

VTТА (Nottm & E.Mids) VTТА National 50 Mile Championship (Preference to VTТА Members)(Closing date 14/07/20)(Tandem)(fee per rider)

**Veterans Time Trials Association (Nottingham & East
Midlands Group) 50 Mile Time Trial National Championship
26th July 2020 Start 8.00am**

26/07/2020 08:00

A50/2

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



Headquarters

Flintham Cricket Club
Inholms Road
Flintham
Nottinghamshire NG23 5LQ
(open from 7.00am)

Route from HQ to start

To get to the start from the HQ go over the A46 turn right proceed North along (old) Fosse Rd (Approx 2 miles) There are plenty of roads to Warm-up on. Avoid riders already started
There will be a Starting gate to use, or riders can put one foot on the floor as CTT advise

Course details

A50-2 - A46 Farndon - Stragglethorpe

Start on old Fosse Road (old A46) 400 yards south of Eden Hall RAB. Proceed south (sharp right bend - take care) to Turn Left at junction to pass over A46 to Turn Left onto A46 southbound slip road.

On A46, proceed south to take slip road from A46 (Stragglethorpe Junction). Take 4th exit to pass under the A46 to second roundabout. (Approx 9.65mls.) Take 3rd exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto old A46 (Fosse Way). (Approx 22.26mls.)

Proceed south on old Fosse Way to Eden Hall RAB and Turn Left to cross A46 to Turn Left onto slip road to join A46 southbound. Proceed south to take slip road from A46 (Stragglethorpe Junction). Take 4th exit to pass under the A46 to second roundabout. (Approx 34.94mls.) Take 3rd exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto old A46 (Fosse Way). Finish at start of fence on RHS at gateway to River Trent and just before Stoke Warren Farm on approach to East Stoke.(50 mls.)

HEADS UP - ACCIDENTS DOWN!

Local regulations

Safety and CoViD information:

NO 'Warming up' by competitors is allowed on the course once the event has started.

NO "U" TURNS are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action

Riders' body numbers will be available at event HQ and must be personally signed for after reading any special course instructions. PLEASE BRING YOUR OWN PEN

As soon as you have finished Do not stop at the finish timekeeper you should return your number to the event HQ into the bin provided and personally sign out (failure to do so may mean you will be recorded as DNF).

Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will also be liable to disciplinary action by the District Committee.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard and have a working rear light - flashing or constant NO LIGHT NO RIDE (check your batteries)

Start and warm up:

To get to the start from the HQ go over the A46 turn right proceed North along (old) Fosse Rd (Approx 2 miles) There are plenty of roads to Warm-up on. Avoid riders already started

There will be a Starting gate to use, or riders can put one foot on the floor as CTT advise

Parking and Changing at the HQ

Hall will be open at 7.00 am. The car park is for use by officials only.

Limited parking will be available at the HQ Park outside or in the adjacent (gated) road to visit the HQ and then proceed to do your preparation and warm-up elsewhere. There is lots of space In the morning so please keep the noise to a minimum. Please park sensibly and avoid blocking the

pathways by not parking on the verges. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters.

NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ.

Separate Toilet facilities are available for men and women & disabled. Access will be indicated but only one person at a time is allowed in the respective room. Users will be expected to spray the cubical after use with the disinfectant provided

Signing on and signing out will be outside the hall and please queue in an orderly fashion. Numbers will be laid out individually and riders should only handle their own PINS WILL NOT BE PROVIDED

After the race the number should be placed in the discard container.

CTT and CoVid-19

CTT has issued two PDF documents, a Covid-19 Risk Assessment and "Putting on a Cycling TimeTrials Event during COVID19" Rather than repeating everything here the documents have been included in your Start Sheet mailing and you should read them carefully.

However the following points are of importance. Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms.

AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX.SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKI NG AREAS AND AT

THE START.

Organiser contact details

Colin Parkinson
The Old Baptist Chapel 11 Main Street Huncote
07971090461
01162 750 203
cdp@lineone.net

Time keepers/officials

Course records

Awards/prizes

All on Standard
1st Tandem on Standard
Gold Medals

A formal prizegiving will take place at the
National VTTA AGM in January 2021

NOTES TO COMPETITORS:

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 race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

VTTA (Nottm & E.Mids) VTTA National 50 Mile Championship (Preference to VTTA Members)(Closing date 14/07/20)(Tandem)(fee per rider)

Start Number	Start Time	Rider	Club	Gender	Category
121	10:05:00	Ian Greenstreet	AeroCoach	male	Vet
121	10:05:00	Rachael Elliott	AeroCoach	female	Para-cyclist