

Course Details – L222

Start just inside the lane leading to Wildriggs at GR 499299 on B5288 Penrith-Greystoke road, ¾ mile south of Newton Rigg Campus. Head west on B5288 to Greystoke (M, 4.0 miles) where right, taking great care at junction*. After 300 yards bear left (M) at Poplin Dub onto unclassified road. Continue through Johnby to junction at Thanet Well (M, 8.1 miles). Left at junction, through Newsham and over Newsham Bridge to next junction (M, 9.5 miles), where left and continue to Murrah crossroads (M, 11.3 miles) where left onto Hutton Roof – Berrier road. Through Berrier to Sportsman Inn junction (M, 14.6 miles) where left, and after 1 mile rejoin B5288 (M). Continue along B5288 through Motherby and Greystoke (18.0 miles) to finish just beyond start and just before lane on left leading to Newton Rigg Campus (22.0). Continue past finish, over motorway bridge and turn left into Gilwilly Trading Estate for the HQ.

A copy of the CTT Risk Assessment will be displayed at the event HQ. Please check for late information.

*Note: the right turn off the B5288 at Greystoke at 4.0 miles is across traffic and very sharp. Riders must give way to oncoming traffic on B5288, and must not cut the corner. Dangerous riding will lead to disqualification.

Local regulations

The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.

Local regulation No. 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 regulation 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 under the age of 18 and / or juniors must wear a HELMET OF HARD / SOFT SHELL construction that conforms to a recognised standard (see Regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.

Competitors Machine – Lights: CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.



BORDER CITY WHEELERS CC

CIRCUIT OF GREYSTOKE FOREST 22 MILES OPEN TIME TRIAL

**A Lakes & Lancs SpoCo event. Promoted for and on behalf of
Cycling Time Trials under their rules & regulations**

Saturday, 8th July 2017 – First rider off at 1.01 pm

Event Secretary: Mike Westmorland, 7 Seat Hill, Lazonby, Penrith,
Cumbria, CA10 1BD
'phone: 01768 898045 on the day 07778 280612

Timekeepers: Richard Abram & Keith Bickley

Event HQ: Castletown Community Centre, Gilwilly Trading Estate, Penrith **CA11 9BL**. Parking is available on the roads around the HQ, which will be the location for signing-on sheet, competitors' numbers and the result board as well as toilets and changing facilities. The HQ is approximately ¾ mile from the start/finish at the far end of Gilwilly Trading Estate and will be open from 12 noon. The entrance to the estate is immediately to the Penrith side of the motorway bridge, on the north side of the B5288. Follow Gilwilly Road towards the football pitches.

Please remember to return your number and sign off at the HQ. Failure to do this will result in your being recorded as not finishing the event.

See a map of the course at - [L222 Circuit of Greystoke Forest](#)

Headquarters - [Castletown Community Centre](#)

AWARDS (One rider, one prize)

Overall	1 st £25	2 nd £20	3 rd £15
Veterans 40-49	1 st £20	2 nd £15	3 rd £10
Veterans 50-59	1 st £20	2 nd £15	3 rd £10
Veterans 60+	1 st £15	2 nd £10	
Ladies	1 st £15	2 nd £10	
Juniors	1 st £15		

www.bordercitywheelers.org.uk