

Start Sheet for the

Northampton & District Cycling Association

10 mile Time Trial (TT Series Event 6 of 8)

Incorporating the SEM National Youth (GHS) district qualifying event

Saturday 17th June 2023 starting at 2 pm

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

This event is a counting event for all categories of the N&DCA Time Trial Series Championships and is organised on behalf of the NDCA by the **Kettering Cycling Club** and its Members.)



FOUNDED 1935

PRESIDENT:
Sue Holliday

Headquarters:

Walgrave Village Hall, Newlands Road, Walgrave, Northants. NN6 9PZ

Facilities:

The HQ will be open from 12.30 pm for toilets and car parking. If parking outside, please restrict the parking to the grass verge adjacent to the sports field, and ask that you consider the local residents and take directions from a parking Marshall if required to do so.

Timekeepers: Jon Thorne & Peter Riley **CTT Observer:** TBC

Start Line Official: (To 'manage' the start line and assist the start timekeeper): **Adrian Gorham**

Event Secretary: Noel Toone, 5 Sondes Close, Oundle, Northants. PE8 4QH Tel: 07490 729582

Prize Values	Handicap Prize
1st	£15
2nd	£12
3rd	£10
4th	£ 9
5th	£ 8

Please note that:

The handicap prize for this event is based on predicted Spindata times. In the event of no Spindata prediction being generated which might be the case if not many events have been ridden recently, the time to beat will be the rider's PB for 10 miles as supplied by the CTT entry form data. To be eligible for this prize competitors must have a 10 mile best time to beat.



Two spot prizes per event have been kindly donated by 76 Projects. Details of their products are available using this link <https://76projects.com/>. These will be awarded to the middle placed rider in the TT bike and road bike categories (if there is an even number then this will be awarded to the faster rider).

Local Regulations:

NO U-TURNS are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for DISQUALIFICATION from the event and further disciplinary action by the district committee.

Please also remember that there is a need for good behaviour and consideration towards other road users and local residents in order to avoid any complaints being received.

Numbers:

These will be available at the Event Headquarters, not at the Start. Each number will have pins in each corner, please remove and place in box if not needed because you are using a NoPinz pocket. Also only use the corner pin holes and do not make more holes if using pins.

Please ensure that the body number is clearly visible from behind and fixed on the lower back.

Signing In/Out:

Please ensure that you sign the "Signing-On" Sheet when collecting your number and clearly call out your number when crossing the finish line.

Please ensure you return your number to HQ and sign-out, using the "Signing-on/off" Sheet. Failure to do so could result in your exclusion from the Results.

Road Bike category

For your ride in this event to be eligible for the season long Road Bike category please indicate this on the signing on sheet by ticking the appropriate box or writing RB next to your name. The start line assistant will check your bike meets the road bike criteria at the same time as checking lights. To be eligible your bike must not have "tri-bars" or equivalent, disc wheels, less than 12 spokes or other fairings. In event of a dispute regarding RB eligibility, the organisers decision is final.

Compulsory Front/Rear Lights and Helmets:

Regulation 14(i) requires all Competitors to have 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 14(j) requires all Competitors to have 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.

Regulation 15 requires that 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 EN 1078.

Failure of any of the above three points will render the competitor not being allowed to start the event.

Doping Control:

This event may be subject to Doping Control. As soon as you have finished you should return to HQ as it is your responsibility to check if you are required for a Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the Result Board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure you comply.

Ride to the Start Point:

It is almost 3 miles to the start at Lamport, so allow approx 15 mins to ride to the Start. There is no parking at the start and finish.

Good luck and trust you all have a good and trouble free ride.

Noel Toone
Event Secretary

COURSE IDENTIFICATION: COURSE NUMBER N3/10

Start	At the signpost at the junction with Draughton Lane in Lamport
Proceed	North East towards Rothwell, passing junction to Foxhall
Bear right	to Rothwell and to roundabout south side of bridge over A 14 (4.809 miles)
Encircle	Roundabout to retrace route to Lamport and passing start to
Turn	Left towards Old (give way) (M) (9.765 miles) and
Finish	At telephone pole 43 opposite entrance to bridle-way at Porters Lodge, Lamport Hall

COURSE NOTES :-

The only motor vehicles associated with the Event allowed near Start or Finish will be those of the Timekeepers

If passing any Horse Riders, please give due consideration and plenty of space.

Please take extreme care at the Turn Roundabout re traffic approaching from Rothwell and off the A14.

Please take extreme care when passing through villages re Parked Cars, Bends and Pedestrians. Including going to and returning from the start and finish.

Please refrain from warming up on the course after the event has started, as this causes extra work for the timekeepers. Please keep well into the side, while waiting to start, if possible stand on the Grass Verge.

You must observe the Highway Code and comply with traffic law and regulations. You must also ride in a manner that is safe for yourselves and all others, and must rely on your own ability and judgement in dealing with hazards, though every effort has been made to marshal the course and the position of 'Event Aware' signs, so as to minimise the risk, as required by the Course 'Risk Assessment'. The onus is still on you the rider, so familiarise yourself with the course details.

N&DCA Competition Information (for members of association clubs)

Categories: S = Senior W = Woman J = Junior/ Juvenile
Masters Men: A = 50-54, B = 55-59, C = 60-64, D = 65-69, E = 70-74, F = 75 plus
Masters Women: A = 40-44, B = 45-49, C = 50-54, D = 55-59, E = 60-64, F = 65 plus

***NB Masters age category is age on day of first N&DCA event ridden this year.**

Juniors/Juveniles:

For the 2023 season there are no separate juvenile or junior sections, only a single U19 category, i.e. Those Competitors aged under 18 or have their 18th birthday during 2023

Season long competition prizes:

Please note that the actual value of the cash prizes awarded for performance in the various categories will be published after the last event of the season when the total prize fund is known as determined by the surplus generated by the event entry fee income.

Trophies:

Trophies and end of season competition prizes will be awarded at the annual Prize Award Lunch (usually held in January). NB Separate event prizes will be awarded after the last event in the series, not after each event.

The Association's 12-hour trophies will be awarded to members of Association Clubs for their performances in any open 12-hour event held under CTT Rules & Regulations. The Association's Long Distance BAR will be awarded to the highest placed rider of an Association Club in the National BBAR. Qualifying events are marked B in the CTT Handbook

For more information on the season long competitions and N&DCA trophies, including past winners, please refer to our website:

www.northamptondca.org.uk