



Wigan Wheelers & Triathlon Club

Open 30 Miles TT L308

Sunday 20th August 2023 - START SHEET

Promoted on behalf of Cycling Time Trials under their rules and regulations

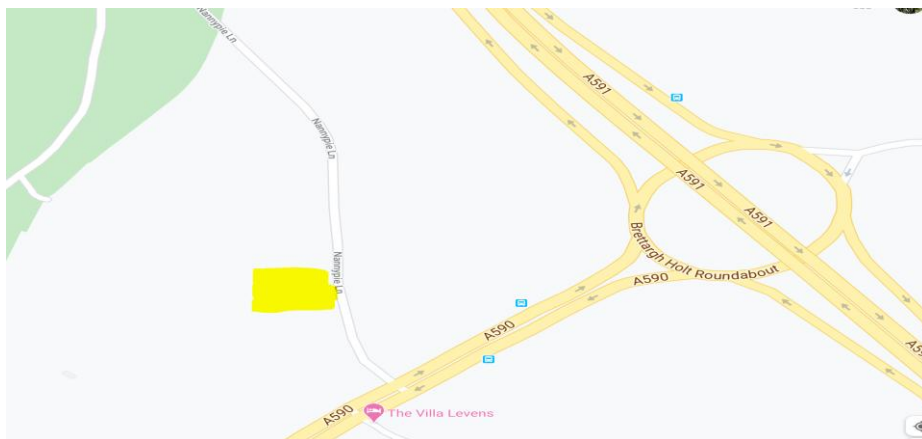
Event Secretary: Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN6 0SE. 07862289430.

Time Keepers: Amanda Ashworth & Tracey Moore

HQ opens from 7-00am.

First rider off 8:01am PLEASE CHECK YOUR START TIME!!

HQ: Sizergh, Nannypie Lane, Nr Kendal, LA8 8DZ (Lay-By). There are no toilet facilities available



Results will be displayed at the HQ.

Please allow **15 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 then take the slip road down to the A6. At the T junction turn right under the A590 THEN take the slip road back onto the A590 to the Start (DO NOT PASS THE START YOU WILL BE DISQUALIFIED once the event has started) **PLEASE DO NOT CROSS THE DUEL CARRIAGE WAY**

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 must (i) return their number and (ii) sign the official signing out sheet.

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

Course L308



START at north east end of layby on A590 approximately 0.7 miles south west of roundabout junction of A590 and A591. Proceed north east to encircle roundabout (0.65m) and retrace along A590 to Meathop roundabout (6.68m). Take the first exit on the B5277 towards Lindale, where encircle the mini roundabout (7.97m) and retrace along the B5277 to Meathop roundabout (9.26m). Take the second exit and proceed north east along the A590 past the start to complete 1 lap (14.66m).

Proceed again via A590/A591 roundabout and Meathop/Lindale roundabouts to complete a second lap (29.32m)

After passing the start for a second time proceed a third time to Roundabout junction with A590/A591 (29.96m), where take the second exit onto unclassified road (Nannypie lane) to finish at 'Clearway end' signs on bend just before layby on left (30m).

PRIZE LIST 30 Mile TT:

Male- 1st £40 2nd £30 3rd £20

Female-1st £40 2nd £30 3rd £20

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 L308-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 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 give their number at the finish and elsewhere on the course if requested.

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.

* Do not throw away any gel wrappers on the course, please collect and take home to dispose.

Rider Safety Helmets: ALL riders now must wear a helmet. [Regulation 15].

Remember your front & rear light if you don't want to be disqualified:

**"NO HELMET, NO FRONT AND REAR LIGHT
NO RIDE"**

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

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.

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.

COVID – 19 Risk Assessment - IMPORTANT - READ CAREFULLY

- Only attend the event if you are in good health. If you or any family members are experiencing any symptoms associated with COVID-19 you must not attend.
- Competitors on entering should be informed that they should not attend if they feel ill in ANY way especially if they or family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case.
- Any competitor where the above is relevant should obtain a lateral flow test.
- Competitors should be encouraged to undertake a lateral flow test prior to attending the event.
- Any Positive Tests the competitor should not attend the event.
- It should be the responsibility of the competitor to obtain and take a lateral flow test prior to attending an event.



Big **THANK YOU** to all the marshals.

Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the Wigan Wheelers.

Organiser on the day: Nigel - Mobile: 07862 289430