

BORDER CITY WHEELERS CYCLING CLUB
OPEN 29 MILE HILLY TIME TRIAL - SUNDAY 16TH MAY 2021.

This is a Lakes & Lancs SpoCo Counting Event
Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Organiser; Lee Foster, 13 Solway View, Kirkbampton, Carlisle, CA5 6HR
Tel: 01228 576395 (home) – Mob: 07500 906644
Timekeepers Keith Bickley & Richard Abram

In Addition to the normal CTT safety requirements this event will include the additional measures resulting from the CTT COVID-19 Risk Assessment. It is vitally important that you read and comply with these requirements outlined in the section “COVID-19 Safety Requirements”. Please follow the measures required otherwise the CTT or local authorities could suspend events.

FIRST RIDER OFF AT 11.03 (Course L291)

START at southern end of Dalston village on the B5299, approximately 0.25 mile south of village centre.

Proceed south along B5299 to leave Dalston village and through Welton to Goose Green crossroads (4.7 miles) where turn right (with CARE) along B5305.

On reaching Street crossroads turn left (CARE-keep in) on to A595 & continue for one mile to Red Dial crossroads where turn left on unclassified road for Caldbeck up Brocklebank.

At the top of Brocklebank continue across crossroads (CARE-give way) onto B5299 & descend into Caldbeck (17.6 miles).

Keep left through Caldbeck joining unclassified road to Heskett Newmarket, where turn left down a steep twisting descent to Newlands Bridge (CARE-very narrow bridge**) & continue to junction with B5305 at Sour Nook (21 miles). Left (CARE-keep in) onto B5305 & after one mile descend into Sebergham to cross bridge (right hand bend coming off the bridge with an adverse camber). Continue up Doctors Brow (17% gradient 300 yds) & on to Goose Green crossroads (23.3 miles), where right (great CARE) on to the B5299.

Follow B5299 through Welton to FINISH approximately 0.4 mile past the first 30 MPH on entering Dalston village from the south (29 miles). The finish is directly opposite the start at the southern end of Dalston village. *(all distances approximate)*

****NB: Important - Descent out of Heskett Newmarket.**

Reminder: This is a short, steep, descent with bends. **Make Sure you slow down when you see the red flag!** There is a sharp right turn at the bottom of the hill onto a very narrow bridge. You must be in control of your bike. If there is a car on the bridge you **Will HAVE TO BE ABLE TO STOP SAFELY.**

Event Headquarters: Victory Hall Dalston Village

The Victory Hall is located approximately 50 yards away (south) from the Cooperative Supermarket and on the same side of the road (B5299).

The start: is approximately 300 yards south of the HQ on the B5299.

Car Parking: Do not park on the main road B5299 or the Supermarket car park (behind store). Also try to avoid using the car park in the centre of the village. There is a car park opposite the Supermarket (next to a field) and to the right of the Supermarket on the corner which is the preferred area to park and should provide ample parking.

Numbers & signing on will be at the HQ. Signing on will be from 10.00 hrs., please remember all competitors are required to personally “sign in” and “sign out” on completion of their ride.

Failure to do so will result in the competitor being recorded as DNF.

There are no changing facilities. The hall is only provided for the use of the toilets.

For further information you must read the **“COVID Safety Requirements”**.

In the interests of General Safety:

- Riders must **not ride with their head down.**
- Riders must keep to the left hand side of the road except when overtaking, failure to comply may lead to disqualification. Please consider you're own & other road users safety.
- Riders must call their numbers at the Finish & elsewhere on the course as requested.

- Riders **must not stand in the road at the start or finish** (this constitutes an obstruction & 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**
- **The CTT state that helmets are Mandatory for all riders under the age of 18.** Helmet must be hard/soft shell construction to a recognised standard (see regulation 15). Cycling Time Trials strongly recommends **ALL** competitors to wear such a helmet.
- CTT requires that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users & is active while the machine is in use.
- Competitors, prior to starting, are not permitted to ride past the finish timekeeper for the duration of the event. **Warming Up:** Please avoid warming up on the course once the race is in progress.)

Please take extra care, especially on descents, if there are wet or damp conditions.

The course is primarily on country roads/lanes therefore be careful as in certain areas the road surface is breaking up.

COVID-19 Safty Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately.
- Car Parking: Please park legally and respectfully and in such a way that social distancing can be observed.
- The HQ hall is only provided for the use of the toilets, please follow the guidance given below. The hall is **not** to be used as a changing facility, riders should arrive dressed to race.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one way system in place with 2m gaps marked. The competitors should take the disposable paper numbers home after the event for safely disposal.
- Sanitiser gel will be available at the sign on area and should be used.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- Report to the start three minutes before your start time. Maintain a 2m gap between yourself and the other riders waiting to start.
- You will need to start with one foot on the ground.
- The Timekeepers with either be sat in a car or stood a safe distance away. The Timekeeper will give the start countdown using their fingers, i.e. 5, 4, 3, 2, 1, Go (with the hand swipe movement) and verbal where appropriate.
- Timekeepers should not be approached at the start or finish.
- Riders must not leave person items with the timekeepers e.g. warn up tops or on the sign-on table.
- Once you have finished you should **sign out**, pack your bike away, then go home.
- The result will be posted on the CTT website and BCW website as soon as is possible. Any queries regarding the result should be address to the organiser Lee Foster. He will discuss the query with the Timekeeper/s and inform you of the outcome. The result will be amended accordingly, should that be necessary?
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Junior that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present with the rider.
- No refreshments are provided.

“An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup after the event via telephone”.

Use of Toilets at the HQ:

Face coverings are required when entering the hall.

Please apply the hand Sanitiser Gel located at the entrance to the hall as you enter.

Please follow the One Way system and observe the 2m social distancing markers.

The Male and Female toilets are in use. The disabled toilet is not in use.

Only one person is allowed in a toilet at a time.

The urinals in the male toilet are out of use as indicated.

A maximum of 4 people is allowed waiting in the hall (one by each marker).

Use the disinfectant wipes provided to wipe down the toilet seat, flush handle, handles, wash basin and taps.

Apply hand gel again on one way route back out of the hall.

Reminder, the toilets or hall are not to be used as a changing facility.

Reminder, Reinforcing the existing “Drafting Rule”: (re: Social Distancing):

“If you should catch another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pacemaker.

The onus is on avoiding company riding shall be on the rider overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by passing them, by repassing them and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that caught riders should allow a reasonable gap to develop of some 30 to 50 yards/metres”

“This far exceeds that of 2m guidance”

Rear Lights: An illuminated red rear light (continuous or flashing) must be attached to the rear of the bike visible to other road users

All events are subject to unannounced doping control.

AWARDS: (one rider, one prize) payment arranged after the event.

The prize list will be included on the Start Sheet along with the riders start times etc.

Stay safe and have a **SAFE** and enjoyable ride