**VTTA NATIONAL 15 MILE TIME TRIAL CHAMPIONSHIP 30th APRIL**

**INFORMATION FOR RIDERS**

**COURSE V728**

The course is the V728. Start at the yellow mark on the kerb exit to the Police compound on the B1230 Which is 100 yards North of the A63 slip road. Head South from the start then bear left at the slip road onto the A63. Continue East along the A63 and bear left at slip road (7.35)miles ,sign posted N.Ferriby B1231 to the roundabout take the 3rd exit(M62 Leeds Goole A63) to the next roundabout (7.75)miles. Take the 3rd exit(M62 Leeds Goole) to re-join the A63 continue west along the A63 to the slip road for the B1230.bear left to finish at electrical control box just past lamp post number 6HB3 After the 2nd roundabout stay on the slip road until it joins the A63 (A very long junction and there is no advantage in getting onto the main road early)

 **THE START TIME IS 10.01**

Event Headquarters **Newport Village Hall Post Code HU15 2PP**

Numbers and signing on at HQ **H.Q is 2 miles from the start follow the signs from HQ**

**SAFETY** In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard and a working rear light .

 You must return your number after the event and sign out .(CTT Regulation)failure to sign out could result in you being recorded as DNF.

 **PLEASE LET ME KNOW AS SOON AS POSSIBLE IF YOU ARE UNABLE T0 RIDE**

Parking is very limited at the village hall so please park with care don’t park on grass verges

You can park on the main road , But please park well away from driveways

Allow 10 to15 minutes from the HQ to the start.

Do not stop on the A63 unless it is unavoidable.

 No Head down riding please.

Local regulations

Please do not warm up on the course once the event has started.

No warming up on turbo within 100 yards of houses.

Riders are advised that The CTT district council will discipline any rider that is reported for riding in an unsafe manner.

We hope to do the presentation to the champions as soon as possible after the last tandem finishes some time around 13.20 and 13.30.

Refreshments at the village Hall which will be open from 8.45 for signing on.