VTTA North Lancs and Lakes Open 50 mile time trial

Incorporating the NLTTA 50 Championship

To be held on Sunday 4th July 2021 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

Timekeeper: Richard Taylor and Tracey Moore

**Course L5012** Start at eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite village hall. 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 4th exit and retrace along A66 past the start and continue to TURN by encircling the traffic island near Cockermouth (14.8 miles). Take the 4th exit and retrace along the A66 through the start point, to TURN by encircling the traffic island at the junction with the A66 and the A591 (27.65 miles). Retrace along the A66 to TURN at the traffic island near Cockermouth (40.5 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 one mile west Braithwaite VH. 50 miles.

**HQ: Braithwaite Memorial Hall CA12 5RY Open from 6am**

**CTT Regulation 17: Signing on sheet and signing out sheet**: (a) 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. (b) In type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must return their number and sign the official signing out sheet. 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. **Local Reg No. 5**: In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event**. 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 No.9**: No parking on the A66 except in a designated layby**. 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. Riders must NOT ride with their heads down.

**CTT regulation 14 Competitors Machine – Rear Lights & Guidance Note No 24**

**No competitor** shall be permitted to start the event unless such competitor has 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

**Helmets**: All competitors under the age of 18 and/or juniors must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised standard (see reg. 15) CTT strongly recommends ALL competitors to wear such a helmet

**COVID-19 GUIDELINES**

• Competitors should not attend if they feel ill in ANY way or if family members have any symptoms. • An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm up. • All warm-ups should be done on the road. Static warm-ups are prohibited. • Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. • Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race. • No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required. • It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

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The facility can only be used for toilet and car parking. There will be no refreshments or result board.

**Prizes:**

**1st on Standard** £40 **2nd**£30 **3rd** £20  **4th** £15 **Woman on Standard:** £30 2nd £20

**Team of Three** £15 each **VTTA members only**

**Fastest**  £40  **2nd**£30  **3rd**£20 **4t**h £15  **Woman** £30  **2nd** £20 **3rd** £15

**Non VTTA vet** £15

**NLTTA Champion Man** £20 **NLTTA Champion Woman** £20