

**VTTA North Lancs and Lakes Open 25 mile time trial**

**To be held on Sunday 28th April 2024 at 0700 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: There are no headquarters for this event but there is ample parking in the lane near the start. Due to this lane being popular with campervans overnight stays, please remain quiet and no turbo warm ups please. There are no toilet facilities nearby. Otherwise please be discreet.**

**The results will be displayed near the sign on spot at the end of the event.**

**COURSE DETAILS L2524** START at large sign (Levens Village/ Grange/ Newby Bridge) at west end of lay-by on A590 which is immediately east of Force Lane near junction with A6 road to Levens Bridge.Proceed in a westerly direction along A590 to Meathop Roundabout (5.57 miles) where take the first exit on to the B5277 to Lindale village where encircle Mini-Roundabout (6.86 miles). Retrace along the B5277 to Meathop Roundabout (8.08 miles) and take the second exit along the A590. Continue in an easterly direction along the A590 (The overhead bridge near Levens turn off is half distance) to the Roundabout near Sedgwick (14.18 miles). Encircle, taking the 4th exit along the A590 passing through the starting point (14.62 miles) and continue in a westerly direction to Meathop Roundabout (20.26 miles) where on this second occasion encircle and retrace along the A590.FINISH at white line 15 yards past ‘A6’ sign on slip road to the A6 road approximately 140 yards south-west of junction with the Levens Bridge to Levens village road (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 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 even and must (i) return their number and (ii) sign the official Signing–Out Sheet

| **Local Reg No 5** |
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| During the event, warming-up on the course is not permitted.Competitors must not ride past the timekeepers, except when actually competing. |
| **Local Reg 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 12** |
| No parking on the car park or on the frontage of the Strickland Arms. |
| **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).

**PRIZES**

Fastest £30

2nd £20

Female £20

1st AAT £40

2nd “ £30

3rd “ £20

4th “ £10

Team 3“ £10 each