**SPRINGFIELD FINANCIAL RACING TEAM Open 10 Mile Time Trial**

**Promoted for and on behalf of Cycling Time Trials Under their Rules and Regulations on Saturday 11th June 2022 at 18:01hrs**

Course L1015 – LEVENS: Timekeeper: Tracy Moore

Assist T/keeper: Peter Jack

First Rider – 18:01hrs

**Event Headquarters**

Numbers & signing in/out sheet will be available in the layby on Nannypie Ln, Sizergh, Kendal LA8 8DZ.

Please **RETURN** your number after your ride & remember to **SIGN OUT.**

Do not park outside the Strickland Arms.

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 DISQUALIFIED).**

**N.B. A FRONT WHITE LIGHT & REAR RED LIGHT ARE NOW REQUIRED.**

**NO LIGHTS = NO RIDE**

**We will be hosting this event for charity. Instead of giving out prizes, we will make a charitable donation at the end of the season.**

**Course Details L1015:**

**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).

**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 user

**CTT Regulation 15 Helmets:**

All competitors MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard.

**Regulation 17: Signing-on Sheet and Signing-Out Sheet:**

1. 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.
2. 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

**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.**

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| **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 10** |
| Course L1015, L2524 & L308 – warming up on the course is not permitted during the duration of the event. |
| **Local Reg No 12** |
| No parking on the car park or on the frontage of the Strickland Arms. |
| **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.