**WEST PENNINE ROAD CLUB – VTTA NORTH LANCS & LAKES OPEN 25**

To be held on **Wednesday 2nd June 2021**  **1900 Hours**

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

**Promoter:** Richard Taylor, 23 Heywood Rd, Castleton, Rochdale OL11 3AU 07533 679101

Timekeeper: Richard Taylor.

**Course: L256**. START on the A59 Clitheroe to Gisburn road at top of Sawley Brow at a point in line with a metal gateway at the west end of a large layby on the south side of the road. Proceed in a south west direction on the A59 and continue to Clitheroe RAB (5.73m) where straight on to the McDonalds RAB (6.21m) and straight on to the RAB at the junction with the A671 CARE (6.82m).

continue on the A59 to Langho RAB (9.31m) at which encircle and retrace along A59 via the A671RAB (12.02m), the McDonalds RAB (12.64m) to the Clitheroe RAB (13.13m). Encircle this island with care and retrace the original route via McDs and A671 RABs to the Langho RAB (16.74m) Encircle this RAB and retrace along the A59 via A671, McDs and Clitheroe RABs (20.56m) to continue to finish approx. 200 yards north of the northerly service road to Chatburn, at the large sign 'A59 Skipton 15 miles' at the bottom of Sawley brow. (25 miles)

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:**

1. 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.
2. 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 regulation 5**. in ALL events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event. **Local regulation 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. 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: Cycling Time Trials strongly recommends ALL competitors should wear a helmet.

**The CTT state that helmets are Mandatory for all riders under the age of 18.**

**CTT regulation 14 Competitors Machine – Rear Lights & Guidance Note No 24**

**No competitor** shall be permitted to start the event unless such competitor has affixed to the rear of their machine **a working rear red light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**THERE ARE NO HEADQUARTERS FOR THIS EVENT**. Numbers will be available at the start layby. Riders must sign on here for them, and there will be a copy of the risk assessment available for viewing. Results will be shown in the layby adjacent to the finish.

**PRIZES:**

**Fastest:** £40 + The Frank Hudson Trophy to hold for 1 year. **2nd**: £30**. 3rd** £20

**Woman**: £40 + The Eva Benson Trophy to hold for 1 year. **2nd**: £30 **3rd** £20

**Team** of Three: £15 each **Fastest non VTTA vet** £20

**Best on Standard** £40  **2nd** £30  **3rd** £20 **Woman on Standard**  £40

• Competitors should not attend if they feel ill in ANY way or if family members have any symptoms. • An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup. • All warm-ups should be done on the road. Static warm-ups are prohibited. • Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. • Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race. • No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required. • It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.