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|  | ***Congleton Cycling Club*** |  |

**Open 50 Mile Time Trial. Saturday, 29th July 2023 - Start 07.31 hrs.**

**Incorpoating The Manchester and North West VTTA 50 mile Championship.**

Counting Event BBAR & M&DTTA Cheshire Points Competition 2023

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

**Event HQ:** Cranage Village Hall, CW4 8EQ (open from 06:30 hrs)
 on the A50 approx. 1 mile north of Holmes Chapel. PARKING AVAILABLE.

 PLEASE – NO SHOEPLATES IN THE HALL and make sure no oil drops on the floor.

**Course:** J 4/16

**START** at JS14 mark in Twemlow Lane, approximately 300 yards west of Hermitage Lane. Proceed east to the A535 at Twemlow Green where turn left on the A535 to Chelford Island **(5.763 m)** **Take care at Chelford Island.**

Take 2nd exit left onto the A537 to Booths Hall Island **(9.801 m)** where left along Gough’s Lane to the A50 and left again to Twemlow Lane **(16.104m).** Turn left into Twemlow Lane, pass the start **(16.407m)** to complete first lap.

Continue to the A535 where turn left to Chelford Island **(22.777),** left to Booth’s Hall Island **(26.835 m)**, left into Gough’s Lane towards the A50, left onto A50 and left into Twemlow Lane **(33.118 m)**, pass the start again to complete second lap.

Continue to the A535 where turn left to Chelford Island **(39.791m)**, left to Booth’s Hall Island **(43.289m)**, left along Gough’s lane to the A50 and left again to **FINISH** at the JS14 mark on the A50 opposite a small 50 mph sign, 2 yards beyond an iron field gate but before ‘Plum Tree Farm’ sign, approx 150 yards short of Twemlow Lane **(50.000 m).**

**Timekeepers:** Christine White (Start) & Phil Heaton (Finish)

**Awards:** One rider one prize except for “Team Prize”

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|  | First | Second  | Third |
| Fastest | £30 | £25 | £20 |
| Fastest Female | £30 | £25 | £20 |
| Fastest Junior/Juvenile | £30 |  |  |
| Fastest Team (aggregate 3 riders) – each | £15 |  |  |
| Fastest Road Bike | £30 | £25 | £20 |
| Fastest Road Bike female | £30 | £25 | £20 |
| Fastest Female Team (aggregate 2 riders) - each | £15 |  |  |
| Fastest Veteran on Age Adjusted Time | £30 | £25 | £20 |
| Fastest Manchester and North West VTTA Group member on AAT  | ES (Ted) Ward MemorialChampionship Cup |
| Qualifying Event for the VTTA Presidents Trophy |  |

Note. Awards may vary depending on category entry numbers.

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Riders Notes.

1. DO NOT PARK near the Start/Finish area – there is plenty of parking at the HQ
2. **RIDERS** MUST SIGN ON before the event and MUSY SIGN OFF after the eveny - Numbers available at HQ.
3. **RIDERS**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.
4. **RIDERS** – please be aware of CTT Regulations 14(i) and 14(j): No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to their machine a working front and rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road user
5. **Chelford Roundabout.** Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg. 20 and the rules of the road. Riders must be able to brake and stop at the island if traffic conditions require this. Riders MUST NOT USE their tri-bars between the first bollard they pass on entering the island and the last bollard they pass leaving it. Any rider seen to be in breach of this regulation will be disqualified from the event and may be reported for further disciplinary action
6. **Twemlow Lane** Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and negotiate it in a safe manner. In wet weather the metal covers and edges become a skid risk. Please take care.
7. **No U-Turns** on the course or at the start or finish areas.
8. Head up riding at all times, Observers are being used during this event. Dangerous riding is endangering the future of our sport.
9. Results will be displayed at the HQ, do not bother the timekeeper.
10. **RIDERS** must exercise care at all road junctions. Any competitor who’s riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.
11. **RIDERS** who swing out to the right before executing a left turn should ensure that the road behind is clear of traffic before doing so. This practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as contravention of Regulation 47(i), (iii) & (v).
12. **This event may be subject to a Doping Control. It is your responsibility to check.** As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for 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 that you comply.**

1. Thank you to all riders for supporting our event; we hope you will have a safe and successful ride.

**Refreshments**: courtesy of Congleton CC Team, will be available in the Headquarters. Exchange your number for a cup of tea. Please give a minimum £1 donation for cakes / sandwiches.

**Numbers -** will be at the HQ. **Numbers Stewards –** Georgina Norton and Rachael Watson**-** **YOU MUST SIGN ON and YOU MUST SIGN OFF**

**Event Secretary** Bob Norton,52 Vicarage Lane, Elworth, Sandbach, Cheshire CW11 3BU.

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