



VeloClubCumbria

Event: Velo Club Cumbria Open Cct. Of Bassenthwaite Lake 2 Laps (31 miles)

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

Saturday 29th February

Event organiser: David Gleave

8 Brackenhill Lane, Cockermouth, CA13 0BH

Tel 07736675678 email gleavedavid1@gmail.com

First rider off: 10:03hrs

Timekeeper: Mrs Tracey Moore

Assistant: Mr Tim Houghton

Event HQ-

Braithwaite institute (Village Hall), Braithwaite, Keswick, Cumbria CA12 5RY

Parking is available at the HQ. The start is approx 0.3miles from the HQ. Leave the HQ turning left on the A66. Sign on available from around 8:15

Course details

START at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall (Event Headquarters).

Proceed in an easterly direction along the A66 towards Keswick to meet the A591 Keswick to Bothel road at the roundabout (1.9 miles). Take the first exit left on the roundabout and follow the A591 along the back of Bassenthwaite Lake to the Castle Inn junction (8.54 miles) where turn left on to the B5291.

Follow the B5291 to Ouse Bridge (9.66 miles) where turn sharp left after passing over the bridge (CARE-narrow bridge followed by 90 degree bend). Continue to meet the Embleton road junction and merge straight on to the junction with the A66 where turn left on to the A66 (10.43 miles). Continue on A66, past Headquarters and through Start point to complete a second lap (Keswick roundabout 17.8 miles), Castle Inn junction (24.44 miles), Ouse Bridge 25.56 miles), A66 junction 26.33 miles) to FINISH approximately 350 yards before Braithwaite Village Hall (31.20 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 14 Competitors Machine – Rear Lights:

No competitor shall be permitted to start either a Type A or Type B event 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 even and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local regulation 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 regulation No. 6: Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local regulation No. 9: No Parking on the A66 except in a designated Lay-By

Local Reg No10: Warming up on the course is not permitted during the duration of the event.



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Local regulation 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.

Competitors Machine – 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.

Start sheet is in championship order (fastest last etc.) as this seems to have worked well in recent A66 events. Where requested I have adjusted to accommodate start time requests.

Have a Fast and Safe Ride

Many thanks,
David