

BORDER CITY WHEELERS CYCLING CLUB

Open 20 Mile Hilly Time Trial – Sunday 24th March 2019



This is a Lakes & Lancs SpoCo Counting Event
Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Organiser: Lee Foster, 13 Solway View, Kirkbampton, Carlisle, Cumbria CA5 6HR
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Timekeeper: Mr Richard Abram, Mr Keith Bickley

FIRST RIDER OFF AT 10.03

(Course L202)

START: West of entrance to highways depot on unclassified road (Lazonby – Calthwaite) one mile from centre of Lazonby. Follow this road for 3.4 miles west (*care required on descent to Low Plains 0.5 miles before A6*) to junction with A6. Left (give way) on to A6 and continue south for 2.5 miles to

Plumpton, where left at junction with B6413. Follow B6413 east for 3.5 miles to junction with unclassified road (Lazonby – Calthwaite) where left (care – sharp corner, possible parked cars*) and follow north then west for 0.6 miles to commence second lap – details as foregoing. **FINISH:** at high point on the road, 200 yds short of highways depot on left after completing two laps. Approximately 20 miles.

***Safety:** Regarding left turn just before Lazonby Village)
Care – sharp corner, possible parked cars and oncoming traffic – Fast approach, KEEP IN.

A copy of the CTT Risk Assessment will be displayed at the event HQ. The circuit is predominantly on country lanes that have been subjected to the winter weather. YOU MUST read the course safety update when you sign on to get the latest information relating to the course condition etc.

Event Headquarters: Lazonby Village Hall, Lazonby, Penrith, Cumbria CA10 1AJ.

Car Parking: Bells of Lazonby have kindly allowed riders to use their car park situated approximately 200m downhill from the event HQ. (Edenholme Bakery, Penrith CA10 1BG) Cars are parked at owners' risk and please remember this is a residential area and keep noise to a minimum.

Numbers & signing on will be at the HQ, as will the result board. The HQ will be open from 09.00 hrs

(refreshments will be available after the event).

Please note that all competitors are required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.

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.

Local regulation 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.

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.

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.

Cycling Time Trials recommends that a working rear light, either constant or flashing, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

Awards (£):

	Overall	V40-49	V50-59	V60+	Female	Jnr/Esp
1 st	25	16	16	16	16	16
2 nd	20	14	14	14	14	
3 rd	18	12	12			