

The Michael Pryce and Christine Goodfellow Memorial Time Trial promoted by The North Lancashire Road Club for and on the behalf of The Cycling Time Trials under their Rules And Regulations.

Saturday 3rd April 2021 at 7.15 hrs on Course L101

Timekeepers: Messrs Mike Addis & Peter Briscoe

Organiser: Terry Parker, 4 Hindle Fold Lane, Gt. Harwood, BB6 7PT Tel: 07791555823

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Please note the following Covid 19 Regulations issued by the CTT.

Competitors should not attend if they feel ill in ANY way or if 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. 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 warm up.

Ideally all warm-ups should be done on the road although at the discretion of the organiser, static warm-ups can be permitted if strict social distancing can be maintained.

Competitors MUST NOT gather in any way regardless of current guidelines, at the HQ area or elsewhere, but should pack away and leave immediately upon completion of the race after returning their number and signing out.

Competitors MUST NOT leave any personal items with the time keeper.

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.

There will not be a pusher-off. All competitors MUST start with one foot on the ground.

Please arrive at the start NO MORE than 4 minutes before your start time.

Course Details: Start approximately 700yds north of the traffic lights on the Garstang by-pass, at a point in the cycle lane on the A6, directly opposite lamppost number 423. Proceed north along the A6 then encircle the traffic island at Hampson Green (4.87miles). Retrace the route along the A6 past the starting point. Finish at the lamppost number 411 on the east side of the road 215 yards north of the traffic lights. (10 miles).

The following local regulations will apply:

- Local Regulation No.1: Motor vehicles must NOT be parked on the grass verge along the A6 from Green Lane traffic lights to the junction with Snapewood Lane, or on the B6430, nor on any of the private premises near the start or finish.
- Local regulation No.2: Motor vehicles must NOT be parked on the grass verges on the B5272 (Cockerham Road) west of the A6. Or within 100yards of the traffic lights. Thereafter parking is only ALLOWED on the SOUTH side of the road.
- Local Regulation No.5: In ALL events, competitors prior to starting are not permitted to ride past the finish time-keeper during the duration of the event.
- Local Regulation No.6: Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.
- Local Regulation No.10: Course L101 and L1015 – warming up on the course is not permitted during the event.

- Local Regulation No.15: Riders must keep to the left hand side of the road except when overtaking.
- Local Regulation No.16: For events on the course L101 competitors waiting for their start must keep off the A6 and use the adjacent cycle path without causing obstruction.

Riders must give their numbers at the finish and elsewhere on the course if requested.

Riders must not stop on the A6 after passing the time-keeper as this is a clearway. (The clearway is from the south end of Garstang by-Pass to Hampson Green Roundabout).

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is in breach of regulations).

Riders must NOT RIDE WITH THEIR HEAD DOWN.

All competitors under the age of 18 years and/or juniors must wear a HELMET of HARD/ SOFT SHELL construction that conforms to a recognised standard (see Reg.15). Cycling Time Trials and the event promoters strongly advise all competitors to wear a Hard Shell Helmet that meets an internationally accepted safety standard.

Cycling Time Trials recommends that a working rear 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.

Advisory Note: Bad weather over the winter period may have resulted in deteriorated road conditions.

HEADQUARTERS. There is no event HQ this year due to the Covid19 Regulations. Signing on/off and race numbers will be available from the gazebo in Cockerham Road. (B5272), approximately 700metres west from the traffic lights at the junction with the A6.

Riders **MUST** sign the signing on sheet in the HQ in order to obtain their race number and **sign out** when returning their number.

A copy of the risk assessment will be available for viewing.

Prize List Note: One rider on prize except for Team Prize. There will not be any Prize Presentation at the end of the event. Prizes will be made later via credit transfer

FASTEST MAN: £50 plus the Michael Pryce Memorial Trophy to be held for one year plus Free ticket to the NLRC Awards Evening

2nd fastest man: £40, 3rd £25, 4th £15, 5th £10.

FASTEST LADY: £50 Plus the Christine Goodfellow Memorial Trophy to be held for one year plus Free ticket to the NLRC Awards Evening.

2nd Fastest Lady: £40, 3rd £25, 4th 15, 5th £10.

FASTEST Juvenile £10

FASTEST JUNIOR: £10

FASTEST TEAM OF 3: £10 per rider

FASTEST VETS: 40-44 £10, 45-49 £10, 50-54 £10, 55-59 £10, 60-64 £10, 65-69 £10, 70-74 £10, 75+ £10.

Have a safe and enjoyable event,

Terry

