**VTTA North Lancs and Lakes Open 10 mile time trial**

**To be held on Tuesday 13th August 2024 at 1400 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: Sign on and off will be in the pay and display car park opposite the Spar shop/petrol station on the A6 south of Milnthorpe centre. Please note that sign on will be between 1pm and 1.50pm, latecomers can sign on at the finish layby. Sign off will be back at the original car park.

Prizes: Fastest rider £25 Best on AAT £25 Woman AAT £25 2nd on AAT £12 2nd woman AAT £12

COURSE L1023 Start next to clearway sign at mouth of Paradise Lane, Beetham, then proceed south along A6 for 4.85 miles to roundabout at junction with A6070 and Borwick Lane. Encircle RAB and exit onto northbound dual-carriageway of A6. Continue north, past Beetham, to finish at green gateway in wall about 50 yards north of northern end of lay-by beside the River Bela (approx. 0.2 miles north of start point).

***Cycling Time Trials – North D.C. 2023 – Local Regulations L1015, L2524, L308***

**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

**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 event and must (i) return their number and (ii) sign the official Signing–Out Sheet. NOT TO DO SO, WILL BE RECORDED AS “DNF”

| **Local Reg No 5** |
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| For the duration of the event, competitors must not ride past the timekeepers, except when actually competing. |

| **Local Reg No 6** |
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| Any competitor making a ‘U’ turn in the vicinity of the start or finish will be disqualified from the event |
| **Local Reg No 10** |
| Course L1015, L2524 & L308 – warming up on the course is not permitted during the duration of the event. |
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| **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. |

**IN ADDITION TO THE ABOVE**

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).