

## **Border City Wheelers CC**

Saturday 4<sup>th</sup> March 2017 at 2.00PM.25 mile hilly time trial on L259  
Calthwaite circuit.

### **LAKES AND LANCS SPOCO SERIES**

Promoted for and on behalf of CYCLING TIME TRIALS under their  
rules and regulations.

#### Event secretary

Keith Bickley  
18 Holme Head Way  
Carlisle  
Cumbria  
CA1 6AJ

#### Timekeeper

Richard Abram  
1 The Lane  
Low Hesketh  
Carlisle  
CA4 OEX

#### Assistant timekeeper

Sharon Dyson

#### Course L259

Start approx 10 miles NNE of Penrith,immediately after junction for minor road signposted Fieldhead,600 yards north of Globe Inn,Calthwaite,on unclassified Calthwaite-Carlisle road(GR406465).Proceed north to Beck House Farm(4.8 miles),where left on minor road to Crown Inn(5.8 miles),to turn left(GIVE WAY) on to C1036 Carlisle-Hutton End road.Continue south to Hutton End (11.4 miles) where left on unclassified road signposted Calthwaite.Continue to junction in Calthwaite village(13 miles) where turn left(GIVE WAY) through village taking care through a double bend and residential area on both sides with parked cars.Pass through the start area for a second circuit-Beck House Farm(18.2 miles),Crown Inn(19.2 miles) ,Hutton End(24.8 miles) where left on unclassified road to Finish opposite the junction with the lane signposted Hutton Row and Grassknop(25 miles).

*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.*

**Riders must hand in their own number when they have finished and sign the signing off sheet.**

Please take care when out on the course as the road surface is bad in places with numerous potholes throughout.

PLEASE TAKE EXTRA CARE AS YOU PASS THROUGH CALTHWAITE VILLAGE(13 miles) AS THERE ARE PARKED VEHICLES AND LIKELY TO BE PEDESTRIANS.

Time Trials recommends that a working rear light is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

### EVENT HEADQUARTERS

Hutton End Village Hall(post code CA11 9TT).Located on C1036 Carlisle-Hutton End road,approx 12 miles south of Carlisle.From M6 exit junction 41, taking the B5305 to Wigton, and after 3 miles take the right turn on to unclassified road and follow this for 1.5 miles to headquarters on left hand side(GR 449385).

Signing on sheets and numbers available from event HQ from 1pm.

Refreshments will be served afterwards.

Event HQ 2 miles from Start Area.

### Local regulations

Any competitor making a U turn in vicinity of the start or finish area will be disqualified from the event.

Competitors,prior to starting,are NOT permitted to ride past the finish timekeeper during the duration of the event.

Riders must call their numbers at the finish and elsewhere on the course if requested.

Riders must NOT STAND in the road at the start or the finish(This constitutes obstruction,and is a breach of regulations).

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.

### AWARDS(ONE RIDER ONE PRIZE)

CATEGORY	OVERALL	V40	V50	V60+	W/Jun
1	20	10	10	10	10
2	15	7.5	7.5	7.5	7.5
3	10	5	5		

