belk

Event sign on:

H.Q., numbers, results, and parking are at the car park of the Catholic Church at Caton, O.S map 97, GR531648. Approaching on the A683 from the M6 turn left at the mini-roundabout and Post Office in Caton onto Station Road; from the east turn right. The church car park is on the right after about 300 yards. Public toilets are 0.8mile from the HQ at Crook O' Lune picnic site, O.S. map 97, GR522647

****Please respect local residents and keep noise to a minimum.****

No competitor shall be permitted to start 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.

Awards- *One rider – one prize except for team prize*

	Men	Women
1 st Fastest	£20	£20
2 nd Fastest	£10	£10
3 rd Fastest	£5	£5

1 st Fastest Junior	£10
1 st Fastest V40	£10
1 st Fastest V50	£10
1 st Fastest V60	£10
1 st Fastest V70+	£10
Team Prize	Fastest Team of 3 £10 each

One rider – one prize (except team)

Course L211

START on the north-east side of Caton at a point adjacent to the de-restriction sign ten yards east of Hornby Road (cul de sac) junction. Proceed north-easterly along the A683 via Hornby and Melling to Greta Bridge at the junction with the A387 (7.3 miles). Continue northerly along the A683 via Tunstall and Burrow to T-junction with A65 (T) (10.95 miles) (M). Bear left along the A65 for approximately 800 yards to junction with B6254 (11.4 miles) (M) and turn left onto B6254 and continue in a southerly direction via Whittington, Newton and Arkholme to bear left (M) onto unclassified road direction Halton approximately 200 yards past The Redwell Inn. Continue to FINISH at the western end of LCC road materials storage area at a point on the west of the road directly opposite a yellow 'Water 150' sign on the east of the road (21.6 miles).

(These are country roads, some in need of repair. Take care on the section before Hornby as the road surface is broken in places. Note the rumblestrips in Tunstall and Whittington.)

Cycling Time Trials – North D.C. 2020 - Miscellaneous Courses Regulations

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:

No competitor shall be permitted to start 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 event and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local Reg No 5

In ALL events, competitors prior to starting are not permitted to ride past the start or 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.

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 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).

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