

**Founded 1928**

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

 **Sunday 23th July 2023**

 **GEORGE NOWLAND MEM0IRAL 100**

 **Incorperating NLTTA 100 mile Championship-L10010**

  **Start Sheet**

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

**Time Keepers:** Richard Taylor Tracey Moore

**Pusher off:**

**Chief Marshall:** Nigel Clementson

**Headquarters:** **Portinscale Village Hall, Howe Lane CA12 5RW**

Please note this is not the usual hall for anyone who as rode before.

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

**HQ opens from 6:00am although strict rules apply. First rider off** 7:01am

Results Board will be displayed on the day.

Please allow 10 minutes to ride to the start from the HQ it’s just over 2 miles.

Parking at the HQ is very limited so please watch where you park your car. Thank you.

**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.**

**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.

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**£80 **2nd**£60 **3rd**£50 **4t**h£40 **5th**£30

**Fastest Lady**: **1st**£80 **2nd**£60 **3rd**£50 4th £40 5th £30

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

**Lantern Rouge** £20

**Team of 3**: Mixed or men £20 (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 Erica Booth NLTTA record 4:10:06 - 2022

Course record male 3:17:39 Marcin Bialoblocki Course record female Joanna Patterson 3:36:31

**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 riders now must wear a helmet.** [Regulation 15].

**Remember your front & rear light if you don’t want to be disqualified**: Type A (Open) Events: All start sheets for CTT events should contain a note to say (or similar): All competitors – please be aware of CTT Regulations 14(i) and 14(j): No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to their machine a working front and rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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 REFRESHEMENTS 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