



Velo Club Cumbria

Open 10Mile TT Keswick – L1010

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

Saturday 11th May 2024

Event organiser: David Gleave

Tel 07736675678 **email** gleavedavid1@gmail.com

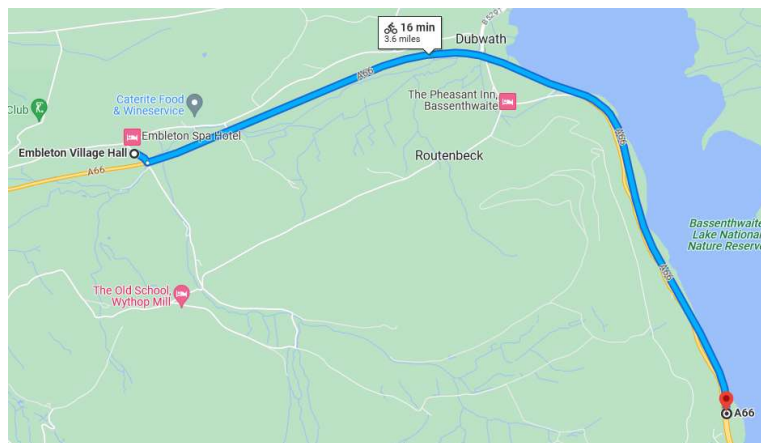
First rider off: 14:01hrs

Timekeeper: Mrs Tracey Moore

Assistant: Mr Tim Houghton

Event HQ-

Embleton Village Hall, Embleton, Cumbria, CA13 9XU. Parking is limited, please park curiously. Please see note on Page 3 for parking. The HQ is 3.6 miles from the start and will be open from around 12:30.



Route to start from HQ

Course details

START in the lay-by at the Bassenthwaite Lake side of the A66 road at the eastern end of the dual carriageway in line with the white mark 5 yards west of the easterly end of the tarmac footpath section. Proceed in a south-easterly direction along the A66 to encircle the Roundabout at the junction with the A591 Keswick/Bothell road (5.3 miles). Retrace along the A66 to FINISH at the white mark at grate in the roadside immediately east of a farm gateway approximately 0.2 miles before the Thornthwaite junction and 0.8 mile short of the start (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.

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.

NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine **A WORKING FRONT WHITE LIGHT**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **A WORKING REAR RED LIGHT** must be affixed to the rear of the machine, 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 even and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

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 9

No parking on the A66 except in a designated lay-by. No competitor parking in the Start/Finish lay-by on any A66 course.

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.

Local Reg No 17

On the L1010, competitors must not access the Start Lay-By via the carriageway break and ride West bound on the East bound carriageway. This will lead to disqualification from the event.

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.

Helmets:

All competitors **MUST** wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).



Parking.

Please note Parking at the HQ is limited. Additional parking is available near the start at Beck Wythop, Thornthwaite road and the road alongside Dubwath Meadows Nature Reserve.



Parking at Dubwath Meadows Nature Reserve (left), near Start, Beck Wythop (centre) and finish Thornthwaite rd. (right). Please take note of Reg's. (5,6,9 & 17).

Following the loss this winter of a club member to cancer, all proceeds from the event will be donated to www.macmillan.org.uk

Have a Fast and Safe Ride.

Thank you,
David