

# NORTH LANCS ROAD CLUB

## **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 2nd April 2023 on Course L101**

Timekeepers: Messrs Terry Parker & Peter Briscoe

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

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Please **sign on** and collect numbers from the headquarters from 7.00 am where a copy of the course risk assessment will be available to view.

**PLEASE NOTE: FIRST RIDER OFF AT : 08:12**

**HEADQUARTERS.** Catterall Village Hall, Garstang Road, Catterall Preston PR3 1XN.

Parking available at the HQ. Allow 15minutes to ride to the start, approximately 2.5miles.

Directions to the start: Follow B6430 into Garstang (2 miles approx), turn left on Croston Road towards A6. At Traffic lights turn right up to start.

**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). Re-trace 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 Regulations have been approved by the National Committee in accordance with regulation 38. any breaches may lead to disciplinary action:**

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

(a)The competitors in all events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number

(b) In open (Type A) events a competitor must return to the event 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.

### **Attention all competitors**

Please note that all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

## **CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.**

**NO COMPETITOR** shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine **A WORKING FRONT WHITE LIGHT**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **A WORKING REAR RED LIGHT** must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users

**Please note riders without a working front light or rear light or a helmet will not be allowed to start.**

### **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.

### **Regulation 15. Protective Helmets**

**All** competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN1078. It is the responsibility of the rider to:

(a) Select a helmet that offers protection against head injury and does not restrict rider's vision or hearing.

(b) Ensure that the helmet is properly fitted, is undamaged and in good condition. *Advisory Note: Bad weather over the winter period may have resulted in deteriorated road conditions.*

### **Prize List**

**Note: One rider on prize except for Team Prize. The Trophies will be presented after the event, but cash prizes will be made later by credit transfer.**

**FASTEST MAN:** £40 plus the **Michael Pryce Memorial Trophy** to be held for one year.

2<sup>nd</sup> fastest man: £30,

3<sup>rd</sup> Fastest man: £20.

**FASTEST LADY:** £40 Plus the **Christine Goodfellow Memorial Trophy** to be held for one year.

2<sup>nd</sup> Fastest Lady: £30

3<sup>rd</sup> Fastest Lady £20.

**FASTEST TEAM OF 3:** £10 per rider

**FASTEST VETS:** 40-49 £10, 50-59 £10, 60-69 £10, 70+ £10.

Have a safe ride.