



Founded 1928

Pomoted on behalf of Cycling Time Trials under their rules and regulations

Sunday 13th June 2021

GEORGE NOWLAND MEMOIRAL 100-L10010

Incorporating NLTTA 100 mile Chanpionship

Start Sheet

Event Secretary: Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN60SE.

Time Keepers: Richard Taylor

Pusher off: Sorry

Cheif Marshall: Nigel Clementson

Headquarters: Braithwaite Insitute, Braithwaite, Keswick CA12 5RY (on the A66)

There will be a HQ sign indicating the entrance to the car park.

HQ opens from 6:30am although strict rules apply. First rider off 7:40am

No Results will be displayed on the day.

Please allow 5 minutes to ride to the start from the HQ it's just over 1 miles. You will find a map on the start info which will also help you find the HQ.

There is a large car park at HQ which holds 100 vehicles.

Sorry no feed station this year COVID rules.

If you intend to feed a rider on the course, you MUST complete a riders support vehicle form and hand it in upon signing on.

Riders support vehicle form can be found on the CTT web site under forms (Strangely).

CTT Regulation 17: Signing-on & signing-out sheet

a) The competitors in all types of events must make themselves aware of any special 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 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.

First rider off 7:40am

L10010

Start at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall. Proceed in an easterly direction along A66 to encircle the RAB at the junction of A591/A66 Keswick/Bothel road (1.95 miles). Retrace along A66 in a westerly direction to encircle the RAB at the junction with the A5086 near Cockermouth (14.80 miles). Proceed in an easterly direction through the start point to the RAB near Keswick (27.65 miles) and retrace to the Cockermouth RAB (40.50 miles). Retrace through start to Keswick RAB (53.35 mls) and on to Cockermouth RAB (66..20 mls). Retrace through start to Keswick RAB (79.05 mls) and on to Cockermouth RAB (91.90 mls). On this occasion retrace along A66 to FINISH at the entrance to Hursthole Point which is directly opposite a footpath with wooden stairway from car park on south west side of the A66 (100 miles) Riders must continue along A66 to HQ (clearway).

Remember to keep count as its 4 laps (almost) Also please be aware when completing your first lap a rider may be just about to start, I would not like any incidents at this point many thanks.

PRIZES:

Fastest Gentleman: 1st£60 2nd£50 3rd£40 4th£30 5th£20

Fastest Lady: 1st£60 2nd£50 3rd£40 4th £30 5th £20

10th 20th 30th 40th 50th 60th 70th will receive £20

Lantern Rouge £20 Paul Hewitt Voucher

Team of 3: Mixed or men £20 Paul Hewitt Voucher each (One rider one prize apart from team prize)

NLTTA Association members only:

Current Male NLTTA record Richard Bideau NLTTA record 3:29:40 - 2017

Current Female NLTTA record Deborah Moss NLTTA record 4:15:46 - 2019

Course record male 3:17:39 Marcin Bialoblocki

Course record female Alice Lethbridge 3:51:06

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.

Local Reg No. 5 In all events, competitors prior to starting are not permitted to ride past the finishing timekeeper during the duration of the event.

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg No.9 No parking on the A66 except in a designated layby.

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. Riders must give their number at the finish and elsewhere on the course where requested.

Riders MUST NOT STAND in the road at the start or finish.

Riders must NOT ride with their heads down.

Rider Safety 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.

Remember your rear light if you don't want to be disqualified:

This event may be subject to a Doping Control

It is your responsibility to check 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

Free cup of tea when you **SIGN OFF please bring your own cup**. REFRESHMENTS available.

Big **THANK YOU** to ALL the marshals. It's a long day out there. Thank you to the admin/kitchen helpers too.

Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the NLTTA.

Organiser on the day: Nigel - Mobile: 07862 289430



COVID 19 Guidelines

- * Failure to abide by the COVID-19 risk assessment could result in suspension of CTT activities and issues with local authorities and specific courses.
- * For the ongoing prosperity of the sport you follow the guidelines to the letter.
- * Signing-On and Signing-Out sheet New measures in place – there will be a one-way system to sign on before & out after your ride. Please observe social distancing & PLEASE BRING YOUR OWN PINS, PEN AND MASK
- * No result board will be displayed at the event, complete times will only be available via the CTT website post event.
- * All prizes will be posted out or contacted for bank details. (one rider one prize).
- * If you are not well or showing signs of COVID-19 please do not attend.
- * Please socially distance at all times.
- * If you are more comfortable in a mask please wear one.
- * Competitors must only be at the start no more than 4 minutes before your start time.
- * No jackets or bottles etc to be left with timekeepers or marshals.
- * Sign on with your own pen
- * Bring your own pins. Pin on your own number.
- * Please do not assist fellow competitors.
- * Bring a first aid kit
- * Do not throw away any gel wrappers on the course, please collect and take home to dispose.

