

25 Mile Time Trial - Saturday, 21st September 2019 at 2pm

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Event Secretary

Mel Stelfox, 1 Waterslea, Eccles, Manchester, M30 0SR Tel: 0778 6937692

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Timekeepers

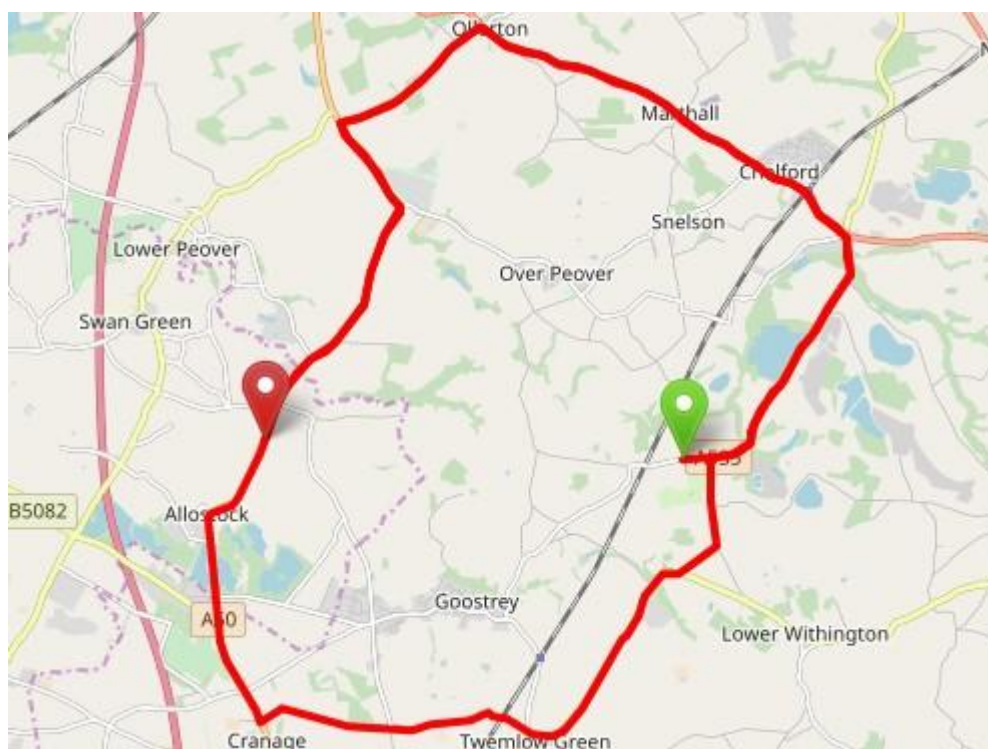
Graham Lawrence and Tony Millington

Event HQ

Goostrey Village Hall, The Old Paddock, Goostrey CW4 8PE Numbers will be at the HQ which will be open from 12.30 pm

Course Details – J2/9

The J2/9 course is as follows:



This map of the course can be found at <https://cyclingtimetrials.org.uk/courses/view/j2-9>

Course Description

0.00 miles	Start on Bomish Lane (Badger Bank to Goostrey) at telegraph pole no 2 approx 300 yards west of the A535. Proceed east to the A535, turn left onto the A535 to...
2.169 miles	Chelford Island, take the second exit left on the A537 and proceed to...
5.219 miles	Ollerton Cross Roads, where turn left into Seven Sisters Lane and proceed to the T junction with the A50 where turn left onto the A50 and proceed to...
11.408 miles	Twemlow Lane at Cranage where turn left into Twemlow Lane and proceed to the junction with the A535 at Twemlow Green where turn left onto the A535 and proceed to...
18.064 miles	Chelford Island, take the second exit left on the A537 and proceed to Ollerton Cross Roads, where turn left into Seven Sisters Lane and proceed to the T junction with the A50 where turn left onto the A50 and proceed to...
25.000 miles	Finish at a J2/9 mark opposite the northern gate post of a field gate almost opposite the entrance to Mount Pleasant Nursing Home, approx 500 yards past the cross-roads after the Drovers Arms public house.

Risk Assessment: a copy of the J2/9 course risk assessment will be available to read at the HQ.

Notes regarding particular junctions

- **Seven Sisters Lane**
Riders must take extra care when exiting Seven Sisters Lane onto the A50.
- **Twemlow Lane**
Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner. In wet weather the metal covers and edges become a skid risk. Please take care.
- **Chelford Island**
Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg20 [you MUST NOT be on your aero bars when approaching and/or crossing the roundabout] and the rules of the road. Riders must be able to brake at the island if traffic conditions require this. Riders must not approach and encircle the island using tri-bars. Remember that traffic already on the island has priority over traffic (including riders) entering it. Any rider seen to be in breach of this regulation will be disqualified from the event and may be reported for further disciplinary action.

Numbers, Signing On & Signing Off

All Competitors MUST SIGN ON when collecting your number (Sign on sheet is in the HQ) and SIGN OFF after the event. Body numbers should be positioned at your lower back so that the timekeepers and marshals can see them, with arm numbers being placed on your RIGHT shoulder.

Car Parking

Car parking at the village hall is for competitors only. There will be signage on the day directing all spectators and supporters to the overflow car park. Please note parking on the road outside the HQ (on Main Road) is not permitted.

There is NO PARKING at either the Start or finish. Vehicles must not be parked, however briefly, in the access to Mount Pleasant Nursing Home at the finish.

Anyone who is perceived by our observers to be having the benefit of a following car will be reported.

Directions to Start

The start is approx. 1 mile from HQ. Turn right out of HQ car park and first left at the church (Church Bank). Bear right at fork after 600 yards then follow Bomish Lane (ignoring all side roads) for ½ mile to start. There will be signs directing riders from the HQ to the start. Allow AT LEAST 15 minutes to ride to the start.

CTT Regulations

- **Care at Road Junctions:** Riders must exercise care at all junctions. Any competitor whose riding causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification and may be reported to the District Committee for further disciplinary action.
- **No U Turns:** Riders must not make U turns within sight of the start or finish. Observers are watching.
- **Keep your head up** and observe local regulations pertaining to the course at all times
- **Pace must not be given or received:** The onus is on the overtaken rider to avoid this. Marshalls do not have the authority to control road users, so take care. Observers will be posted to ensure compliance with CTT Regulations.
- **Helmets:** in the interests of safety Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets with an internationally accepted safety standard. In accordance with Regulation 15 ALL Juvenile & Junior competitors must wear Protective Hard Shell Helmets.
- **Rear Light:** It is recommended that a working rear light, either flashing or constant, is fitted to the Machine in a position visible to following road users and is active whilst the machine is in use.
- **Clothing:** please be aware that tri-suits are not permitted in CTT events – shoulders must be covered.

Prize List

Men	Women
Overall	
1 st - £30	1 st - £30
2 nd - £20	2 nd - £20
3 rd - £10	3 rd - £10
Age Categories	
1 st over 55 - £15	1 st Vet- £30
1 st over 60 - £15	2 nd Vet- £20
1 st over 65 - £15	3 rd Vet- £10
Other Prizes	
Faster Rider (s) – Tandem/Trike	£10 per rider

One rider, one prize

Notes

This event may be subject to doping control.

Please note that all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF. Race numbers required for doping control will be displayed adjacent to the result board.

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