# 10 MILE TIME TRIAL ON COURSE L1010

**SATURDAY 6th JULY 2019 at 14.00**

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

# Event Secretary Timekeepers

# Kevin Gibbons Keith Bickley and Richard Abram

20 Yew Tree Court, Carlisle CA2 5QA

Tel: 0781 007 0324

# Course L1010

START in the lay-by at the Bassenthwaite Lake side of the A66 road at the eastern end of the dual carriageway in line with the white mark 5 yards west of the easterly end of the tarmac footpath section.. Proceed in a south-easterly direction along the A66 to encircle the Roundabout at the junction with the A591 Keswick/Bothel road (5.3 miles). Retrace along the A66 to FINISH at the white mark at grate in the roadside immediately east of a farm gateway approximately 0.2 miles before the Thornthwaite junction and 0.8 mile short of the start (10 miles).

**Event headquarters**

**Embleton Village Hall** (CA13 9XU) is located just off the A66 approximately 3 miles west of the TT start line. If approaching from Keswick, take the first (road signed) right turn into Embleton Village. If approaching from Cockermouth, take the 2nd left turn into the village. The hall is located on the left hand side with a car park. Please no cycling shoes to be worn inside the hall.Refreshments will be available after the event. ALLOW 15 MINUTES TO GET TO THE START LINE (3 MILES mostly flat or downhill).

Local regulations:

* Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.
* Competitors, prior to starting, are not permitted to ride past the finish timekeeper during the duration of the event.
* No parking on the A66 except in a designated lay-by.
* 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 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.

**A copy of the CTT Risk Assessment will be displayed at the event HQ. Please check for late information**.

***ADDITIONAL SAFETY INFORMATION***

***Riders must take great care at the following places on the course:***

***Braithwaite village – Road narrows on left, north of Braithwaite village. Kerb juts out into road margin.***

***Portinscale junction - Traffic lane narrows (centre islands) and traffic joining from junction.***

***Keswick junction – Traffic lane narrows (centre islands) and traffic joining from junction.***

***\*\*\*\*\*\*AFTER THE FINISH when returning to the event HQ\*\*\*\*\*\****

***Westbound end of A66 dual-carriageway – The road narrows to a single lane. Beware of vehicles trying to overtake, leaving little room.***

***REMEMBER you must return your number and sign the official Signing-Out Sheet when you get back to the HQ.***

***HELMETS: All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFTSHELL construction that conforms to a recognised standard.***

***CTT strongly recommends ALL competitors to wear such a helmet.***

***It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.***

PRIZES WILL BE AWARDED AS FOLLOWS:

(One rider – one prize)

1st OVERALL £30

1st SENIOR £20

2nd SENIOR £15

3rd SENIOR £10

1st Vet 40 £20

2nd Vet 40 £15

3rd Vet 40 £10

1st Vet 50 £20

2nd Vet 50 £15

3rd Vet 50 £10

1st Vet 60 £20

2nd Vet 60 £15

3rd Vet 60 £10

1st Vet 70 £20

1st W £20

1st ESPOIR £20