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**VTTA**

**Manchester & North West Group**

Present

Open 25 Mile Time Trial (Cheshire Points Series 14 of 20)

Including JANUS/WARRINGTON RC EVENTS

On Saturday 1st July 2023

start

2.00pm

The event is ‘Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations’.

Event Secretary: Tony Farrell Lealtad, Brookledge Lane, Adlington SK10 4JU

Mob: 07901 528646

E.mail: [f.t.a.1@icloud.com](mailto:f.t.a.1@icloud.com)

Event HQ:

**Allostock Village Hall,** Chapel Lane, Cheshire, WA16 9LN. Signposted off the A50 Holmes Chapel to Knutsford road (3 miles north of Holmes Chapel).

Time Keepers:

Ian Ross and Bob Norton

AWARDS: It is the 80th anniversary of the VTTA and the committee have decided that there will not be cash prizes but instead will present commemoration trophies at annual luncheon.

There have been a numerous road works this year on the course. In case the J2/9 is unavailable, please make yourself familiar with the J4/8 as an alternative. <http://manchesterctt.org.uk/J%204-8%20Rev%20March%202017.pdf>

# COURSE J 2/9 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 and forward on the A535 to:-

CHELFORD ISLAND 2.169 m

2nd exit left on the A537 to Seven Sisters lane at:-

OLLERTON CROSS ROADS 5.219 m

left along the lane to the A50 and left on the A50 to Twemlow Lane at:-

CRANAGE 11.408 m left into and along the lane to join the A535 at Twemlow Green,( **BE AWARE OF ENTRANCE TO BIDLEA FARM SHOP)**

left to:-

CHELFORD ISLAND 18.064 m

2nd exit left on the A537 to Seven Sisters Lane at

OLLERTON CROSS ROADS 21.052 m

left along the lane to the A50 and, left on the A50 to:- FINISH 25.000 m

At a “JF2” mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home approx. 200 yards after Mangoletsi Car dealership.

Directions to the start:

**The start is 4.5 miles from the HQ so please allow sufficient time to get there.** From the HQ, carry on to the end of Chapel Lane. Turn right on to the A50 London Road and first left on to New Plat Lane. Go left on to the Main Road and proceed through Goostrey Village and turn left at the church on to Blackden Lane. Bear right on to Bomish Lane and continue to the start, shortly after Jodrell Bank.

Directions from the finish:

Continue along the A50, TAKE CARE COMPETITORS PASSING, RIDE SINGLE FILE.

Approximately 1.5 miles to HQ.

# SAFETY NOTES

1. No parking at the start or finish. Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish.
2. Riders must not stop at the finish or ask the timekeeper for times but should continue on to the event headquarters.
3. Competitors must ride in a safe manner within the rules of the roads and not take risks. Bicycles must be safe to ride according to Regulation 14. Riders must be able to brake and stop at Chelford island if traffic conditions require this. "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.”
4. 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.
5. 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.
6. Riders must take care when turning left into Seven Sisters Lane and Twemlow Lane not to swing right into the path of following traffic.
7. Riders must take **extra care when exiting from Seven Sisters Lane** onto the A50. **Observers will report riders** who breach this rule.
8. 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.
9. **CTT Regulation 15**

Protective Helmets

All competitors 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. It

is the responsibility of the rider to:  
  
 (a)  Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.  
  
 (b)  Ensure that the helmet is properly fitted, is undamaged and in good condition.

10.In accordance with Regulation 15 ALL JUNIOR & JUVENILE competitors must wear Protective Hard Shell Helmets.

It is mandatory that a working front and 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.

11. Following, preceding or accompanying vehicles are NOT permitted during this event. This is covered in Regulation 22 and contravention will result in riders being called to a disciplinary hearing by the District Committee.

GENERAL NOTES

1. Riders must complete the signing on sheet and collect their number at the HQ before starting.
2. Riders must return their number to the HQ after riding and sign out. A rider who fails to sign the official signing-out sheet shall be recorded as DNF.
3. This event may be subject to a Doping Control 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. If required you must report to Doping Control after finishing without delay.

Sponsored Clubs:

Warrington Road Club/Horton Light Engineering

Leek CC – Den Engel Belgian Bar

Buxton CC/Sett Valley Cycles

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**Manchester & North West**

**Group**

**A person riding a bicycle

Description automatically generated with low confidenceA person holding a camera

Description automatically generated with low confidence Alan Chorley Joanna Cebrat**

**Age Record Holder 100ml Champion**

Over 40? Be your best

**If you are over 40 and time trialling is your thing, join the VTTA.**

**The VTTA encourages all aged 40 and over to strive to be the best they can be.**

**YOUR best will be recognised.**

**If you are over 40 and interested in time trialling the VTTA is the organisation for you. Locally we have 150 + members in our group. We promote 4 time trial events a year, 3 season-long competitions, plus various competitions and trophies at Group level. We also organise individual challenges (called Standard medals) and local and national age records.**

**Nationally VTTA promote 100 time trial events a year, 8 national championships, 3 season-long competitions,**

**During 2021 the VTTA is worked with all 16 groups to rebrand itself and raise its profile by means of improving its presentation of national and local events.**

**Part of the rebranding was the design of new look riding gear.**

**Details available at sales@gearclub.co.uk**

**All members receive quarterly magazines each year containing national news and updates. It costs as little as £17 a year to join.**

**You can be a member of VTTA and retain your membership of your club, or simply join the VTTA as your main club.**

**Extend your challenges into the personal, team and Group competitions.**

**You can join the VTTA Manchester and North West Group here** [**https://www.vtta.org.uk/groups/manchester\_nw**](https://www.vtta.org.uk/groups/manchester_nw%20) **or**

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