**Wigan Wheelers - Open 30 Miles T T L308**

 Sunday 18TH August 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:** Tracy Moore & Amanda Ashworth

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

**HQ opens from 7-00am.**

**First rider off** 8:20am **PLEASE CHECK YOUR START TIME!!**

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

**Results** will be displayed at the HQ.

Free cup of tea when you SIGN OFF. REFRESHEMENTS available.

**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 L308**

**START at north east end of layby on A590 approximately 0.7 miles south west of roundabout junction of A590 and A591. Proceed north east to encircle roundabout (0.65m) and retrace along A590 to Meathop roundabout (6.68m). Take the first exit on the B5277 towards Lindale, where encircle the mini roundabout (7.97m) and retrace along the B5277 to Meathop roundabout (9.26m). Take the second exit and proceed north east along the A590 past the start to complete 1 lap (14.66m).**

**Proceed again via A590/A591 roundabout and Meathop/Lindale roundabouts to complete a second lap (29.32m)**

**After passing the start for a second time proceed a third time to Roundabout junction with A590/A591 (29.96m), where take the second exit onto unclassified road (Nannypie lane) to finish at ‘Clearway end’ signs on bend just before layby on left (30m).**

**PRIZE LIST 30 Mile TT:**

Male- 1st £50 2nd £30 3rd £20 4th £15

Female-1st £50 2nd £30 3rd £20

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 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 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. 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

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 Wigan Wheelers.**

Organiser on the day: Nigel - Mobile: 07862 289430