

BORDER CITY WHEELERS CYCLING CLUB



Sunday 11th July 2021 at 09.00 hrs

25 mile time trial on course L2511 Keswick circuit

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

EVENT SECRETARY

Bryan Pool
13 The Square
Dalston
Carlisle
CA5 7PH Phone 01228 711823 & 07974 153561 (on the day)

TIMEKEEPERS

Richard Abram
Keith Bickley

In Addition to the normal CTT safety requirements this event will include the additional measures resulting from the CTT COVID-19 Risk Assessment. It is vitally important that you read and comply with these requirements outlined in the section “COVID-19 Safety Requirements”. Please follow the measures required otherwise the CTT or local authorities could suspend events.

Course Description

START at painted mark on kerb against drain at east end of the first lay-by to the east of Simonscales Bridge over the A66. This lay-by is 0.75 miles from the roundabout junction with the A5086 Cockermouth/Egremont Road.

Proceed from the start along the A66 in an easterly direction to the A591 Keswick/Bothel roundabout junction (12.1 miles). Encircle the roundabout and retrace along the A66 to the roundabout at the Cockermouth/Egremont junction (24.8 miles) where turn left taking the A5086 Egremont road to FINISH beyond entrance to the Premier Inn at painted mark in line with large A5086 sign (25 miles).

Extra care to be taken by all riders entering the undulating carriageway section on the return leg approximately 5.5 miles from the finish due to the carriage way narrowing in places.

EVENT HEADQUARTERS: Eaglesfield Paddle CE Primary, Eaglesfield, Cockermouth, Cumbria, CA13 0QY

***** Please Note that there is no TOILET facilities at the HQ *****

Signing on sheets and numbers available from event HQ from 8.00am. Please remember to return your number and sign off at the HQ - **failure to do this will result in your being recorded as not finishing the event.** Event HQ is approximately 2 miles from Start Area – allow 15 minutes.

LOCAL REGULATIONS: The following local regulations have been approved by the CTT 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 finish timekeeper during the duration of the event.

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. 10: 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.

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.

Riders must call their numbers at the finish and elsewhere on the course if requested.

TT Regulation 14 Competitors Machine – Rear Lights No competitor shall be permitted to start either a Type

A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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.

Competitors Machine – Lights: 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.

BORDER CITY WHEELERS CC COVID-19

Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend
- 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 (DNS) and leave immediately.
- Car Parking: please park legally and respectfully and in such a way that social distancing can be observed.
- The hall is not to be used, riders should arrive dressed to race.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. The competitors should take the disposable paper numbers home after the event for safe disposal.
- Sanitiser gel will be available at the sign on area and should be used.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Face covering should be used at sign on and sign off.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained.
- Report to the start four minutes before your start time. Maintain a 2m gap between yourself and the other riders waiting to start.
- You will need to start with one foot on the ground.
- The Timekeepers will either be sat in a car or stood a safe distance away. The Timekeeper will give the start countdown using their fingers, i.e. 5, 4, 3, 2, 1, Go (with the hand swipe movement) and verbal where appropriate.
- Timekeepers should not be approached at the start or finish.
- Riders must not leave personal items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should sign out, pack your bike away, then go home.
- The result will be posted on the CTT website and BCW website as soon as is possible. Any queries regarding the result should be addressed to the organiser Bryan Pool. He will discuss the query with the Timekeeper/s and inform you of the outcome. The result will be amended accordingly, should that be necessary? No times will be given to riders or supporters at the finish.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc. • Spectators should NOT be encouraged to attend.
- For the Junior that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present with the rider.
- No refreshments are provided.

AWARDS (ONE RIDER ONE PRIZE)

Category	Overall	W	J	V40	V50	V60+
1 st	£25	£20	£10	£15	£15	£15
2 nd	£15			£10	£10	£10

The event also includes the Mappin & Webb handicap Trophy for BCW riders.