



EAST LANCS ROAD CLUB

OPEN 25 MILE TIME TRIAL

THIS EVENT IS ROUND 12 OF THE CHESHIRE COURSES POINTS COMPETITION



Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations
Commencing at 2:00 pm, on Saturday, 23rd June 2018.

PLEASE TAKE CARE TO READ ALL THE RIDER NOTES BELOW, INCLUDING IMPORTANT INSTRUCTIONS REGARDING THE EVENT HQ.

Course: J2/9

Timekeepers: Ms C. White & Mr. G. Lawrence.

Start: Bomish Lane, approx. 300 yards from junction with the A535.

Event HQ: Cranage Village Hall, Knutsford Rd, Cranage, nr Holmes Chapel, CW4 8EQ.

The village hall is located approximately 2 miles north of Holmes Chapel on the west side of the A50.

Event Secretary:

Jason Codling

36 Wyndale Drive

Failsworth

Manchester

M35 0PY

Tel: 0161 682 1557

Mob: 07768275210

Prize Values & Awards

One rider one prize, except team prize.

Category	First	Second	Third
Fastest Overall	£35	£30	£20
Fastest Lady Overall	£35	£30	£20
Juvenile	£15	£12	
Vet 40	£15	£12	
Vet 50	£15	£12	
Vet 60	£15	£12	
Vet 70	£15	£12	
Lady V40	£15	£12	
Lady V50	£15		
Lady V60	£15		
Fastest team of 3	£15 each		

Rider Instructions: Numbers will be available at the HQ. You must sign on when collecting your number. Pin rear number low down and arm number on your Right shoulder. Risk Assessment document available at sign in. The event HQ opens at **1:00pm**. Signing-on will commence at **1:10 pm**.

Directions to Start: From the HQ car park, turn left onto the A50. Turn right into Goostrey Lane and follow through into village. Follow through Goostrey village where left into Church Bank, which becomes Blackden Lane. Follow Blackden Lane to junction with Bomish Lane, where right and follow Bomish Lane to start. The start is Approximately 4.5 miles from the HQ please allow yourself enough time to arrive at the start on time

Return to HQ. Please take care when returning to the event HQ as there may still be competitors on the course.

Warm-Up: Riders must not use Twemlow Lane or any part of the course for warming up or on their way to the start

Event H.Q.

1. There will be no access to the event HQ before 1:00pm. Signing on will commence from 1:10pm.

Course: J2/9 (25 Miles)

START at a "JS2" mark in **Bomish Lane** (Jodrell Bank to Goostrey road), at a telegraph pole No 2 approx. 300yds west of the A535. Proceed East to the A535 where **LEFT** to join the A535. Follow A535 to **CHELFORD ISLAND** (2.169 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS**, where **LEFT** into Seven Sisters Lane (5.219 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to Cranage, where **LEFT** into Twemlow Lane (11.408 miles). Follow Twemlow Lane to Twemlow Green, where **LEFT** onto A535. Proceed on A535 to **CHELFORD ISLAND** (18.064 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS**, where **LEFT** into Seven Sisters Lane (21.052 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to **FINISH** at a "JF2" mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approximately 500 yards past the cross roads after the Drivers Public House.

Rider Notes:

1. No parking at the start or finish.
2. Riders must not stop at the finish but should continue on to the event headquarters, where times will be displayed.
3. 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** approach and encircle the island using tri-bars. Remember - traffic on the island has priority over traffic (including riders) entering 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.
4. **Care At Road Junctions**. Riders must exercise care at all junctions. Any competitor whose riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification and may be reported to the District Committee for further disciplinary action.
5. Riders must take extra care when exiting from Seven Sisters Lane onto the A50.
6. Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner.
In wet weather the metal covers and edges become a skid risk. Please take care.

The Risk Assessment document will be available at Signing-On but we highly recommend reading this, in advance, on the CTT District website (www.manchesterctt.org.uk) – especially those riders who are not familiar with the course and it's junctions (plus its ruts and potholes).

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

At HQ we have the signing-on team, the catering team and the results board.

