**Open 50 mile TT – L5012**

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

**Sunday 2th August First rider off: 09:00hrs**

**Event organiser:** Kenneth Brown **Timekeeper:** Mrs Tracey Moore

33 Chaucer Road, Workington, Cumbria, CA14 4HQ **Assistant:** Mr Tim Houghton

Tel 07921334158 email kennethbrown81@sky.com

**Event HQ-** Braithwaite institute, Braithwaite, Keswick, Cumbria CA12 5RY

Please note the building will NOT be open, I have arranged portaloos and sign on will be outside. Parking is available at the HQ using the field and car park. The start is approx 0.3miles from the HQ. Leave the HQ turning left on the A66. Sign on available from around 8am

**Course details**

Start at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall. Proceed in an easterly direction along A66 to encircle the RAB at the junction of A591/A66 Keswick/Bothel road (1.95 miles). Retrace along A66 in a westerly direction to encircle the RAB at the junction with the A5086 near Cockermouth (14.80 miles). Proceed in an easterly direction through the start point to the RAB near Keswick (27.65 miles) and retrace to the Cockermouth RAB (40.50 miles). Encircle RAB and retrace the A66 towards the start point. Finish is end of lay-by prior to the overpass about (50miles) 1.4 miles before the start point.
 <https://ridewithgps.com/routes/28210998>

**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.**

**CTT Regulation 14 Competitors machine – Rear lights:** No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:**

1. The Competitors in all types of events must make themselves aware of any special safety instructions for the event (which have been emailed) and sign the official Signing-on Sheet when collecting their number.
2. In Type A events a competitor must return to the events 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

**Local regulation No. 5:** In all events, competitors prior to starting are not permitted to ride past the finish timekeeper 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. 9:** No Parking on the A66 except in a designated Lay-By

**Local regulation 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.

**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.

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.

**COVID-19**

CCT have a risk assessment published given the COVID-19 Pandemic. This will be emailed and can be found here (<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>) it is essential that all riders follow the guidelines within that risk assessment as well as the government guidelines.

Also :-

* 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 warmup.
* All warm-ups should be done distanced appropriately
* Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
* Competitors MUST NOT leave any personal items with the time keeper.
* 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 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.
* It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

**In addition to this please take note of the following**

* There will be reduce helpers at the event. Please familiarise yourself with the course and risk assessments sent out prior to the event. If you have any queries please contact me prior to the race
* Sign on will be outside so the event will be at risk if the weather is inclement
* Disposable numbers have been ordered for the event, please **provide your own pins** and collect your assigned number on sign on. There is no need to return it, but please sign out & note if DNF
* Please use sanitation gel provided prior to and after sign on & sign off, or use gloves provided
* Please **provide your own Pen** for sign on
* I have arranged poraloos, please use at your own risk, preference is to use local facilities (as there will be no hot running water). I will provide hand sanitiser/antibacterial spray wipes/gloves and a separate bin for these products.
* You will start with one foot on the ground, no push off and timekeeper will be socially distant
* Please observe the CTT anti-drafting rules when passing or being passed by other competitors passing only on the right hand side when it is safe to do so.

**AWARDS-** one rider one prize except team (highest value awarded). Prizes and Times will be emailed separately after the event. Please note prize fund reduced due to extra costs incurred due to COVID-19 mitigation

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|  | 1st | 2nd | 3rd | 4th |
| Overall | £30 | £25 | £20 | £15 |
| Vet 40+ | £20 | £15 | £10 |  |
| Vet 50+ | £20 | £15 |  |  |
| Vet 60+ | £20 |  |  |  |
| Vet 70+ | £20 |  |  |  |
| Ladies | £30 |  |  |  |
| Ladies Vet | £20 |  |  |  |
| Espoir | £20 |  |  |  |
| Team of 3 | £30 |  |  |  |

Have a Fast and Safe Ride

Thanks

Ken