



## **Wigan Wheelers and Triathlon Club - Open 10 Miles TT L1015**

Saturday 21<sup>st</sup> AUGUST 2021 - START SHEET

### **PLEASE READ ALL THE RACE DETAILS CAREFULLY**

**If you are a UNDER 18 Competitor – please ask your parent / guardian to also read this, thank you**

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

**\*\* Please note due to the ongoing COVID-19 Pandemic CTT have completed an additional risk assessment on how events can be conducted. Please note this event will work differently from previously and it is vitally important you read the COVID-19 guidance in the document below. If more updates come into effect from CTT prior to the event starting I will inform you via email as soon as possible or on the day of the event.**

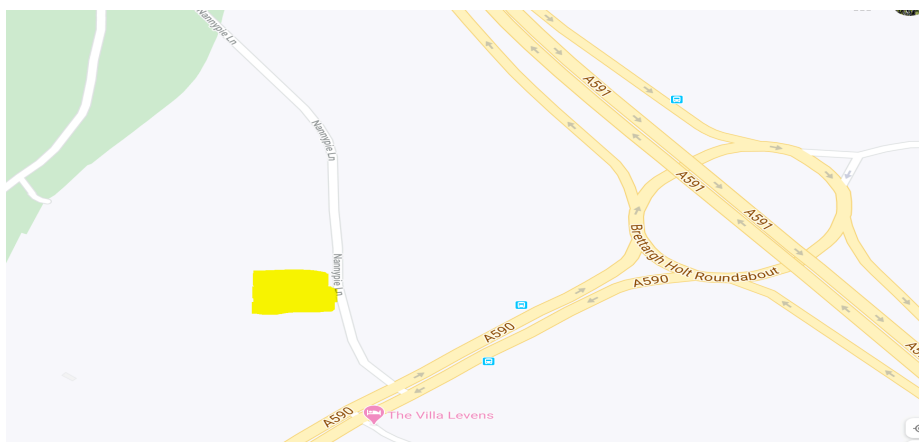
**Failure to abide by the COVID-19 risk assessment could result in suspension of CTT activities and issues with local authorities around specific courses. We ask therefore for the ongoing prosperity of the sport you follow the guidelines to the letter.**

**Local Lockdown regulations can result in the race being cancelled at short notice or new rules and regulations to follow.**

**Event Secretary:** Amanda Asbridge - **07720060021**

**Time Keepers:** Derek Black and Tracy Moore

**Headquarters:** Sizergh, Nr Kendal, LA8 8DZ (Lay-By). There are no toilet facilities available



**HQ opens from 17.15**

**First rider off 18.01**

Please allow **10 minutes** to ride to the start. Do not arrive more than 5 mins before your start time. From the HQ- follow the road back to the A590, turn left to the RAB encircle and ride back up the A590 to the Start (DO NOT PASS THE START YOU WILL BE DISQUALIFIED)



We will be keeping in place some regulations from last year, even though CTT COVID-19 Risk Assessment has been amended to allow back some normality. There will be NO results board displayed at HQ and complete results will only be available via the CTT website post event after verification from the timekeeper. Provisional results will be available via the clubs facebook page on the night - <https://www.facebook.com/WWCCWTC>

#### **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 sign the official signing out sheet.

**NEW MEASURES IN PLACE** - please BRING YOUR OWN PEN AND MASK. Numbers will be available at the sign in / out desk and to be placed in a soapy solution bucket when you sign out. Please BRING YOUR OWN PINS. If you would like to use your own number this is fine, so long as it is approved CTT yellow number – put please remember to sign in and sign out.

There will be a copy of the risk assessment for viewing. This will also be on the clubs website: [www.wiganwheelers.org](http://www.wiganwheelers.org)

#### **Course: L1015 – description**

START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a 'Please take your litter home sign'. Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles). Retrace along the A590 to FINISH in line with the metal cover in northern grass verge embossed 'Charlton Iron Works Sheffield' which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).

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.10 Course L1015-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. Riders must give their number at the finish and elsewhere on the course where requested.



### 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 and breaches the COVID-19 risk assessment below.)

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.

## **Competitor Machines - Lights: CTT Regulation 14(i) – Compulsory Use of Rear Red Light**

**NO WORKING REAR RED LIGHT – NO START.**

### Prize List

Prize	Men	Women	Jun/Juv (14-18)	Under 23 (19-21)	Under 30 (22-29)	Under 40 (30-39)	V40	V50	V60	V70/80
1 <sup>st</sup>	40	40	20	20	20	20	20	20	20	20
2 <sup>nd</sup>	35	35	15	15		15	15	15	15	
3 <sup>rd</sup>	30	30								
4 <sup>th</sup>	25									
5 <sup>th</sup>	20									
6 <sup>th</sup>	15									

Fastest team of 3 - £15 each

(One rider one prize apart from team prize)

Please note there will be no prize presentation at the event due to the clubs COVID-19 Risk assessment. Once we have finalised results we will reach out to you to arrange payment of prize money.



## **COVID – 19 Risk Assessment - IMPORTANT - READ CAREFULLY**

### **General / Before the Event**

- Only attend the event if you are in good health. If you are experiencing any symptoms associated with COVID-19 you must not attend
- Competitors should arrive 'dressed to race'
- For the Junior and Juveniles that are racing - members of your household should attend with you. They also need to follow the guidelines stated in this briefing. Please ask them to wear a mask in the signing on/out area. They can assist you with mechanicals and first aid issues. They cannot sign on/out for you, but should be present when you do so.

### **At HQ**

- Competitors **MUST NOT** gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- No refreshments will be served at HQ
- Please **ONLY** park front bumper to rear bumper to encourage social distancing. Parking is available along the road with the layby. Please ensure you park respectfully and legally.



- Please remain at your car unless preparing to ride your bike, signing in or out.
- Turbos will be permitted at the rear of your vehicle in the HQ Lane - nannypie Lane. Turbo training warm up elsewhere is permitted so long as you park legally and away from a residential area. See below for further areas to park in the area.
- Please bring your own pen and mask to the event to sign on.
- On arrival please come to HQ, The start sheet will be displayed on the table and the numbers laid out. Please sign on using your pen, take your number and return to your vehicle.
- Toilet facilities will be unavailable at the HQ as the required cleansing of these facilities could not be maintained.
- We encourage riders to warm up on the road. See below for further areas to park in the area.

### **During The Race**

- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should **NOT** start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup after the event via telephone.
- Competitors **MUST NOT** leave any personal items with the time keeper or at the signing on/out table.
- There will be no pusher-off.
- Competitors must start with one foot on the ground.
- The timekeeper will be parked at the start line. They will either be at least 2 metres out of their vehicle or they will tap on the window to get the riders attention and count down to zero on their fingers to signal the competitor to start.
- Please arrive at the start no more than 5 minutes before your allocated start time and ensure that you line up more than two

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting





meters apart from other competitors. 2 Meters will be signalled in the layby by chalk or an alternative method.

- Spectators should ideally not attend unless supporting the running of the event.
- Drafting - If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken. Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- Support vehicles are only permitted to pass you once within 10 miles and should not follow you on the course - this is probably mainly for the Junior and Youth rider who are permitted 1 member of their household with them. Riders should also have a first aid kit in their vehicle. In an emergency marshalls will contact Amanda Asbridge to deal with the situation who will assess the situation and seek emergency help if required. Full PPE available if needed in an emergency. It is at the discretion of the marshals if they would like to assist. They may ring the emergency services instead.
- It is strongly advised that all competitors carry a mobile phone (left in your vehicle whilst racing out of sight) and take with them the telephone number of the event organiser - **Amanda Asbridge 07720060021**. Please telephone the organiser if you have failed to finish the event.

#### **After the Race**

- Competitors on finishing **MUST NOT** stop at the finish and **MUST NOT** loiter at the HQ/car park and **MUST** pack away and leave immediately upon completion of the race.
- No Results board or prize giving will be conducted on the day to ensure people do not gather at HQ. Results will be available via CTT and sent via e-mail as soon as we have collated them after the event. The event organiser is away for a couple of days after the event, so there maybe a delay in final results being updated on CTT.

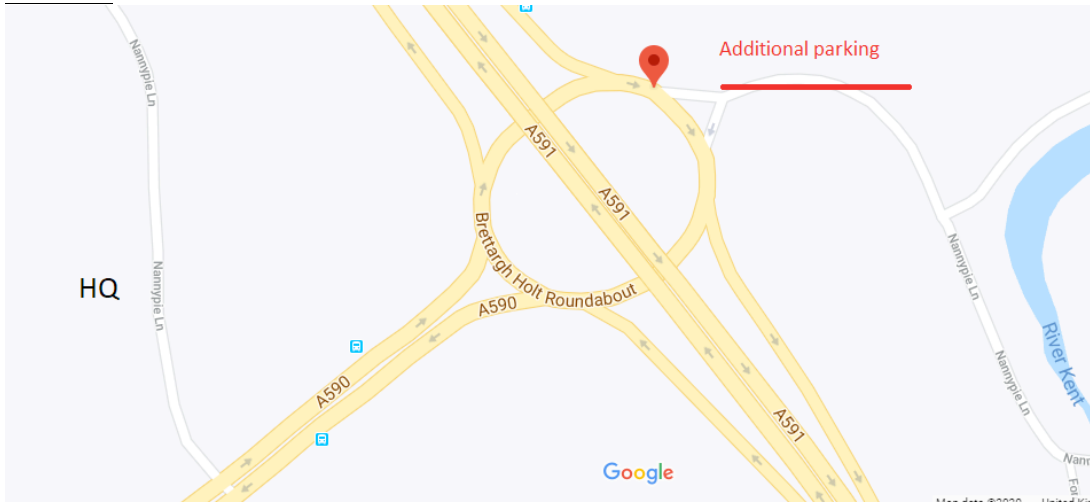
### **This event may be subject to a Doping Control**

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.

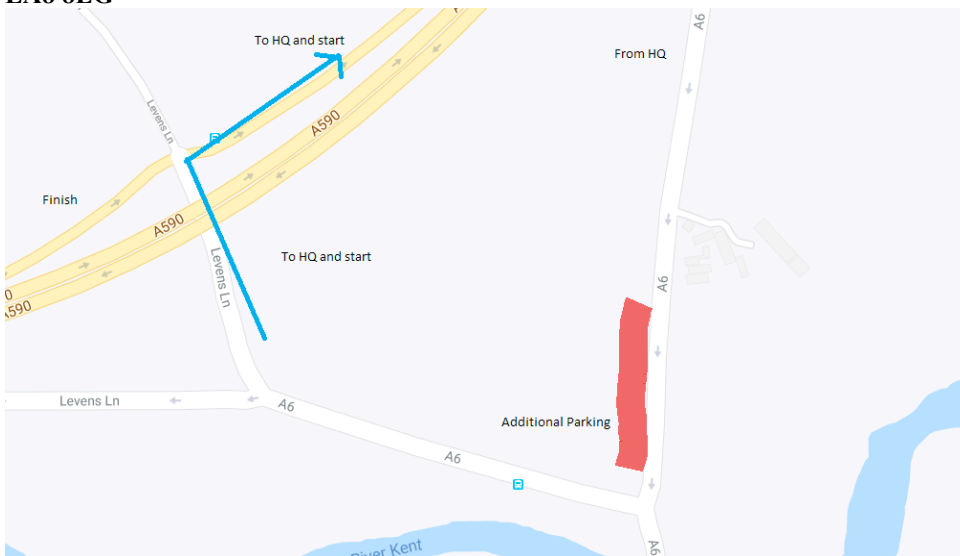


## Additional places to park

### **LA8 8EA**



### **LA8 8EG**



**There are smaller laybys on the course A590 and the A6 and Nannypie Lane.**

Please be considerate when parking and social distance at all times. Do not get changed, urinate or warm up in front of or in close proximity of any residential home.



## Start List

No.	Start	Firstname	Lastname	Club	Gender	Age
9	18:09	Cecil	Hopkinson	Wigan Whs CC	Male	69
10	18:10	Steven	Hilton	Warrington Road Club/Horton Light Engineering	Male	51
11	18:11	Roy	Nield	East Lancashire RC	Male	52
12	18:12	Mike	Westmorland	Border City Whs CC	Male	76
13	18:13	Nigel	Clementson	Wigan Whs CC	Male	60
14	18:14	Christopher	Thomas	Rossendale RC	Male	52
15	18:15	Caron	Rees Jones	Clwb Beicio Egni/Energy Cycling Club	Male	32
16	18:16	Carol	Westmorland	Border City Whs CC	Female	52
17	18:17	Simon	Phillips	Stockport Tri Club	Male	60
18	18:18	Karen	Bailey	East Lancashire RC	Female	44
19	18:19	John	Bunting	Bury Clarion CC	Male	66
20	18:20	Chris	Humphries	Onimpex Bioracer RT	Male	38
21	18:21	Martin	Ferguson	Hoppers Rollers	Male	47
22	18:22	Stephen	Hilton	Wigan Whs CC	Male	50
23	18:23	Kenneth	Brown	Velo Club Cumbria	Male	40
24	18:24	Stephen	Knight	Wakefield Triathlon Club	Male	47
25	18:25	Richard	Williams	Clwb Seiclo Caergybi / Holyhead Cycling Club	Male	32
26	18:26	Dan	Prescott	Wigan Whs CC	Male	42
27	18:27	Paul	Lomax	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	58
28	18:28	Sue	Cheetham	North Lancashire Road Club	Female	58
29	18:29	Brian	Moore	The Tricycle Association - North Western Region	Male	67
30	18:30	Joe	Beech	Preston Whs	Male	30
31	18:31	Daniel	Kirk	Edinburgh Road Club	Male	29
32	18:32	David	Lawson	Rock to Roll CC	Male	44
33	18:33	Steve	Thornton	Pendle Forest CC	Male	53
34	18:34	Theresa	Taylor	Ribble Valley Crossroads Care Cycling Team	Female	61
35	18:35	Stewart	Burke	Team Andrew Allan Architecture	Male	39
36	18:36	Ben	Huddart	Lancashire RC	Male	22
37	18:37	Steve	Abbott	Hoppers Rollers	Male	44
38	18:38	Paul	Kearney	Cheshire Maverick Cycle Club	Male	51
39	18:39	John	Verbickas	Seamons CC	Male	76
40	18:40	Kamil	Waligora	East Lancashire RC	Male	29
41	18:41	Andrew	Newey	Ribble Valley C&RC	Male	28
42	18:42	Martyn	Stewart	East Lancashire RC	Male	35
43	18:43	Ben	Lovell	Kent Valley RC	Male	55
44	18:44	Lloyd	Smith	Vanelli-Project GO	Male	30





45	18:45	Alistair	Woodman	FTP (Fulfil The Potential) Racing	Male	51
46	18:46	Benjamin	Horrobin	Horwich Cycling Club	Male	21
47	18:47	Stephen	Wilkinson	Nelson Whs CC	Male	58
48	18:48	Robert	Marshall	Team Andrew Allan Architecture	Male	49
49	18:49	Sophie	Heighton	Ferryhill Whs	Female	14
50	18:50	Kevin	Chadwick	Lakes Road Club	Male	53
51	18:51	Rhys	Edwards	Edinburgh Road Club	Male	14
52	18:52	Andy	Milligan	Weaver Valley CC	Male	54
53	18:53	Mervyn	Wilson	North Lancashire Road Club	Male	70
54	18:54	Paul	Crankshaw	Wigan Whs CC	Male	52
55	18:55	David	Trotter	Lancaster CC	Male	42
56	18:56	Stephen	Makin	Falkirk B C	Male	47
57	18:57	Richard	Dixon	Lakes Road Club	Male	49
58	18:58	Karl	Mason	Clitheroe Bike Club	Male	53
59	18:59	Paul	Farrington	Stockport Tri Club	Male	48
60	19:00	Rory	Downie	Roarsz Performance	Male	32
61	19:01	Richard	Helm	Barrow Central Wheelers	Male	43
62	19:02	Oliver	Higbee	Drighlington BC	Male	30
63	19:03	Marc	Robertson	Wakefield Triathlon Club	Male	40
64	19:04	Stephen	Costello	Bill Nickson Cycles	Male	64
65	19:05	Gethin	Butler	Preston Whs	Male	52
66	19:06	Richard	Tyson	Rock to Roll CC	Male	54
67	19:07	Samuel	Wilson	East Lancashire RC	Male	29
68	19:08	Mark	Boyle	Wigan Whs CC	Male	61
69	19:09	Steven	Johnson	Liverpool Phoenix CC (Aintree)	Male	63
70	19:10	Andrew	Bradbury	Congleton CC	Male	34
71	19:11	Jonathan	Robinson	Army Cycling	Male	51
72	19:12	Andrew	Barlow	Kent Valley RC	Male	60
73	19:13	Barrie	Whittaker	Lyme Racing Club	Male	64
74	19:14	Tony	Johnston	Barrow Central Wheelers	Male	64
75	19:15	Michael	Greaney	Stockport Clarion CC	Male	47
76	19:16	David	MacIvor	West Lothian Clarion	Male	38
77	19:17	Allistair	Moffat	Velo Club Cumbria	Male	38
78	19:18	David	Tobin	Manchester Wheelers	Male	58
79	19:19	Gordon	Johnston	Team Terminator	Male	83
80	19:20	George	Elliott	Liverpool Century RC	Male	19
81	19:21	Matthew	Cole	Team Bottrill	Male	16
82	19:22	Phil	Hull	East Lancashire RC	Male	42
83	19:23	Philip	Elliott	Liverpool Century RC	Male	53
84	19:24	Bill	Maxwell	Border City Whs CC	Male	73
85	19:25	David	Thompson	Rock to Roll CC	Male	42
86	19:26	Christopher	Dursley	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	51
87	19:27	Matthew	Heath	Weaver Valley CC	Male	39





88	19:28	Vanessa	Townshend	Springfield Financial Racing Team	Female	47
89	19:29	Rachael	Maxwell	Border City Whs CC	Female	51
90	19:30	Mathew	Roberts	Team Bottrill	Male	34
91	19:31	Adam	Taylor	Wigan Whs CC	Male	35
92	19:32	Jonny	Hill	Barrow Central Wheelers	Male	45
93	19:33	Beth	MacRae	Ayr Roads CC	Female	23
94	19:34	William	Armstrong	Velo Club Cumbria	Male	67
95	19:35	Chris	Dixon	Kent Valley RC	Male	46
96	19:36	Ellis	Murray	Vector Racing	Male	17
97	19:37	Simon	Diggins	Bury Clarion CC	Male	48
98	19:38	Angela	Dolan	Dolan Ellesse	Female	43
99	19:39	Nicholas	Roberts	Stockport Tri Club	Male	54
100	19:40	Keith	Murray	DRAG2ZERO	Male	46
101	19:41	Paul	Woodrow	Surface Design Racing	Male	42
102	19:42	Andrew	Clarke	North Shropshire Wheelers	Male	62
103	19:43	Alan	Turnbull	Hawick Cycling Club	Male	52
104	19:44	Craig	Wilson	Nelson Whs CC	Male	54
105	19:45	Paul David	Fleming	Preston Whs	Male	56
106	19:46	Aidan	Adams	Harrogate Nova CC	Male	41
107	19:47	Liam	Bosley	Derby Mercury R C	Male	35
108	19:48	Simon	Roddam	Wigan Whs CC	Male	38
109	19:49	Robin	Shedden	Wrekinsport CC	Male	61
110	19:50	Alex	Pritchard	AeroLab Ward WheelZ	Male	25
111	19:51	Howard	Cain	Border City Whs CC	Male	44
112	19:52	John	Huggon	Ribble Valley C&RC	Male	63
113	19:53	Nathan	Hilton	Wigan Whs CC	Male	17
114	19:54	Andy	Whitehead	Seamons CC	Male	58
115	19:55	Kouros	Driscoll	Sotonia CC	Male	27
116	19:56	Stefan	Dobrowolski	Harry Middleton CC	Male	51
117	19:57	Stuart	Garnett	Barrow Central Wheelers	Male	36
118	19:58	Peter	Grindley	Liverpool Century RC	Male	52
119	19:59	Barry	Teal	Chorley Cycling Club	Male	70
120	20:00	Liam	Beaty	Hawick Cycling Club	Male	35

Have a great and safe race!

Amanda