



## **VTТА NORTH LANCS AND LAKES OPEN 25**

**Wednesday 10<sup>th</sup> April 2019 1300hours**

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

Timekeepers: Dave Brown and Richard Taylor

### **Course: L2521/A**

START in Church Lane 10 yds north east of cattery and 90 metres south east of Throstle Nest Lane junction. Proceed north east to Winmarleigh and into Broad Lane to junction with B5272. Turn left (CARE) along B5272 to junction with A588 at Cockerham. Turn left along A588 to Stakepool where turn left into Garstang Road opposite the Elletson Arms and continue to Cogie Hill. Bear left into Island Lane to pass through start (12.48m) to complete circuit a SECOND time.

At the end of the second lap, pass the start area and finish 80 yards further along Church Lane, 10 yds before the large tree in the triangular island at the end of Throstle Nest Lane. (25m)

**HQ: Winmarleigh Village Hall Broad Lane PR3 0JY**

**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 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 (i) return their number and (ii) sign the official signing out sheet.

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.

Local Reg. **No15.** 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 where 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.

CTT strongly recommends ALL competitors should wear a helmet.

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.

<b>Prizes:</b>	<b>Fastest</b>	<b>£25</b>	<b>On Standard: First</b>	<b>£25</b>
	<b>Second</b>	<b>£15</b>	<b>Second</b>	<b>£20</b>
	<b>Third</b>	<b>£10</b>	<b>Third</b>	<b>£15</b>
	<b>1st Non VTТА</b>	<b>£15</b>		
	<b>Fastest Woman</b>	<b>£15</b>	<b>Woman</b>	<b>£15</b>
	<b>Team of Three on Standard</b>			<b>£10 Each</b>

**Only VTТА members qualify for Standard Awards**

If you are 40 or over, you can join the riders who are competing today as members of the VTТА. For the measly sum of £16, you can join the current most successful group in the country. See me!