

Border City Wheelers CC on behalf of North District

Present:

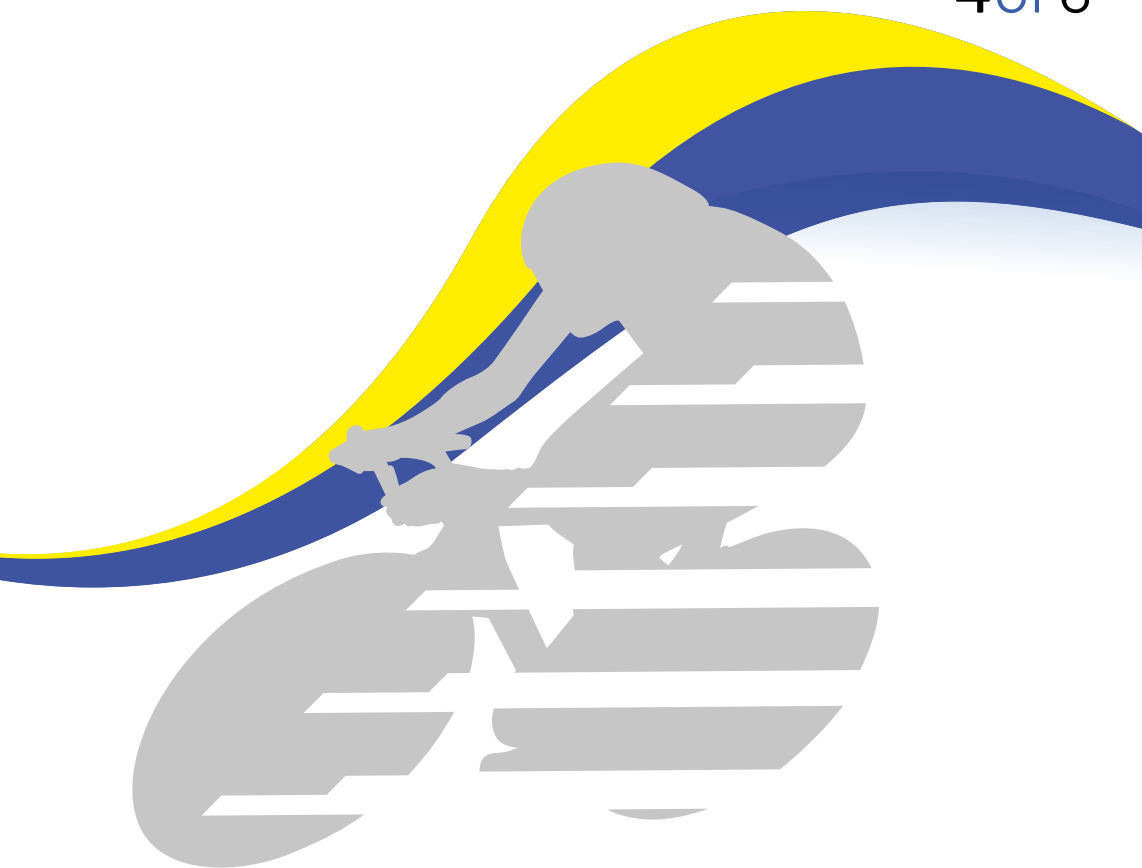
MERLIN
CYCLES • COM

**CLASSIC
TT SERIES**

Sunday 23rd May 2021

ROUND
4 of 6

START SHEET



Promoted for and behalf of Cycling Time Trials
under its Rules, Regulations and Conditions



° # #078u@ - uk@0k-hk-o-Vu u@ - WILL BE IN ATTENDANCE

2021 CLASSIC TT SERIES DATES

Date	Promoting Club	District
Friday 2nd April	Birkenhead North End CC	Liverpool
Sunday 25th April	Beacon RCC	Midland
Sunday 23rd May	Border City Wheelers CC	North
Sunday 6th June	South East Midlands DC	South East Midlands
Saturday 26th June	Team Sheffield	North Midlands
Sunday 11th July	Dumfries CC	Scotland

MERLIN CYCLES CLASSIC SERIES OVERALL AWARDS

To be presented at **Champions Night 2021 (1st overall only)**

1st Men's Category	£100 Cycling Time Trials Cheque	RTTC Medal
1st Women's Category	£100 Cycling Time Trials Cheque	RTTC Medal
1st Junior Category	£80 Cycling Time Trials Cheque	RTTC Medal
1st Veteran (Scratch)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Veteran (Target)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Woman Veteran (Scratch)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Paracycling Category	£80 Cycling Time Trials Cheque	RTTC Medal
1st Team (of 3 across all Categories)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Men)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Women)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Junior)	£80 Cycling Time Trials Cheque	RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from up to four events. If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Men and Women. Women Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Women's competition. The competition for Paracyclist's is based on a "Factored Time" system.

See Page 224 of the 2020 Handbook for the competition conditions.



BORDER CITY WHEELERS CYCLING CLUB

Merlin Classics Time Trial Series: Round 4 of 6

CIRCUIT OF GREYSTOKE FOREST

14 & 28 miles Open Time Trials

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

Sunday 23rd May 2021 – First rider off at 9.01am

Event Secretary: Dougi Hall, Rose Cottage, Crackenthorpe, Appleby, Cumbria CA16 6AF
'phone: 07802 238694

Timekeepers: Keith Bickley & Richard Abram

CTT Representative: Rob Bailey

In Addition to the normal CTT safety requirements this event will include the additional measures resulting from the CTT COVID-19 Risk Assessment. It is vitally important that you read and comply with these requirements outlined in the section "COVID-19 Safety Requirements".

Event HQ: Greystoke Swimming Pool car park, postcode CA11 0TW. Located on the left when entering Greystoke from the east on B5288. Greystoke is approx. 5 miles west of Penrith on the B5288. See the pool's [Website](#) for details. Numbers/signing-on and course risk assessment will be located in the car park. The swimming pool toilets will be available and are located a short walk across the field from the left hand corner of the car park. **Please note that competitors are required to personally sign the signing-out sheet within a reasonable time after finishing. Failure to do so will result in the competitor being recorded as DNF.**

COURSE DETAILS: L143 – Paracyclists/Women & Vets/Juniors/Road Bikes (1 lap):

START in Greystoke village at grate in road beside the entrance to Greystoke castle and at end of slip road. Proceed north on unclassified road bearing left at Poplin Dub; continue through Johnby to junction at Thanet Well. Left at junction, past Newsham and over Newsham Bridge to next junction where left and continue to Murrah crossroads. Turn left onto Hutton Roof-Berrier road. Through Berrier (alt 350 metres) to the Sportsman Inn Junction where left and after 1 mile join B5288. Continue along B5288 through Motherby to FINISH at the Greystoke sign. (Distance approx 14 MILES). Course record – 00:32:57 by Peter Nicholls on 28th May 2017.

COURSE DETAILS: L143 x 2 laps – Men/Espoirs (2 laps):

As above, but continue past Greystoke sign into the village and turn left to pass the start point and repeat lap 1, to FINISH at the Greystoke sign. (Distance approx 28 MILES). Course record – 01:00:11 by Dan Bigham on 19th May 2019.

The start is in the centre of the village, near the entrance to Greystoke Castle and near the Boot & Shoe pub. There is a moderately large car park – please park with consideration and do not take up space with gazebos, rollers etc. Overspill parking can be found around the village, but do not impinge on private property.

Please do not warm up on the course whilst the event is in progress. Use the B5288 east of the village, or the unclassified Berrier Road. Also please note that the start area is in a residential village, so please do not cause any unnecessary disturbance.

A copy of the CTT Risk Assessment will be displayed at the event HQ. Please check for late information. The course is predominantly on unclassified country roads with some rough/broken surfaces following winter storms. Take particular care on the narrow twisty section between Thanet Well and Newsham bridge.

Local regulations: The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.

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.

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.
- Cycling Time Trials and the event promoters strongly advise all riders to wear a HARD SHELL HELMET which meets an internationally accepted safety standard. In accordance with Regulation 15, all Junior competitors MUST wear such a helmet.
- Cycling Time Trials requires that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users & is active while the machine is in use.

AWARDS (one rider, one prize)

	1st	2nd	3rd
Seniors/Espoirs	£40	£20	£10
Vets on actual	£30	£20	£10
Vets on target	£30	£20	£10
Juniors	£20	£10	
Women	£40	£20	£10
Paracyclists	£30	£20	
Road Bikes	£30	£20	£10

COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend
- 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 (DNS) and leave immediately.
- Car Parking: Please park legally and respectfully and in such a way that social distancing can be observed.
- The swimming pool building is only provided for the use of the toilets, please follow the guidance given below. The building is **not** available as a changing facility, riders should arrive dressed to race.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one way system in place with 2m gaps marked. The competitors should take the disposable paper numbers home after the event for safely disposal.
- Sanitiser gel will be available at the sign on area and should be used.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.

- Report to the start three minutes before your start time. Maintain a 2m gap between yourself and the other riders waiting to start.
- You will need to start with one foot on the ground.
- The Timekeepers will either be sat in a car or standing a safe distance away. The Timekeeper will give the start countdown using their fingers, i.e. 5, 4, 3, 2, 1, Go (with the hand swipe movement) and verbal where appropriate.
- Timekeepers should not be approached at the start or finish.
- Riders must not leave personal items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should **sign out**, pack your bike away, then go home.
- The result will be posted on the CTT website and BCW website as soon as is possible. Any queries regarding the result should be addressed to the organiser Dougi Hall. He will discuss the query with the Timekeeper/s and inform you of the outcome. The result will be amended accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Juniors that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present with the rider.
- No refreshments are provided.

“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”.

Use of Toilets at the HQ:

Face coverings are required when entering the building.

The Male and Female toilets are in use.

Only one person is allowed in a toilet at a time.

A maximum of 4 people is allowed waiting in the building (one by each marker).

Reminder, the toilets or building are not to be used as a changing facility.

Reminder, Reinforcing the existing “Drafting Rule”: (re: Social Distancing):

“If you should catch 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 pacemaker.

The onus is 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 passing them, by re-passing them and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that caught riders should allow a reasonable gap to develop of some 30 to 50 yards/metres”

“This far exceeds that of 2m guidance”

Rear Lights: An illuminated red rear light (continuous or flashing) must be attached to the rear of the bike visible to other road users

All events are subject to unannounced doping control.

AWARDS: (one rider, one prize) payment arranged after the event.

The prize list will be included on the Start Sheet along with the riders start times etc.

Stay safe and have a **SAFE** and enjoyable ride

No	Start time	Name	Club		
Men					
1	09:01:00	David Hill	Giant-Kendal RT		
2	09:02:00	Patrick Hickey	Rosendale RC		
3	09:03:00	Francis Woodcock	Team SB Hub		
4	09:04:00	Anthony Lock	Manchester Wheelers		
5	09:05:00	Chris Mann	Velotik Racing Team		
6	09:06:00	Cameron Richardson	Road Club Cumbernauld & Kilsyth		
7	09:07:00	Toby Williams	Velotik Racing Team		
8	09:08:00	Tommy Murray	GS Metro		
9	09:09:00	Travis Bramley	NopinZ Motip Race Team		
10	09:10:00	James Shaw	Ribble Weldtite Pro Cycling		
11	09:11:00	Leon Wright	Race Hub		
12	09:12:00	Dan Bigham	Ribble Weldtite Pro Cycling		
Paracyclists					
No		Name	Club	Cat	Factor
14	09:14:00	Graeme Church	Team Milton Keynes	C1	1.237
15	09:15:00	David Murphy	Liverpool Mercury CC	C5	1.058
Juniors					
No		Name	Club	Age	
17	09:17:00	Sophie Heighton	Ferryhill Whs	W 14	
18	09:18:00	Emil Howell	Matlock CC	14	
19	09:19:00	Murray Lawson	Spokes Race Team	18	
20	09:20:00	Patrick Casey	Team Lifting Gear Products/Cycles In Motion	15	
Women					
No		Name	Club		Target
22	09:22:00	Rachel Brown	Carlisle Tri Club		
23	09:23:00	Louise Scupham	Liv AWOL		
24	09:24:00	Keri Parton	Pro Vision RC		
25	09:25:00	Sarah Storey	Storey Racing		0:37:56
26	09:26:00	Jessica Rhodes-Jones	AeroCoach		
Veterans					
No		Name	Club		Target
28	09:28:00	Calum Campbell	VTTA North Lancs and Lakes Group		0:37:56
29	09:29:00	Alex Forbes	Border City Whs CC		0:40:49
30	09:30:00	Brian Morrell	Dumfries CC		0:40:49
31	09:31:00	Richard Durham	Settle Wheelers		0:42:20
32	09:32:00	Tony Bowler	Rosendale RC		0:37:56
33	09:33:00	John O'Callaghan	Barrow Central Wheelers		0:38:47
34	09:34:00	Daryl May	Sheffrec CC		0:36:50
35	09:35:00	Frank Anderson	SVTTA		0:43:17
36	09:36:00	Ian Elliot	Hawick Cycling Club		0:43:55
37	09:37:00	Mark Sanders	Mid Devon CC		0:41:07
38	09:38:00	Peter Greenwood	Clayton Velo		0:43:17
39	09:39:00	Adrian Sowerby	Border City Whs CC		0:39:04
40	09:40:00	Simon Dighton	Beacon Roads CC		0:39:38
41	09:41:00	Ben Harrison	Crimson Orientation Marketing RT		0:35:15
42	09:42:00	Craig Horseman	Beacon Wheelers		0:36:50
Road Bikes					
No		Name	Club		Time

44	09:44:00	Tony Jones	Ystwyth CC		
45	09:45:00	David Kirk	WattShop		
46	09:46:00	Nikola Matthews	Halifax Imperial Wheelers	W	
47	09:47:00	Rebecca Richardson	Team Brother UK	W	
48	09:48:00	Howard Heighton	Ferryhill Whs		
49	09:49:00	Sam Stephenson	Lakes Road Club		
50	09:50:00	Alex O'Brien	Beacon Wheelers		
51	09:51:00	Thomas Heighton	Ferryhill Whs		
52	09:52:00	Dan Pons	Velo Club Cumbria		
53	09:53:00	Tom Stephenson	Lakes Road Club		
54	09:54:00	Richard Helm	Barrow Central Wheelers		
55	09:55:00	Hywel Iorwerth	Clwb Beicio Egni/Energy Cycling Club		
56	09:56:00	Richard Butler	Giant-Kendal RT		
57	09:57:00	B Xavier Disley	AeroCoach		
58	09:58:00	Alastair McNicol	Dooleys RT		

CASH PRIZES FOR EACH EVENT

The awards below are for the following categories, Men, Women, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Men), Road Bike (Women) & Road Bike (Junior).

1st - £20 Cycling Time Trials Cheque

2nd - £15 Cycling Time Trials Cheque

3rd - £10 Cycling Time Trials Cheque

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NOTES TO COMPETITORS

ROAD BIKE CRITERIA

- No tri bars, clip on bars or Spinaci bars
- No disc wheels. Both front and rear wheels must have a minimum of 12 spokes each. The maximum rim depth on all wheels is 65mm
- No aero helmet or a helmet that covers the ears or a helmet with a visor is to be used
- Riders must not ride with their forearms resting on the handlebars at any time

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(i)

(i) 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.

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 race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF. N.B. Extenuating circumstances may be considered.

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15, all competitors under the age of 18 and/or juniors **MUST** wear Protective Hard Shell Helmets.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

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.



Cycling Time Trials

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