

**The Mens 10 Miles National Championships**

# Sunday 3rd September 2017

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by the North District.

First rider off at 14:01pm

**Event Secretary**

Steve Wilkinson

3 Holden Close, Barrowford, Lancs, BB9 6DP

07450 952 872

**Timekeepers**

Mr Mike Smith (start).

Mr Mike Westmorland, Mr Richard Abram (finish).

**Marshals**

Members of Nelson Whs CC,

**HQ (Open from 08:30)**

**Braithwaite Institute, A66, Braithwaite, Cumbria**

* Car parking, changing facilities and refreshments will be available
* HQ will be open from 08:30hrs for signing on and number collection. Hard copies of the start sheet will be available.
* **Numbers:** - Competitors must only use the numbers provided by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arm facing forwards.

**CTT National Representative**

Mrs Sue Bowler

**Course; L1021**

START at west end of layby on south side of A66 and 0.2 miles east of junction with B5291 (8 kerb stones East of last drainage grate at west end of layby).

Proceed west on A66 to Cockermouth roundabout, junction with A5086 (5.63m).

Encircle roundabout and retrace along A66 to finish adjacent to drainage cover in verge approximately 120 yards past cross roads (unclassified connecting road) and 0.4 miles after Embleton village junction (10m).

**Directions from HQ to Start**

On leaving the HQ, turn right towards Cockermouth; the start is 4.9 miles along the A66 at the first layby after the dual carriageway section.

**Note**; please be aware that upon reaching the start you will not be able to ride past the timekeeper, and if you cross the road and retrace towards Keswick you will need to negotiate about 2 miles of dual carriage way before you can head back towards the start. Please allow time for this, or better still, time your arrival at the timekeeper so that you don’t have a long wait.

**Please note regulation 17; signing on and signing out sheet**

# Competitors in all types of events must make themselves aware of any safety instructions for the event and sign the official signing on sheet when collecting their number.

1. In type ‘A’ events a competitor must return to the event HQ either during the event or within reasonable time after the last rider has finished and must;
2. Return their number
3. Re-sign the official signing out sheet

The official signing in/out sheet will be situated at the HQ.

**Local regulations**

* Riders must call their numbers at the finish and elsewhere on the course if requested.
* Riders must not stand in the road at the start or the finish as this constitutes obstruction and is a breach of regulations.
* Any competitor making a “U” turn in the vicinity of the start or finish will be disqualified from the event.
* In all events, competitors, prior to starting are not permitted to ride past the finish time keeper for the duration of the event.
* Riders must not ride with their head down.
* Riders must keep to the left hand side of the road when overtaking. Failure to comply with the above may lead to disqualification.
* No parking on the A66 except in designated lay-by’s.

Regulation 22(a) (use of motor vehicles) does not allow competitors to be preceded accompanied or followed, or in any way receive assistance from a motorised vehicle or its occupants.

**Prize list**

1st £120 + CTT Gold medal and invitation to Champions night

2nd £100 + CTT Silver medal

3rd £80 + CTT Bronze medal

4th £60

5th £50

 1st V40 £20

 1st V45 £20

1st V50 £20

1st V55 £20

1st V60 £20

1st V65 £20

1st V70 £20

1st team of 3 £25 each

**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**.

 In accordance with Regulation 15 ALL JUNIOR competitors must wear protective hard shell helmets.

**It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use**

**Itinerary**

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| 08:30 | HQ opens for competitors |
| 10:01 | Junior event starts |
| 11:15 | Junior event ends |
| 11:50 | **Junior prize presentation** |
| 12:01 | Ladies event starts |
| 13:15 | Ladies event finishes |
| 13:50 | **Ladies Prize presentation** |
| 14:01 | Men’s event starts |
| 16:20 | Men’s event finishes |
| 17:00 | **Men’s prize presentation** |