

Croston Velo - Open 10 Miles TT L1015

Sunday 15TH AUGUST 2021 - START SHEET

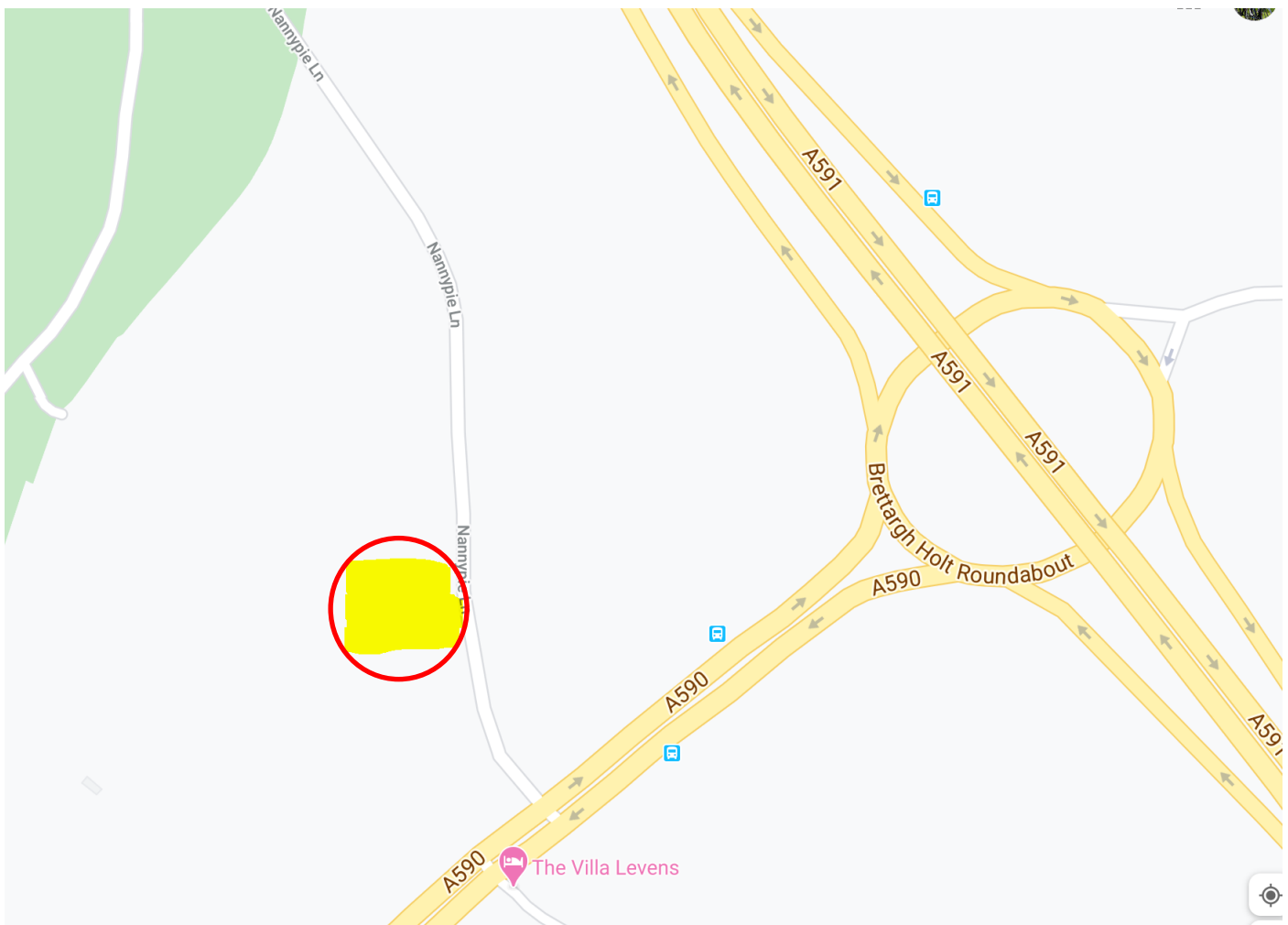
Promoted on behalf of Cycling Time Trials under their rules and regulations

**** Please note due to the ongoing COVID-19 Pandemic CTT have updated the risk assessment on how events can be conducted following changes to government guidance in July 2021. We ask you review the guidance in the COVID-19 risk assessment below.**

Event Secretary: Daniel Styler – 07763 901519

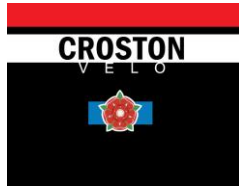
Time Keepers: Margaret Belk (Start), Tracey Moore (Finish)

Headquarters: Sizergh, Nr Kendal, LA8 8DZ (Lay-By)



HQ opens from 06:00 am

First rider off in the main event 07:01 am



Please allow **10 minutes** to ride to the start.

From the HQ- follow the road back to the A590, turn left to the roundabout encircle and ride back up the A590 to the Start (DO NOT PASS THE START YOU WILL BE DQ)

A Results board will be displayed at HQ and results will be updated periodically at a convenient time for the timekeeper and HQ team.

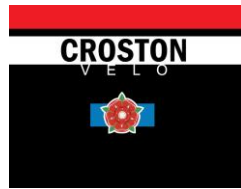
CTT Regulation 17: Signing-on & signing-out sheet

- a) The competitors in all types of events must make themselves aware of any special 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 HQ either during the event or within a reasonable time after the last rider has finished the event and sign the official signing out sheet.

There will be a copy of the risk assessment for viewing.

Course: L1015 – description

START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a 'Please take your litter home sign'. Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles). Retrace along the A590 to **FINISH** in line with the metal cover in northern grass verge embossed 'Charlton Iron Works Sheffield' which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).



Prize List 10 Mile TT Main Event: Prize fund £580

Male-	1 st	£50
	2 nd	£45
	3 rd	£40
	4 th	£35
	5 th	£30
	6 th	£25
	7 th	£20
	8 th	£15
	9 th	£10
	10 th	£5

Female-	1 st	£50
	2 nd	£45
	3 rd	£40
	4 th	£35
	5 th	£30
	6 th	£25

Women's Vet 40 £20

Men's	1 st Vet 40	£20
	1 st Vet 50	£20
	1 st Vet 60	£20

Please note **there will be no prize presentation** at the event to ensure the HQ is not crowded. Once we have finalised results we will reach out to you to arrange payment of prize money via bank transfer.

The following Local Regulations have been approved by the National Committee in accordance with

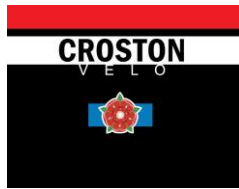
Regulation 38. Any breaches may lead to disciplinary action being taken.

Local Reg No. 5 In all events, competitors prior to starting are not permitted to ride past the finishing timekeeper during the duration of the event.

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event. Riders are prohibited from crossing the Dual Carriageway at any point

Local Reg No.10 Course L1015-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. Riders must give their number at the finish and elsewhere on the course where requested.



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 and breaches the COVID-19 risk assessment below.)

Riders must **NOT** ride with their heads down.

Rider Safety 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.

Competitor Machines - 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

COVID – 19 Risk Assessment – IMPORTANT

Many elements of the COVID-19 risk assessment have been relaxed following the changes to the Government guidelines in July 2021. The safety of all competitors is still paramount and we ask that you follow the below guidance.

General / Before the Event

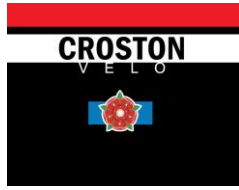
- Only attend the event if you are in good health. If you or a family member who you live with are experiencing any symptoms associated with COVID-19 you must not attend
- We encourage competitors to take a lateral flow test prior to the race where you have the home testing kits available. If you have a positive result please do not attend the event.

At HQ

- No refreshments will be served at HQ
- Please return your race number to HQ when you sign out and place in the container with disinfectant in which will be located there.
- Toilet facilities will be unavailable at the event as the required cleansing of these facilities could not be maintained at the required level between use.
- We encourage riders to warm up on the road to avoid congestion in the lay-by. However, if social distancing can be easily maintained then you will be able to complete a stationary warm up.

During The Race

- 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 organiser of your intention not to start as a result of an adverse warmup after the event via telephone.
- Competitors **MUST NOT** leave any personal items with the time keeper.
- Please arrive at the start no more than 5 minutes before your allocated start time to avoid congestion at the start lay-by.
- Drafting - If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken. Nor is it in order to ride



alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

After the Race

- A results board will be available at HQ but to avoid crowds in the HQ area we ask that you obtain your result and vacate the area where possible.

This event may be subject to a Doping Control

It is your responsibility to check As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board If your number is displayed you should report immediately to Doping Control which will be nearby Remember, it is up to you to check and ensure that you comply If required you must report to Doping Control after finishing without delay

Big **THANK YOU** to ALL the marshals.

Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the Croston Velo.