**ROSSENDALE ROAD CLUB**

**www.rossendaleroadclub.com**

10.3 miles (Hilly) SpoCo Time Trial (Bolton-by-Bowland)

Saturday 23rd February 2019 Start 2.00pm

Promoted for and on behalf of CTT under their rules and regulations. This is a Lakes and Lancashire SpoCo counting event.

Organiser: Paul Warrener 13 Lawnswood Castleton Rochdale OL11 3HB

Tel: 07932806110 e-mail: warrener.paul@yahoo.com

Course: L112 Bolton-by Bowland

Timekeepers: Start - Mr David Brown

Finish - Mr Peter Briscoe

**Course details:**

START alongside the village green approximately 50 yards up Hellifield Road from the centre of Bolton-by-Bowland. Proceed in a direction towards Hellifield to the cross roads near Paythorne where turn left (3.56 miles). Continue in the direction of Wigglesworth to T-junction with Sawley - Settle road (5.72 miles). Turn left, **extreme care to be taken at this corner**, and proceed in a southerly direction via Forest Becks (Care! Steep descent and bends) to T-junction where left in direction of Bolton-by-Bowland to FINISH after 330 yards at the first gateway on the right hand side of the road past entry to farm on left (10.3 miles).

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 start and finish timekeepers during the duration of the event.

**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.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 back to HQ and ensure they sign the **‘SIGN OUT SHEET’** Very important.

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 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.

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.

All riders are reminded that they are required to sign on prior to collecting their race number.

Parking for the event is available at the HQ (Bolton-by-Bowland village hall) which is situated behind the Coach and Horses public house. Additional car parking is available on a car park near the public toilets in the village. Any vehicles not being able to find space in these car parks are asked to park with consideration for local residents on Gisburn Road.

**PRIZES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| FIRST OVERALL | 40.00 | FIRST VET 50 | 10.00 | FIRST LADY | 30.00 |
| SECOND | 30.00 | SECOND VET 50 | 5.00 | SECOND LADY | 20.00 |
| THIRD | 20.00 |  |  | THIRD LADY | 10.00 |
| FOURTH | 15.00 | FIRST VET 60 | 10.00 |  |  |
| FIFTH | 10.00 | FIRST V 70 | 10.00 | FIRST VET 40 | 20.00 |
| SIXTH | 7.50 |  |  | SECOND VET 40 | 15.00 |
| SEVENTH | 5.00 |  |  | THIRD VET 40 | 10.00 |
|  | . |  |  |  |  |
| FIRST TEAM OF THREE (EACH) | 10.00 |  |  |  |  |

Note: ONE RIDER - ONE PRIZE (except for team prize)

Good luck to all riders -have a safe and enjoyable ride!