

**Event is promoted for and on behalf of Cycling Time Trials under their Rules and Regulations**

**OPEN 25Mile TT 29/06/2019**

**Start Time 14:00 (first rider off 14:03)**

**Event Organiser**

Joanne Percival

12 Manesty Rise

Low Moresby,

Whitehaven

07817 654764

**Senior Time Keeper:** Tracey Moore, **Assistant Timekeeper**: Tim Houghton

**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 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 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.

Competitors Machine – Lights: CTT 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.

**Event Head Quarters -**

The event headquarters Eaglesfield Paddle C Of E Primary Academy, Cockermouth, CA13 0RX. There will be refreshments available after the event. The headquarters is approximately a 10 minute ride from the event start; parking is only available at the event headquarters, not near the start of the event. **Open from 13:00**

**Course Description**   
START at painted mark on kerb against drain at east end of the first lay-by to the east of Simonscales Bridge over the A66. This lay-by is 0.75 miles from the roundabout junction with the A5086 Cockermouth/Egremont Road.  
Proceed from the start along the A66 in an easterly direction to the A591 Keswick/Bothel roundabout junction (12.1 miles). Encircle the roundabout and retrace along the A66 to the roundabout at the Cockermouth/Egremont junction (24.8 miles) where turn left taking the A5086 Egremont road to FINISH beyond entrance to the Premier Inn at painted mark in line with large A5086 sign (25 miles).

Extra care to be taken by all riders entering the undulating carriageway section on the return leg approximately 5.5miles from the finish due to the carriage way narrowing in places.

Prizes:

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1st | 2nd | 3rd |
| Overall | £45 | £30 | £10 |
| Vet 40+ | £55 | £40 | £20 |
| Vet 50+ | £45 | £30 | £10 |
| Vet 60+ | £40 | £20 | £10 |
| Vet 70+ | £12 |  |  |
| Ladies | £20 | £15 | £10 |
| Espoir | £12 |  |  |
| Junior | £12 |  |  |
| Trike | £8 |  |  |