

Croston Velo - Open 10 Miles TT L1015

Sunday 9TH AUGUST 2020 - START SHEET

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

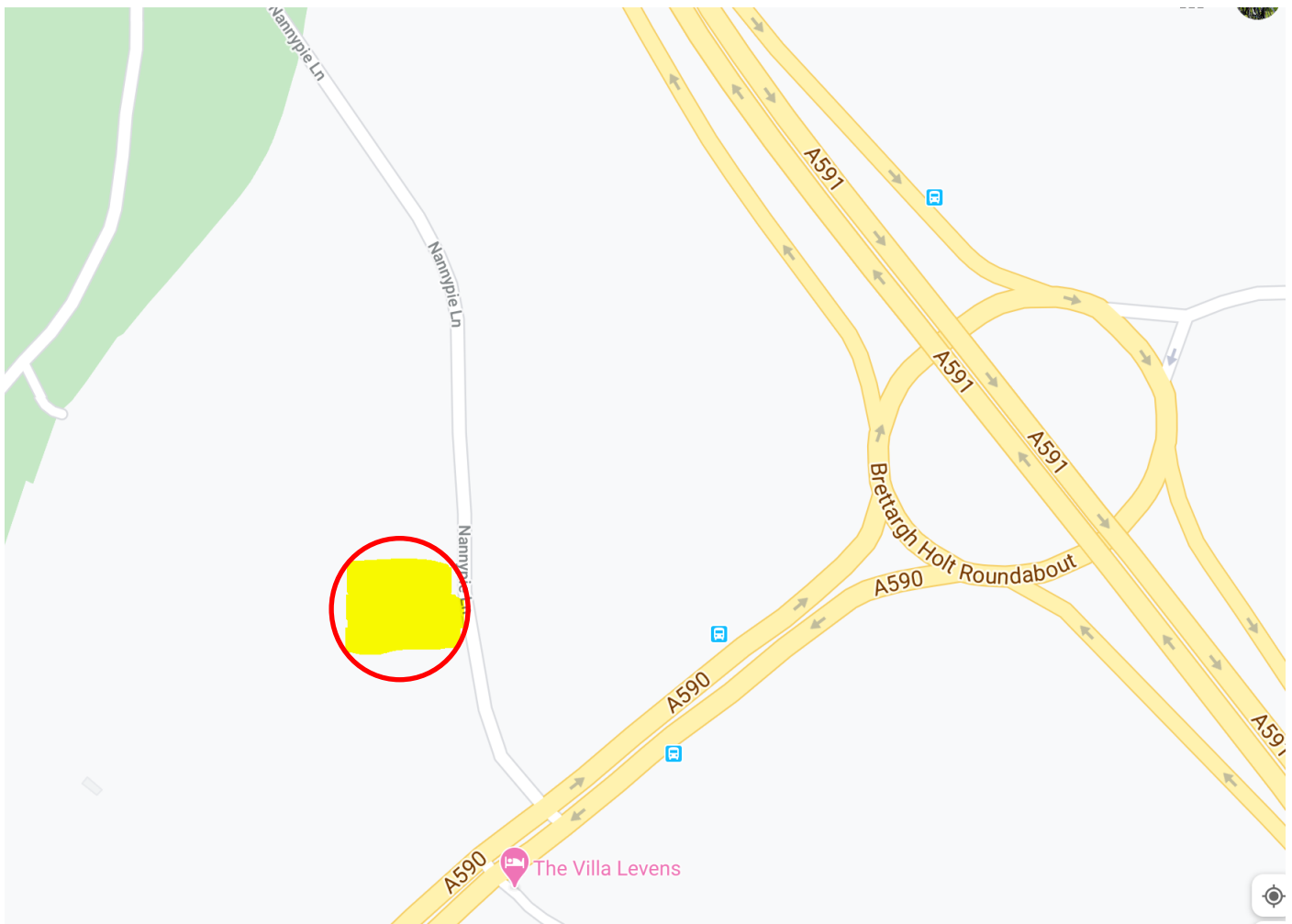
**** Please note due to the ongoing COVID-19 Pandemic CTT have completed an additional risk assessment on how events can be conducted. Please note this event will work differently to what you have previously experienced and it is vitally important you read the COVID-19 guidance in the document below.**

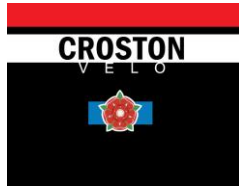
Failure to abide by the COVID-19 risk assessment could result in suspension of CTT activities and issues with local authorities around running events on this course. We ask therefore for the ongoing prosperity of the sport you follow the guidelines to the letter.

Event Secretary: Daniel Styler – 07763 901519

Time Keepers: Tracey Moore and Margaret Belk

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 make every effort to start; the event was oversubscribed.

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)

Due to CTT COVID-19 Risk Assessment no results board will be displayed at HQ and results will only be available via the CTT website post event

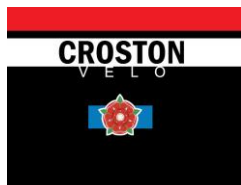
CTT Regulation 17: Signing-on & signing-out sheet

- 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:

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

Women's Vet 40 £20

Mens	1 st Vet 40	£20
	1 st Vet 50	£20
	1 st Vet 60	£20

First Team of 3: Mixed or men £10 each

(One rider one prize apart from team prize)

Please note **there will be no prize presentation** at the event due to the COVID-19 Risk assessment. Once we have finalised results we will reach out to you to arrange payment of prize money.

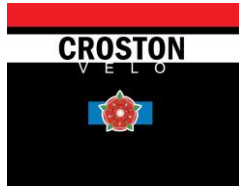
The following Local Regulations have been approved by the National Committee in accordance with

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

General / Before the Event

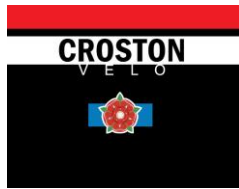
- Only attend the event if you are in good health. If you are experiencing any symptoms associated with COVID-19 you must not attend
- Competitors should arrive ‘dressed to race’

At HQ

- Competitors **MUST NOT** gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- No refreshments will be served at HQ
- Please allow extra space either side of your vehicle when parking to ensure social distancing is maintained at all times, Please do not park ‘boot to boot’ to ensure you are not unpacking bikes next to another competitor. Parking is available along the road with the layby. Please ensure you park respectfully and legally.
- Please remain at your car unless warming up, racing or signing in or out.
- Please bring your own pen to the event to sign on.
- Disposable numbers will be in use at the event so there is no need to return your number after the event.
- On arrival please come to HQ, The start sheet will be displayed on the table and the disposable numbers laid out. Please sign on using your pen, take your number and return to your vehicle.
- Toilet facilities will be unavailable at the event as the required cleansing of these facilities could not be maintained to meet the risk assessment.
- 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.
- There will be no pusher-off. Competitors must start with one foot on the ground. The timekeeper will be parked at the start line, they will tap on the window to get the riders attention and count down to zero on their fingers to signal the competitor to start.
- Please arrive at the start no more than 5 minutes before your allocated start time and ensure that you line up more than two meters apart from other competitors. 2 Meters will be signalled in the layby by chalk or an alternative method.
- Spectators should ideally not attend unless supporting the running of the event.
- 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.
- 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 organiser. Please telephone the organiser if you have failed to finish the event.

After the Race

- Competitors on finishing **MUST NOT** stop at the finish and **MUST NOT** loiter at the HQ/car park and **MUST** pack away and leave immediately upon completion of the race.
- No Results board or prize giving will be conducted on the day to ensure people do not gather at HQ. Results will be available via CTT and sent via e-mail as soon as we have collated them after the event.

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.