

BORDER CITY WHEELERS CYCLING CLUB
OPEN 29 MILE HILLY TIME TRIAL - SUNDAY 12TH MAY 2019.

This is a Lakes & Lancs SpoCo Counting Event
Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Organiser; Lee Foster, 13 Solway View, Kirkbampton, Carlisle, CA5 6HR
Tel: 01228 576395 (home) – Mob: 07500 906644
Timekeepers Keith Bickley & Richard Abram

FIRST RIDER OFF AT 11.08 (Course L291)

START at southern end of Dalston village on the B5299, approximately 0.25 mile south of village centre.

Proceed south along B5299 to leave Dalston village and through Welton to Goose Green crossroads (4.7 miles) where turn right (with CARE) along B5305.

On reaching Street crossroads turn left (CARE-keep in) on to A595 & continue for one mile to Red Dial crossroads where turn left on unclassified road for Caldbeck up Brocklebank.

At the top of Brocklebank continue across crossroads (CARE-give way) onto B5299 & descend into Caldbeck (17.6 miles).

Keep left through Caldbeck joining unclassified road to Heskett Newmarket, where turn left down a steep twisting descent to Newlands Bridge (CARE-very narrow bridge**) & continue to junction with B5305 at Sour Nook (21 miles). Left (CARE-keep in) onto B5305 & after one mile descend into Sebergham to cross bridge (right hand bend coming off the bridge with an adverse camber). Continue up Doctors Brow (17% gradient 300 yds) & on to Goose Green crossroads (23.3 miles), where right (great CARE) on to the B5299.

Follow B5299 through Welton to FINISH approximately 0.4 mile past the first 30 MPH on entering Dalston village from the south (29 miles). The finish is directly opposite the start at the southern end of Dalston village. *(all distances approximate)*

****NB: Important - Descent out of Heskett Newmarket.**

Reminder: This is a short, steep, descent with bends. **Make Sure you slow down when you see the red flag!**

There is a sharp right turn at the bottom of the hill onto a very narrow bridge. You must be in control of your bike. If there is a car on the bridge you **Will HAVE TO BE ABLE TO STOP SAFELY.**

Event Headquarters: Victory Hall Dalston Village

The Victory Hall is located approximately 50 yards away (south) from the Cooperative Supermarket and on the same side of the road (B5299).

The start: is approximately 300 yards south of the HQ on the B5299.

Car Parking: Do not park on the main road B5299 or the Supermarket car park (behind store). Also try to avoid using the car park in the centre of the village. There is a car park opposite the Supermarket (next to a field) and to the right of the Supermarket on the corner which is the preferred area to park and should provide ample parking.

Numbers & signing on will be at the HQ as will the result board. The HQ will be open from 10.00 hrs (refreshments will be available after the event). *Please remember, all competitors are now required to personally sign the sign out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.*

In the interests of Safety:

- Riders must **not ride with their head down.**
- Riders must keep to the left hand side of the road except when overtaking, failure to comply may lead to disqualification. Please consider you're own & other road users safety.
- Riders must call their numbers at the Finish & elsewhere on the course as requested.
- Riders **must not stand in the road at the start or finish** (this constitutes an obstruction & is a breach of regulations)
- **Any competitor making a 'U' Turn in the vicinity of the start or finish will be disqualified from the event**
- **HELMETS:** All Competitors under the age of 18 and/or juniors must wear a **helmet of hard/soft shell** construction to a recognised standard (see regulation 15). Cycling Time Trials strongly recommends **ALL** competitors to wear such a helmet.

- CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users & is active while the machine is in use.
- Competitors, prior to starting, are not permitted to ride past the finish timekeeper for the duration of the event. **Warming Up:** Please avoid warming up on the course once the race is in progress.)

Extra care, especially on descents, if there are wet or damp conditions

AWARDS: (one rider, one prize) Sent with the result sheet.

	Overall	Vets 40/49	Vets 50/59	Vets 60+	Females
1 st	£18	£14	£14	£14	£14
2 nd	£16	£12	£12	£12	£12
3 rd	£14				

Have a **SAFE** and enjoyable ride