

VTTA North Lancs and Lakes Open 50 mile time trial

To be held on Sunday 11th June 2023 at 0700 hours

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Promoter: Richard Taylor 15, Tame Barn Close, Milnrow, Rochdale OL16 3XA 07533 679101

Timekeepers: Tracy Moore and Richard Taylor.

HQ. Braithwaite Memorial Institute. A66, Keswick CA12 5RY. Open from 6am.

COURSE DETAILS L5012 START START at eastern side of the junction of the old road with the northern side of the A66 which is 0.36 miles east of Braithwaite Village Hall (Event Headquarters). Proceed in an easterly direction along the A66 to TURN by encircling the traffic island at the junction of the A66 and A591 near Keswick (1.95 miles). Take fourth exit and retrace along the A66 past the starting point and continue to TURN by encircling the traffic island near Cockermouth (14.80 miles). Take the fourth exit and retrace along the A66, through the starting point, to TURN by encircling the traffic island at the junction of the A66 and A591 (27.65 miles). Retrace along the A66 to TURN by encircling the traffic island near Cockermouth (40.50 miles) and retrace along the A66 to FINISH at the East end of the tarmac footpath in layby on North East side and 50 yards short of the overhead bridge which is 1.25 miles west of the event start. 50 miles.

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 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.

NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has 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. **A WORKING REAR RED LIGHT** must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users.

CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet

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.

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 even and must (i) return their number and (ii) sign the official Signing–Out Sheet

Local Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

Local Reg No 6

Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg No10

Warming up on the course is not permitted during the duration of the event

Local Reg 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.

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 MUST wear a **HELMET of HARD/SOFT SHELL** construction that conforms to a recognised Standard (See Regulation 15)

Local Reg No 7

The start sheet must include the designated point for the completion of the Signing on and Signing-Out sheet, receiving any further instructions and the collection of numbers [see Regulation No 27(e)(xi) and 27(h)(i)]

PRIZES

Fastest £40

Woman £30

Best on AAT £40

2nd £30

Woman £20

3rd £20

Team of three on std £10 each

