



## VTTA North Lancs and Lakes Open 50 mile time trial

Incorporating the NLTTA 50 Championship

To be held on Sunday 23rd June 2019 at 0800 hours

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

Promoter: Richard Taylor, 23 Heywood Road, Castleton, Rochdale OL11 3AU 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 4<sup>th</sup> exit and retrace along A66 past the start and continue to TURN by encircling the traffic island near Cockermouth (14.8 miles). Take the 4<sup>th</sup> 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 7am**

**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.

**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

**Competitors Machines – Lights:** CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

**Prizes:** 1<sup>st</sup> on Std £30 2<sup>nd</sup> £20 3<sup>rd</sup> £15 Woman on Std £25 2<sup>nd</sup> £20

Team of Three £10 VTTA members only

Fastest £30 2<sup>nd</sup> £20 3<sup>rd</sup> £15 Woman £25 2<sup>nd</sup> £15 Non VTTA vet £10