



East Lancashire Road Club - Open 10 Miles TT L1015

Saturday 17th APRIL 2021 - START SHEET

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

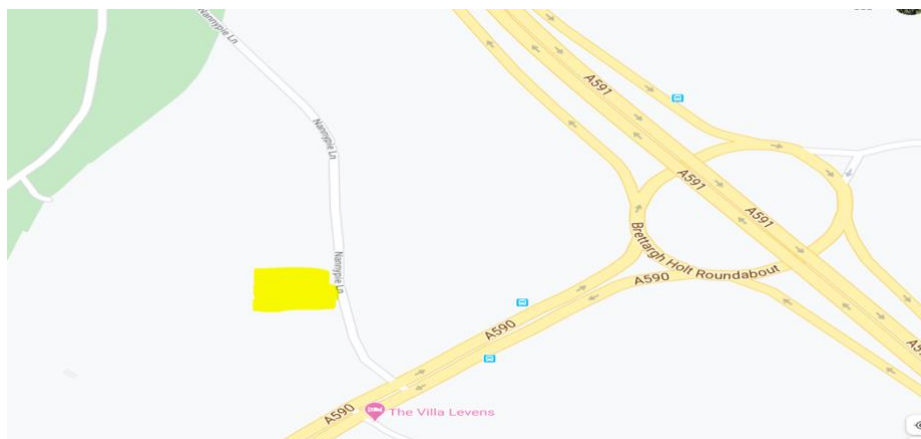
**** Please note due to the ongoing COVID-19 Pandemic CTT have completed an additional risk assessment on how events can be conducted. Please note this event will work differently from previously and it is vitally important you read the COVID-19 guidance in the document below. If more updates come into effect from CTT prior to the event starting I will inform you via email as soon as possible or on the day of the event.**

Failure to abide by the COVID-19 risk assessment could result in suspension of CTT activities and issues with local authorities around specific courses. We ask therefore for the ongoing prosperity of the sport you follow the guidelines to the letter.

Local Lockdown regulations can result in the race being cancelled at short notice.

Event Secretary: Jonathan Preston - **07985248367** **Time Keepers:** Mrs Margaret Belk and Steve Jenkin

Headquarters: Sizergh, Nr Kendal, LA8 8DZ (Lay-By). There are toilet facilities available



HQ opens from 17.15

First rider off 18.01

Please allow **10 minutes** to ride to the start. From the HQ- follow the road back to the A590, turn left to the RAB encircle and ride back up the A590 to the Start (DO NOT PASS THE START YOU WILL BE DISQUALIFIED).

The event received nearly twice the number of entries allowed and to avoid people congregating we have not allowed reserves. Please make every effort to start the race.



No.	Start Time	First Name	Last Name	Club	Gender	Category
1	18:01:00	Roy	Nield	East Lancashire RC	Male	Veteran
2	18:02:00	Matt	Nuttall	Fogartys Insurance Tri Team	Male	Veteran
3	18:03:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
4	18:04:00	Jack	Millar	East Lancashire RC	Male	Espoir
5	18:05:00	Daniel	Shackleton	ABC Centreville	Male	Veteran
6	18:06:00	Christopher	Dursley	Coveryourcar.co.uk RT - Fitted and Tailored	Male	Veteran
7	18:07:00	Brit	Tate	Team Bottrill	Female	Senior
8	18:08:00	Sue	Cheetham	North Lancashire Road Club	Female	Veteran
9	18:09:00	Tori	Peter	ABC Centreville	Female	Veteran
10	18:10:00	Dan	Taylor	Coveryourcar.co.uk RT - Fitted and Tailored	Male	Veteran
11	18:11:00	Phil	Barnes	SheHair Racing Team	Male	Veteran
12	18:12:00	Ben	Huddart	Lancashire RC	Male	Senior
13	18:13:00	Joseph	Cadwallader	Bury Clarion CC	Male	Veteran
14	18:14:00	Karen	Bailey	East Lancashire RC	Female	Veteran
15	18:15:00	John	Fiddies	Team Lusso	Male	Veteran
16	18:16:00	Christina	Wiejak	Saint Piran	Female	Senior
17	18:17:00	Paul	Nelson	Ribble Valley Crossroads Care Cycling Team	Male	Senior
18	18:18:00	Christopher	Thomas	Rossendale RC	Male	Veteran
19	18:19:00	Lynsey	Astles	Congleton CC	Female	Veteran
20	18:20:00	Derek	Parkinson	Springfield Financial Racing Team	Male	Veteran
21	18:21:00	Daniel	Chesters	Preston CC	Male	Veteran
22	18:22:00	Abi	Smith	Team Breeze	Female	Espoir
23	18:23:00	Roy	Flanagan	Rossendale RC	Male	Veteran
24	18:24:00	Joanna	Cebrot	Bury Clarion CC	Female	Veteran
25	18:25:00	Paul David	Fleming	Preston Whs	Male	Veteran
26	18:26:00	Peter	Greenwood	Clayton Velo	Male	Veteran
27	18:27:00	Aidan	Holgate	Green Jersey CC	Male	Senior
28	18:28:00	John	Bolton	Chorley Cycling Club	Male	Senior
29	18:29:00	Hannah	Bruce	Manchester Triathlon Club	Female	Senior
30	18:30:00	Luke	Jackson	CCN UK	Male	Senior
31	18:31:00	Paul	Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored	Male	Veteran
32	18:32:00	John	Huggon	Ribble Valley C&RC	Male	Veteran
33	18:33:00	John	Foster	North Lancashire Road Club	Male	Senior
34	18:34:00	Jo	Ryding	Crimson Orientation Marketing RT	Female	Senior
35	18:35:00	Mark	Chadwick	Wigan Whs CC	Male	Veteran
36	18:36:00	Paul	Taylor	North Lancashire Road Club	Male	Veteran
37	18:37:00	Mike	Westmorland	Border City Whs CC	Male	Veteran
38	18:38:00	David	Rundall	Chorley Cycling Club	Male	Veteran
39	18:39:00	Martyn	Stewart	East Lancashire RC	Male	Senior
40	18:40:00	Brian	Fogarty	Fogartys Insurance Tri Team	Male	Senior
41	18:41:00	Lee	Spoor	Tri Preston	Male	Veteran
42	18:42:00	Andrew	Greenhalgh	Team ASL-Bolton	Male	Veteran
43	18:43:00	Simon	Diggins	Bury Clarion CC	Male	Veteran
44	18:44:00	Carol	Westmorland	Border City Whs CC	Female	Veteran
45	18:45:00	Ian	Cox	Fogartys Insurance Tri Team	Male	Veteran



No.	Start Time	First Name	Last Name	Club	Gender	Category
46	18:46:00	Chris	Booth	Giant-Kendal RT	Male	Senior
47	18:47:00	Martin	Welsh	Pendle Forest CC	Male	Veteran
48	18:48:00	Phil	Hull	East Lancashire RC	Male	Veteran
49	18:49:00	Francesca	Counsell	Bella in Sella Racing	Female	Senior
50	18:50:00	Thomas	Minns	Giant-Kendal RT	Male	Senior
51	18:51:00	Kamil	Waligora	East Lancashire RC	Male	Senior
52	18:52:00	Deborah	Moss	Team Merlin	Female	Veteran
53	18:53:00	Maddie	Leech	PH-MAS Cycling	Female	Junior
54	18:54:00	James	Rutherford	Team Lusso	Male	Veteran
55	18:55:00	David	Hill	Giant-Kendal RT	Male	Senior
56	18:56:00	Adam	Taylor	Wigan Whs CC	Male	Senior
57	18:57:00	Sam	Kelly	East Lancashire RC	Male	Junior
58	18:58:00	Jack	Moore	Kendal Cycle Club	Male	Senior
59	18:59:00	Adam	Smith	East Lancashire RC	Male	Juvenile
60	19:00:00	Tony	Greenhalgh	Tactic Sport UK Race Team	Male	Veteran
61	19:01:00	Erica	Booth	Lancashire RC	Female	Veteran
62	19:02:00	Nigel	Clementson	Wigan Whs CC	Male	Veteran
63	19:03:00	Lee	Foster	Border City Whs CC	Male	Veteran
64	19:04:00	Caroline	Leighton	Lancashire RC	Female	Veteran
65	19:05:00	John	Morgan	Coveryourcar.co.uk RT - Fitted and Tailored	Male	Veteran
66	19:06:00	Phil	Shaw	Kent Valley RC	Male	Veteran
67	19:07:00	Kevin	Blades	Bury Clarion CC	Male	Veteran
68	19:08:00	Tony	Bowler	Rosendale RC	Male	Veteran
69	19:09:00	Janet	Fairclough	Liverpool Phoenix CC (Aintree)	Female	Veteran
70	19:10:00	Ben	Harrison	Crimson Orientation Marketing RT	Male	Veteran
71	19:11:00	Richard	Collins	Wigan Whs CC	Male	Veteran
72	19:12:00	Richard	Tyson	Rock to Roll CC	Male	Veteran
73	19:13:00	James	Bell	Beacon Wheelers	Male	Senior
74	19:14:00	Samuel	Wilson	East Lancashire RC	Male	Senior
75	19:15:00	Richard	Nesfield	Beacon Wheelers	Male	Senior
76	19:16:00	Tom	Maher	Horwich Cycling Club	Male	Veteran
77	19:17:00	Robert	Hulme	West Pennine Road Club	Male	Senior
78	19:18:00	Simon	Roddam	Wigan Whs CC	Male	Senior
79	19:19:00	Emma	Jeffers	JRC Shutt Ridley RT	Female	Junior
80	19:20:00	Patrick	Hickey	Rosendale RC	Male	Senior
81	19:21:00	Joe	Beech	Preston Whs	Male	Senior
82	19:22:00	Sammie	Stuart	Crimson Orientation Marketing RT	Female	Senior
83	19:23:00	Dave	Topping	North Lancashire Road Club	Male	Veteran
84	19:24:00	Martin	Horrobin	Horwich Cycling Club	Male	Veteran
85	19:25:00	Paul	Blackburn	Coveryourcar.co.uk RT - Fitted and Tailored	Male	Veteran
86	19:26:00	James	Duffy	Bury Clarion CC	Male	Senior
87	19:27:00	Andy	Stubbs	Barrow Central Wheelers	Male	Veteran
88	19:28:00	Paul	Russell	Springfield Financial Racing Team	Male	Veteran
89	19:29:00	Theresa	Taylor	Ribble Valley Crossroads Care Cycling Team	Female	Veteran
90	19:30:00	George	Peden	Team PB Performance	Male	Espoir



Due to CTT COVID-19 Risk Assessment no results board will be displayed at HQ and complete results will only be available via the CTT website post event after verification from the timekeeper. Provisional results will be available via the following link - .

<https://drive.google.com/drive/folders/18pxH4JbyI673dHHwX8TXXTMwpz0WEIS2?usp=sharing>

CTT Regulation 17: Signing-on & signing-out sheet

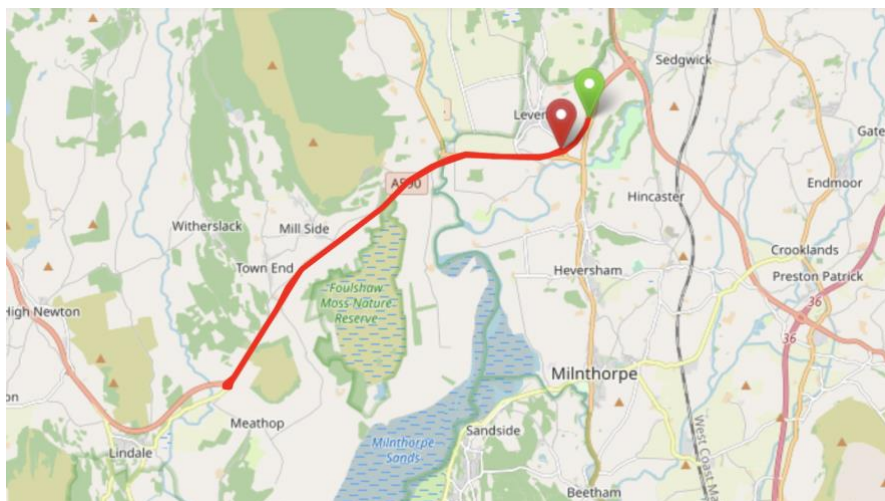
a) The competitors in all types of events must make themselves aware of any special instructions for the event and sign the official signing on sheet when collecting their number.

b) In type A events a competitor must return to the HQ either during the event or within a reasonable time after the last rider has finished the event and sign the official signing out sheet.

NEW MEASURES IN PLACE - there will be a one system to sign on and out, please BRING YOUR OWN PINS, PEN AND MASK.

There will be a copy of the risk assessment for viewing.

Course: L1015 – description



START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a 'Please take your litter home sign'. Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles). Retrace along the A590 to **FINISH** in line with the metal cover in northern grass verge embossed 'Charlton Iron Works Sheffield' which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).

Please note that over winter the road conditions have deteriorated badly. Please take appropriate care when



riding.

Prize List

	1 st	2 nd	3 rd	4 th	5 th
Women's Overall	£40	£35	£30	£20	£10
Men's Overall	£40	£35	£30	£20	£10
Women's Veteran (V40/V50/V60)	£25	£20	£10		
Men's Veteran (V40/V50/V60/V70)	£25	£20	£10		
Junior/Juvenile Male	£25	£20	£10		
Junior/Juvenile Female	£25	£20	£10		
First Team of Three	£10 each				

Please note there will be no prize presentation at the event due to the COVID-19 Risk assessment. Once we have finalised results we will contact you to arrange payment of prize money.

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 finishing timekeeper during the duration of the event.

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg No.10 Course L1015-warming up on the course is not permitted during the duration of the event.

Local Reg No. 12 – NO PARKING on the car park or on the frontage of the Strickland Arms.

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. Riders must give their number at the finish and elsewhere on the course where requested.

IN ADDITION TO THE ABOVE

Riders MUST NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of regulations and breaches the COVID-19 risk assessment below.)

Riders must NOT ride with their heads down.

Rider Safety 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.

1. **Competitor Machines - Lights: CTT Regulation 14(i) – Compulsory Use of Rear Red Light.** A red 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.

NO WORKING REAR RED LIGHT – NO START.



COVID – 19 Risk Assessment - IMPORTANT - READ CAREFULLY

General / Before the Event

- Only attend the event if you are in good health. If you are experiencing any symptoms associated with COVID-19 you must not attend
- Competitors should arrive 'dressed to race'
- For the Junior and Juveniles that are racing - 1 member of your household is permitted to attend with you. They also need to follow the guidelines stated in this briefing. Please ask them to wear a mask in the signing on/out area. They can assist you with mechanicals and first aid issues. They cannot sign on/out for you, but should be present when you do so.

At HQ

- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- No refreshments will be served at HQ
- Please ONLY park front bumper to rear bumper to ensure social distancing is maintained at all times. Parking is available along the road with the layby. Please ensure you park respectfully and legally.



- Please remain at your car unless preparing to ride your bike, signing in or out.
- There will be NO turbos allowed to use as warm up in the HQ Lane - Nannypie Lane. Turbo training warm up elsewhere is permitted so long as you park legally and away from a residential area. We encourage riders to warm up on the road.
- Please bring your own pen and mask to the event to sign on - there will be a one way system in place
- On arrival please come to HQ, The start sheet will be displayed on the table and the numbers laid out. Please sign on using your pen, take your number and return to your vehicle.

During The Race

- 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.
- Competitors MUST NOT leave any personal items with the time keeper or at the signing on/out table.
- There will be no pusher-off.
- Competitors must start with one foot on the ground.
- The timekeeper will be parked at the start line. They will either be at least 2 metres out of their vehicle or they will tap on the window to get the riders attention and count down to zero on their fingers to signal the competitor to start.



- Please arrive at the start no more than 5 minutes before your allocated start time and ensure that you line up more than two meters apart from other competitors. There will be a marshall based at the slip road to the A6 from the A590 to monitor the amount of riders in the layby.
- Spectators should ideally not attend unless supporting the running of the event.
- Drafting - If you should catch up 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 pace maker. The onus 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 re-passing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- Support vehicles are only permitted to pass you once within 10 miles and should not follow you on the course - this is probably mainly for the Junior and Youth rider who are permitted 1 member of their household with them. Riders should also have a first aid kit in their vehicle. In an emergency marshals will contact Jonathan Preston to deal with the situation who will assess the situation and seek emergency help if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser – **Jonathan Preston 07985 248367**. Please telephone the organiser if you have failed to finish the event.

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting



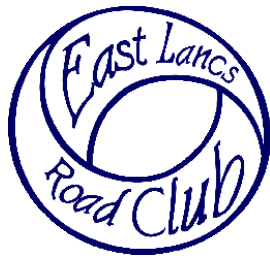
A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.

After the Race

- Competitors on finishing **MUST NOT** stop at the finish and **MUST NOT** loiter at the HQ/car park and **MUST** pack away and leave immediately upon completion of the race.
- No Results board or prize giving will be conducted on the day to ensure people do not gather at HQ. Results will be available via CTT and sent via e-mail as soon as we have collated them after the event.

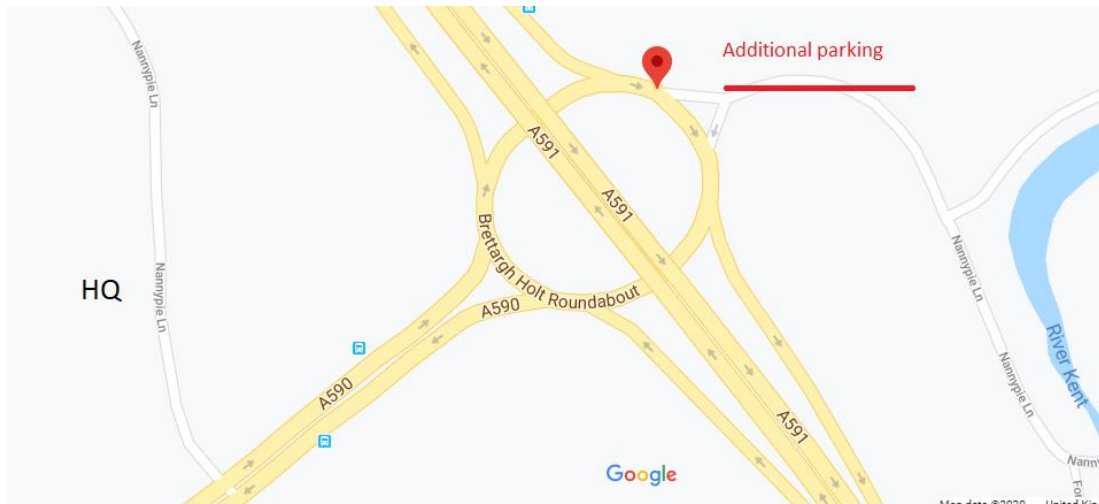
This event may be subject to a Doping Control

It is your responsibility to check As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board If your number is displayed you should report immediately to Doping Control which will be nearby Remember, it is up to you to check and ensure that you comply If required you must report to Doping Control after finishing without delay.

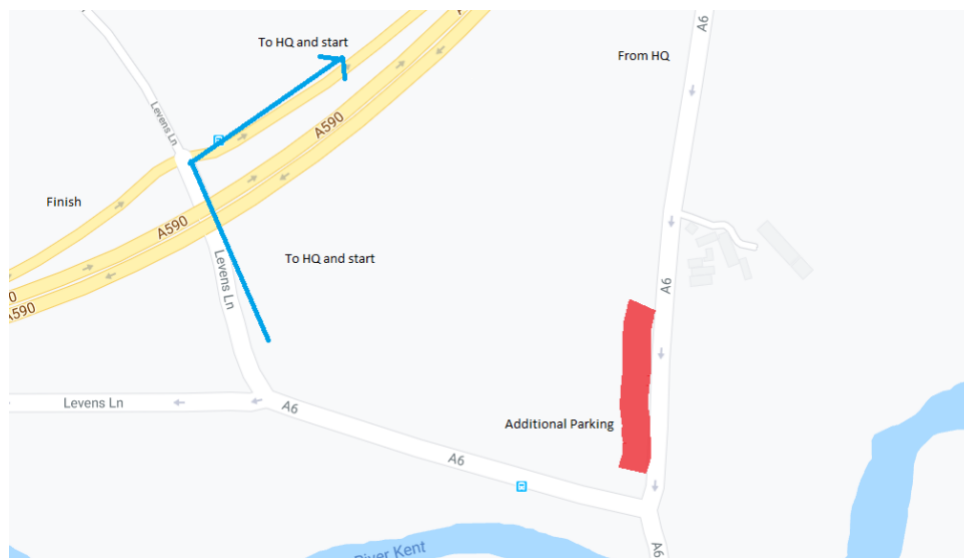


Additional places to park

LAS 8EA



LAS 8EG



There are smaller laybys on the course A590 and the A6 and Nannypie Lane.

Please be considerate when parking and social distance at all times. Do not get changed, urinate or warm up in front of or in close proximity of any residential home.