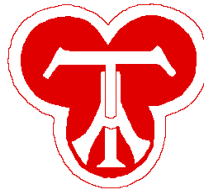


THE TRICYCLE ASSOCIATION NW REGION



10 MILES TIME TRIAL for TRICYCLES and TANDEMS

*Promoted for and on behalf of Cycling Time Trials under their
Rules and Regulations*

SATURDAY 22nd September 2018

Timekeeper: Mrs Tracy Moore

Handicapping: CTT Tables

START: 0900 Hours, **COURSE L101**

AWARDS

TRICYCLE

Fastest: TA Medal

Fastest on Handicap: TA Medal

Fastest Member on Handicap: The Cumbria '10' Trophy

Fastest Vet with biggest plus on Standard: NW Region Certificate

COURSE L101

START approximately 700 yards north of the traffic lights on Garstang by-pass at a point in the cycle lane on the A6 which is directly opposite lamp-post No. 423.

Proceed north on the A6 to turn by encircling the traffic island at Hampson Green (CARE) (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 the traffic lights (10 miles).

EVENT HQ: Cabus Village Hall, Postcode PR3 1WL, A6 North of traffic lights on Garstang by-pass. No U turns at start or finish, to cross the road dismount and walk.

NUMBERS, RESULT BOARD, SIGN ON/OFF and REFRESHMENTS WILL BE AT THE HEADQUARTERS. A copy of the Risk Assessment for the course will also be available.

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

NOTE: Please be aware of a possible build up of traffic at the finish also be aware of the condition of the road which may have deteriorated due to bad weather.

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 wear such a helmet.

COMPETITORS MACHINE-LIGHTS: Cycling Time Trials 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	Rider	Club	Hcp	Std	Start
1					
2	James Lawley	Barrow Central Wheelers	12.50	32.00	9.02
3	Vic Trigger	Crewe Clarion Whs	15.11	31.30	9.03
4	Brian Moore	TA NW Region	13.20	29.50	9.04
5	Dennis Hornby	Weaver Valley CC	13.50	30.50	9.05
6	Ken Trigger	Crewe Clarion Whs	15.02	30.18	9.06

No 1 is left vacant in memory of C.E. Green.

The following Local Regulations have been approved by the National Committee in accordance with Regulation 38.

Local Reg No 2 Motor vehicles must NOT be parked on grass verges on B5272 (Cockerham Road) west of the A6, or within 100 yards of the traffic lights. Thereafter parking is only allowed on the SOUTH side of the road.

Local Reg No 5 In ALL events, competitors prior to starting are not permitted to ride past the finish timekeeper for 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 No 10 L101- warming up on the course is not permitted for 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 For events on course L101 competitors waiting to start must keep off the A6 road and use the adjacent cycle path, without causing an obstruction.

CTT Reg No 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 event and must (i) return their number and (ii) sign the official Signing-Out Sheet.

IN ADDITION TO THE ABOVE

Riders must give their number at the 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.

Please keep to cycle lanes wherever possible.

Riders must obey the rules of the road.

PARKING: please Park carefully and considerately at the headquarters.

Event Secretary: George Jackson, 33 West Hills Drive, Ulverston, LA12 9QA.

Phone: 01229 585609, Mobile 07855 593650

NOTE: The North Western Region AGM will take place following the event at 11 am.