

North Lancashire Time Trial Association

Combined Clubs 10 Mile Time Trial

Consent form required for under 18's

PLEASE BRING ON THE DAY IF NOT SUBMITTED PREVIOUSLY

The Time: 2pm Saturday 28th March 2020

The Place: L1017 course Winmarleigh/Cockerham

Entry fee =£6 seniors, £3 juniors (consent form required)

Entries via club secretaries. Entries close 21st March.

Electronic transfer to NLTTA account and email entry/rider list preferred

North Lancashire Time Trial Association 05-05-55 19376594

dereparkinson42@gmail.com

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 28th March 2020 at 1401hrs**

Start timekeeper: TBC

Finish timekeeper: TBC

Course L1017

First Rider - 14:01hrs

Event Secretary – Derek Parkinson 07922 476185

Event Headquarters

Cockerham village Hall, Main St, Cockerham, LA2 0EF please return your number to the HQ after the event where refreshments will be available.

Course Details L1017

START on b5272 road in line with round section concrete bollard at northern side of entrance to Glasson limited near Winmarleigh and about 2.5 miles North West of Garstang and 2.5 miles south of Cockerham parish hall. Proceed north along the b5272 to junction with a588 at Cockerham (2.75 miles) where bear left along a588 to Stakepool (7.52 miles), to bear left opposite the Elletson Arms (9.08 miles). Continue to Cogie hill farm (9.55 miles) where left to finish at the last telegraph pole before Gibstick Cottage west on Island Lane (10 MILES).

Course record: Jake Wright 20:51

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.

5 In ALL events competitors prior to starting are not permitted to ride past the Finish Timekeeper for the duration of the event.

6 ALL competitors making a U turn in the vicinity of the Start or Finish area will be disqualified from the event.

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 the finish. (This constitutes obstruction and is a breach of Regulation 49)

*Riders must NOT ride with their heads down. Regulation 50

“In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard”

For juniors the wearing of these Helmets is compulsory.

Please also note a copy of the Risk Assessment for the course will be available to read at the HQ

“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.”

Prizes (one prize per rider except team)

Prizes will be presented on the day post-race only. Unclaimed prizes will be donated to the next NLTTA event prize fund.

Please ensure your correct age/category is marked on the signing on sheet to determine prizes.

Fastest male = £15, 2nd = £10, 3rd = £5

Fastest Lady = £15, 2nd = £10, 3rd = £5

Fastest first time male = £5

Fastest first time female = £5

Fastest team of FIVE = £5 each

2nd fastest team of FIVE = £5 each

Fastest 40-49 year old = £5

Fastest 50-59 year old = £5

Fastest 60-69 year old = £5

Fastest 70+ year old = £5

Fastest Junior = £5

Fastest Juvenile = £5

Fastest Tandem or Trike = £10, 2nd = £5

Total prize fund £165