

# BORDER CITY WHEELERS CC

## Open 10 MILE TIME TRIAL L1010 (Keswick) – SATURDAY 10 JULY 2021

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

**Event organiser:** Lee Foster. 13 Solway View, Kirkbampton, Carlisle CA5 6HR  
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**Timekeepers:** Richard Abram and Keith Bickley

**In Addition to the normal CTT safety requirements this event will include the additional measures resulting from the CTT COVID-19 Risk Assessment. It is vitally important that you read and comply with these requirements outlined in the section “COVID-19 Safety Requirements”. Please follow the measures required otherwise the CTT or local authorities could suspend events.**

**Event HQ-** Embelton Village Hall, *Embleton, Cumbria, CA13 9XU*. Parking is limited please park curiously. **Important:** please refer to the notes for parking. The HQ is approximately 3.7 mile from the start and will be open from around 13:00. HQ is only to be used for toilet facilities all Social-distance signage to be strictly followed.

### **Course details (First Rider off at 14:01)**

START in the lay-by at the Bassenthwaite Lake side of the A66 road at the eastern end of the dual carriageway in line with the white mark 5 yards west of the easterly end of the tarmac footpath section. Proceed in a south-easterly direction along the A66 to encircle the Roundabout at the junction with the A591 Keswick/Bothell road (5.3 miles). Retrace along the A66 to FINISH at the white mark at grate in the roadside immediately east of a farm gateway approximately 0.2 miles before the Thornthwaite junction and 0.8 mile short of the start (10 MILES).

**GENERAL SAFETY: 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 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. 10: Warming up on the course is not permitted during the duration of the event**

**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.**

**Local Reg No 17 On the L1010, competitors must not access the Start Lay-By via the carriageway break and ride West bound** on the East bound carriageway. This will lead to disqualification from the event.

### **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.**

**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.

**Helmets:** The CTT state that it is MANDATORY for all competitors under the age of 18 to wear a Helmet. Helmets must be hard/soft shell construction to a recognised standard (see regulation 15). Cycling Time Trials strongly recommends **ALL** competitors to wear such a helmet.

Disposable paper numbers will be used, Times will not be available at the event, all prizes will be via BACS (or cheque if required).

(continued)

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## COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend
- 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 (DNS) and leave immediately.
- Car Parking: please park legally and respectfully and in such a way that social distancing can be observed. Refer to the "Parking" instructions on the next page.
- The hall (HQ) is only provided for the use of the toilets, please follow the guidance given below. The hall is **not** to be used as a changing facility, riders should arrive dressed to race.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. The competitors should take the disposable paper numbers home after the event for safe disposal.
- Sanitiser gel will be available at the sign on area and should be used.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained.
- Report to the start four minutes before your start time. Maintain a 2m gap between yourself and the other riders waiting to start.
- You will need to start with one foot on the ground.
- The Timekeepers with either be sat in a car or stood a safe distance away. The Timekeeper will give the start countdown using their fingers, i.e. 5, 4, 3, 2, 1, Go (with the hand swipe movement) and verbal where appropriate.
- Timekeepers should not be approached at the start or finish.
- Riders must not leave person items with the timekeepers e.g. warn up tops or on the sign-on table.
- Once you have finished you should **sign out**, pack your bike away, then go home.
- The result will be posted on the CTT website and BCW website as soon as is possible. Any queries regarding the result should be address to the organiser Lee Foster. He will discuss the query with the Timekeeper/s and inform you of the outcome. The result will be amended accordingly, should that be necessary? No times will be given to riders or supporters at the finish.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Junior that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present with the rider.
- No refreshments are provided.

### Use of Toilets at the HQ:

Face coverings are required when entering the hall. Please apply the hand Sanitiser Gel located at the entrance to the hall as you enter. Please follow the One Way system and observe the 2m social distancing markers. Only one person is allowed in a toilet at a time.

Use the disinfectant wipes provided to wipe down the toilet seat, flush handle, handles, wash basin and taps.

Apply hand gel again on one way route out of the hall.

Reminder, the toilets or hall are not to be used as a changing facility.

After starting there is a narrow lane between the kerb and white line (main carriageway). Beware, if you ride in this lane as it comes to a dead stop after a couple of miles. Reminder to "Keep Your Head Up".

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## PARKING:

Please note Parking at the HQ is limited. Please do not park on the road outside the HQ and leave this available as a drop off area for people to sign ON/OFF prior to parking permanently elsewhere. Parking is available near the start at Beck Wythop, Thornthwaite road and also the road alongside Dubwath Meadows Nature Reserve.



HQ – Parking



Old road to Pheasant inn (Dubwath). Only park one side and at either end of the road, not by Pheasant inn



Parking Near Start (beck Wythop) And finish (Thornthwaite rd). Please take note of Reg's (5,6,10 & 17)

(Parking instructions courtesy of Ken Brown, VC Cumbria)

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**Awards (one rider one prize).**

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Overall	£40	£35	£30
Esp / Jr	£30	xxx	xxx
Fem	£30	xxx	xxx
Vets 40 - 49	£30	25	20
Vets 50- 59	£30	25	20
Vets 60 – 69	£30	25	20
Vets 70+	£30	xxx	xxx

Have a Safe and enjoyable ride,

Lee Foster