**VTTA NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIP 22nd June 2019**

**INFORMATION FOR RIDERS**

**Course V350/1**

Start at gateway on Ash Lane 10 yards short of Mill Lane turn **Left** on Mill lane leading to Everingham Road and forward to Everingham (1.9 miles)turn **Left** passing through Thorpe Le Street to the A1079 junction (4.3 miles) **Left** to Allerthorpe Traffic Island (8.07miles) **Left** through Allerthorpe and Melbourne to Ross Moor junction (13.83 miles) **Left** on B1228 to Bubwith crossroads (19.89miles) **Left** through Fogathorpe on A163 to Southfield Lane (22.93miles) **Left** and forward through Seaton Ross on Church Lane and Mill lane to finish the lap at the junction of Ash Lane and Mill Lane ( 26.3miles) **Repeat** lap one to finish on Southfield Lane at passing place 50 yards past Entrance to St Helens Goat Farm and 0.7 miles short of Seaton Ross (50 miles)

 **THE START TIME IS 13:31**

Event Headquarters **Seaton Ross Village Hall Post Code YO42 4LS**

Numbers and signing on at HQ **START is left out of the HQ and under a mile away.**

**SAFETY** In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard and a working rear light .

 You must return your number after the event and sign out .(CTT Regulation)failure to sign out could result in you being recorded as DNF

Parking is very limited at the village hall .Please do not park on the course in the villages.

 No Head down riding please.

Local regulations

Please do not warm up on the course once the event has started.

No warming up on turbo within 100 yards of houses.

Riders are advised that The CTT district council will discipline any rider that is reported for riding in an unsafe manner.

We hope to do the presentation to the champions as soon as possible after the last rider finishes around 17:45.

All riders will receive a start sheet through the post