

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 9th May 2019 COURSE L101

THE FIRST TEAM AT 19.02

THE REST AT TWO MINUTE INTERVALS

Headquarters: Cabus Village Hall, Lancaster Road, Cabus, PR3 1WL

Timekeepers: Mr D Brown (Start) & Mr P Briscoe (Finish)

Event Secretary: Anne Stott: 16 Hygiene Place, Clayton-le-Moors, Accrington, BB5 5HW.

anne.s.stott@hotmail.co.uk Tel : 01254 232537 Mob: 07890 520077

After Sunday May 5th your contact will be Caroline Collinge, Tel 01200 445245 Mob 07754 773133

(One Team: One Prize). Composite teams do not qualify for team prizes

PRIZE VALUES			
OVERALL	1ST £46	2ND £36	3RD £26
TEAM INCLUDING ONE VET UNDER 50	1ST £26		
TEAM INCLUDING ONE VET OVER 50	1ST £26		
TEAM OF TWO VETS	1ST £26		
TEAM INCLUDING A LADY	1ST £26		
TEAM INCLUDING JUNIOR, JUVENILE	1ST £26		
COMPOSITE	1 ST £26		

As this is the first time our event has been run on this course, the winning team's time will set the event record on this course.

Numbers, signing on and the result board will be at the event HQ. Please allow time to ride to the start.

Suggested route to start : Left on A6, left along Snape Wood Lane, left on B5272 to A6, left to start.

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 (4.87 miles). 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)

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 number.
- (b) In Type A events a competitor must return to the event 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 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 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

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

Remember to **SIGN IN** and **SIGN OUT**.and return your numbers.

YOU WILL NOT BE ABLE TO CONTACT ME AFTER SUNDAY 5th MAY. YOUR NEW CONTACT WILL BE CAROLINE COLLINGE TEL NUM. 01200 445245 MOB 07754 773133

Have a good, safe ride, and I hope to see you all next year - Anne.