



LANCASHIRE ROAD CLUB

For and on the behalf of The Cycling Time Trials under their Rules and Regulations.

Sunday 30th July at 09.00 hours on Course L2533

Timekeeper: Roger Winstanley

Organiser: Glenn Bowyer, 35 Teak Drive, Kearsley, Bolton BL4 8RR

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Course Details: START on B5272 (Park Lane) at drainage grate opposite the first metal gate on east side of road 0.20 miles north of bridge over the Lancaster canal. Proceed north along B5272 to Cockerham where left (3.39m) onto A588 (Lancaster Road). Proceed southwest on A588 to Stakepool, where left at Elletson Arms onto Garstang road (8.21m). Continue on Garstang Road into Black Lane and Kilcrash Lane to turn left at 'T' junction into Longmoor lane (12.53m). Continue east along Longmoor lane to junction with Nateby crossing lane (13.47m). Left (Care) into Nateby crossing lane and proceed north to junction with Cockerham road (B5272) (14.33m). Continue north on B5275 past the start to turn left at Cockerham onto A588 (18.42m). Proceed southwest on A588 to Stakepool, where left at Elletson Arms onto Garstang road (23.23m) continue on Garstang road to finish at east end of long metal field gate approximately 200 yards before junction with Island Lane (25m)

The following local regulations will apply:

NO HELMET, NO FRONT AND REAR LIGHT NO RIDE".

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.

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).

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 No10

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.

HEADQUARTERS. Winmarleigh Village Hall, Broad Lane off B5272. (open 08.00)

Don't put the post code for the hall in sat nav

Riders MUST sign the signing on sheet in the HQ in order to obtain their race number and sign out when returning their number

A copy of the risk assessment will be available for viewing.

Prize List

Note: One rider one prize.

Fastest Man: £20

2nd fastest man: £15

Fastest Lady: £20

Fastest Male Vets:

40-49 1st £15

50-59 1st £15

60+ 1st £15

Note the overall winner of the event will receive a free ticket to the Lancashire RC presentation evening, to be held at Bolton Golf Club on November 18th. The winner will be presented with the Eddie Leece Memorial Trophy which they will hold for one year. The trophy will be presented by our special guest John Degenkolb.

Have a fast and safe ride.

Glenn