



Southport Cycling Club
In association with MODA Bikes / GSG Clothing

Open 10 Mile Time Trial

(For and on behalf of Cycling Time Trials and under their rules and regulations)

Saturday 28th May 2022

First rider off 18.31

Course D33/10 Tarleton, Lancashire.

Event HQ – Mere Brow Village Hall, PR4 6JX

Prize List

(All category awards will be engraved trophies and medals)

With additional prizes kindly provided by MODA / GSG

	1st	2nd	3rd	Vets (on Std)
Fastest Rider	Trophy	Medal	Medal	V40+ Medal
Female	Trophy	Medal	Medal	V50+ Medal
Handicap	Trophy	Medal	Medal	V60+ Medal
Espoir	Trophy			V70+ Medal
Junior	Trophy			
Juvenile (U16)	Trophy			
			Fastest Team of 3	Medals

Medals to be awarded to riders setting new course records (M/F/J)
(One rider one prize rule – except for team prize and course records)

Best Southport CC Rider **Trophy**
Best Southport CC Female **Trophy**
Best SCC Handicap **Trophy**

Timekeepers Mr D Ritchie, Mr P Leonard, plus other SCC officials

Event Organiser

Alan Stark

10 Bannister Drive, Leyland, PR25 2GH

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Southport Cycling Club, Rotten Row, Southport.

Affiliated to BC, CTT, VTTA, NLTTA, Cycling UK, BCCA, Sefton Sports Council

Southport CC Open 10 Mile Time Trial

Covid 19 Guidelines.

IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 PLEASE DO NOT COME TO THIS EVENT

OBSERVE SOCIAL DISTANCING AT ALL TIMES

IF YOU ARE MORE COMFORTABLE IN A MASK, PLEASE WEAR ONE especially when signing on and off, or if going to the toilet.

Please use hand sanitiser before signing on and off, and when collecting the disposable numbers.

Important Note

Competitors travelling from the Preston / Leyland direction along the A59 please be aware that there are 4 way temporary traffic lights at the junction between the A59 and A565 at Tarleton. Allow an additional 10 minutes to reach the HQ. The traffic lights do not affect the course, however be aware that a 1 minute 'slug' of traffic is released from the lights along the course every 5 minutes.

Course D33/10 Details

Start in Lay By approx 200 yards W of Tarleton traffic lights on A565.
Proceed along the A565 – via Mere Brow traffic island (Marshal) to Banks roundabout. 3.82 miles (Marshal). Encircle roundabout with care and follow A565 to Mere Brow R/A 5.43 miles. (Marshal) Encircle roundabout and retrace to Banks R/A 7.09 miles – (Marshal) Encircle Roundabout and retrace along A565 via Mere Brow R/A, when straight on along A565 to finish just before the end of the Dual Carriageway.

The whole of the course is along the main A565 road. Apart from the first kilometre the course is along a dual carriageway. Care must be taken at the 'pinch points' about 1.7 miles after the start and approx. 1 mile from the finish. Care must also be taken when negotiating the roundabouts and obey the highway code. **There are a couple of sections of broken road surface on the riding line just W of Mere Brow Roundabout – Take extra care.** Riders are required to complete 2 laps of the route between Mere Brow and Banks roundabouts.

Course Records

Male	Simon Wilson	Ribble Weldtite	18.22	01-Aug-21	SCC Club Type B
Female	Charlotte Boothman	ABC Centreville	22.03	01-Aug-19	SCC Club Type B
Espoir	Conor McKinnon	Dolan Ellesse	20.46	15-Apr-21	SCC Club Type B
Junior	Francis Woodcock	Bury Clarion	21.09	11-Jul-19	SCC Club Type B
Juvenile	Joe Watkins-Wilson	North Cheshire Clarion	23.32	22-Apr-21	SCC Club Type B

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1 **EVENT HQ**

Event HQ is Mere Brow Village Hall, PR4 6JX. 'Signing On' will take place at the rear of the car park. Toilet facilities are available at the village hall. Changing is not permitted in either the toilets or the car park.

2 **PARKING** – Parking at the village hall is limited. Please park with consideration to others. The village hall has a bar and restaurant and may well have other patrons using the facilities.

3 Warming up on turbos or rollers is permitted, but riders doing so must not obstruct vacant parking bays. Warming up along the line of the course is strictly prohibited in the 15 minutes prior to the event start time. Recommended road for warming up is along the B5246 between Mere Brow and Rufford. It is approx. 3.5 miles to Rufford.

4 **START LIST** – Riders will be allocated a number and start time. Do not swap numbers: Your emergency contact details are assigned to this number. We do not want to phone the wrong person in the event of an emergency. If you are unable to attend please inform the event organiser if possible beforehand. **DO NOT** swap your name with someone else. Riders found to be doing this will be reported to CTT and not permitted to enter future events.

5 Please do not arrive too early – indicative sign on times are given. There is plenty of alternative roadside parking available along Mere Brow Lane and Blackgate Lane within a few hundred yards of the HQ. (See attached map). Please park with consideration to local residents and do not obstruct entrances. Park on one side of the road only.

6 **SIGNING ON**

Signing on / off sheets will be taped to tables located near the rear of the Bowling Green. Hand sanitiser will be available. Riders are required to sign on using their own pen. Social distancing must be maintained at all times.

Signing on opens at 5.30pm

Numbers 1-30 – 5.30 – 6 pm

Numbers 30 – 60 – 6pm to 6.30pm

Numbers 60 – 80 6.30pm to 7pm

7 **NUMBER COLLECTION.** Disposable numbers and pins are provided. There is no need to return them when signing out.

8 **RACE PROTOCOL / LOCAL REGULATIONS**

All riders **MUST** have working front and rear lights fitted to their machine in a clearly visible position (either flashing or constant). If you have no light or the light is not working then you will not be permitted to start. **Riders are also strongly recommended to have a front light as that makes them easier to spot by marshals and timekeepers, particularly in dull or wet conditions.**

9 **RIDERS MUST NOT RIDE WITH THEIR HEAD DOWN.** All competitors under the age of 18 **MUST** wear a helmet with Hard / soft Shell construction that conforms to a recognised standard (CTT Reg 15)

- 10 Junior and Juvenile Riders (age 12-18) **MUST** provide a duly signed parental consent form when signing on.
- 11 Distance from HQ to start is 2 miles. Allow 10 minutes. Turn L from the HQ along Mere Brow Lane and follow this to the junction with the A565 at Blackgate Lane. (1.3 miles). Cross the dual carriageway with caution, the turn R onto the main road. Riders **MUST** continue past the start and stop in a layby on the LHS of the road about 200 metres before the traffic lights. Cross the road and go to the start only when safe to do so. Aim to be in the start layby no more than 5 minutes before your start time.
NO 'U' TURNS ARE PERMITTED ON THE MAIN ROAD. ANYONE SEEN PERFORMING A U TURN WITHIN THE VICINITY OF THE START AREA WILL BE DISQUALIFIED AND REPORTED TO CTT.
- 12 Riders waiting to start must wait in turn and stay at least a full bike length away from other riders. They will be called to the start line 1 minute before their start time. There will be no pusher off. Riders must start with one foot on the ground. A 'rolling' start will not be permitted.
- 13 Make life easier for marshals and timekeepers. Shout your number as you pass. You must not approach the finish timekeeper for any reason.
- 14 The Finish is located just before the end of the dual carriageway and shortly before Blackgate Lane. After the finish riders **MUST** take the first turn left into Blackgate Lane (Marshal) and proceed along there until it is safe to perform a 'U' turn. Riders can then cross over the end of the dual carriageway with caution and return to the HQ – via Blackgate Lane and Mere Brow Lane. Riders must not attempt to cross directly over the end of the dual carriageway immediately after finishing – any rider doing so will be DQ and reported to CTT.
- 15 **Sign Out.** After finishing, riders must proceed directly to the HQ to sign out. They must not congregate in the HQ area or car park in groups of more than 6.
- 16 SCC will not be providing any catering facilities, however the bar in the village hall will be open, and a full range of refreshments including bar meals will be available. There is a large seating area on the terrace. Please respect other bar patrons.
- 17 **RACE RESULTS**
No official results or prize presentation will take place on the day. Results will be posted via the official CTT website as soon as practicable. We will endeavour to provide a provisional results board. Provisional results will be posted on Southport CC social media within 24 hours. Prize-winners informed via e-mail / post within 7 days. Engraved medals / trophies / vouchers will be sent to the award winners within 4 weeks. Riders who have pre-registered but fail to start will be shown as DNS in the official results
- 21 Vehicles on course. Time Trialling under CTT regulations is unsupported. Riders must not be followed for any reason along the course by a vehicle. Any rider suspected of having a following vehicle (including motorbikes / scooters etc) will be reported to CTT and disqualified.

Course D33/10

Southport CC Open 10 Mile TT

Course details and instructions to riders



No competitor parking in the village hall car park. Parking reserved for hall users and SCC officials only.

Riders must complete 2 laps between Mere Brow and Banks roundabouts

Event HQ
Mere Brow
Village Hall

Route to start shown in green
3 miles - 15 minutes from HQ -
allowing for crossing main road
and traffic lights. It eliminates U
turns near the start.

Plenty of parking along
Mere Brow Lane on the
route to start / finish.
Park with consideration
to residents.

DO NOT PARK ALONG
THE MAIN ROAD IN
THE VILLAGE

Limited extra parking
available in front of
Ashcroft's Mill Buildings
(Business closed down)

Warm up along B5246 through
Holmeswood towards Rufford.
Alternative route to start via Rufford
and A59 - 7 miles

Google Earth

Imagery Landsat / Copernicus

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