

**The Nelson Wheelers CC**

**Presents**

**10 Miles Time Trial**

**To be held on the L109**

# Saturday 9th July 2016

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations

**Event Secretary**

Tony Shaw

54 Longroyd Road, Earby, Barnoldswick Lancashire BB18 6NZ

07796243367

**Timekeepers**

Mrs Andrea Davies-Heywood (start), Mr Derek Black (Finish)

**Marshals**

Members of Nelson Wheelers CC.

**HQ (Open from 15:00)**

Sawley Village Hall

Sawley,

BB7 4LE

Tel 01200 441081

* Car parking, changing facilities and refreshments will be available
* HQ will be open from 015:00hrs for signing on. 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.

# Course Description

COURSE – L109

START on the A59 Clitheroe to Gisburn road at top of Sawley Brow at a point in line with a metal gateway at the western end of a large lay-by on south side of road.

Proceed south west along the A59 to turn at the first roundabout, junction with A671 (Clitheroe), (5,74m). Retrace along the A59 to finish at lamppost No 778 approximately 50 yards before the junction with local road to Chatburn. (10.00 MILES)

# Directions from HQ to Start

On leaving the HQ, head to the A59 and turn left onto the A59; the start is approximately 0.5 miles along the A59 at the top of the Hill. The start is at the west end of a layby at the top of the hill.

**IN THE INTERESTS OF YOUR OWN SAFETY,**

**Cycling Time Trials and the event promoters strongly advise all riders 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.**

# 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.
* Riders must give their number in at the finish and elsewhere on the course if requested

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

As this is a charitable event all proceeds will be donated to Pendleside Hospice.

**Rider list**

