

# Preston Wheelers Open 25 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on  
Sunday 30<sup>th</sup> May 2019 at 09:00hrs

Course L2521A Timekeeper: Richard Taylor  
Assist T/keeper: Mike Smith  
First Rider – 09:01hrs

## Event Secretary

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## COVID 19 GUIDELINES

Competitors should not attend if they feel ill in any way or if family members have any symptoms.

An elevated resting heartrate or exceptionally quick to react heartrate during warm up can suggest an underlying asymptomatic illness. You should NOT start the event and leave immediately. Do not go to the start line if you feel this is the case, notify the organizer of your intention to DNS as a result of an adverse warm up.

Competitors MUST NOT gather in anyway regardless of current guidelines, at the HQ area or elsewhere, but should pack away and leave immediately upon completion of the race after returning their number and signing out. Please bring your own pen for signing on/off.

Competitors MUST NOT leave any personal items with the timekeeper.  
No support can be provided if a competitor suffers mechanical difficulties. It is advised that all competitors carry a spare tube/tubular, pump and tyre levers if required.

There will not be a pusher-off. All competitors MUST start with one foot on the ground.

Please arrive at the start NO MORE than 4 minutes before your start time.

PLEASE OBSERVE SOCIAL DISTANCING AT ALL TIMES.

## Event Headquarters

**Winmarleigh Village Hall:** From Garstang lights on the A6 head NW up the B5272 towards Cockerham for about 1 mile then turn left along Broad Lane. The Hall is on your right after ¼ mile.

**Signing on sheet and numbers will be here.** The HQ should be open from 08:00 hrs.

**The Headquarters is for parking and toilet use only.** Please use a one in one out system. There will be no refreshments and no access to the main hall for changing. So please come ready to race.

Please return your number after the event and don't forget to **SIGN OUT!**

**Please allow plenty of time to get from the HQ to the Start. At least 5 minutes! Turn right out of the hall and the start is about ¾ mile along the road, just after you leave Winmarleigh.**

## **PRIZE LIST**

**1<sup>st</sup> fastest £50**  
**2<sup>nd</sup> fastest £40**  
**3<sup>rd</sup> fastest £30**

**1st Lady £40**  
**2<sup>nd</sup> Lady £30**  
**3<sup>rd</sup> Lady £20**

**1<sup>st</sup> V40, V50, V60 and V70 £20**

**Fastest team of 3 riders £20 each**

**One rider one prize (highest value), except team prize**

## **Course Details L2521A**

START in Church Lane 10 yards North East of Cattery and 90 metres South West of Throstle Nest Lane junction. Proceed North East to Winmarleigh and into Broad Lane to junction with B5272. Turn left (CARE) along B5272 to junction with A588 at Cockerham. Turn left along A588 to Stakepool where turn left into Garstang Road opposite the Elletson Arms and continue to Cogie Hill. Bear left into Island Lane to pass through the Start (12.48 miles) to complete the first circuit. Complete the circuit for a second time.

At the end of the second lap pass the start area and finish 80 yards further along Church Lane 10 yards before the large tree in the triangular island at the end of Throstle Nest Lane (25 miles).

**Please take CARE as the road is narrow, cambered and the surface has deteriorated on some parts of the course especially coming from Cogie Hill back to Winmarleigh.**

**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 14: Competitors Machine – Rear Lights & Guidance Note No 24:**

**No competitor** shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine **a working rear red light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

### **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 event and must (i) return their number and (ii) sign the official Signing-out Sheet.

**Local reg 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 6** ALL competitors making a U turn in the vicinity of the Start or Finish area will be disqualified from the event.

**Local reg 10** Warming up on the course is not permitted during the duration of the event

**Local reg 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 the finish. (This constitutes obstruction and is a breach of Regulations).

Riders must NOT ride with their heads down.

All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFT SHELL construction that conforms to the recognized Standard (See Regulation 15).

**The CTT state that helmets are Mandatory for all riders under the age of 18.**

Cycling Time Trials strongly **recommends ALL** competitors to wear such a helmet.

**Have a good ride – Please – Please – Please take care.**

No	Start	Firstname	Lastname	Club	Cat
1	09:01:00	Paul	Fleming	Preston Whs	V50
2	09:02:00	Tom	Kelsall	Garstang Cycling Club	S
3	09:03:00	Matthew	Toman	Secret-training CC	ESP
4	09:04:00	Nick	Higginson	Cleveleys Road Club	V40
5	09:05:00	Richard	Tyson	Rock to Roll CC	V50
6	09:06:00	Steve	Abbott	Hoppers Rollers	V40
7	09:07:00	Mick	Braithwaite	Cybele Cycling Club	V50
8	09:08:00	Peter	Rowe	Kent Valley RC	V50
9	09:09:00	Graeme	Poole	Tri Preston	V40
10	09:10:00	Samuel	Jackson	Cybele Cycling Club	V40
11	09:11:00	David	Powell	Horwich Cycling Club	V40
12	09:12:00	Lee	Faulkner	Preston CC	V50
13	09:13:00	James	Hall	Manchester Triathlon Club	S
14	09:14:00	Terry	Bolland	Harry Middleton CC	V50
15	09:15:00	Paul	Blackburn	Coveryourcar.co.uk RT Fitted and Tailored Car Covers	V40
16	09:16:00	David	Wright	Warrington Road Club/Horton Light Engineering	V60
17	09:17:00	Theresa	Taylor	Ribble Valley Crossroads Care Cycling Team	W60
18	09:18:00	John	Lowe	Withington Wheelers	V50
19	09:19:00	David	Hilditch	Ribble Valley C&RC	V60
20	09:20:00	Derek	Parkinson	Springfield Financial Racing Team	V40
21	09:21:00	Steven	Hankey	Warrington Road Club/Horton Light Engineering	V40
22	09:22:00	Simon	Diggins	Bury Clarion CC	V40
23	09:23:00	David	Fox	Warrington Road Club/Horton Light Engineering	V50
24	09:24:00	Andrew	Rostron	Limitless Triathlon Coaching	V40
25	09:25:00	Patrick	Hickey	Rossendale RC	S
26	09:26:00	Christopher	Dursley	Coveryourcar.co.uk RT Fitted and Tailored Car Covers	V50
27	09:27:00	David	Trotter	Lancaster CC	V40
28	09:28:00	Hannah	Bruce	Manchester Triathlon Club	SW

29	09:29:00	Rob	Rix	Southport CC	V70
30	09:30:00	Brian	Fogarty	Fogartys Insurance Tri Team	S
31	09:31:00	Phil	Shaw	Kent Valley RC	V50
32	09:32:00	Chris	Watts	Ilkley CC	V40
33	09:33:00	Sammie	Stuart	Crimson Orientation Marketing RT	SW
34	09:34:00	Richard	Belk	Kent Valley RC	V70
35	09:35:00	Dan	Taylor	Coveryourcar.co.uk RT Fitted and Tailored Car Covers	V40
36	09:36:00	Nigel	Modlinsky	Element Cycling Team	V40
37	09:37:00	Benjamin	Horrobin	Horwich Cycling Club	ESP
38	09:38:00	Lynsey	Astles	Congleton CC	W40
39	09:39:00	Andy	Whitehead	Seamons CC	V50
40	09:40:00	Andrew	Whiteside	Bella in Sella Racing	V40
41	09:41:00	David	Rundall	Chorley Cycling Club	V70
42	09:42:00	Paul	Basson	ABC Centreville	V40
43	09:43:00	Anna	Weaver	East Lancashire RC	SW
44	09:44:00	Derek	Schofield	Rosendale RC	V60
45	09:45:00	Paul	Braithwaite	Pendle Forest CC	V40
46	09:46:00	Andy	Horner	Bury Clarion CC	V50
47	09:47:00	Mike	Westmorland	Border City Whs CC	V70
48	09:48:00	Sean	Caldwell	Glossop Kinder Velo Cycling Club	V50
49	09:49:00	Carol	Westmorland	Border City Whs CC	W50
50	09:50:00	Richard	Bideau	Pendle Forest CC	V50
51	09:51:00	Peter	Greenwood	Clayton Velo	V60
52	09:52:00	Paul	Shallicker	Coveryourcar.co.uk RT Fitted and Tailored Car Covers	V40
53	09:53:00	Michael	Summers	Glossop Kinder Velo Cycling Club	V40
54	09:54:00	David	Crawley	Velotik Racing Team	V40