**SPRINGFIELD FINANCIAL RACING TEAM Open 10 Mile Time Trial**

**Promoted for and on behalf of Cycling Time Trials Under their Rules and Regulations on Saturday 12th June 2021 at 18:00hrs**

Course L1015 – LEVENS: Timekeeper: Tracy Moore

Assist T/keeper: Peter Jack

First Rider – 18:01hrs

**COVID 19 GUIDELINES**

**Competitors should not attend if they feel ill in any way or if family members have any symptoms.**

**An elevated resting heartrate or exceptionally quick to react heartrate during warm up can suggest an underlying asymptomatic illness. You should NOT start the event and leave immediately. Do not go to the start line if you feel this is the case, notify the organiser of your intention to DNS as a result of an adverse warm up.**

**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. Please bring your own pen for signing on/off.**

**Competitors MUST NOT leave any personal items with the timekeeper/volunteers.**

**No support can be provided if a competitor suffers mechanical difficulties. It is advised that all competitors carry a spare 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.**

**PLEASE OBSERVE SOCIAL DISTANCING AT ALL TIMES.**

**Event Headquarters**

Numbers & signing in/out sheet will be available in the layby on Nannypie Ln, Sizergh, Kendal LA8 8DZ.

Please **RETURN** your number after your ride & remember to **SIGN OUT.**

The attention of the riders is drawn to the conditions of the roads in the area. Please be aware of potholes and the surface deterioration after the bad weather during the winter.

Please do not gather at the signing on table, allow one person in, one out. There will be no refreshments. Ideally, please come ready to race.

**UNDER NO CIRCUMSTANCES MUST PARTICIPANTS CROSS THE DUAL CARRIAGEWAY TO GET TO THE START**

**RIDERS MUST TURN LEFT, PROCEED DOWN THE DUAL CARRIAGEWAY, AND CIRCUMVENT THE ROUNDABOUT TO ARRIVE AT THE START – PLEASE GIVE YOURSELF ADDITIONAL TIME TO ALLOW FOR THIS**

**We must insist that all participants are respectful of the local community by being QUIET and CONSIDERATE ‘AT ALL TIMES’.**

**We will be hosting this event for charity. Instead of giving out prizes, we will make a charitable donation at the end of the season.**

**Course Details L1015:**

**START** in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a ‘Please take your litter home sign’.

Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles).

Retrace along the A590 to **FINISH** in line with the metal cover in northern grass verge embossed ‘Charlton Iron Works Sheffield’ which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 miles).

**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.**

**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.

**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 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 even and must (i) return their number and (ii) sign the official Signing–Out Sheet

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| **Local Reg No 5** |
| For the duration of the event, competitors must not ride past the timekeepers, except when actually competing. |
| **Local Reg No 6** |
| Any competitor making a ‘U’ turn in the vicinity of the start or finish will be disqualified from the event. |
| **Local Reg No 10** |
| Course L1015, L2524 & 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 on 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. |

**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.

**The CTT state that helmets are Mandatory.**

**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).**