**Croston Velo - Open 10 Miles T T L1015**

**(Inc NLTTA Jun/youth Champs)**

Saturday 27TH April 2019 - START SHEET

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

**Event Secretary**: Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN6 0SE. 07862289430.

**Time Keepers:** Dereck Black & Tracey Moore

**Headquarters:** Sezerth, Nr Kendal, LA8 8DZ Lay-By

**HQ opens from 17-00pm.**

**Please note First rider off** **18:01pm in the NLTTA CHAMPS and there are 11 riders.**

**First rider off** **in the main event18:15pm**

**Please make every effort to start; the event was oversubscribed 104 with a 90 field and 10 reserves.**

**Any one not starting can you please give me as much time to let the reserve know thank you**

Please allow **10 minutes** to ride to the start.

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 DQ)

**Results** will be displayed in the lane.

**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.

There will be a copy of the risk assessment for viewing.

**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).**

**Prize List 10 Mile TT Main Event:**

Male- 1st £40 2nd £35 3rd £30 4th £25 5th £20 6th £15

Female-1st £40 2nd £30 3rd £20

1st Vet 40 £10 1st Vet 50 £10 1st Vet 60 £10

**First Team of 3**: Mixed or men £10 each

(One rider one prize apart from team prize)

**Prize List 10 Mile TT NLTTA :**

These will be medals given at the end of the season at the NLTTA awards.

You will receive confirmation later in the year.

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.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.)

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 - Light**s:

CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

**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. 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 Croston Velo.**

Organiser on the day: Nigel - Mobile: 07862 289430