

Cycling Time Trials – North D.C.

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 events HQ either during the event or within a reasonable time after the last rider has finished the even 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 No 10

Course L1015 & L2524 – warming up on the course is not permitted during the duration of the event.

Local Reg No 12

No parking on the car park or on the frontage of the Strickland Arms.

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.

It is recommended that the following is also included on the start sheet

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.

NOTE - All of the above must be included on the start sheet for the riders information.

It is recommended that the following is also included on the start sheet.

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.

Competitors Machine – Lights

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.